

SSD Council Minutes

Date: November 14, 2014

Call to Order

Adoption of the Agenda

Approval of Minutes

Staff Reports:

The Office Coordinator began her first day on Wednesday October 29th. The first few days were spent organizing the office: discarding outdated materials, rearranging office space, reviewing contents in filing cabinets, organizing resources, etc. In addition, she met with Al Bishop to go over payroll and Union information. The Coordinator spent time with her work/study students; learning about them and their unique skill sets. The Coordinator takes out and brings in the office sign every day, maintains the appearance and upkeep of the office, regularly checks voicemail and USSD emails. An attempt has been made to delete old email messages that are no longer needed and spam/junk. Current messages in the USSD email account have been responded to as well as the telephone messages. The Coordinator introduced herself to service users and welcomed them into the space. On a few occasions (when work/study students were unavailable), the Coordinator assisted service users with computer applications and provided information on resources on campus and/or off campus as needed. Meetings were arranged with the Coordinators of all advocacy groups. A discussion of potentially having regular meetings between all Coordinators was discussed. We are planning to hold regular meetings (once a month) between all Coordinators to discuss and exchange ideas and look for ways to support one another (e.g. Take Back the Night and Community Share). The first one will likely take place next week. -This was initiated by SOCC (Billy). In collaboration with Board Members, the Coordinator reviewed the U Vision document and responded with recommendations in a timely manner. The Coordinator also developed a poster for the SSD “structured activities” to begin the week of November 17th. Curriculum development for the “Mindfulness Movement” and “Meditation” workshops has begun. The Office Coordinator has brought in some of her own resources and is working on formatting the structure of these workshops, group guidelines, content, etc. Work/study students are assisting the Coordinator with developing an “On Campus Resource Binder” and a “Community Resource Binder”. These resource manuals will be kept in the SSD Office at all times and used for the “Resource Sign Up” on Thursdays and used to plan the “Enablement Submit” in the New Year. The Coordinator also attended the Advocacy Council Meeting and the Campaigns Committee Meeting on November 13th. Various issues were discussed such as the disability ramp for the SUB building, promoting SSD structured activities/events, etc.

Motions:

Old Business

New Business

- 1) Be it resolved that the SSD will host structured activities at 10 am every day of the week at the SSD office beginning the week of November 17th, 2014. These events will be offered to any student who self-identifies as having a disability. The primary aim of each of these activities is to provide a safe space. In addition, these activities will assist students with disabilities to learn coping skills to manage and process emotions (e.g. stress, anger, depressions, anxiety, etc.); gain self-awareness and capacity to mobilize their goals and ambitions. At the same time, these activities will provide a social forum to make friends and connect with resources. The proposed scheduled of structured activities is as follows: Mondays from 10am to 11am (Mindful Movement); Tuesday from 2pm to 3pm (Assistive Technology); Wednesday from noon to 1pm (Community Lunch); Thursdays from 3pm to 4pm (Resource Sign Ups); Fridays from 10am to 11am (Meditation).

Moved by Sheppard, seconded by Mitchell

Chevrier moves to strike out “at 10 am” in the first sentence, seconded by Mitchell, carried

Main motion carried

- 2) Be it resolved that the mock-up poster to advertise the SSD structured activities be adopted. These posters should be printed using our coloured printers at the SSD office.
Moved by Sheppard, seconded by Mitchell, carried
- 3) Be it resolved that the Coordinator and/or work/study students and Board Members will facilitate all structured activities during the week. If required, assistive technology support may be provided by a contractor.
Moved by Sheppard, seconded by Mitchell, carried
- 4) Be it resolved that SSD will make a contribution of \$200 towards the Red Umbrella Day; December 17th which is the International Day to End Violence Against Sex Workers.
Moved by Sheppard, seconded by Mitchell, carried
- 5) Be it resolved that SSD will make a contribution of \$200 towards Take Back the Night; November 27th which is March and Vigil to commemorate violence against women.
Moved by Sheppard, seconded by Mitchell, carried
- 6) Be it resolved that the SSD partner with the Women’s Centre to start the first Endometriosis Support Group in Victoria. Currently there is no existing support group for women suffering from this debilitating autoimmune disease on Vancouver Island. Endometriosis can seriously affect an individual’s quality of life and pose challenges to academic achievement and personal well-being. It is proposed that this be a monthly support group meeting for all UVic students. These workshops would take place at the Women’s Centre (who has agreed) for two hours. The first meeting will be scheduled in January 2015.
Moved by Sheppard, seconded by Mitchell, carried
- 7) Be it resolved that the SSD host a support group for persons with Learning Disabilities and ADHD once a month for two hours at the SSD office. These meetings will begin as of January 2015.
Moved by Sheppard, seconded by Mitchell, carried
- 8) Be it resolved that the SSD host a support group for persons with Autism once a month for two hours at the SSD office. These meetings will begin as of January 2015.
Moved by Sheppard, seconded by Chevrier, carried

- 9) Be it resolved that the SSD host a support group for persons with Mood Disorders (e.g. anxiety, depression) once a month for two hours at the SSD office. These meetings will begin as of January 2015.

Moved by Sheppard, seconded by Mitchell

Sheppard moved to strike out “Mood Disorders” and insert “mood conditions,” seconded by Mitchell, carried

Main motion carried

- 10) Be it resolved that the SSD Coordinator participate in the next Mental Health First Aid Training through Need2: January 10 and 11th, 2015.

Moved by Sheppard, seconded by Chevrier, carried

Discussions

- 1) There are a number of Committees, Campaigns and Meetings taking place: Campaigns Committee; Advocacy Council; Marketing and Communications; Financial...which one's should we be attending? Who?
- 2) Paint job status?
- 3) Equipment/software status?
- 4) Need to review Basecamp projects and revise.
- 5) Soup Day (Promotion for SSD and Confidentiality Box?)
- 6) Potentially participating in Take Back the Night (Speaking)

Notice of Motions

Adjournment