

**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.

- 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