To: Parish Council Education & Health Standing Committee Chairs,

From: Nancy Grimshaw, Diocesan Education & Health Standing Committee Chair

I hope that everyone had a very merry Christmas, and I wish you all the best as we begin 2016, the year the pope has dedicated as the Year of Mercy.

Health

Mental Health issues continue to be important in the news and for the Catholic Women's League. It is a myth that talking about suicide plants ideas in youth’s minds. Instead it is the start of a very important conversation. We are asked to be open, caring, and to listen to, and acknowledge how people are feeling. The importance of this issue in our own community was highlighted by the deaths of a couple of teenagers a few years ago, and the ease with which several public figures have come forth to discuss the presence of mental illness among their own families. More information, guides, resources, and videos about starting the conversation can be found on the website www.rightbyyou.ca.

Locally CHEO will begin using a screening tool to assess for suicidal ideation this month beginning with one inpatient unit and then will expand the program. Patients aged 12 and over will be screened. The ability to identify youth at risk will allow for proper assessment and treatment as needed. Did you know that in 2015, suicide accounted for 25% of the deaths in the 15-19 age group, second only to motor vehicle accidents? For every suicide there are 20 attempts. Of those who have suicidal thoughts, 1/3 will go on to develop a plan, and 60% of those will go on to a serious attempt. It's time to start the conversation.

Bell Let’s Talk Day is January 27, 2016. Talk, text, tweet and share to raise money to fight the stigma of mental health.

Our Provincial Minister of Health and Long-Term Care, Dr. Eric Hoskins, has set out a proposal to improve our health care system which he cites provides care that is often fragmented, uncoordinated, and unevenly distributed across our province. The plan is to provide more effective integration of services, timely access to primary care, and other services, more consistent and accessible home and community care, and stronger links between the population, public health and other services. The full 24 page document is available on the website below.


Part of this proposal would see expansion of the Local Health Integration Networks (LIHNs) and eliminate the 14 Community Care Access Centres (CCAC's) across the province. CCAC's have come under fire for inconsistent standards of care. However, Bonnie Lysyk, the Auditor General cited several concerns regarding Health Care, a few are listed below:

-The Ministry of Health and Long Term Care fell behind on its critical-incident and complaint inspections at the province’s long term care homes.

-Children's Aid Societies are not always meeting the provincial protection standards; they may be closing cases too soon, and are taking too long to complete possible abuse investigations.
The province has yet to correct many of the problems in the Home care Program of the CCAC's that were reported in an audit completed 5 years ago.

The complete report from the Auditor General is available at

http://www.auditor.on.ca/en/news en/15 news releases/2015news overall.pdf (it also includes other issues that may be of interest, such as information on the energy act).

While Dr. Hoskins is looking for our input on the document he has set forth, you may wish to send your concerns about the reforms proposed due to the fact that there are still many issues that the government has not or is not able to address and we cannot afford any further deterioration in our Health Care System. We are all asked to monitor the changes and contact our MP's, Premier Kathleen Wynne, or Dr. Hoskins with your concerns.

Extraordinary Jubilee of Mercy-Palliative Care

The National Executive of The Catholic Women's League will be focusing on the corporal work of mercy through palliative care. With impending physician assisted suicide legislation, we are being asked to answer the call to accompany those on the journey to the end of life. Councils need to educate their members on what constitutes good palliative care and inspire members to action by volunteering with those who are dying. Parish councils will soon be receiving a letter from the national president and pledge cards. Members are being asked to pledge their support through action towards good palliative care, and the pledge cards will be sent as a Spiritual Bouquet of the League's corporal works of mercy to the Holy Father.

The Canadian Hospice Palliative Care Association (CHPCA) is located in Ottawa, and may be a great resource for educational materials or perhaps to find a guest speaker to invite to a meeting. They have a website, http://www.chpca.net and it has a section on signing up for free webinars, and under the Volunteers heading, there is a resource area with a link to a Hospice Palliative Care Volunteers: Program-Online Version, which requires a $10 fee. The website lists all locations in Ottawa which offer palliative care services, such as May Court Hospice, Rogers House and many more which also may be helpful in obtaining educational resources or guest speakers for your council.

Education

The CWL National Bursary is now available twice a year. Applications must be submitted to National Office and postmarked by May 31st for the spring committee meeting and by Nov. 30 for the fall committee meeting. Successful applicants are notified by letter and are announced on the CWL website, Dec 31st and June 30th, and are also listed in The Canadian League Magazine.

Catechesis of the Good Shepherd is offering Formation Level 1 training which is for working with children aged 3-6. The training is in two parts, A and B. They may be taken in either order, and part B is being offered at Holy Redeemer Parish, Kanata, on July 11-16, 2016. The fee is $300 for part A and $300 for part B, and there is a one time participant registration fee of $35. Both levels need to be completed to be able to work with the program. The website www.cgSac.ca lists other locations where Parts A and B are offered. Registration deadline is May 15. Attached is the application form.