

## **Available Cheamview Clubhouse Services COVID 19 Update (April 29, 2020)**

To our members and service partners,

As an Essential Service working as a contracted service provider for the Fraser Health Authority, Cheamview Clubhouse is committed to providing our members with the support services they need through the COVID19 response period. In order to accomplish this, while ensuring we maintain safe practices and reduce risks where possible, we will be adapting some of our delivery methods.

### **Current Services**

See what's **new** below.

Cheamview Clubhouse will be offering the following services and programs to our members:

- 1) Hours of operation: Monday to Friday 9 am to 4 pm, Thursdays 9 am to 6 pm (2 pm to 6 pm is for Young Adults).
- 2) We are offering support to all of our members with a focus on those who tend to isolate or have issues with food security or financial security and those who don't have any other natural supports.
- 3) TVP Program: TVP participants will be given their honorarium whether they're able to volunteer at this time or not. The cheques will be mailed out.
- 4) Naloxone kit distribution and training are provided through the clubhouse.
- 5) We are accepting all new referrals through fax @ 604-850-1190.
- 6) We are offering Employment Services for those who are looking for employment or trying to maintain their current employment.
- 7) The Supportive Employment Program for Lawn Maintenance is able to continue while the crew meets on site and follows physical distancing and sanitizing protocols.
- 8) We are offering video chat individually or in groups using ZOOM.

### Adaptations to Service Delivery

Cheamview Clubhouse has made the following adaptations to the delivery of our services and programs:

- 1) We are offering support through call, text, Facebook and other online forums using individual or group video chat during all of our regular working hours.
- 2) Staff will be doing outreach to members daily. For those individuals for whom a face to face interaction is more appropriate, we invite the individual to come to the clubhouse to meet with staff to get the support they need. The staff will be doing a wellness check before entry to the clubhouse. We will be asking questions about physical health to know if a person is experiencing any symptoms such as a fever, cough, shortness of breath, vomiting or diarrhea. We will be maintaining physical distancing protocols within the clubhouse (keeping a 2-meter distance between people). We are also able to meet someone in the community or outside in the yard while also following physical distancing protocols. We will be ensuring that members and staff follow strict handwashing protocol and cleaning/disinfecting the clubhouse between visits.
- 3) We are working to ensure that our members know about local services that are available to them such as the Crisis Line, 811, Food Banks, Community Services Centre's, and online applications for financial supports, etc.

- 4) We are posting videos on our Facebook page with wellness tools, words of encouragement, reliable information sources and regular updates of any changes that would affect our members.
- 5) We are hosting programs through the use of Facebook Groups and Watch Parties such as Teaching Kitchen, Mindfulness, Breakfast Club, Gardening, and Support Groups (times for this are posted in advance on Facebook).
- 6) We are providing live videos and links on how to use the Naloxone kits as well as providing one on one in-person support and training. We are able to provide support over the phone if anyone has any questions or concerns. If anyone wants a Naloxone kit and they want to pick it up anonymously they can request that a kit be left outside for them.
- 7) New referrals will be contacted over the phone for an introduction to the programs and the staff. We will support these new members in the same capacity as we are with all of our members.
- 8) For those looking for employment, we are able to support them by finding job postings and resume writing. We will post relative information about employment on Facebook. On an as-needed basis we are able to meet with members one on one to support them via phone, Facebook, ZOOM, or in person.
- 9) We have a zoom account for staff to connect with members either individually or in a group. Please call or email staff to let them know which zoom programs you are interested in participating in and they will send you a link so you can participate in any specific group.
- 10) Staff also have a House party account for staff to connect with members individually or in groups. The app can be downloaded on a mobile device through the google play store or the Apple app store. Downloading the app onto a phone or mobile device allows you to participate in games with others. It can also be downloaded to a computer from <https://houseparty.com/> with limited features (no games, sorry).

### Virtual Intro to WRAP Workshop

The Wellness Recovery Action Plan (WRAP) is a self-designed prevention and wellness process that anyone can use to get well.

WRAP will help you:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and develop action plans for responding at these times.
- Create a crisis plan
- Create a post-crisis plan

If you have never taken WRAP and want to learn more about it there is a 2-day Introduction to WRAP Workshop and if you have taken WRAP before there will be a 1-day WRAP Follow-Up Workshop.

Check the attached flyer for details on dates and times and how to sign up!

What's New

**Mondays:**

**10:00 am Gardening (Link posted to the gardening Facebook Group and a watch party)** Jordan will be showing people how to garden at home. There will be a new YouTube Video each week and a watch party to participate in. Jordan will be able to provide seeds, soil and other supplies from the clubhouse. Please contact to arrange an appointment to pick up supplies.

**11 am Talking about wellness (Zoom)**

Shelley will be hosting a zoom meeting to allow members to have the opportunity to check in and talk about wellness tools, what they are, how to use them, and to share what tools they use.

**12:30pm Mental Health Support Group (ZOOM) (May 11<sup>th</sup> and 25th)**

The mental health support group will be meeting on line and discussing a variety of wellness tools.

**1 pm YA2 (Check Facebook for Details) (May 4th)**

YA2 will be using various virtual platforms to interact with members please check Facebook for updates as to which platform we will be using (Zoom, Facebook messenger, Houseparty, etc.).

**Tuesdays:**

**10 am Mindfulness (Facebook Watch Party)**

Shelley will be sharing a mindfulness meditation video through a Facebook watch party. Afterwards participants will be able to discuss anxiety and talk about coping strategies and wellness tools.

**1 pm Heavy Metal Therapy (Facebook Watch Party)**

Jordan will be posting a playlist to the Heavy Metal Therapy Facebook group each week. Members can participate in the watch party, check-in and share how the music is making them feel and request music for the following week's playlist.

**5 pm Hearing Voices (Facebook)**

Please join Adria in the Chilliwack Hearing Voices group on Facebook. If you hear voices, see visions or have similar sensory experiences - you are not alone. This group would be a great way to connect with your peers.

**Wednesdays:**

**11am Wellness Check In (ZOOM)**

We will do a midweek check-in to see how you are doing.

**Thursdays:**

**9:30am Fitness Club (Facebook Watch Party)**

Suzanne will be sharing a home exercise video using Facebook watch party. Members can participate at home and chat with others in the group. We will help you establish personal goals and support you in achieving them.

**1pm Q/A with Clubhouse staff (ZOOM)**

Shelley will be hosting this meeting as an opportunity for members to gather and share information regarding resources.

**2-6pm Young Adults (Facebook Group)**

Members can join the young adult Facebook group. Information will be shared on the group and the group is open for discussions. There will also be times that we use Houseparty for a more interactive experience, that information will be shared on the Facebook page.

## **Fridays:**

### **10:30am Teaching Kitchen (Facebook Live/Watch Party)**

Members can join Suzanne for the Teaching Kitchen group where she will share simple, nutritious recipes members can make at home. We will post the recipe on Thursday mornings. Members can pick up food donations at the clubhouse on Thursday afternoons to participate in the cooking of these items at home (members must call prior to coming to the clubhouse). If you already have these items and do not need to pick up from us that is okay too. On Fridays Suzanne will host a watch party for the cooking tutorial and will be available to support members through the cooking process.

### **1pm Fun and Games (Houseparty)**

Jordan is inviting you to hang out with others using the Houseparty app. Join in, play some games and see some new and familiar faces.

## Review of Services and Adaptations

Cheamview Clubhouse and Fraser Health will continue to work together to review the services, programs, and adaptive measures for delivering service weekly during the COVID 19 response period. We will continue to provide timely updates as our services evolve along with the COVID 19 response.

## COVID-19 Symptoms

Individuals should monitor themselves daily for symptoms (fever, new or worsening cough, new or worsening shortness of breath, new onset of GI symptoms including diarrhea and vomiting).

Those who have been in close contact with someone who has shown the above symptoms should monitor themselves daily.

You are being asked to stay home if you are experiencing any of the symptoms listed above, and call 8-1-1 or your local health practitioners office for further instructions.

Regular updates will be sent as required

## Contact Information

Call: 604-792-5287

Fax: 604-850-1190

Text: 604-302-3759

To join our Facebook page follow the link: <https://www.facebook.com/Cheamview>

Email:

Suzanne: [suzannek.ccs@gmail.com](mailto:suzannek.ccs@gmail.com)

Shelley: [shelleyduncan.ccs@gmail.com](mailto:shelleyduncan.ccs@gmail.com)

Jordan: [jordanb.ccs@gmail.com](mailto:jordanb.ccs@gmail.com)

Thank you everyone