

AGENDA
HEALTHY SAANICH ADVISORY COMMITTEE

Held electronically via Microsoft Teams
Wednesday, March 2, 2022 at 6:00 p.m.

In light of the COVID-19 pandemic and to ensure social distancing, this meeting is closed to the public and can be viewed/heard via MS Teams. Please note that MS Teams callers are identified by their phone number which can be viewed on screen by all attendees at the meeting.

- 1. TERRITORIAL ACKNOWLEDGEMENT AND DIVERSITY, EQUITY AND INCLUSION STATEMENT**
- 2. ADOPTION OF MINUTES** (attachment)
 - February 2, 2022
- 3. CHAIR'S REMARKS**
- 4. MENTAL HEALTH REPORT RECOMMENDATIONS**
- 5. ADOPTING THE DYNAMIC SYMBOL OF ACCESS** (attachment)
 - Committee Member Basil Langevin
- 6. ROUNDTABLE DISCUSSION**
- 7. DIVISION REPORT – FOR INFORMATION** (attachment)
 - Cristina Caravaca, Senior Manager Community Services

* Adjournment *

Next Meeting: April 6, 2022 at 6:00 pm

In order to ensure a quorum, please contact Austin Winters at 250-475-5494 ext. 3508 or
Austin.winters@saanich.ca if you are unable to attend.

Territorial Acknowledgement and Inclusivity Statement

It is appropriate that we begin by acknowledging that the District of Saanich lies within the territories of the ləkʷəŋən (lay-kwung-gen) peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ (weh-saanich) peoples represented by the Tsartlip (Sart-Lip), Pauquachin (Paw-Qua-Chin), Tsawout (Say-Out), Tseycum (Sigh-Come) and Malahat (Mal-a-hat) Nations.

We are committed to celebrating the rich diversity of people in our community. We are guided by the principle that embracing diversity enriches the lives of all people. We all share the responsibility for creating an equitable and inclusive community and for addressing discrimination in all forms.

MINUTES
HEALTHY SAANICH ADVISORY COMMITTEE
Held virtually from Saanich Municipal Hall, Council Chambers
February 2, 2022 at 6:01 p.m.

Present: Chair: Basil Langevin

Members: Clare Attwell, Carren Dujela, Ryan Henderson, Kam Judge, Liz Miller (SCAN), and Jasmine Noble.

Staff: Brenda Weatherston, Community Programmer; Silvia Exposito, Planner (Community Planning); and Austin Winters, Committee Clerk.

Absent: Silvia Mangué Alene and Councillor Ned Taylor

CHAIR'S REMARKS

Councillor Taylor was not able to attend, he requested that the committee hold the regular meeting with a member as Chair.

MOVED by J. Noble and Seconded by C. Attwell: "That Basil Langevin be elected to Chair the Healthy Saanich Advisory Committee meeting of February 2, 2022."

MINUTES

MOVED by J. Noble and seconded by L. Miller, "That the minutes of the Healthy Saanich Advisory Committee meeting held January 5, 2022, be adopted as circulated."

CARRIED

DRAFT CADBORO BAY LOCAL AREA PLAN

Silvia Exposito, a Planner from Community Planning and Project Manager of the Cadboro Bay Local Area Plan (LAP) delivered a presentation on the Draft Cadboro Bay LAP. The following was noted:

- LAPs are one of the guiding policies for the District of Saanich and they are critical to delivering substantive change over a 20 to 30 year time frame.
- There is a process that is approved by Council for developing LAPs. This process includes:
 - Phase 1 is project initiation;
 - Phase 2 is community visioning;
 - Phase 3 is plan development;
 - Phase 4 is the draft plan review (current phase);
 - Phase 5 is the plan finalization.
- The last Cadboro Bay LAP was established in 2002, thus there is a need to update the LAP to meet current municipal priorities and policies.
- The LAP update began in 2018 and it includes an advisory committee that has been assisting staff with community outreach.
- The community input for this draft LAP has been a multi-year process that has explored issues and developed fundamental content of the draft plan.

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- Multiple surveys, workshops, open houses, stakeholder meetings and multi-day charrettes were completed to better develop policies and garner key priorities for the LAP.
 - The LAP is part of Saanich's Official Community Plan which includes the Sustainable Saanich OCP.
 - The updated LAP process also looked to integrate the District's housing strategy, climate action priorities with regards to mitigation and adaptation as well as updates to active transportation.
 - Cadboro Bay Local Area has three distinct neighbourhoods which include "The Village, Ten Mile Point, and Queenswood."
 - A lot of the future growth and change from the LAP is focused primarily on the Village Centre and the Village neighbourhood.
 - Cadboro Bay is projected to be one of the areas of Saanich most impacted by a potential sea level rise due to climate change.
 - With regards to concerns about potential sea levels rising the LAP incorporates the most recent CRD sea level rise mapping and adjusts land use designations based on the mapping.
 - There are nine key directions taken into account for the Cadboro Bay LAP, for which a lot of them are related to retaining the character of the area while also making housing and active transportation more accessible.
 - The Queenswood and Ten Mile Point area would largely remain as is with regards to future land use designations except for district wide in-fill projects.
 - The LAP envisions keeping the green character and semi-rural quality of the streets within the Ten Mile Point area.
 - Sinclair Road is a key focus of the LAP process, with clear policy direction for improvements in the Draft LAP.
 - The improvements include a design concept for Sinclair Road in alignment with Draft LAP objectives, enhancing the role of Sinclair as a community gateway, and enhancing the Cadboro Bay Rd. and Sinclair Rd. intersection.
 - From a land use perspective the majority of the change with this LAP is in the village neighbourhood where ground-oriented housing will be supported.
 - There is also support for added height allowances on institutional mixed-use sites for affordable housing.
 - The LAP looks to expand the area where townhouses would be supported as well as additional commercial opportunities and smaller scale apartments along Sinclair Ave.
 - Improving connectivity of the street and trail network for pedestrians and cyclists accessing the Village, the beaches and area destinations is a key priority of the updated LAP.
 - The Village Design Guidelines are also being updated along with the LAP.
 - The Guidelines provide direction for building and site design in the Cadboro Bay Village and its surrounding area.
 - The Guidelines apply to multi-unit residential, commercial and mixed-use developments in the Village area.
 - The next steps for the Cadboro Bay LAP include community and stakeholder consultations followed by changes to the LAP based off of feedback and surveys.
 - The LAP will be brought forward for Council consideration and adoption in May 2022.

The following was noted during discussion with committee members:

- An inquiry was made over whether this LAP met the housing density needs of Cadboro Bay and Saanich in general.
- Staff is awaiting results from the surveys and further feedback from the public to see

whether further changes need to be made to the Plan.

- There was questioning as to the extent Indigenous groups and communities were engaged on this Plan.
- The Songhees Nation and Esquimalt Nation have been engaged throughout the development of the Plan and there was a workshop planned specifically with these indigenous groups in mind but due to COVID it was not held.

MENTAL HEALTH DURING COVID AND POST-COVID

Committee Member Dr. Noble delivered a presentation on mental health during COVID and post-COVID. The following was noted:

- Prior to COVID there was already unmet need with regards to mental health as research showed that:
 - 1 in 3 Canadians will experience a substance use or mental health disorder in their lifetime;
 - One third of Canadians feel as though their mental health needs are not being adequately met;
 - There is a significant increase in need for mental health support resulting from COVID-19.
- Infectious disease outbreaks have traditionally led to increases in anxiety, depression, and posttraumatic stress disorder (PTSD), substance use disorders, domestic violence, and child abuse.
- In 2021, 1 in 4 Canadians self-report experiencing symptoms of depression, anxiety or PTSD, up from 1 in 5 in 2020.
- In 2021, 45% of women, and 34% of men say their mental health has declined.
- There was 1,720 opioid toxicity deaths between April 2021 and June 2021 Canada-wide, which is a 66% increase compared to 2019.
- The higher risk demographics for mental health illnesses during COVID-19 include:
 - Unemployed;
 - Young adults (18-24);
 - Unpaid caregivers;
 - Indigenous Peoples;
 - LGBTQ2S+;
 - People with disabilities;
 - Individuals with existing psychiatric or substance use conditions;
 - Healthcare workers and other essential workers; and
 - Elderly
- The direct mental health effects for those who have gotten COVID-19 are at risk of developing a neurological or psychiatric condition within 6 months of diagnosis.
- To cope with the pandemic, 50% of Canadians self-report exercising outdoors, 11% are accessing virtual mental health care, and 17% have increased substance use.
- Social support has been found to be a strong predictor of resilience following disasters and posttraumatic recovery following exposure to trauma and disasters.
- Connectedness is detected as being a mediating factor as a feeling of being connected to others that has a positive effect on coping during the crisis.
- In communities where the level of connectedness was rated high, their level of resilience was considered high as well which is attributed to altruism or volunteerism.
- Altruism/volunteering is a crucial factor that motivates people to work toward collective well-being, prosperity, and serenity.

- Digital technologies (including social media) may provide an opportunity to increase connectedness and reduce feelings of loneliness and isolation
- Living in an area with easy access to green spaces “increases perceptions of social support, connection, and social well-being.”
- Trust in institutions may be a protective factor for communities that experience crises, such as the COVID-19 pandemic.
- Trust in institutions can be built by providing public health education that increases health literacy.
- Health literacy was associated with decreased depression and increased health-related quality of life.
- Studies suggest reducing social media use, particularly in relation to accessing information about COVID-19, except for social connection.
- There were 3 overarching recommendations made that could assist with improving the mental health of residents:
 1. Engage and partner with community leaders and community-based organizations;
 2. Empower and mobilize community members; and
 3. Reduce social isolation and increase connectedness.
- For a list of references used to support the notes above, please see the PowerPoint presentation associated with this presentation through the link below:
<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:5cf916ac-aca2-481c-b4a5-3fa2487f0d49>

The following was noted during discussion with committee members:

- There has been a trend of different cities taking on temporary projects for active transportation and local neighbourhood communities where barriers are put up to limit or restrict traffic to allow for more residents to get out, gather and play on their neighbourhood streets.
- In Saanich there is a community grants process that would potentially be available for the above listed initiative, although the deadline for this annual grant just recently passed.
- There needs to be more empowerment at a neighbourhood level for community involvement rather than having community engagement centralized through Saanich.

ROUNDTABLE DISCUSSION

Nil.

ADJOURNMENT

The meeting adjourned at 7:59 p.m.

NEXT MEETING

The next meeting is scheduled for March 2, 2022.

Committee Member Basil Langevin, Acting Chair

I hereby certify these minutes are accurate.

Austin Winters, Committee Secretary

HSAC Proposal: Adopting the Dynamic Symbol of Access

Background

The current accessibility symbol used by the District of Saanich is a 1968 icon that depicts a stationary person and wheelchair. In the early 2010s, disability activists designed an updated symbol to better reflect their identities and experiences. The new symbol depicts a wheelchair user in motion: a “driver” of their own mobility.

The current symbol



The new symbol



Current usage

The updated symbol has been used in hundreds of cities around the world. It is currently used on BC parking passes, and it has been adopted by Victoria, Nanaimo, and many other Canadian municipalities.

Municipalities use accessibility symbols for parking spaces and signage, washroom signage, and directional signage. These symbols are also used on accessible vehicles, on maps, and in public and private buildings.

Adopting the new symbol

Most jurisdictions phase in the new symbol over time, using it whenever parking signage is repainted or new signage is installed. As a result, the cost of adopting this new symbol is negligible.

Jurisdictions that have adopted the new symbol

BC Municipalities

Victoria
Nanaimo
Squamish

Other Canadian Municipalities

Toronto Stratford
Mississauga Guelph
Sarnia Uxbridge
Innisfil Kingston

US Jurisdictions

The State of New York
The State of Connecticut
Phoenix, Arizona

References & further information

The Accessible Icon Project: <https://accessibleicon.org>

The Forward Movement: <https://www.theforwardmovement.ca>

Accessibility & inclusion

District of Saanich public facilities are accessible and inclusive environments. The following signage and supporting programs reflect that.



1. Signage

Within the District of Saanich, recreation centres have both universal washrooms and gender specific washrooms. The number of changerooms, washrooms and shower areas require a variety of accessibility signage.

Accessibility is represented by the person in a wheelchair pictogram as a supporting sign element.

Change table facilities are represented by the "baby in diaper" pictogram as a supporting sign element.

2. Braille

Braille features can be added to specific signs (especially in hallways). Clear braille sticker bands can be added to the lower right portion of the signs as desired.

3. Universal washrooms and changerooms

Where applicable a gender neutral pictograph of a toilet will be used to indicate all gender washrooms.

For changerooms the pictograph of male, female, accessibility and baby will be used to indicate that the changerooms have amenities for all genders, ages and abilities.

Additional suggestion: For inclusion, signage is only effective to a certain point. A sticker, social media and print campaign could be used to educate the public and highlight that Saanich Recreation Centres are all genders welcome facilities. The goal is to achieve a welcoming environment for everyone.

4. Territorial acknowledgement and Saanich diversity statement

Each centre currently posts a territorial acknowledgement sign and Saanich Diversity Statement. This Strategy does not address these signs. They will remain in place as is.

A Saanich Diversity Strategy is planned for 2022. This would be an indepth project that would include research, review and public engagement from the LGBTQ2, First Nations, English Language learners, new immigrants and refugees and community members.



The Corporation of the District of Saanich

Report

To: Healthy Saanich Advisory Committee;
Parks Trails and Recreation Advisory Committee

From: Cristina Caravaca, Senior Manager- Community Services

Date: March 02, 2022

Subject: Community Services Division Update

RECOMMENDATION

That the Committee receive this report as information.

PURPOSE

The purpose of this report is to provide the Committee with an overview of Community Services division activities.

DISCUSSION

Diversity and Equity: From February 1st to the 10th, Recreation Community Centres were decorated to celebrate Lunar New Year. We had been working with the Korean and Chinese communities to host a joint, in-person Lunar New Year celebration at Cedar Hill, but COVID restrictions did not lift in time to realize that goal this year

February is Black History Month, and staff promoted the ISAAMBA CENTRE's two-day virtual Symposium. <https://www.issambacentre.ca/event-details/black-history-month-2022-the-symposium>

Lekwungen Territory Tours are being offered to the public with Mark Albany, Songhees Knowledge Keeper and educator. With a grant from Greater Victoria Naturehood we are able to offer three tours between January and March. These tours fill quickly, so we are working on adding some more to meet demand. Register at [RecOnline](#).

Child and Youth Services: The Flipside has been painted and is undergoing its final changes before welcoming programs back. With the fresh new paint and a deep clean on the space, it will be great to welcome back all of our programs into the Centre. Registration has picked up and we are excited to offer SNPP Spring Break Camps! As a pilot program, SNPP will operate out of Meadow Park for both weeks of Spring Break, our camps are full with a waitlist. At this time our only challenge is staffing but, we are cautiously optimistic these fabulous outdoor camps will run!

Registration for the winter/spring Friday night pizza and movie drop ins, and the dungeons and dragons club are strong. We are thankful to continue school partnerships with ROMS, Claremont and Independent Learning Centre (ILC). Weekly, we provide programming to each of these schools including but not limited to, guys group, girls group, indigenous leadership club and most recently, yoga for ILC.

The ILD Trauma Informed Yoga program is focused on mindfulness and movement. Youth participating in this program are of mixed backgrounds and most have had several adverse childhood events. Looking forward to yoga once a week is a predictable peaceful time. Our yoga instructor is well versed in working with all age groups and demographics and this program is proving to be a great success.



Overall, we are happy to be able to have the support from council and managers to run the programs we do. It truly is making a difference in the lives of youth in our community.

Special Events: The current restrictions in place on gatherings and events are expected to ease after the Family Day long weekend and a return to summer events could be just around the corner. The first event scheduled for April will be the Earth Day Festival (formerly the Saanich Cycling Festival). A full summer of concerts and events will hopefully get the green light as the latest wave of the pandemic looks to be easing. Saanich staff are working closely with Uptown and a possible new Community Cultural Festival scheduled for a weekend July. Saanich staff are also working with members of the Victoria Pride Society to host the first ever Saanich Pride in the Park event scheduled for June, exact date TBD.

Film Industry: The film industry continues to be active in Saanich with the “Reginald the Vampire” production continuing to use local sets. Saanich was recently featured in the news as the new Glanford location of the “Slushy Shack” has residents asking questions about the decorative building. The bright yellow exterior of the recently closed Service station at the corner of Vanalman and Glanford stands out for its unique design. The location will be used several times over the new few weeks for evening filming. Reginald the Vampire will continue to film throughout the first part of the year with several more Saanich locations scheduled.



Community Arts: The following free exhibitions are on display during February & March:

- Saanich Municipal Hall through to March 21:
 - African Arts & Cultural Community Contributor Society, *A Glimpse Into Black History Month - African Heritage Month*
 - Sharon Lam, *Our Favourite Places*
 - Bill Zuk and Robert Dalton, *Endangered and Vanishing*

- Cedar Hill Recreation and Arts Centre from February 15 to March 7:
 - James Bardy's Wild Pacific

- Tillicum Centre to March 3: Kathleen Trayner and Dixie MacUisdin

Older Adult Services: Community Arts and Older Adults Services are pleased to be collaborating once again with Human Nature Counselling to offer “Inspired by Nature: Forest Bathing and Creative Expression”, a four week pilot program outdoors for older adults, combining guided “forest bathing” walking sessions with creative activities in nature. The fall 2021 pilot program was well-received as a positive and gentle return for participants to group-based activities during the pandemic. After initial communication of the program, we have very positive participation responses, and should fill the program.

Parks Programs: On February 13th we held a Community Disc Golf Day at Layritz Disc Golf Course. Over 130 people came out over the 5 hours to play. There were many highlights for the day that included a family of 5: both grandparents, both parents and teen age daughter; a 72yr old from England who is over visiting her sister and family and brought all 7 of them out to play; and there were around thirty 10yrs and under that came with parents but had their own equipment and came to play. A big thanks to South Island Disc Golf Society for sharing their expertise with the community.

Financial Assistance: Moving through the pandemic has proven to be challenging for everyone at different times – and when we begin to experience pieces of normalcy or the “old way”, we celebrate with gratitude. As celebrated by one LIFE participant who shared with me, “Thank you, the LIFE program truly assisted me. The gym and all the wonderful staff are an important part of my life, socially and physically” ~ Marion.

The return of “Option B & C” for LIFE participants has been welcomed by many. LIFE participants can once again receive an annual pass that they can use through Saanich ONLY recreation centres (Option B) OR within all 13 Greater Victoria Regional Recreation Centers (Option C) at 50% off of the regular fee and be able to pay for this benefit on a monthly basis reducing they payments to range from \$10-\$21 month depending on their age category. This option provides them unlimited use to drop-in services.

In following the recommendations presented from the 2019 Regional LIFE Review, the LIFE program returned for 2022 with an additional 5% increase in LICO (Low Income Cut Off) amounts for applicants.

Volunteer Services: Since January there have been volunteer placements at Gordon Head and SCP for Aquatics (Shadow Guards, Instructors & Team Leaders). Currently onboarding about 20 applicants. Currently working with Community Arts staff to recruit at home volunteers for prepping an activity for an Inter-Municipal Community Art project. The Ceramics and Art Studios at Cedar Hill will also utilize volunteer to help with children’s programs during Spring Break camps.