

Dryden District Peer Support Drop-in Centre

Membership Meeting minutes from Sept 27 2017

Our Vision - Mental health and wellness in all communities

Our Mission - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

Our Values - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

Our summer is over, with the leaves falling and the cooler temperatures arriving. We all need to embrace this change by dressing for the weather and adjusting our routines for wellness in our lives. Finish up all the outdoor chores before the inevitable snow fall happens! We all need to be prepared. We can all look forward to what the future will bring. With reduced sunlight for everyone in our region, the Drop-in will bring additional optimism and brightness in these days to come. We are all in this together and we need to support everyone in this gloomy time. Without further ado, this will highlight the fall seasons membership meeting.



The **Community Garden** was somewhat of a success and it will be cleared out for the growing season next year. More participation is always needed.

The **19th Annual Consumer and Family Conference** at the Best Western wrapped up a few weeks ago. This event went well! We hope everyone that attended enjoyed some part of it. For next years 20th, which is a major milestone, we hope to make it better than ever.

The monthly BBQ's have ended and many of the members decided during the meeting to replace this activity with **Baking Days** going forward. This is entirely member driven, and will happen every two weeks or so, when we have funding. Anyone participating will just need to provide a staff with a shopping list of baking supplies.

Staff are also open to more types of **Member Driven Activities**, if possible.



Haircuts will be offered monthly for **5 Dollars**, excluding the months of January and September. The hairdresser Kristen will be cutting hair for the foreseeable future.

Food Safety is important and wearing a **hat or hairnet** is a must if you are cooking for someone other than yourself. Staff will keep an eye on this situation going forward.



Bowling once a month will be coming back in November and we provide the passes for two games and shoe rental.

Open Art Projects allow members to plan their own project using the supplies we have available and will be on the Drop-in Calendar. Staff can research interesting Art/Craft activities, and we can look at having a Guest/Volunteer come in to facilitate some lessons for everyone.

Yoga is also an excellent activity! Gina facilitates lunch hour Yoga at the Rec Centre on Tuesdays and Thursdays from 12:10-12:50. Anyone interested can meet Gina there around 11:50 am for admittance.

Other Reminders:

—Please **do not take home food, craft supplies or toiletries**. That stuff is for the Drop-in Centre only. However, with leftover food from baking days, staff will determine what is appropriate to take home.

—**Smoking area** is over by the picnic tables, and everyone should be aware that a few people are trying to quit smoking.

—Please put your **cups and dishes into the washer** when you are done with them.

—CMHAFF staff **cannot dispense or store medications**. If you have your meds on you while at the Drop-in, keep them on you at all times and keep them out of sight.

During the Meeting we went over the **Drop-in Rules:**

“The Drop-in Centre is designed to be a safe place, where people can respectfully support each other, while maintaining confidentiality. In order to ensure a safe environment for all, intoxication or threatening behavior will not be tolerated.”

We also discussed what confidentiality is, in layman's terms.



Confidentiality means to hold information a secret, unless the person has given their consent for you to disclose it. An example: You don't ask who was here, or talk about what was learned in the Drop-in from someone else. Who was here is considered private health information.



Reminders:

We should all respectfully support each other. This is desired. This doesn't mean you have to agree with someone or share their same views, but it does mean you need to tolerate them and give them space. We all need to remember also, that everyone is at a different stage of recovery and has a different level of wellness. In general wellness fluctuates from day to day with most of us.

Notable dates of closure:

- ◆ Thanksgiving Day is Oct 9th and the Drop-in is closed.
- ◆ Remembrance Day is Saturday Nov 11 and the Drop-in is closed Monday Nov 13th.
- ◆ Christmas Break and Drop-in Closure, starts on Dec 22 at 2pm and re-open Jan 2nd 2018.

Issues:

Staff have been wanting to address a few issues for awhile. Gossip is one, and talking behind another's back is not acceptable at the Drop-in. Staff know that gossip goes under the radar, and we cannot police this if it happens outside the Drop-in. We ask that it stops. Also whispering is an inappropriate behavior and can do more damage than most people realize, especially to those that have paranoid thoughts. Also when a person talks about others behind their backs, puts them down or makes rude comments, that person is not doing well themselves and may be struggling in their own recovery. ***People that are doing well will support each other, regardless of opinions and differences.***

Everything discussed in the Drop-in Centre should be conducted in an appropriate manner, free from gossip, whispering and general discomfort among all of us peers.



“Wellness is not a “medical fix” but a way of living. A lifestyle sensitive and responsive to all dimensions of body, mind and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever”—Greg Anderson