



### Funding Opportunity

Date:	December 7, 2020
Funding Program:	COVID-19 Safe Restart
Broad purposes as stated in the funding program description:	<ul style="list-style-type: none"> <li>• addressing revenues shortfalls;</li> <li>• facility reopening and operating costs;</li> <li>• emergency planning and response costs;</li> <li>• bylaw enforcement and protective services like fire protection and police;</li> <li>• computer and other electronic technology costs (to improve interconnectivity and virtual communications);</li> <li>• services for vulnerable persons (e.g. persons living with disabilities, mental illness or addictions, persons experiencing homelessness or other vulnerabilities); and</li> <li>• other related costs.</li> </ul>
Proposal:	<p>To provide \$70,000 to facilitate increasing capacity for the Canadian Mental Health Association and the Cariboo Family Enrichment Centre to respond to calls for mental health services and supports.</p> <p>This would be an equally shared funding project with the District of 100 Mile House.</p>
What service will this application benefit?	There is no specific Cariboo Regional District Service that will benefit from this contribution. However, all residents of the South Cariboo would benefit from increased mental health supports.
Who are the service participants?	Again, there are no service participants, but all residents in the South Cariboo would benefit from increased mental health capacity.
Are we ready to proceed?	Yes. The proposed funding would allow the two organizations to seek out additional resources. It should be noted that funding would not need to be expended until such time as the resources are located and brought into the community.

Does the proposal fit within the Board's Strategic Plan or the annual Business Plan?	Very broadly, yes, for the Strategic Plan. As this is not specifically tied to the CRD service, there are no Business Plan implications.
What are the capital implications of the proposal?	Not applicable.
What are the short, medium and long term operations implications of the proposal?	It has been reported that the South Cariboo Agencies that provide Mental Health supports are experiencing a 100% increase in demand for service. Our communities have, and are still, experiencing trauma. This trauma can be directly related to the onset of emergencies, the economic downturn and now COVID-19.
Are there implications to property taxation for the service?	Not applicable.
Does the proposal clearly fit in the guidelines of the funding program?	Yes. <ul style="list-style-type: none"> <li>• services for vulnerable persons (e.g. persons living with disabilities, mental illness or addictions, persons experiencing homelessness or other vulnerabilities); and</li> </ul>
Proponent:	The District of 100 Mile House
CFO:	
CAO:	





# District of 100 Mile House

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**CONFIDENTIAL**

**December 2, 2020**

**John McLean, CAO  
Cariboo Regional District  
180 3 Ave N,  
Williams Lake, BC  
V2G 2A4**

**Dear Mr. McLean:**

**Re: Govt of BC C-19 Safe Restart Grant for Local Government**

**The District of 100 Mile House and the CRD have both received C-19 funding from the above captioned funding initiative.**

**At the local level in 100 Mile we are in the midst of reviewing how best to allocate funds for the greater good of the community at large.**

**Subsequent to revenue loss recoveries and C-19 expense related costs; we have turned our eye to what are the other significant impacts on our community and how can we assist.**

**The most prominent service in need of attention is the provision of mental health services.**

**Speaking briefly with two-(2) agencies in the South Cariboo we discovered that service demands have increased 100% since March of 2020. Mental health services in the South Cariboo have yet to recover from the increased demands that resulted from the 2017 fire season and further compounded by the effects of mill closures/curtailments in the past 18 months.**

**In addition, the longer we move through the Pandemic, the more critical mental health services become. While mental health case loads have shown a marked increase, the agencies are also seeing a huge increase in addictions use, alcohol misuse, domestic abuse, and child abuse. These are the "hidden" side effects when people are not able to navigate the world as they are used to; forced to spend more time in their homes, with restrictions, limited resources, money challenges, etc. Bottom line is they need help.**

*HANDCRAFTED LOG HOME CAPITAL OF NORTH AMERICA*



Our discussions also revealed that service requests are distributed approximately 30% for resident needs within 100 Mile House and 70% of demand coming from residents in the surrounding Cariboo Regional District electoral areas of G,H and L.

Whereas mental health services is clearly identified in the BC Government correspondence as an eligible cost for the C-19 restart funds; preliminary discussions with District of 100 Mile House Council indicates there is an appetite to allocate a portion of those funds to support a PY for each of the agencies for a one-(1) year term.

Discussion with both the local CMHA and CFEC indicates the approximate fully burdened cost for a PY is \$70,000+/- . This would cover wages, benefits, and a small allowance for office overhead/support costs.

The District is requesting the Cariboo Regional District consider a cost share arrangement for two-(2) positions. Each party would contribute \$70,000 from their respective C-19 grants to assist in the provision of mental health services for our residents.

At this point it is a discussion point and we would welcome dialogue in the near future if the CRD is interested in assisting with this type of service in the South Cariboo.

Sincerely,

  
Roy Scott, CAO

cc. Mayor M. Campsall  
CRD Chair M. Wagner







# CARIBOO FAMILY ENRICHMENT CENTRE

*Strengthening the Quality of Personal, Family, and Community Life*

## Mental Health Supports in the South Cariboo

The Cariboo Family enrichment Centre (CFEC) is a non-profit charitable organization that has been offering services in the South Cariboo for over 30 years at no cost to individuals. The CFEC has four departments (Counselling Services, Family Support Services, Youth Support Services, and Early Years Supports Services) which offer numerous programs available to all residents in the South Cariboo. The Counselling Department has three counsellors and offer individual and group sessions involving grief, anxiety, stress, relationship issues, parent and teen mediation, goal setting, etc. Family Support Services offers pre and post-natal supports, parenting classes and mentorship, in home supports, Fetal Alcohol Spectrum Disorder keyworker, and supervise and supported visitation. The Youth Services Department offers youth outreach, parent teen relationship sessions, anxiety support, and a drop-in activity centre. The Early Years Department offers infant development screening and support, childcare referral and support, pregnancy outreach services, and infant supplies.

The CFEC is an accredited organization through the Council On Accreditation (COA), and has maintained that certification for over 20 years. The COA accreditation ensures that the CFEC delivers all programs and services to an international standard of practice.

The CFEC employees over 28 people, and supports families, other organizations, and the community in order to achieve its mandate "to strengthen the quality of personal, family, and community life" in the South Cariboo.

The terms "mental illness" and "addiction" refer to a wide range of disorders that affect mood, thinking, functioning and behaviour. Examples include depression, anxiety disorders and schizophrenia, as well as substance use disorders and other addictions. Mental illness and addiction can be associated with distress and/or impairment of functioning. Symptoms vary from mild to severe. With appropriate treatment and support, most people will recover.

## Prevalence

- 1 in 5 Canadians experience a mental health or addictions issue every year.
- By the age of 40, 1 in 2 Canadians have or have had a mental illness.
- Mental health affects marginalized populations (youth, women, people of colour, and people in poverty) disproportionately.
- 70% of mental health issues have their onset during childhood and adolescence.
- Young people (aged 14-25) are much more likely to experience mental illness and/or substance misuse
- Men have higher rates of addictions and suicide.
- Women have higher rates of mood and anxiety disorders.
- Mental and physical health are linked. People with a long-term medical condition such as chronic pain are much more likely to also experience mood disorders. Conversely, people with a mood disorder are at much higher risk of developing a long-term medical condition.
- Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report poor to fair mental health.



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*The CFEC is located within the traditional territory of the Tsq'escen people, part of the Northern Secwepemc to Qelmuw.*





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The 2018 Interior Health South Cariboo Local Health Area Profile identified many of the core mental illness and corresponding detriments encountered by residents of all ages. Compared to the general population in BC, South Cariboo residents experience lower life expectancy, higher average of children entering kindergarten who are vulnerable (experience physical health and well-being issues, social competence, emotional maturity, language and cognitive ability, communication skills and general knowledge), higher rates of chronic disease and mood and anxiety disorders, higher rates of drinking, smoking, and other addictions.

According to the Adverse Childhood Experience (ACE) Test, people with mental health and addictions issues are more likely to die prematurely. Mental illness can cut 10 to 20 years from a person's life.

The 2017 Wildfire season (and subsequent evacuation) was the catalyst for many residents in the (South) Cariboo to seek and access mental health supports. The CFEC experienced a 120% increase in demand for mental health supports (Counselling, Family Support, and Youth Support). The subsequent Wildfire season (2018) and the wood mill curtailments (2019) further placed a burden on the CFEC to provide support services to residents.

Finally, the 2020 COVID-19 Pandemic, further exacerbated the need for mental health supports in the South Cariboo.

At the end of 2017, the CFEC was able to apply for funding from the Canadian Red Cross in order to hire an additional counsellor. As it turns out, it was very difficult to recruit and retain qualified individuals for the counsellor position as many applicants simply did not want to move to the epi-centre of the Wildfires. In fall of 2018, we were finally able to hire a qualified individual from the Netherlands.

The Red Cross funding had a 2 year limitation and the funds will expire at the fiscal year end 2021 (March 31<sup>st</sup>). The CFEC also receive a one-time funding from the BC Government in 2018; this funding expired at the fiscal year end 2020 (March 31<sup>st</sup>). As documented with the Fort McMurray fire and evacuation, mental health recovery takes 5-7 years to be effective. As each disaster, pandemic, and set-back occur, it pushes the expected mental health recovery for the South Cariboo back to zero.

In 2020, the CFEC was able to apply for micro-grants (up to \$10,000) for COVID-19 relief, however this funding was intended to support organizations with the acquisition of Personal Protective Equipment (PPE), technology in order to continue to deliver services remotely, and emergency funds to support families directly (for example, \$3000 to purchase infant supplies to families who were unemployed or underemployed during the pandemic). This funding was not applicable for staff wages, capital expenses, or any static costs for normal day-to-day operations.

Non-profit organizations are challenged at the best of times in order to acquire and maintain sustainable funding streams. All non-profit funding must be applied for one a year-to-year basis, and it can be reduced or eliminated with less than 3 months' notice, and has does not exceeded a two year continuum. This funding model hampers the CFEC's ability to attract and retain staff as funding is never guaranteed long term.

At this time, the CFEC has experienced a huge uptake in demand for services, while working within the constraints of our existing funding and budget.



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In the 2015 Central and South Cariboo Mental Health Services Gaps Analysis final report, three issues were identified regarding access to mental health supports: large waitlists, lack of cultural competency, and service delivery to rural and remote geographical communities. The CFEC has been fortunate to address the cultural competency piece by furthering their commitment to staff training and hiring of diverse individuals, and through the pandemic, have been forced to deliver services in non-traditional ways (virtual through technology). Rural and remote residents still have difficulty accessing services due to the lack of access to adequate technology.

However, the third issue of long waitlists continues to be a challenge, due to the compounding and complex issues that residents have endured of the last 3 years. Currently our waitlist to access a counselor averages 45 days. Ideally, the CFEC would like to retain the third counselor position initially hired through the Red Cross Wildfire Relief funding for the 2021-2022 fiscal year and seek opportunities to further that position post-pandemic.



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