



**Dufferin Parent Support Network Board of Directors
Meeting Minutes October 1, 2012**

Present: Paula C. (chair) Pat G. (recorder), Barbara H., Kolleen McL., Laura L., Phyllis N.,
Regrets:

- 1) **Call to Order:** 3:10 at DCAFS Approve Agenda: M: Barb S: Kolleen
- 2) **Approval of Minutes of September 10, 2012** M: Phyllis S: Paula
To accept the minutes of 2012 meeting as presented.

3) **Strategic Planning**

- a) 2012 Fund raising contact: A contact letter to be sent out by end of year to thank donors for continued support as well as garner new support due to ongoing need. Letter to be drafted - Laura to do.
- b) Spring fundraising event- Discussion re follow- up from the Dr. Finlayson event: it was well received by those in attendance. Participants found the session very informative & found Dr. Finlayson to be a relaxed speaker. His approach was well received as it was non –critical and non -judgemental, and he was a well informed speaker. Comments suggest that the handouts were user friendly and useful. Questions asked during presentation indicate that medical support is just not available in the community. Discussion followed as to the potential need for a follow up session/ forum/ panel in the spring as there is no longer an ADHS group in the community. Further discussion needed as to how best to approach this. Some questions raised included how best to assess if there is a need for more support for parents? Susan McCreary may be a contact for autism if we go with that topic for a future event. What are the supports are available for parents with children with special needs? Ask Stacey what her findings have been with respect to gaps or needs of parents.

ProGrant funding: Would we want to pursue a grant application to be able to offer a larger event? This may depend on the findings from Stacy’s survey results. PRO grants are available in the spring and requires partnering with schools.

Canada Post grants application – Barb to review for fit now. Grant application review may be a future role for Laura. Deadline for this grant is April 2013. Applications are available February 2013. Will need to monitor website.

Upcoming mental health related events - DPSN could have a presence at the following events.

Oct 18- Changing Futures Prevention Summit in Guelph- Focus is on addictions & mental health- Laura may be attending.

Oct 19- Focus on Mental Health –offered by Dufferin County Community Services. Being held at Tony Rose

Oct 23- Horizontal Team Work- a half day workshop. -DuCk.service providers collaborating together. Facilitator training in Toronto- three full days of training at a cost of \$150. – Topic is “positive discipline”. Family Resource Program is offering the course. This is not Triple ‘P’. Limited to 20 participant. May be appropriate for our facilitators. Kolleen is interested in attending.

4) **Coordinator**

- a) Activity Report- ADHD session with Dr. Finlayson- 42 paid participants attended 32 completed feedback forms. Everyone enjoyed it and got a lot out of it. Some suggested topics for future

presentations included: triggers of anger, study habits & ADHD friendly space, autism, info on SNAP (stop now and plan), navigating the school system for parents of ADHD kids as well as info for grandparents.

- b) Workshop Status for fall- How to talk is full with four on a wait list. October workshops filling up. Six have already signed up for the November session on autism.
- c) Dr Finlayson event- discussed previously
- d) Ask a Parent column- October topic is “Forgiveness is free, but trust is earned” by marc Mailot. Past topics for November dealt with seasonal stress or taking the commercialism out of Christmas. Barb previously did an article on activities to do with your children at Christmas. Suggestions for topics included; a workshop topic, speaking to Tina re; the topic of taking commercialism out of Christmas, or possibly something on mental health.

Paula Cornish from John Howard is a possible author- **Laura** will ask is she will do one.

Anger & stress in the holidays is always relevant. We could have a guest writer to help parents capture their thoughts/ adventures etc., with parenting-

Laura to ask a teacher she knows for ideas.

Phyllis will approach Julie Griffin re possible topic/article.

December –creativity and the holidays, taking time to be creative & resolutions- **Laura** to follow up and report back

- I. Need to check to make sure we have every principal email on our mail out list
- II. PIC committee member can be link between us and the schools- a Dufferin member invite to our meeting s for better relationship

Laura presented to OEYC on the role of DPSN and was surprised how many in attendance were not aware of DPSN.

e) Website/social media- Laura is improving website would like a calendar for our workshops to make it more user friendly. She will be working on this.

Other: Discussion re “Allies for Kids Mental Health” project and its promotion through DPSN. Discussed that if information is for parents it should be ok. It can be tagged with something else that DPSN is sending so agreed that it is ok to send through DPSN channels.

5) Reports

a) Treasurer: No new monies. Stacey has not invoiced DPSN yet. Paula to contact re invoice)

b) Fundraising – Laura drafting fundraising letter

United Way- Paula highlighted DPSN in presentation given last week. Paula meets with United Way this Thursday as she is speaking at Trans Alta to promote DPSN. Potential for some support? Also, contact to be made with Sonia Pritchard, County CAO.

c) Board meeting times- Discussion re changing times of meetings. Agreed to meeting from 1-3pm on Monday’s (unless a holiday). December 10th meeting will be at Paula’s house at 1pm. Pot luck lunch and board meeting.

Paula will do a main, Phyllis salad, Kolleen will do dessert, Barb an appetizer, invite Joan, Laura will do veggie and Pat will do a main. No shellfish. Joan to be invited.

6) **Next meetings**: dates as previously noted in September minutes. NB: November 12 is a statutory holiday

7) **Adjourned**: 5:45

In camera session