

MINUTES

ARTS, CULTURE AND COMMUNITY WELLBEING ADVISORY COMMITTEE

Held at Saanich Municipal Hall, Committee Room 2 and via MS Teams

770 Vernon Avenue

November 26, 2025, at 4:30 PM

ROLL CALL

In Attendance: Mena Westhaver (Chair), Pamela Carroll (via Teams), Kristen Kay, Colin Newell, Nathan Papps, Peter Quinn, Mark Leiren-Young (via Teams at 4:39pm)

Regrets: Isak Serhan, James Hesser

Guests: Dr. Bruce Pinel, Registered Clinical Counsellor, Mental Health Connections

Staff: Tiana Solares, Senior Manager, Recreation Services; Nathan Cernusca, Committee Clerk

ADOPTION OF MINUTES

MOVED by C. Newell and Seconded by K. Kay: "That the Minutes of the Arts, Culture and Community Wellbeing Advisory Committee held September 24, 2025, be adopted as circulated"

RESULT: Carried 7 TO 0

IN FAVOUR: Westhaver, Carroll, Kay, Newell, Papps, Quinn, Leiren-Young

OPPOSED: None

COMMITTEE BUSINESS ITEMS

CHAIRS REMARKS

The Chair expressed appreciation for volunteer committee members.

MENTAL HEALTH CONNECTIONS

Councillor Westhaver welcomed and introduced Dr. Bruce Pinel.

The Registered Clinical Counsellor from Mental Health Connections gave a presentation on Mental Health Connections Self-Prescription tool (PowerPoint on file), and the following was noted:

- Committee members were introduced to a self-prescription model developed by Dr. Pinel.
- Dr. Pinel engaged with committee members and staff to identify 9 'Health Circles' to create a mental health connection.
- A demonstration was presented of the Mental Health Connections online tool with engagement from members to complete a profile. www.mhconnections.ca
- Demographic data is collected to determine most common health circles, which help to inform health practices.
- All user data is stored in Canada which is outlined in a Privacy Policy that a registrant is required to acknowledge during registration.
- Opportunity suggested for Dr. Pinel to connect with Movember to provide mental health resources.

ADJOURNMENT

MOVED by P. Carroll and Seconded by C. Newell: "That the meeting be adjourned."

RESULT: Carried 7 TO 0

IN FAVOUR: Westhaver, Carroll, Kay, Newell, Papps, Quinn, Leiren-Young

OPPOSED: None

The meeting adjourned at 5:18 p.m.

CHAIR

I hereby certify these Minutes are accurate.

COMMITTEE CLERK