

**Grant for Assistance Application – Year Round Intake  
For Grants of \$1,000 and Under**



Cariboo Regional District  
File No. 1850-01

MAY 3 2018

Referred To DCO

Organization Information Sheet

Name of Organization:	<u>1<sup>st</sup> Williams Lake Junior Cadets Society</u>
Mailing Address:	<u>#3- 1322 Dog Creek Road, Williams Lake BC, V2G 3G9</u>
Telephone (office):	<u>(250) 267-6637</u>
Purpose of Organization:	<u>Youth Development</u>
What Community does your organization serve?	<u>Williams Lake, 150 Mile, CRD areas</u>
BC Society Registration Number: (if applicable)	<u>50067034</u>
Federal Charitable Registration Number: (if applicable)	
Chairperson's name:	<u>Crystal Sheridan</u>
Telephone:	<u>[REDACTED]</u>
Treasurer or Financial Officer's name:	<u>Sunny Dyck</u>
Telephone:	<u>[REDACTED]</u>

Previous Grants from CRD (if applicable, please indicate year grant amount and project):

\$1500 grant received - Seed Grant

Current Grant Requested from CRD \$ \$1,000.<sup>00</sup>/<sub>100</sub>





**Grant for Assistance Application – Year Round Intake  
For Grants of \$1,000 and Under**

Please answer the following questions, using additional paper if necessary:

1. Brief Description of Proposed Use of Grant Being Applied For:

Mental Health First Aid - Adults Who Work with Youth.  
through the Mental Health Commission of Canada. - 25 participants  
\*Seats will be offered to Community Groups that work with youth.

2. Start date of the project: September, 2018

End date for the project: September 2018. This is a 2 day  
course. Booking exact dates will depend on funding  
and instructor availability

3. How will you indicate that the CRD is contributing to your organization?:

The CRD will be acknowledged in all advertising materials,  
promotions and a sign posted at the event. Participants  
will be told at the beginning of the event who all sponsors are.

**THE INFORMATION INCLUDED IN THIS APPLICATION IS TRUE AND CORRECT TO THE BEST OF  
MY KNOWLEDGE.**

C. Sheridan

President/Chairperson





# MENTAL HEALTH FIRST AID Adults Who Interact With Youth

Mental health problems begin sooner than you think.

Mental Health First Aid for Adults who Interact with Youth focuses on the basics, and more specifically on mental health problems and first aid for young persons aged 12-24.

## AIMS OF THE 14 HOUR COURSE

- ▶ Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury.
- ▶ Provide initial help when facing a mental health problem or crisis.
- ▶ Guide youth and/or adults who support them toward appropriate professional help.
- ▶ Learn how to accommodate young people who are in distress or are recovering from a crisis.

"This was an excellent course, made even better by the instructor. It opened my eyes to my own biases and preconceived ideas. I definitely feel better equipped to deal with students in crisis."

Course participant

## TOPICS COVERED

- ▶ Substance related disorders
- ▶ Mood related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders
- ▶ Eating disorders
- ▶ Deliberate self-injury

## CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Suicidal behaviour
- ▶ Overdose
- ▶ Self-harm
- ▶ Psychosis
- ▶ Acute stress reaction
- ▶ Panic attacks



**1 in 4** young people aged 9-19 report experiencing mental illness.

- ▶ Over 44% of Canadian postsecondary students report feeling so depressed within the last 12 months that it was difficult to function.
- ▶ In Canada, suicide is the second leading cause of death among those aged 15 to 34.

## Who should train in MHFA Adults Who Interact With Youth?

- ▶ Teachers
- ▶ Social workers
- ▶ Counsellors
- ▶ Law enforcement
- ▶ Parents and family members
- ▶ Coaches
- ▶ Babysitters
- ▶ First responders
- ▶ Healthcare providers
- ▶ Community leaders

## To learn more, register for a course or become an instructor:

- ▶ [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)
- ▶ 1-866-989-3985
- ▶ [www.mhfa.ca](http://www.mhfa.ca)

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 300,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989  
[info@mentalhealthcommission.ca](mailto:info@mentalhealthcommission.ca) • [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

[@MHCC](#) [/theMHCC](#) [/1MHCC](#) [@theMHCC](#) [/Mental Health Commission of Canada](#)



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health  
First Aid Canada







*1<sup>st</sup> Williams Lake Junior Cadets  
#3-1322 Dog Creek Road  
Williams Lake, BC V2G 3G9  
(250) 267-6637  
Society Number S0067034*

1-May-2018

Cariboo Regional District  
Grant for Assistance, Year Round Intake

To: Whom it may concern;

I am writing this letter as an attachment to further describe the rationale for bringing the Mental Health First Aid for Adults that work with Youth program to Williams Lake.

Since the wildfires over the summer of 2017, there has been an increased need to access Mental Health services in Williams Lake. Canadian Mental Health Association has been overwhelmed with the need to seek services, and has been hiring to meet the needs of the community. People are more on edge, stressed and anxious than they were this time last year. As many adults are struggling with the stress of last year, many of the childrens' needs are being unintentionally overlooked. A stressed parent may not recognize that a change in their child's behaviour may be a cry for help. Children are often unable to verbalize their feelings, and their symptoms may present as changes in behaviour.

The Mental Health First Aid for Adults that Work with Youth workshop, will give adults in the community the skills to recognize and respond to the mental health needs of the youth in our programs throughout the community. By inviting 25 representatives of different areas in our community, we have the potential to reach the most youth. Mental Health First Aid does not replace the need for adequate Mental Health Services, but helps direct youth in need to the appropriate community resources or agencies, to improve their outcomes. By working together, we can greatly improve the health and safety of the youth in Williams Lake, and surrounding areas, and connect with youth that may not recognize the need or understand the process to access help on their own.

I will attach a list of intended Invitees to show the potential network of trained individuals within different agencies, programs and groups in our area.

Thank You for taking the time to consider this request,

Crystal Sheridan – 1<sup>st</sup> Williams Lake Junior Cadets Society



*1<sup>st</sup> Williams Lake Junior Cadets*  
*#3-1322 Dog Creek Road*  
*Williams Lake, BC V2G 3G9*  
*(250) 267-6637*  
*Society Number S0067034*

Mental Health First Aid for Adults that Work with Youth - Breakdown of Expenses

<b>Description of Expense</b>	<b>Price - Per Quote</b>
Cost for 2 Day Workshop (Non Profit Rate w/tax)	\$5,600.00
Travel, Accomadation, Per Diem	\$1,000.00
Venue for Workshop	Donated
Lunches, Refreshments, Snacks	\$750.00
Total	\$7,350.00





OFFICE OF THE MAYOR  
CITY OF WILLIAMS LAKE

450 MART STREET, WILLIAMS LAKE, BRITISH COLUMBIA V2G 1N3  
TELEPHONE 250-392-2311 FAX 250-392-4408

April 30, 2018

File No: 0530-08

1st Williams Lake Junior Cadets Society  
*Sent via email: wljrcadets@gmail.com*

**Attn:** Crystal Sheridan

Dear Sirs/Mesdames:

**Re:** Mental Health First Aid - Adults Who Interact With Youth

At its Regular meeting on April 24, 2018, City of Williams Lake Council received information on the 1<sup>st</sup> Williams Lake Junior Cadets Society's intent to host a "Mental Health First Aid – Adults Who Interact With Youth" program offered through the Mental Health Commission of Canada.

The City of Williams Lake supports the Society in its intention to offer the program free of charge to groups that work directly with youth in the community, such as Boys and Girls Club, Big Brothers & Sisters, Girl Guides, Scouts, School District staff, Minor Hockey and others that would be willing to participate. We sincerely hope that you are successful in your application for funding for this important initiative, as it will provide valuable training to assist our vulnerable youth.

Yours truly,

Mayor Walt Cobb  
City of Williams Lake



MUSEUM  
of the  
CARIBOO CHILCOTIN

[www.williamslake.ca](http://www.williamslake.ca)







Canadian Mental  
Health Association

Association canadienne  
pour la santé mentale

April 30, 2018

To Whom It May Concern:

I am writing this letter in support of bringing the Mental Health for Adults that work with Youth course to Williams Lake. This program is offered through the Mental Health Commission of Canada and takes place over the course of 2 days.

I believe this is a vital course for Adults who work with youth to take. Statistics show that 1-4 young people aged 9-19 report experiencing mental illness. In Canada, suicide is the second leading cause of death among those aged 15-24. It is important to be able to reach this age group with tools that can help with a mental health crisis.

On behalf of Canadian Mental Health Association – Cariboo Chilcotin Branch, I support 1st Williams Lake Junior Cadets bringing this workshop to Williams Lake.

Sincerely,

Janice Breck  
Executive Director  
250-398-8220 ext 2040  
janice.breck@cmha.bc.ca





National

Défense

Defence

Nationale

1 May 2018

To Whom it May Concern;

Since its founding Williams Lake has been the heart of the central Cariboo. Both a ranching and resource industry town, Williams Lake has had a steady economy over the last few decades. Seven mills, two mines, and civil services are the main employers within the city limits, while on the threshold ranching and agriculture support the local economy. While Williams Lake seems to be doing well financially, social services in the city are some of the lowest per capita in British Columbia. Many social workers and councillors are over burdened, and local schools are closing due to low enrolment or under staffed. There is a high rate of divorce and separation, combined with an increase of youth gang violence in the city. Many families have left due to rising crime, low social support, or other social factors.

What is evident is the amount of youth in our community who are falling between the cracks because we don't have the resources to catch them at their most vulnerable. As one who works with youth both in schools, and in the community in the past seven years, I have seen children who needed help been turned away. This is why I pledge my support to Crystal Sheridan's initiative to host "*Mental Health First Aid for Adults Who Work with Youth.*" This two day workshop would be vital to assisting children in Williams Lake by teaching frontline workers like scout leaders, police, cadet officers, youth sports volunteers, and school staff the signs and symptoms of mental health ailments and how to assist the child in need. This is a tool every adult who works with children needs to help assist our youth to succeed. And when children succeed we have a foundation for healthier communities.

Sincerely;

Captain William Sheridan

Commanding Officer

3064 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers)





690 Second Avenue North  
Williams Lake, British Columbia  
Canada V2G 4C4

Phone: 250.392.4481  
Fax: 250.392.4432  
[www.cccdca.org](http://www.cccdca.org)

April 12, 2018

To whom it may concern,

This is a support letter for the Mental Health Commission of Canada (MHCC) to provide a workshop on "Mental Health First Aid Adults Who Interact With Youth" in the Williams Lake community. The MHCC develops programs and tools to support the mental health and wellness of Canadians.

As the Intake Manager of the Cariboo Chilcotin Child Development Centre (CDC), I have noticed after the wildfires in the summer of 2017 Williams Lake's youth and their families are needing this support. The workshop will help caregivers and professionals recognize the symptoms of mental health difficulties or crises as they develop in youth.

Sincerely,

A handwritten signature in blue ink that reads "Coleen Onofrechuk".

Coleen Onofrechuk

CDC Intake Manager





Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Security Classification/Designation

**Protected A**

Officer in Charge of Williams Lake  
575 Borland Street,  
Williams Lake, B.C.  
V2G 1R9

Your File

1st Williams Lake Junior Cadets Society

Our File

April 24th, 2018

To whom it may concern,

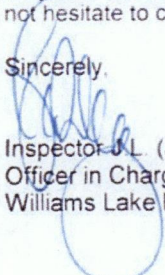
**Mental Health First Aid Support**

I am writing this letter to express my support for the 1st Williams Lake Junior Cadets Society . It is my understanding there is an application to enhance their local programs including Mental Health First Aid for Adults interacting with youth . I have had the opportunity to observe Crystal Sheridan and her team very closely on several community priorities and initiatives . This is not just limited to me but several members of my detachment who have effective working relationships and strategies involving targeting youth and adults on education and prevention . There is no doubt in my mind that the 1st Williams Lake Junior Cadets Society would benefit from the funding but the community as a whole as they are instrumental in keeping our youth engaged and healthy . This includes preventing youth from very high risk life styles as well as pulling others away from these lifestyles . Our crime statistics support our community as being high risk nationally with regards to violent crime . The engagement and other options for our youth and adults to be prevented from these lifestyle choices are needed for programs and intervention options .

I am fully supportive of their programs that include the adult and youth interaction . It is imperative that we have healthy choices and initiatives for our youth to be involved in extra curricular activities that keep them engaged in our community . It is proven that a strong prevention aspect is key to crime reduction within Williams Lake and its surrounding communities .

I will continue to support 1st Williams Lake Junior Cadets Society on these programs and ask for you to consider approving the grant . Should you have any questions or concerns please do not hesitate to contact me at (250) 392-6211 .

Sincerely,

  
Inspector J.L. (Jeff) Pelley  
Officer in Charge  
Williams Lake R.C.M.P.

Page 1 of 1

**Canada**



## **Mental Health First Aid for Adults that Work with Youth List of Proposed Invitees**

- 1) 202 Chilcotin Royal Canadian Sea Cadets Corps
- 2) 3064 Rocky Mountain Rangers Royal Canadian Army Cadets Corps
- 3) 1<sup>st</sup> Williams Lake Junior Cadets Society
- 4) Williams Lake Girl Guides
- 5) Williams Lake Scouts
- 6) Angelkeys Childrens Choir
- 7) RCMP
- 8) Bikers Against Child Abuse
- 9) Williams Lake Volunteer Fire Department
- 10) 150 Mile House Volunteer Fire Department
- 11) Child Development Centre
- 12) Dr. Jeff Peimer – ER Doctor – Child and Youth Mental Health
- 13) School District #27 – IOUE Member of Support Staff
- 14) Williams Lake Minor Hockey
- 15) Blue Fins Swim Club
- 16) Representative from Red Stone
- 17) Representative from Sugar Cane
- 18) Representative from Carrier Nation
- 19) Boys and Girls Club
- 20) Big Brothers and Big Sisters
- 21) Cariboo Chilcotin Teachers Association
- 22) Youth for Christ
- 23) Williams Lake Youth Soccer Association
- 24) Gord Keener (Royal Canadian Legion Br.139 / First Nations Children Services)
- 25) Canadian Mental Health Association

### **Others to consider if Spaces are still available;**

Child and Youth Mental Health  
Dr. Burkey