

THE CORPORATION OF THE CITY OF NORTH VANCOUVER
Regular meeting of the Social Planning Advisory Committee
Held in City Hall, Conference Room 'A'
On Wednesday, November 22, 2017 at 6:00pm

MINUTES

PRESENT:

Steve Tornes, Chair
Arash Ehteshami, Vice Chair
Cassandra Buckley
Naz Kohan
Etienne Normandin
Tina Parbhakar
Mary Tasi
Heather Urquhart

ABSENT:

Jasreen Janjua
Holly Back, Councillor

STAFF:

Heather Evans, Community Planner
Edytha Barker, Committee Clerk
Juliana Buitenhuis, Coordinator
Wendy Tse, Planner

GUESTS:

Julia Kaisla, Executive Director, Canadian
Mental Health Association, North and West
Vancouver Branch

9 members – quorum = 5

1 Councillor (non-voting) 2 staff (non-voting)

1. APPROVAL OF AGENDA

The agenda was approved as circulated.

2. APPROVAL OF MINUTES OF LAST MEETING

The minutes of the meeting of October 25, 2017 were adopted as circulated.

3. PRESENTATIONS

a) Canadian Mental Health Association, North and West Vancouver Branch

J. Kaisla, Executive Director of the CMHA branch in North & West Vancouver gave a presentation on Mental Health in North Vancouver, Issues and Interventions.

Key points included:

- The CMHA is one of Canada's oldest charities (almost 100 years old) and they have been in Canada since 1958.

- Their motto is to work toward mental health for all, including people with addiction. To do this, they use peer support, support groups, navigation, homeless outreach, supported housing and supported employment
- They have two sites at the HOpe Centre; Blenz (which is the only social enterprise franchise in BC) and the Kelty Dennehy Mental Health Resource Centre.
- The focus is recovery. This means having a home, a job and a purpose. It is important for individuals to feel in control and have access to community resources.
- About 13% of children under 12 in Canada have clinically significant disorders. Of those, 69% receive no specialized mental health services.
- About 1 in 7 young people (aged 12 – 18) in BC will experience mental illness at some point. Many mental illnesses show up before the age of 18.
- Older youth (19 – 29) are often too old for youth services but emotionally and otherwise too young for adult services. CMHA has interventions specifically for this age group.
- Depression is the leading cause of disability worldwide. In BC, suicide is one of the top three causes of mortality among men ages 15 to 44. Suicide in men has been described as a “silent epidemic”.
- What we have learned:
 - Stigma continues to be a barrier.
 - First Nations communities are experiencing disproportionate rates of overdose and suicide.
 - Those dying by overdose are often alone and at home.
 - Navigation continues to be a challenge for families and individuals.
 - Connection is key; isolation perpetuates mental illness.
- Creating community is one of the most important things.

Questions from SPAC:

- Does a person require a referral to access the Steps program for 19 – 29 year olds?
 - No, we have an intake system and they can be self-refer.
- For all the age groups, you mention that going to the family doctor is the most important starting point. What about people that need a family doctor and are having a hard time finding one? Are you helping with that at all?
 - There are a few programs that are phone based where doctors can be used remotely, however, this does remain a problem. We recommend going to a walk in clinic if a person does not have a family doctor. The cause of depression can sometimes be physical so it is always best to start there.
- You use the terms mental health and mental illness interchangeably; one has a negative connotation, the other a very broad meaning. What falls under each umbrella?
 - Mental health issues means they don't have a diagnosis, mental illness means they have a diagnosis.
- What would you specify as a mental illness?
 - There is a long list; some would be addiction, anxiety, PTSD, depression, Borderline Personality Disorder, some people can have multiple diagnoses as well. We still do not really understand how the brain works; it is hard to put labels on everything.
- Are there particular legal issues that keep coming up for your clientele?
 - There are a lot of issues around the mental health act and when you can apprehend someone, the most would probably be “duty to accommodate” in regard to employment law. It can be difficult to figure out limitations people

have and how to integrate them back into the workplace. Many people are leaving jobs or being fired due to their mental health issues.

- What is being done in terms of prevention at a societal level?
 - People don't know mental illness can be prevented. It comes around to education; that is key. There is interesting research about prenatal mental health and what we can do. Support for parents is very important.
- What can municipalities do to assist?
 - Build connection and the space to foster connection, bring people together, and get them out of their homes. Walk the talk; train and get help for employees.

b) Play: Embrace the Space

J. Buitenhuis, Coordinator – Community Services, gave a presentation on the City's Placemaking program.

Key points included:

- CNV's Placemaking vision is "To enliven public spaces in the CNV through interactive installations, events, and community collaboration".
- Play is about reducing social isolation. Research has shown that the higher the building is, the less likely you are to know your neighbour. Public spaces are becoming extensions of people's living rooms; this is known as the "third space".
- This program is able to respond to requests that come into the City but that fall within many departments.
- The PLAY program has been running for one year and is a "consult by doing" model. As we get into year 2, we will be evaluating and planning for the future.
- Some of the initiatives implemented within the last year include:
 - A refurbishment of Jack Loucks court and Rogers Plaza; we added AstroTurf, tables and chairs and string lighting and a stage will be coming.
 - A parklet at Lonsdale and 18th; this is portable, was built by City staff and will move every year. In the spring, we will do consultations with the public regarding the parklet.
 - Prance on the Pier; this was the first pride event on the North Shore.
 - Long Table Lunches in Civic Plaza; every Thursday in July, included live music and a food truck.
 - Curated busking.
 - The mural at 3rd and Esplanade.
 - A crosswalk near Larson Elementary School.
- Future events such as a mobile library are planned.
- Communication and collaboration are key to making the PLAY program work.

Questions from SPAC:

- Do you have any thoughts about what we can do as individuals to placemake?
 - Point out a spot that could use some love, get businesses together to throw a party, etc.
- What kind of feedback have you received so far?
 - We need to be sure that information is getting sent out to everyone as some individuals have indicated they did not know about events in advance.

5 minute break – 7:25pm

c) Update on Housing Action Plan

W. Tse, Planner gave an update on the City's Housing Action Plan.

Key points included:

- The Housing Action Plan:
 - Establishes goals and strategies to address community housing needs;
 - Aligns with OCP goals and objectives;
 - Works in conjunction with the Social Plan and CNV4ME;
 - Fulfills Metro Vancouver's Regional Growth Strategy requirement.
- It has been one year since Council approved the City's Housing Action Plan.
- We view the Housing Continuum as stepping-stones; ending homelessness to rental housing to home ownership.

Update on 11 Action Items from the Housing Action Plan:

- **Shovel-Ready Projects:** Council has supported the development of Lot C (located near Larson and Bewicke on West 16th) and the adjacent road right-of-way. This lot has been pre-zoned to be developed for a non-market housing project. Community Land Trust has been selected as the non-profit partner to develop new co-op housing which will be targeted towards low to moderate income households. The City is envisioning a 16 unit stacked townhouse development ranging from 1 bedroom to 4 bedrooms which will target a mix of populations. The Public Hearing for this project went well. Currently, the City is waiting to hear back from the province regarding funding. This is particularly exciting as the last co-op housing project was constructed in the City in the 1980's.
- **Maximize Affordable Housing Reserve Fund (AHRF):** \$2.5 million from this fund was appropriated for the non-market housing at Lot C to pay a portion of the City land value and the costs associated with development. We are slowly building it back up with the Density Bonus and Community Benefit Policy. We will be exploring the Terms of Reference for the AHRF. Council has recently directed staff to explore inclusionary housing; developers would have to provide a certain percentage of non-market housing.
- **Mid-Market Rental Units:** We have a "10-10-10" program in the Action Plan that requires that 10% of all units in a rental building be rented at 10% below average rent for a minimum of 10 years. We worked with consultants to come up with percentages that will not affect pro-formas of developments as we needed to make sure they are profitable to developers. Nineteen units have been secured to date. Displaced tenants get first right of refusal; after that we do have income thresholds. We will be updating our website with rates, eligible sites and how to apply for these units.
- **Family Friendly Housing:** The Sustainable Development Guidelines have been updated to encourage a minimum of 10% 3-bedroom or larger units in all multifamily developments. Work on Family-Friendly Housing Designs will start next year; this includes ground-orientation, bedroom sizes and family-appropriate features and amenities.
- **Diversity of Rental Suites:** The Zoning Bylaw has been amended to allow secondary suites and coach houses on one RS lot. Council has supported this with two parking spots; one parking space per unit would not have been feasible. As part of this, we had talked about removing the owner occupancy requirement but have decided not to do that yet. We do allow owners to reside in any of the units now rather than the principle unit.

- **Attainable Homeownership:** There is currently work underway to amend the Zoning Bylaw to promote liveability and affordability. The Duplex Special Study Area is underway. We will be looking at the stratification of coach houses and the permitting process for Accessory Dwelling Units in duplexes but that work has not started yet.
- **Non-Profit Housing Regeneration:** We are working with non-profits to foster relationships, share information, and identify opportunities. We have been working with Cascadia Society to explore housing models for people with developmental disabilities and aging caretakers. A policy to support perseverance and expansion of non-market housing is to come.
- **Visitability in Ground-Oriented Housing:** This work will commence shortly. We will be looking at how to make homes adaptable for people with mobility challenges, i.e. how do we get people to “age in place” and remain in their homes.
- **Zero Parking Residential Building:** To date, we have not had any new applications for residential developments within a 400-metre radius of the SeaBus. The idea is that housing and transportation are the two major costs for most households; we are trying to eliminate one of those. It is important to have this in the Housing Action Plan to indicate that we look at more than just housing.
- **Partnerships:** We are working with the other North Shore municipalities on housing but do not currently have a formal partnership agreement.
- **Advocacy:** We have sent a letter to the Province and Vancouver Coastal Health seeking matching dollars for homeless outreach services. We have also asked the DNV and DWV to match dollars for homeless outreach services. The DNV is starting to look into matching dollars and looking at creating a family shelter. We have also sent a letter to the Province recommending changes to the Residential Tenancy Act to better protect renters.
- **Next Steps:** Report card on Housing Action Plan, Amendment to Zoning Bylaw to promote livability and affordability, partnerships to facilitate Lot C development and continued advocacy to senior levels of government.

Questions / Comments from SPAC:

- Very happy to hear about Lot C.
- Regarding the 10-10-10, I realize there is no way to control who can buy the units; is there anything that can be done to make it possible to save them for families?
 - What we have done is written that people who currently live there have first right of refusal in new units. The requirement for 10% to be three bedroom units becomes trickier when building units. We are looking at having them put three bedroom units on the main floor. We cannot limit who can buy them.
- I am also wondering about AirBnB's; there are certain limitations in Vancouver, does the CNV have any?
 - Currently, the City does not allow short-term rentals, which includes units rented on AirBnB, to help protect the purpose-built rental stock. The City may explore this issue in the future to see if a more refined approach, similar to Vancouver, would make sense in the City.
- I know of stratas that do not allow renters and there are 800 empty bedrooms in the CNV. Why is this not in the housing conversation?

- The City cannot make an existing strata change their bylaws. We can only do that with new stratas.
- Education is an important piece. Stats would help; people need to visually see this.

d) Child Care Strategy and Social Well Being Strategy Updates

H. Evans, Community Planner, provided updates on the City's Child Care Strategy and the Social Well Being Strategy.

Child Care Strategy:

- The City recently partnered with SPARC to send out a two surveys; one to child care providers and one to parents.
- We asked child care providers for their perspectives on 1) current and anticipated childcare service gaps and needs and 2) their capacity to address children's needs and vulnerabilities that children experience.
- The questions in the surveys covered neighbourhood, family information, childcare needs and preferences (and whether they are met) and current childcare enrollment information, arrangements and challenges.

Social Well Being Strategy:

- The Request for Proposals for project consultants is open until November 26, 2017.
- The RFP is for Phase 1 of the project which is to be completed by April 2018.
- The scope work for Phase 1 is: social policy & issues research, develop steering/advisory committee(s), engage community stakeholders and engage community residents.

Questions / Comments from SPAC:

- Regarding the child care survey, will we just see a final report or will the data be part of it?
 - The report will be more of a high level analysis, with more detailed data on file with staff.

4. UPDATES

- a. Councillor – Not available.
- b. Staff – Working on setting up tours of Quest Food Exchange and the Foundry; will send out potential dates when we have them.

5. ROUND TABLE

M. Tasi - Advised that she attended the ACE (Adverse Childhood Experiences) Conference in Vancouver last week. 500 doctors and mental health providers attended as well as representatives from various school boards. The take away was that toxic stress before the age of 5 changes brain architecture and down the road there will be health and mental health issues. In Alberta, by using the ACE questionnaire and trauma informed care, they have reduced hospital visits by a significant amount and are better able to understand and alter health risks and health outcomes in the future. More information can be found at: www.albertafamilywellness.org, including an online free Brain Architecture course.

S. Ternes – Would like to add a First Nations Territorial Acknowledgement to the SPAC agenda. SPAC members agreed.

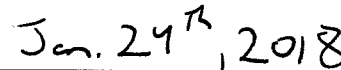
E. Normandin – Is on the NS Community Arts Council. They just finished the culture mapping project and it was launched last week. The goal is to eventually have an interactive map online. If anyone knows a project manager that has experience with large projects, art in any form, let him know.

6. **ADJOURNMENT – 8:30 pm**

7. **DATE OF NEXT MEETING – January 24, 2018**



Chair



Date