

BRIDGING RURAL HOMELESSNESS AND WELL-BEING

West Kootenay Homelessness Response Summit 2024



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Bridging Rural Homelessness & Well-being Project

The 2024 West Kootenay Homelessness Response Summit was a part of Selkirk College's applied research project [*Bridging Rural Homelessness & Well-being: A Sustainable and Collaborative Regional Response*](#). The theme of the summit was "Inspiring Change: Building Community Solutions Together." The summit took place in Trail on April 29 and 30, 2024. This is the project's second summit, building on the momentum of the 2023 summit in Castlegar. One more summit will be hosted in Nelson in 2025.

Direction of Travel

The overall goal of the project is to improve the well-being of rural residents experiencing or at risk of homelessness living in and around the rural communities of Trail, Castlegar, and Nelson.

Objectives

The project aims to:

- Conduct research for evidence-based decision-making.
- Strengthen relationships for sustainable regional collaboration and response actions.
- Build regional homelessness response capacity through college resources (faculty and students).
- Disseminate lessons learned in the region and beyond.

Selkirk College Project Team

Jayne Jones (Project Director), Jennifer Reid, Rob Tanner, Jennifer Preston, Amber Streukens, Matthew Wheating, Leeza Perehudoff, and Christina Wahlers.

Community Partners

Anglican Parish of Kokanee (Nelson, Kaslo, and North Shore)	City of Castlegar	Ministry of Social Development and Poverty Reduction	Regional District of Central Kootenay
ANKORS	City of Nelson		Regional District of Kootenay Boundary
BC Housing	City of Trail	Navigation Table - Trail & Area	Rossland Healthcare Auxiliary
Career Development Services - Trail	Castlegar Community Harvest Food Bank	Nelson CARES	Trail Community Action Team
Castlegar and District Community Service Society	Interior Health Authority	Nelson Committee on Homelessness	Trail FAIR
Castlegar Integrated Services Collaborative	Kootenay Boundary Community Services Co-operative (The Koop)	Nelson Community Services	Trail Skills Centre
Circle of Indigenous Nations Society (COINS)	Kootenay Career and Development Society	Okanagan College	Trail United Church
	Kootenay Savings Credit Union	Rural Empowered Drug Users Network (REDUN)	...with more partners still signing on

Funders

This project is funded through the Social Sciences and Humanities Research Council of Canada and Mitacs, with cash and in-kind contributions from community partners. The 2024 summit was also sponsored in part by BC Housing, City of Trail, and the Trail Community Action Team.



West Kootenay Homelessness Response Summit 2024

This event aimed to bring together diverse perspectives and expertise from across the region and beyond to:

- **Share and Learn:** Engage with diverse perspectives on rural homelessness and learn from those responding in innovative ways.
- **Build Relationships:** Strengthen connections with others working toward improving the well-being of those experiencing homelessness.
- **Collaborate and Commit:** Generate action ideas, build momentum, and leave with concrete steps, fostering community-driven solutions.

Video

A short video summary of the 2024 West Kootenay Homelessness Response Summit can be found [here](#).



Artwork from a participant at the 2024 West Kootenay Homelessness Response Summit

Schedule

APRIL 29: 5 PM – 9 PM

- Indigenous Welcome
- Project Overview and Tone-Setting
- Services Showcase
- Dinner
- Keynote Presentation – Guy Felicella
- Storytelling Activity – Creating New Stories Together

APRIL 30: 9 AM – 5 PM

- Services Showcase
- Indigenous Welcome
- Project Overview and Tone-Setting
- Networking Activity
- Lived-Experience Panel
- Moment of Silence to Commemorate Those Lost to Toxic Drug Overdose
- Partner Panel
- Open Space Activity – SMART Actions: Spring Planting
- Lunch
- Selkirk College Student and Faculty Panel
- Open Space Activities – SMART Actions: Early Summer Nurturing, Late Summer Maturing, and Fall Harvest
- Closing Activity – 15% Solutions

Acknowledgements

GRAPHIC RECORDING: Thank you to Lisa Gates of Insightful Ink for providing live graphic recordings.

FACILITIES: Thank you to the Columbo Lodge for hosting us at your venue.

CATERING: Thank you to Kim's Creations for catering the event.

FUNDRAISER: Thank you to the Trail Community Action Team (TCAT) for hosting a mocktail bar and to all the attendees who contributed donations towards the TCAT.

SUPPORT TEAM: Thank you to Tammy McLean, Diana Daghofer, and the volunteers from the Trail Community Action Team; Mayor Colleen Jones and Claire Samulak from the City of Trail; Naomi Bain from the Trail FAIR Society; and Sarge Hayden, Richard Hilde-Radulovich, Bob Hall, Adam Thomas, and the student volunteers from Selkirk College.



Event Overview

Indigenous Welcome

For both days of the summit, Métis Elder Myrt Servatius graciously welcomed us into our shared space, providing us with a territorial acknowledgment, and offering wishes for a successful event resulting in inspired actions.



Services Showcase

During the two-day event, local service providers were able to connect and share information with the diverse group of attendees. Around the venue were displays from Trail FAIR Society, Interior Health, ANKORS, Rural Empowered Drug Users Network, Trail Community Action Team, Moms Stop the Harm, Castlegar and District Community Services Society, Community Living BC, Freedom Quest Youth Services Society, and Mental Wealth Emergence.

Participants

Registrants for both days of the event signed up from across the West Kootenay region and beyond. Between the two days there were 220 participants with diverse perspectives. Participants self-identified from the following perspectives (they could identify more than one):

44	63	14	19	65	24	18	12
Persons with lived / living experience of homelessness	Employees of social service agencies / organizations	Elected officials	Government staff	Interested residents	Students	Employees of Selkirk College	Business community representatives

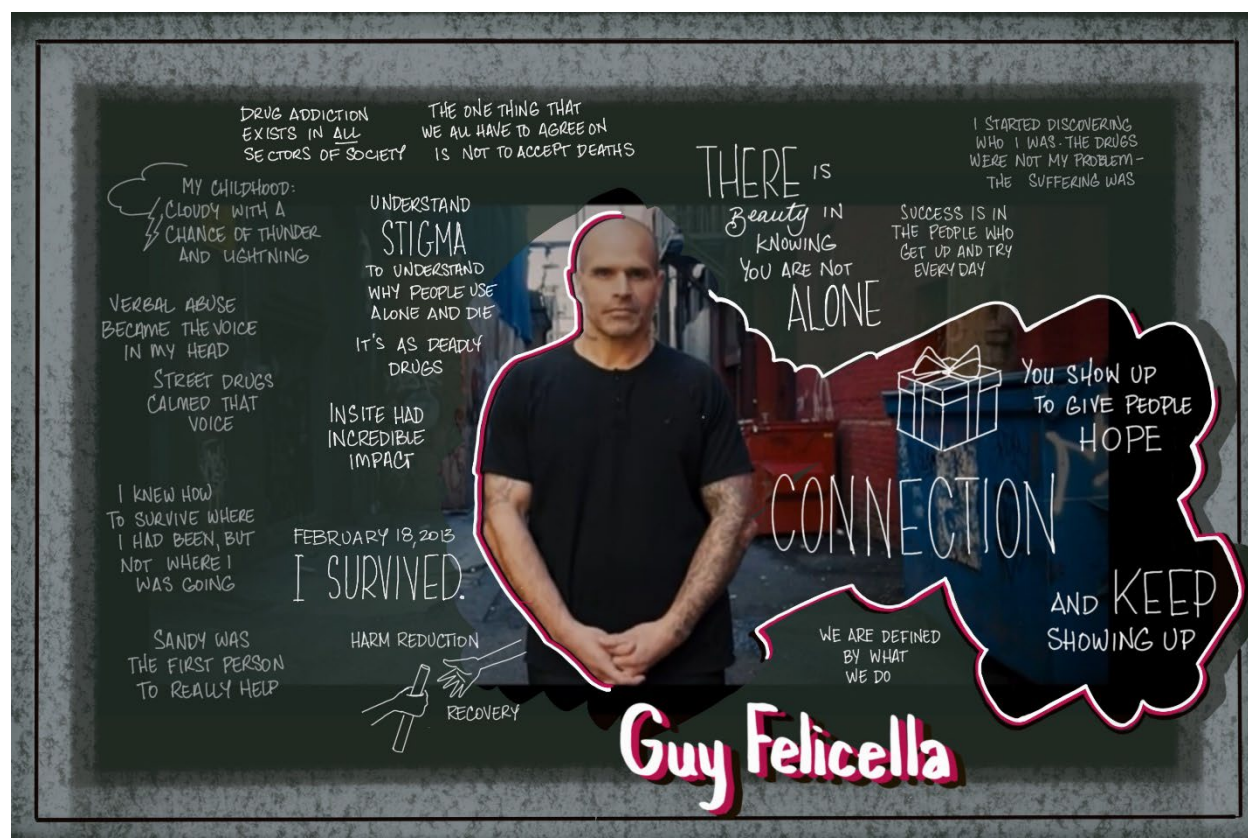


Monday, April 29: Dinner & Dialogue

The first day of the summit was the Dinner and Dialogue event, co-hosted by the City of Trail and the Trail Community Action Team (TCAT), who kindly sponsored our keynote speaker. To begin, Jayme Jones, the Project Director for Bridging Rural Homelessness & Well-being, Mayor Colleen Jones from the City of Trail, and Tammy McLean from the TCAT welcomed attendees. Throughout the evening, participants had the opportunity to support TCAT by purchasing tickets for a mocktail bar. After our shared meal, Selkirk College faculty member Sarge Hayden introduced the keynote speaker, Guy Felicella.



Keynote Speaker: Guy Felicella



Guy Felicella, a harm-reduction advocate who battled addiction and homelessness, offered insight into the unique complexities associated with addiction and homelessness. During the presentation, Guy shared deeply personal experiences while stressing the importance of kindness and compassion, as well as harm reduction and recovery services, as key factors in supporting those experiencing addiction and homelessness.

Creating New Stories Together

Following Guy's presentation, attendees were invited to participate in a collective story-telling activity, "Creating New Stories Together." In small groups, participants worked together to fill out storyboards based on six prompts, with the goal of answering the question, "What is needed to create a safe and inclusive community for all?"

View all the stories developed by participants in **Appendix A: Creating New Stories Together**.



Participant artwork from the Creating New Stories Together activity

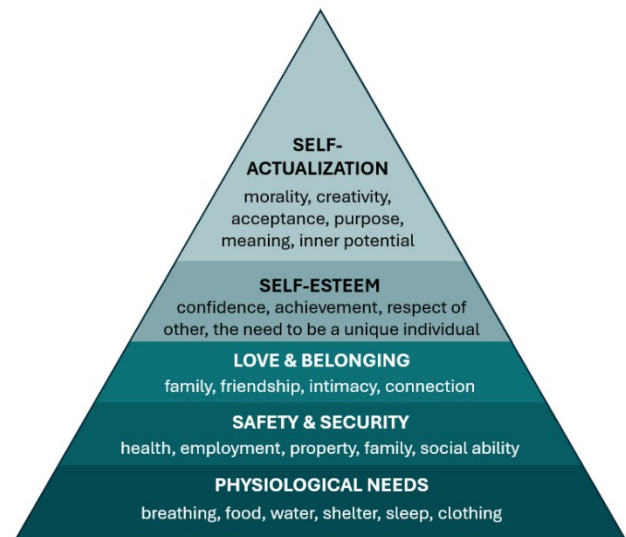
Tuesday, April 30: Amplifying Voices & Developing Actions

Project Overview and Event Tone-Setting

To start the second day of the event, Jayme Jones offered participants a brief snapshot of the Bridging Rural Homelessness and Well-being project and the work done to date. She also covered the agenda for the day and reflected on experiences from the previous evening. Jayme set the tone for the day by discussing the complexity of homelessness and reminding the participants of Maslow's Hierarchy of Needs, emphasizing that without basic human needs being met, such as shelter, higher-level needs cannot be fulfilled.

This important collective journey required creating a container where everyone could feel safe and empowered to share their perspectives. Below are the invitations and group agreements for working together:

- Come as you are
- Welcome and encourage diversity of voices
- Invite participation from others where appropriate
- Listen to past experiences, focus on future possibilities
- Be curious: INTOIT moments (*"I never thought of it that way"*)



Maslow's Hierarchy of Needs

- Respect everyone's time
- Speak up – if you can't speak on behalf of your organization, speak on your own behalf
- Keep personal / organizational information confidential
- Be both a safe space and a brave space
- Ask for what you need, offer what you can

Networking Activity

Our collaborative efforts began with getting to know people in the room. In pairs and over the course of 10-minutes, participants asked each other the following questions: *"What called you to come to this event? What do you hope to get from and give this group?"*



Panel Discussions

PERSONS WITH LIVED / LIVING EXPERIENCE PANEL

This panel provided 15 individuals from across the West Kootenays with lived and living experiences of homelessness an opportunity to share insights with attendees. The group spoke about feeling as though they are 'on display' and the daily impacts of stigma and discrimination. Themes emerged about being disconnected from communities, the difficulties of living in a vehicle, and a lack of proper or adequate resources. The panel concluded with a minute of silence and candle-lighting in memory of those no longer with us.



PARTNER PANEL

This year's partner panel brought together front-line workers and leadership of social service organizations from Trail, Castlegar, and Nelson to share their perspectives on regional homelessness response and how collaboration can support their goals. The panelists included: Reidun Rosi, Executive Director of Castlegar and District Community Services Society; Janet Morton, President of the Lower Columbia Affordable Housing Society; Ty Wright, Integrated Crisis Response Nurse with Mental Health and Substance Use at Interior Health; and Cheryl Dowden, Executive Director of ANKORS.

Cheryl spoke to additional services needed across the region during extreme weather events, Reidun shared about how she adapts her previous experience in urban areas to our rural context, Janet discussed how her organization supports community members, and Ty described his role and the intersections between mental health, substance use, and the stigma and barriers people experience when trying to access housing. To close the discussion, each panelist was asked for their thoughts on how the collective audience could contribute to forward movement and regional solutions.



SELKIRK COLLEGE PANEL

The panel consisting of Selkirk College students and faculty offered an opportunity to share experiences and lessons learned in homelessness response, as related to coursework and work-integrated learning.

- Rob Tanner, a Registered Nurse and Faculty Instructor in the Bachelor of Science in Nursing program, mediated the panel and offered perspectives on the importance of compassionate interactions with people.
- Pier Briggeman (recent Nursing graduate) and Christina Wahlers (recent Rural Pre-Medicine graduate) shared their experiences of providing outreach support and data collection for the 2023 Bridging Rural Homelessness & Well-Being Insights report, [*Voices of West Kootenay Service Users and Service Providers*](#).
- Roro Gyles (Social Service Worker student) spoke about the findings from his coursework project that provided insights into the impacts of stigma and the importance of regional collaboration.





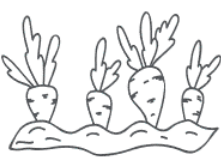

Open Space Activities

As part of the process to develop actions together, participants engaged in open space discussions. Open space offers a chance for participants to lead the conversation and bring their questions and expertise forward. Our open space theme was “Through the Seasons: From Ideas to SMART Actions.” Participants were invited to develop SMART Actions using the following prompts:

- S** SPECIFIC: What exactly will be accomplished?
- M** MEASURABLE: How will we know when this action has been successful?
- A** ACHIEVABLE: Is this action achievable with effort and commitment?
- R** RELEVANT: How will this action have an impact?
- T** TIMELY: When can this action get started and when can it get completed?



OPEN SPACE THROUGH THE SEASONS: From Ideas to SMART Actions

 <p>SPRING</p> <ul style="list-style-type: none"> • Short discussions on any topic that interests you • Can help produce SMART action ideas 	 <p>EARLY-SUMMER</p> <ul style="list-style-type: none"> • Start building out SMART actions - Why, how, who? • Can be new actions or things you are working on already and need support
 <p>LATE-SUMMER</p> <ul style="list-style-type: none"> • Keep developing SMART actions • Specific steps and timeline to get started now 	 <p>FALL</p> <ul style="list-style-type: none"> • Share SMART actions

The four stages (seasons) of SMART Action development were:

SPRING - PLANTING SEEDS OF SMART ACTIONS

- Share ideas for homelessness response at table discussions.
- Assess interest and viability of ideas – what ideas should be developed further?

EARLY SUMMER – WATERING THE GARDEN AND NURTURING OF SMART ACTIONS

- SMART Action development of ideas.
- Who should be involved?
- What support is needed?

LATE SUMMER – CARING FOR THE MATURING GARDEN OF SMART ACTIONS

- Build out action steps.
- Consider possible obstacles and solutions.
- Consider lived/living experience and Selkirk College participation.

FALL – HARVESTING THE SMART ACTIONS

- Present SMART Actions to all summit participants.

As a result of the open space discussions, eight SMART Actions were developed (see summary on next page). The worksheets used during the summit to develop these SMART Actions have more information about these actions and are found in **Appendix B: SMART Action Development Worksheets**.



SMART ACTIONS SUMMARY

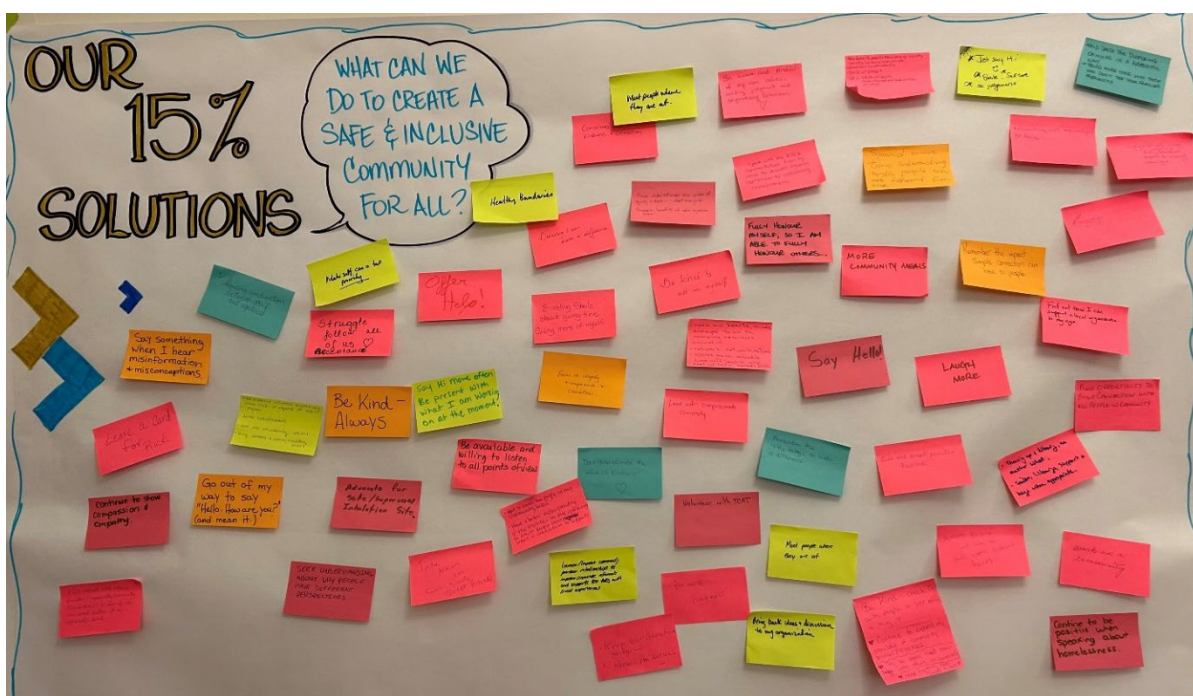
Name	Description	Lead
Community Kindness Campaign (Challenge)	A campaign to create more acts of kindness in West Kootenay communities with the goal of building connections, relationships, and hope.	Selkirk College Social Work Faculty and Students
Local Government Mini Summit – Focus on Funding	A mini, half-day event hosted by Selkirk College (specifically, the Bridging Rural Homelessness and Well-being research team) to bring together local government (LG) representatives (elected officials and staff) to discuss homelessness at a regional level.	Selkirk College Bridging Rural Homelessness and Well-being Team (to bring LGs together and facilitation design)
Regional Anti-Stigma Program	Using various means/arguments to help people relate to the experience of stigma. Creating an understanding of trauma, “othering,” and people’s rights and choices; painting a picture of “a day in the life”; and busting myths.	Funded Community Action Teams
Survey Discovery	Develop and conduct a survey with the aim to inform decision-makers and service providers on community members’ perceptions and understanding of homelessness and related service provision.	Selkirk College Bridging Rural Homelessness & Well-being Team
Regional Child and Youth Family Committee	Bring communities together to collaborate regarding youth and child issues. Anyone who serves children and youth will be invited to participate in committee meetings with the goal of making connections/introductions and identifying and addressing issues of concern.	Freedom Quest Youth Services Society
West Kootenay Housing Task Force	A regional housing committee for Trail, Castlegar, and Nelson to pool resources, apply for funding as a group, vet contractors, develop healthy housing strategies, support mentorship, and create workforce housing and housing with supports.	Tri-chair with each local government (Castlegar, Nelson, Trail) – Meeri (City of Castlegar) & Jayme (Selkirk College) will help get this off the ground, but need support from each local government
Peer and Volunteer Training for “Day to Day” Advocacy	A training structure to train, support, and facilitate peer and volunteer training that would be extended to various service users in spaces that they feel comfortable. This will expand advocacy resources for tenants with the aim to reduce evictions and increase empowerment.	Nelson Tenants Union (could expand regionally)
Peer Engagement – Stigma Reduction	Support vulnerable populations in engaging with recreational activities with the intention of reducing stigma at the community/self-stigma level.	Various stakeholders and community service providers – Who will get this started?

15% Solutions

To close out the event, participants were asked to consider their own personal 15% solutions. These are small steps that can be done immediately without more resources or authority. Participants answered the question, *“What can you do NOW to help create a safe and inclusive community for all?”*

Some of the 15% solutions identified include:

- Say something when I hear misinformation and misconceptions
- Be a positive influence around my inner circle in regards to anti-stigma
- Donate clothes/blankets
- Look into volunteering options
- Bring someone a warm, healthy meal
- Be kind – always
- Make self-care a top priority
- Go out of my way to say “Hello. How are you?” (and mean it)
- Advocate for safe/supervised inhalation site
- Seek understanding about why people have different perspectives
- Be available and willing to listen to all points of view
- Promote kindness
- Take action on SMART goals
- Lead with compassionate curiosity
- Don’t underestimate the value of kindness!
- Meet people where they are at
- Believing I can make a difference
- Speak to the RDCK representative from my area to discuss regional approaches to addressing homelessness
- Find out how I can support local organizations in my region
- Find opportunity to build connection with all people in community
- Remember the little things do make a difference



Appendix A: Creating New Stories Together

The following pages contain the stories created during the evening portion of the event after the keynote speaker.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?



What trigger/event happens?

2. Everyday... the people
tried their best...
in school
work
volunteering
family
friends

3. One day... technology
took over and
the people disconnected



What actions and reactions happen next?

4. Because of that... people
lost face to face
connection - social
isolation - feeling
unsupported &
inadequate FOMO
distorted reality

5. Because of that... people felt
depressed
isolated
anxious
inadequate
sought comfort
elsewhere
substance use
disordered increased

How does the story end...for now?

6. Until finally... the community
encouraged people
to drop their phones
& get outside - using
social infrastructure
(libraries, parks,
community gardens,
neighborhood centers)
inclusive places →



CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

ALONE

STIGMA

IT TAKES ONE PERSON WHO CARES

Who is the main character and where does the journey start?

What trigger/event happens?

1. In the beginning...

16 year old male
living in Trail, BC
2019

2. Everyday...

Hidden Homeless
↳ "couch surfer"
to avoid abusive home
Attends high school
where he is provided
food
Intermittent Drug User

3. One day... March 2020

COVID-19 outbreak
Schools close
He cannot attend school
-not able to get online
-Due to physical distancing +
bubbles returns to
abusive home.

What actions and reactions happen next?

How does the story end...for now?

4. Because of that...

Recesses from the
abusive home +
moves to the street
Drug Use Increases

5. Because of that...

Drops from the
grid for one year.

6. Until finally...

A high
school teacher located
the youth and was
able to bring the youth
back to Trail to a
stable house + counselling
Student graduated high school
He is now in post
secondary school!!

IT'S OK NOT
TO BE OK

SCARED

RESILIENCY

Kindness
is a
Choice

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

Charlotte the ~~little~~ Weeping Willow lived in a crack in the side walk.

2. Everyday... Charlotte wanted to grow and be strong and noticed Charlotte wanted to be a shade tree.

What trigger/event happens?

3. One day... a street ~~cleaner~~ ^{sweeper} truck rolled over her and stripped all her leaves, and ripped up her once beautiful bark. Her roots got loose even!

What actions and reactions happen next?

4. Because of that... Charlotte felt exposed, vulnerable, and useless. She had to start all over again. She knew she would have dig her roots even deeper.

5. Because of that... She found new water deeper than she ever had before. It was cool, clean, and had lots of minerals.

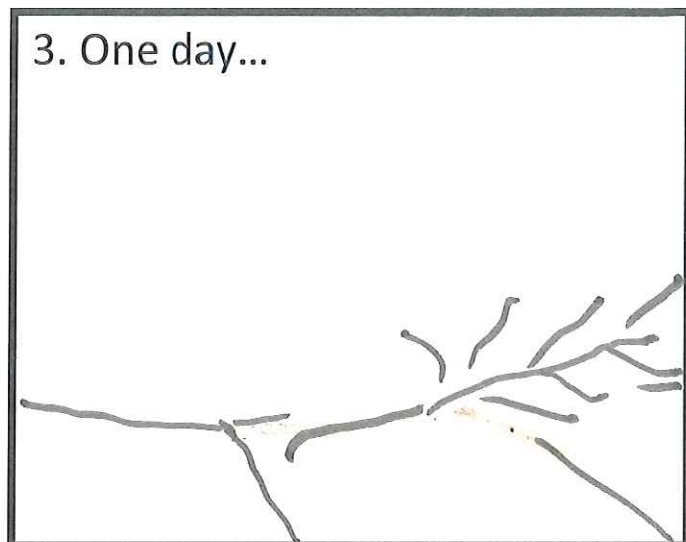
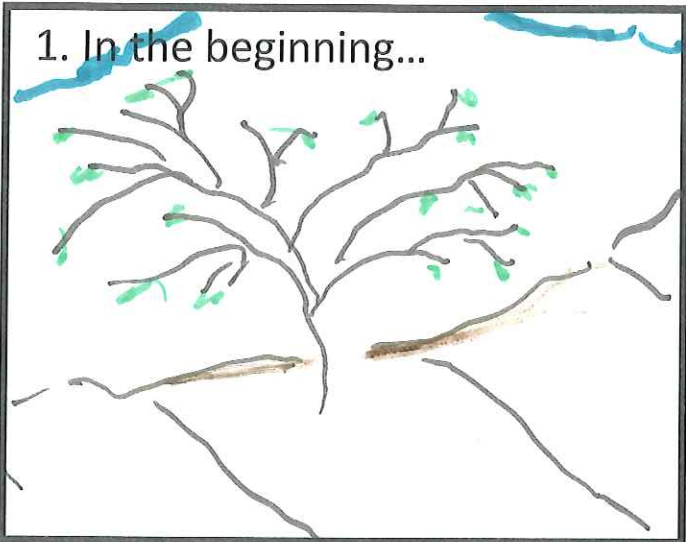
How does the story end...for now?

6. Until finally... ~~she~~ she was able to grow some new leaves! She wasn't a full shade tree, but people walked by and talked about how happy they were that the little tree was growing back. ~~she~~ Turns out she was always noticed.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

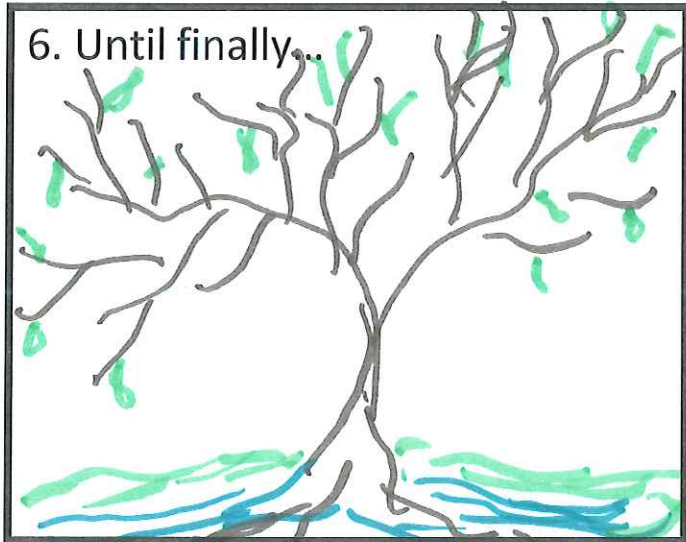
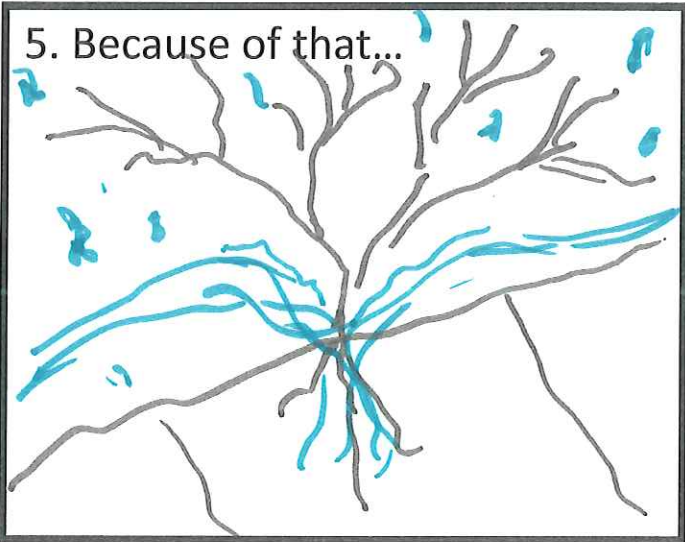
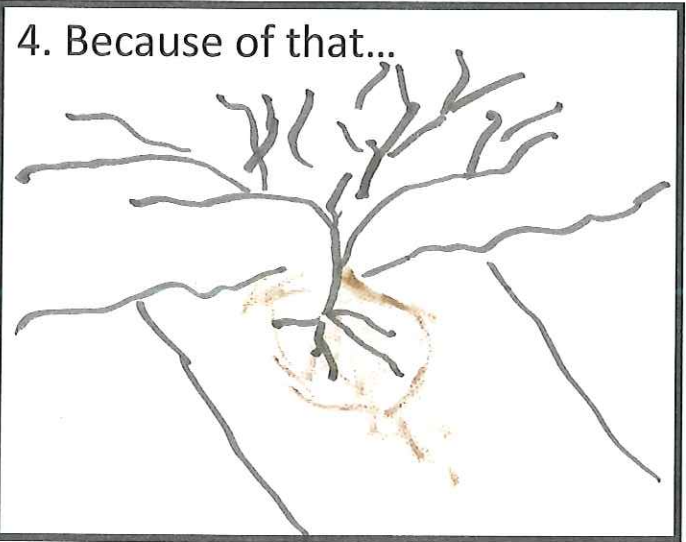
Who is the main character and where does the journey start?

What trigger/event happens?



What actions and reactions happen next?

How does the story end...for now?



CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

a college student had a vision to earn his degree and change the world

2. Everyday...

Learning, studying,
Networking, making
friends, stress,
getting by

What trigger/event happens?

3. One day...

Tuition isn't able to be paid, roommate took the money, the incident caused him to Rob a subway, while feelings of

What actions and reactions happen next?

4. Because of that...

He went on the run and was plotting his next move

5. Because of that...

He decides to go turn himself in and take accountability for his crimes

How does the story end...for or not?

6. Until finally...

He went to court. Judge has pity on him due to the apologetic nature of his crime and the staff saying how nice he was. So he was shown compassion and released to the community where he became a positive influence on his community.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

Trail 2024, Barbara the Barber.

2. Everyday...

- neoliberalism
- under paid
- over worked - faked
- 1000\$ + rent increase
- no family doctor (no healthcare)
- no transportation

What trigger/event happens?

3. One day...

- wildfire evacuation
- workplace injury
- eviction notice
-

What actions and reactions happen next?

4. Because of that...

- goes to Skill Center — Transportation
- Love Surfing
- learning on connections.
- non-market housing
- Free Education.
- Health care

5. Because of that...

- Ride + coffee
 - Helped by community.
- Barbara needs more connections

How does the story end...for now?

6. Until finally...

- She is surrounded in a supportive community where she feels she can ask for support

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

There was a business woman who couldn't stand how unhoused people would sleep or hang out in front of her business. She felt they needed to "try harder" to overcome addiction + get jobs + homes.

2. Everyday...

She would kick them out, call the police, and show up at council meetings to complain about the "homeless" + "addiction" problems + how they negatively impacted local business.

What trigger/event happens?

3. One day...

Her beloved nephew was found dead of a illicit drug toxicity. He was 19. She never knew he had a "problem."

What actions and reactions happen next?

4. Because of that...

She started looking at addiction differently. Her nephew had mental health problems, ~~was~~ were those related to his death? Why hadn't he asked for help?

5. Because of that...

She began to see stigma surrounding addiction as harmful. She began talking to those who slept or used drugs in front of her store. She began to see them as people - not problems.

How does the story end...for now?

6. Until finally...

She became an advocate + supporter of those living with homelessness + addiction. She offered \$ to those who slept in front of the store to share her driveway + sidewalk. She decided to support, not oppose community initiatives that offered housing + supports to vulnerable people.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

There once was a system.
A colonial system.
with laws & Rules.
Consequences for actions.
In this building ^{were} ~~wanted~~
people, entitled to dictate
what is good or bad.

What actions and reactions happen next?

4. Because of that... The system
had to navigate a
problem without
really understanding
it. OPS, Harm Reduc,
Action Committees
& Resources began to
form.

2. Everyday... the workers
were safe & secure in
their work. Everyday
pushing out more
laws, more judgements
thinking they know
and understand everything.

5. Because of that... People
began to voice issues
more. Finding their
voice. But the system
forgot we are humans.
The people began to
break the Stigma.

What trigger/event happens?

3. One day... A pandemic
hit the world. DV,
Dr Addictions, homelessness
inflation, Rental
increases and safe
foods became a huge
Problem. Sky rocketed
through the roof.

How does the story end...for now?

6. Until finally...
Hope began to
shine in us.
Knowing we do
matter and want
to live and not just
survive.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

Trail businesses, Trail residents

2. Everyday...

Constant helping
theft
death

Fear
Uncertainty
Unsafe
Unsettled
Fine

robbery
trauma

What trigger/event happens?

3. One day...

~~Accident that killed~~
~~Car accident~~
writing letters
asking for Solv
- decrease business

What actions and reactions happen next?

4. Because of that...

letter writing government
joining forces with
other communities
advocating ~~health~~
facilities, bathrooms

5. Because of that...

How does the story end...for now?

6. Until finally...

taken care of
safe neighbourhoods

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

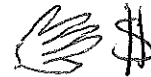
1. In the beginning...

White middle aged middle class woman, conservative traditional upbringing.



2. Everyday...

She goes to work, in a retail capacity, gets asked for money from vulnerable outside of her job.



What trigger/event happens?

3. One day...

Her own life becomes impacted by addiction when a child becomes addicted to opioids.

What actions and reactions happen next?

4. Because of that...

She educates herself to understand why people get addicted and connects with services to help.

5. Because of that...

She then has empathy towards the vulnerable people at her job and helps de-stigmatise her workplace.

6. Until finally...

She acknowledges her own struggles and realizes it was her lack of connection to make her feel that way.

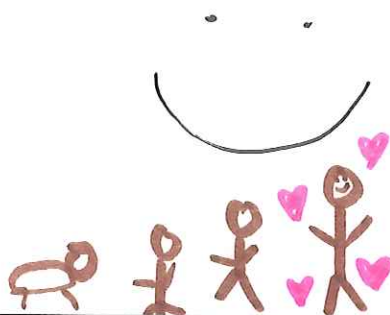
CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

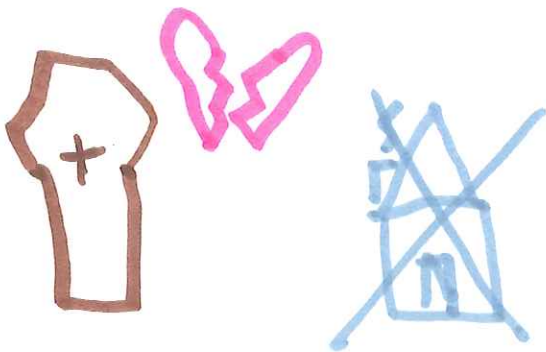


2. Everyday...



What trigger/event happens?

3. One day...

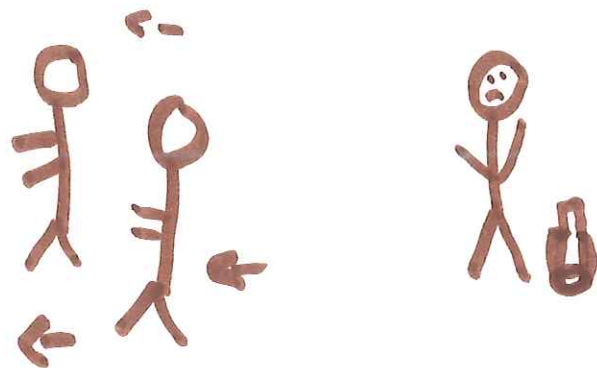


What actions and reactions happen next?

4. Because of that...

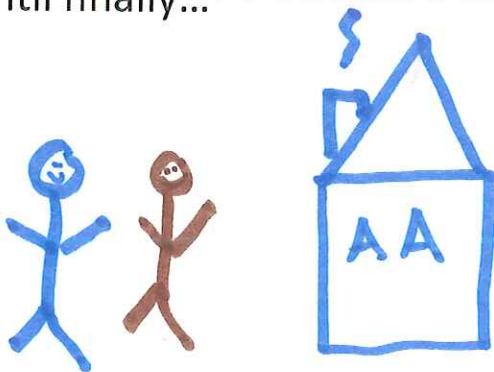


5. Because of that...



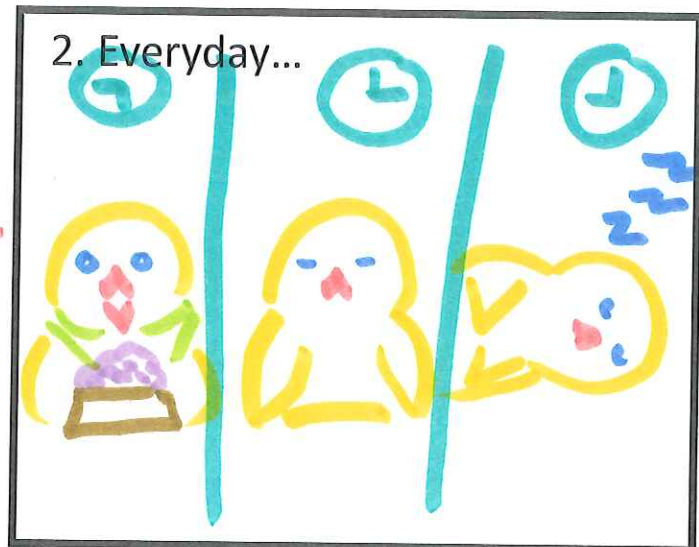
How does the story end...for now?

6. Until finally...

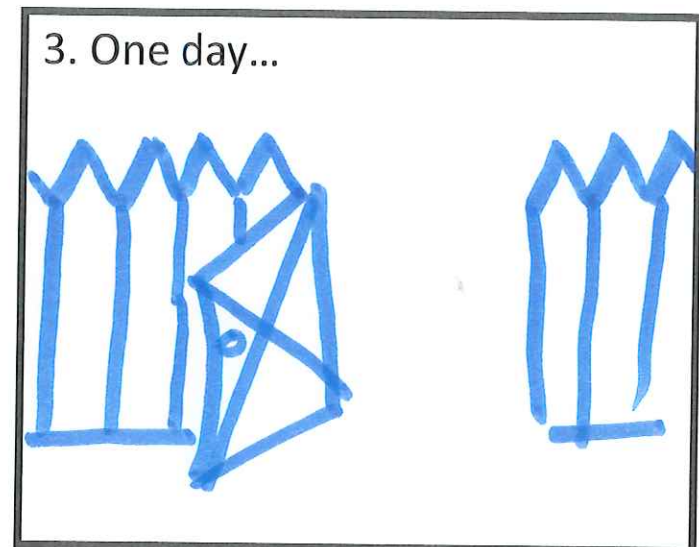


CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

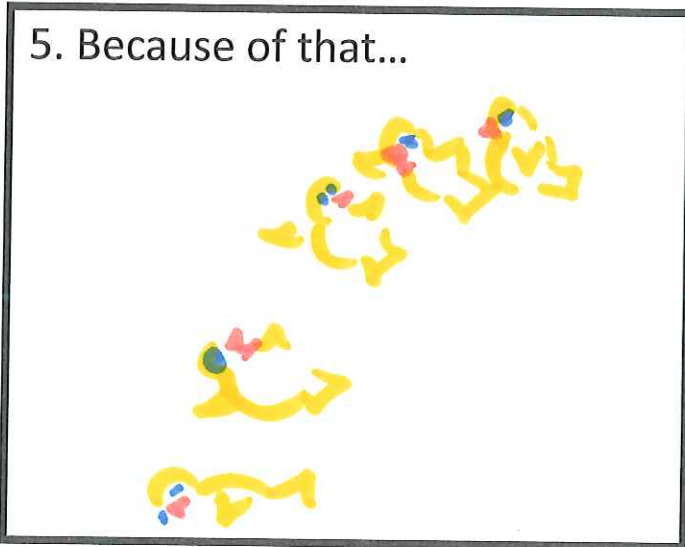
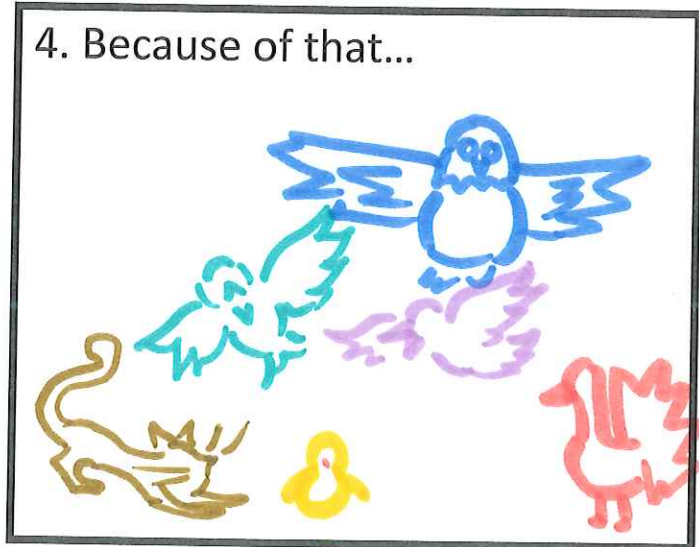
Who is the main character and where does the journey start?



What trigger/event happens?



What actions and reactions happen next?



How does the story end...for now?



Finding The Resources To Thrive

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

What trigger/event happens?

1. In the beginning...

The Evolved Nest of nurturing welcoming pregnancy, birth and childhood, full of positive childhood experiences (PCE) not ACE. In a healthy community, connected with healthy land.

2. Everyday...

There were gratitude expressed, contented touch, filled bellies, balance healthy mind platter of quiet mindfulness, fun connecting play and active movement. Everyone belongs and needs are met like Maslow's revised needs, from the Blackfoot people

3. One day...

They heard of a village where some people suffered and did not get ^{enough} food, shelter & human connection. They felt the big sadness, anger and numbness behind this. They listened and held space with curiosity.

What actions and reactions happen next?

How does the story end...for now?

4. Because of that...

Being with collective trauma. Witness. Wail. Listen. Smile. Sing Dance together. Eat together.

Share vulnerability
See we are all connected.
Seeing the root cause in colonialism/modernity

(see Vanessa Andreotti)

Acknowledge impact of settler causing ecocide: genocide, & European ancestral trauma from war etc.

5. Because of that...

The trauma freeze & flight response feed energy to act, lessened fear of the other' & opened to collective sensing & creating using social presencing liberating structures social health (seek healing style)

Thomas Hübl collective trauma healing - Deep nature connection - ecotherapy Prevent further trauma

6. Until finally...

All relevant stakeholders and PWLE came together regularly with finding for coordinators to support cross communication, grief & gratitude, name time & collective solution-making. Prevention & healing providers & spiritual teachers, alternative wellness practitioners, teachers, ECE's come together &

create a COMMUNITY CULTURE that other parts of world learn from. Addressing the polycrises into - Structural love & connection -



CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

- small child, 8 yrs old, single parent, parent died from OD.

2. Everyday...

- doesn't understand the death, complex trauma + grief, no healthy family support

What trigger/event happens?

3. One day...

- he explodes at school + punches a teacher

What actions and reactions happen next?

4. Because of that...

he was sent to the office + had to meet with the principal

5. Because of that...

the principal sat with the boy + let him cry.
Provided unconditional support + validation

How does the story end...for now?

6. Until finally...

the kid felt connected + heard.
Punishment is futile.
connection creates safety!

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

There was a ~~once~~
a person who
didn't feel like they
belonged. They felt
different because
they were Queer.

2. Everyday...

They didn't feel
like they ^{didn't} belong~~ed~~
they felt broken.
and they were
lonely.

What trigger/event happens?

3. One day...

They met with
a College School
Counsellor. Who
listened, and
asked how they were
feeling.

What actions and reactions happen next?

4. Because of that...

they felt like
someone cared.
They felt seen.

5. Because of that...

they embraced
their true self
and Queerness.

How does the story end...for now?

6. Until finally...

They felt ~~like~~ like they
belonged in the
Community.



CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

BRAD IS
CAMPING IN
THE SUMMER,
AT A MUSIC
FESTIVAL
(SHAMALAH)

What trigger/event happens?

3. One day...

BRAD VENTURES
OFF ON A ROCK
CLIMBING ADVENTURE
AFTER A HARD NIGHT
OF PARTYING AND
SUFFERS SOME SERIOUS
INJURIES IN A FALL.
HE'S HOSPITALIZED AND PRESCRIBED
OPIADS.

What actions and reactions happen next?

4. Because of that...

HE STARTS ISOLATING
HIMSELF, IS DEALING,
WITH A LOT OF
PAIN. HE FEELS
ALONE AND DEPRESSED
AFTER SEVERAL WEEKS
SOME OF HIS FRIENDS
START TO CHECK IN

ON HIM AND
ENCOURAGE HIM TO
START GOING ON LOW
IMPACT ACTIVITIES. THEY

SURPRISED HIM WITH A THERAPY DOG "SCRUBS"

2. Everyday...

BRAD IS AN
OCCASIONAL, SOCIAL
CASUAL DRUG USER
NICE GUY,
BIG SOCIAL CIRCLE,
CLOSE FAMILY

5. Because of that...


THE DOG GAVE HIM A
SENSE OF PURPOSE,
GOT HIM OUT OF
THE HOUSE, AND
THEY STARTED
COMPETING IN
AGILITY TRAINING.

6. Until finally...

HE INCREASES
HIS SOCIAL CIRCLE
AND MEETS THE
LOVE OF HIS
LIFE AT A DOG
PARK AND LIVES
HAPPILY EVER
AFTER.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning... *she/they*
 Works at
mother / child Ferrero on
check out
Hx Trauma (childhood)
ACE

2. Everyday...

get up everyday &
\$ just enough to
keep going. no
passion / choice of
vocation. overworked

What trigger/event happens?

3. One day... witness
child mistreated.
- Sheila Hwy. speaks
up for the child.

What actions and reactions happen next?

4. Because of that...

SL gets fired for
being rude to
customers

5. Because of that...

SL has a
panic attack
get comforted by
a supportive ex
co-worker.

How does the story end...for now?

6. Until finally...

connected with
services, ^{resources} experiences
some healing &
able find to college.
+ supports. → stability
& confidence

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

- infancy / mothers womb.
- housing, clothing, nutrient community, belonging
- Stable income



2. Everyday...

- living - life is supportive
- friends - shelter/home
- stable family nucleus.
- things are normal till she is 4 years old

What trigger/event happens?

3. One day...

- mom dies in a car accident.
- instant change
- trauma
- influenced.
- interactions.

What actions and reactions happen next?

4. Because of that...

- She goes into foster system
- Trauma responses.
- tossed from home to home until she aged out of the system
- found a home at age 14-18

5. Because of that...

- involved w drugs
- vicious cycle using & not
-

How does the story end...for now?

6. Until finally...

- Come to terms w how life is.
- find a way through counseling
- living in the moment
- look at the what HAS not the what IS.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

Shilo is a boy born into an abusive household.

2. Everyday...

he came home from school, his mom would be drunk & dad was at work until 7.

What trigger/event happens?

3. One day... Shilo decided he didn't like his house & ran away.

What actions and reactions happen next?

4. Because of that...

Dad grabbed Shilo & pulled them back into the house.

5. Because of that...

Shilo pushed every emotion down. Shilo started drinking to cope.

How does the story end...for now?

6. Until finally...

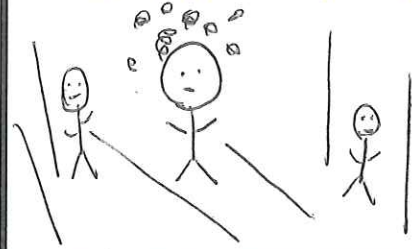
Shilo decided this was not the answer & asked for help.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

The story is about an individual who lives locally, and struggles with mental health.



2. Everyday...

There is a stigma around mental health that undermines those who make these issues present.

This individual had a very healthy, and happy upbringing. They considered life to be ~~overall~~ a good overall.

What trigger/event happens?

3. One day...

They had an underlying mental health illness that they considered normal, and of no worry until one day it became unbearable.



What actions and reactions happen next?

4. Because of that...

They dropped everything in life to focus on the task at hand. This meant not using drugs or alcohol, and taking a leave from work. They then sought help → doctor & therapy.



5. Because of that...

Things weren't always going as planned, but with the help of family and friends, they stuck with it and continued pushing to seek their "normal."



How does the story end...for now?

6. Until finally...

Although not perfect, they are now able to better cope with their mental health, and have become their own therapist in a sense. They are now living more contently & comfortably, and have begun to aid in ending the stigma, and spreading their knowledge learnt through their experience.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

The Communities of
Trail, Castlegar, Nelson,
Salmo, wanted to
help Guy.

2. Everyday...

Students struggled +
were afraid to
show how they
really felt.

What trigger/event happens?

3. One day...

^{offered to}
Guy Felicelli ~~came~~ to
their school. but
their wasn't enough
funding to bring him
back to the Kootenays.

What actions and reactions happen next?

4. Because of that...

Students continued
to struggle but
the community organizations
continued to work together
to bring Guy back.

5. Because of that...

All students in the
Kootenays were able
to hear Guy's
story + they changed
+ as future leaders
they changed the
world.

How does the story end...for now?

6. Until finally...

people felt accepted
+ the world became
more compassionate,
supporting + understanding
of all people & everyone lived
happily

Ever
After.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

9

Who is the main character and where does the journey start?

1. In the beginning...

Ben - Retired on
Pension - OAP.

2. Everyday...

- struggles to make rent.
food.

What trigger/event happens?

3. One day...

- notice to move
renovicted.

What actions and reactions happen next?

4. Because of that...

Homeless

How does the story end...for now?

6. Until finally...

Community builds
mini village for seniors.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start? Owen

1. In the beginning...

- Well loved local boy
- Supportive family
- Learning disability

2. Everyday...

- Social
- In smoke pit
- Struggled in school
- Conflicts @ home

What trigger/event happens?

3. One day...

- ~~MUSU did not call back (Jeff)~~
- Using substances
- Got kicked out

What actions and reactions happen next?

4. Because of that...

- ↑ substance use
- Couch surfing
-

5. Because of that...

- Dropped out of school
- Started doing crimes

How does the story end...for now?

6. Until finally...

- Ended up @ Daly
- Diagnosed with Schizophrenia
- Estranged from fam
- In OCC (jail)

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

Our friend Jeff finds himself out of work. Kicked by parents & isolated. ~~ADHD~~ & has been using weed & coke.

2. Everyday...

He's tired, cold, dirty hungry & ~~again~~ hurt. He has to hustle for some money for food & some drugs to numb. He would enjoy warmth & maybe someone calling by his name.

What trigger/event happens?

3. One day...

Someone calls him by name & greets him with eye contact and a hug! They offer to take him for breakfast & eat with him.

What actions and reactions happen next?

4. Because of that...

He feels seen & with a full belly he goes to the new community hygiene center. He "shops" in their clothing room. A job counsellor is there and ~~take~~ invites to the Skill Center.

5. Because of that...

Jeff does aptitude testing & finds he loves cooking. A trip to work BC enables to get his resume & land part time employ as a house chef. at a local restaurant.

How does the story end...for now?

6. Until finally...

He saves money, after rooming with a ^{male} co worker and moves into the Sunny side coop apartment complex.

DRG
Diagnoses:
Treatment:
- Counselling:

Father has
ADHD & invites
family to
counselling
issues.

CREATING NEW STORIES TOGETHER: What is needed to create a safe and inclusive community for all?

Who is the main character and where does the journey start?

1. In the beginning...

- newcomer family with young children entering school
- new to Canada
- little English
- discrimination / racism
- microaggressions
- not sure where/how to get needs met

2. Everyday...

- navigate systems
- finding housing, employment, school
- language barriers
- cultural differences
- isolation
- separation from family systems / support / friends
- loneliness • financial

Struggles

What trigger/event happens?

3. One day...

- there is a simple act of kindness
- made a connection + introduced to resources
- common interests / experiences
- connections to services / programs

What actions and reactions happen next?

4. Because of that...

- family
- there's hope
- less lonely + isolated

5. Because of that...

- received support
- they started to seek support + have hope
- ~~now~~ started to find connections / make friends
- settle
- feeling sense of community

6. Until finally...

- They feel welcomed + are able to contribute to others settlement journey + help others

Appendix B: SMART Action Development Worksheets

The following are the verbatim notes for SMART Actions developed by participants at the summit. This list also includes actions that were not fully developed and shared during the SMART Actions harvest.

Action Name	
REGIONAL CHILD & YOUTH FAMILY COMMITTEE	
S	SPECIFIC: <i>What exactly will be accomplished?</i>
Bring communities together to collaborate regarding youth and child issues. Anyone who serves children and youth will be invited to participate in committee meetings with the goal of making connections/introductions and identifying and addressing issues of concern. Communities: Nelson, Kaslo, Nakusp, Castlegar, Trail, Grand Forks, Creston	
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>
Measure: Agency awareness, collective understanding, showing of best practices. Will be driven by subcommittees. Success will be seen as people showing up (engagement).	
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>
Determine what issues are of concern. Work together to address issues.	
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>
Regional meetings to be held monthly or quarterly. In person meetings preferred, can offer a hybrid option.	
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>
First meeting set for September, 2024.	
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>
Proposing to invite the following organizations: <ul style="list-style-type: none"> • Kootenay Career Development Society (KCDS): Smart launch • Freedom Quest • Family and Individual Resources (FAIR) • Arrow and Slocan Lakes Community Services (ASLCS) • Champion House • Interior Health (IH): Nelson, Trail, Public Health, Integrated case management teams • Nelson Christian Community School (NCCS) • School District 8 (SD8) • School District 20 (SD20) • Nakusp School District • W.E. Graham Community School (WEGCS) • Accessible Resource Centre – British Columbia (ARC-BC) • Foundry 	

<ul style="list-style-type: none"> • Child and Youth Mental Health (CYMH) • Youth Action Network • Community Connections Society (CCS) • District Parents' Advisory Councils (DPAC) • Parents' Advisory Councils (PAC) • SCS • MDFS 	
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>
Specific next steps: <ol style="list-style-type: none"> 1. Email to compile contacts/agencies 2. Notice of invitation and explanation of initiative 3. Reminder 4. Confirm meeting location (suggested Freedom Quest Castlegar) 	When will it be done: June 1, 2024 June, 2024 August, 2024
Who will do it: Cindy Cropley Cindy Cropley Cindy Cropley Linda	
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>
<ol style="list-style-type: none"> 1. Perception of time, folks are busy. 2. Finding time for partners to meet 3. Employer support for staff to attend meetings 4. Youth have fear of stigma/loss of opportunity 	
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>
<ol style="list-style-type: none"> 1. Include meetings as part of work 2. Create space for an intentional, thoughtful, low barrier environment. 	
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
Evolution of determining what lived experience is in this context. Possibility for parents to contribute. Possible age group is 6-12. Engage youth as guest speakers reflecting on, "I wish I had..." and "I wish I knew".	
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
CYC students could be invited to listen and learn.	
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name		
COMMUNITY KINDNESS CAMPAIGN (CHALLENGE)		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
More kind acts in community: Building connections, relationships, and hope. Being kind creates connections and a sense of community. Inclusive communities.		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
More story sharing of kindness in the media or social media. Service users or unhoused population will report more positive interaction with the public.		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
Campaign: <ul style="list-style-type: none"> • Network of service providers • Available platforms; news outlets, social media • Keen SSW students who are willing to engage in a project(s) 		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
<ul style="list-style-type: none"> • One way to address stigma (one small act at a time) • Encourages citizens to engage with people who are unhoused 		
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
This type of project would be a “quick win” and have an immediate impact on the givers and the receivers. Requires minimal resources. Kindness is FREE!!		
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
Possibly Selkirk College students		
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps: <ol style="list-style-type: none"> 1. Community kindness planning committee 2. Partnership between Selkirk College and CDCSS (Deb) 3. Identify community member in each West Kootenay community to mobilize kindness 	When will it be done:	Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	

SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name		
<p align="center">PEER AND VOLUNTEER TRAINING FOR 'DAY TO DAY' ADVOCACY</p>		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
<p>A training structure to train, support, and facilitate peer and volunteer training that would be extended to various service users in spaces that they feel comfortable.</p> <p>Those who go through the program move into teaching roles.</p> <p>Online (as needed basis) – on specific subjects. Ideally would have a location.</p> <p>Connected to other services – ride programs</p> <p>Cell phone – passed on from volunteer to volunteer (schedule a place for this), tenants – includes precariously housed and unhoused.</p>		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
<p>Success stories.</p> <p>Growing peer list (expansion of rosters).</p> <p>List of resources – stream of income, no funding available.</p> <p>Phone number for answering service.</p>		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
<p>YES</p> <p>Requires month to month funds.</p> <p>Requires volunteers.</p>		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
<p>Keep people in their homes.</p>		
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
<p>Staci Romano [email provided]</p> <p>Katie Dyck [phone number provided]</p> <p>Experienced tenants.</p> <p>James Ntu</p> <p>Amy & Becky</p> <p>Naomi</p>		
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps:		When will it be done:
		Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	

SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name	
REGIONAL ANTI-STIGMA CAMPAIGN	
S	SPECIFIC: <i>What exactly will be accomplished?</i>
Use various means/arguments to help people relate to the experience of stigma. Create understanding of: <ul style="list-style-type: none"> • Trauma • Othering Paint a picture of “a day in the life” People’s rights and choices Bust myths	
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>
Evaluation of: <ol style="list-style-type: none"> 1. Pre and post-opinion surveys 2. Update of information/training by the public and businesses 3. Business reports of consumer behaviour – entering their stores vs staying away 4. Participation in campaigns 5. Rise or fall of populous and philosophies 	
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>
YES Lots of information, lots of resources, lots of partners. Funding from cities, hospital foundations and auxiliaries.	
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>
Different campaigns and outcomes for public vs. businesses. Direct and indirect impacts (both) – reactions from public, businesses. “People will feel like they belong, they matter” People will understand that substance use is a symptom of a deeper issue. People will show greater empathy Less crime, violence, etc.	
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>
Can start immediately. An ongoing process, 3-5 year windows. Already seeing an impact from current efforts.	
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>
CATs – working together, paid position. Selkirk students People seeking volunteer hours for EI, school, etc. Community Safety Task Force and other similar organizations.	

ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>		
Specific next steps: <ol style="list-style-type: none"> 1. Identify point person (NGO) 2. Identify people from each community to participate 3. Request sources of funding from MLA's office, cities. 4. Hire a coordinator 5. Develop strategy and action plan – conduct/gather research required 6. Implement the program 7. Evaluate 8. Adjust 9. Continue 	When will it be done: <ol style="list-style-type: none"> 2. Now 3. Now 	Who will do it: <ol style="list-style-type: none"> 3. Sarah 	
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>		
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>		
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>		
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>		
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>		
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>		

Action Name		
OUTREACH TO UN-VULNERABLE ELITE		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
A team of caring community members, including possibly PWLLE, to go meet folks in various government, IH, Chambers, Business organizations, to offer compassion to those with power who forgot how to share vulnerability, honesty, and wealth. Could be done as street theatre.		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
How many outreach workers. How many hours. How many un-vulnerable elites met.		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
Challenge if people do not want to receive support.		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
It attempts to address a root cause of social disease of polarization/trauma/abuse/homelessness, that is the idea of separation and the trauma response of freeze and ignoring.		
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
It could happen, need 1-2 collaborators.		
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps: <ol style="list-style-type: none"> Design outreach logo, outfit pamphlet. Find 1 or more collaborators. Try it on the street. Go to city halls and offices, find top names/addresses. Document the dialogues and share. 	When will it be done:	Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	
<ol style="list-style-type: none"> Nobody joins and just finds it silly instead of seeing the deeper message. Who needs to be fixed? The elite folks get defensive, fragile privileged, and refuse to participate. 		
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>	
<ol style="list-style-type: none"> Be playful and welcoming. Aware with kindness to trauma in the housed elites. 		

LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
Any part.	
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
KATI?	
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name		
PEER ENGAGEMENT AS A MEANS OF REDUCING STIGMA		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
Reducing stigmatizing views held by community members. Reducing self-stigma in populations of under housed individuals and individuals with substance use disorders. Encourage trust and connection.		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
Increasing number of participants. Surveys/interviews. Increased community integration/engagement. Increased access to MHSU services. Increased peer overdose response.		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
FUNDING!! Sustainable funding. Having a governing body or facilitator. Contracted/Accountability.		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
100+ people – peers/community members. Increase access to social/MHSU services. Increase trust amongst community folks.		
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
Assess on a yearly basis. Adaptable to season. Depends on funding.		
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
PEERS Program KCDS CDS (supported employment?), job coaching Skills Centre Community volunteers ANKORS/REDUN		
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps:	When will it be done:	Who will do it:
1. Secure sustainable funding 2. Find a location		

OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>
1. Barriers 2. Lack of funding	
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name					
BRIDGING RURAL HOMELESSNESS AND WELL-BEING SURVEY DISCOVERY					
S	SPECIFIC: <i>What exactly will be accomplished?</i>				
Develop and conduct a survey with the aim to inform decision-makers and service providers on community members' perceptions and understanding of homelessness and related service provision.					
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>				
Successful REB approval. Data analyzed provides valuable information to stakeholders.					
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>				
Yes. Selkirk College Bridging Rural Homelessness and Well-being team.					
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>				
Results from a well-developed survey will provide valuable information to stakeholders.					
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>				
Survey development currently underway. REB application May 2024 Data collection summer 2024 Analysis and report writing fall 2024					
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>				
Selkirk College Bridging Rural Homelessness and Well-being team. Stakeholder input needed as to what information is valuable.					
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>				
<table><tr><td>Specific next steps: 1. Engage with stakeholders 2. Develop survey 3. REB application 4. Student orientation 5. Data collection 6. Analysis and report writing</td><td>When will it be done: 1. Now 2. May 2024 3. May 2024 4. June 2024 5. July/Aug 2024 6. Fall 2024</td><td>Who will do it: 1. BRHW team 2. BRHW team 3. BRHW team 4. BRHW team 5. Students 6. Students/BRHW team</td></tr></table>			Specific next steps: 1. Engage with stakeholders 2. Develop survey 3. REB application 4. Student orientation 5. Data collection 6. Analysis and report writing	When will it be done: 1. Now 2. May 2024 3. May 2024 4. June 2024 5. July/Aug 2024 6. Fall 2024	Who will do it: 1. BRHW team 2. BRHW team 3. BRHW team 4. BRHW team 5. Students 6. Students/BRHW team
Specific next steps: 1. Engage with stakeholders 2. Develop survey 3. REB application 4. Student orientation 5. Data collection 6. Analysis and report writing	When will it be done: 1. Now 2. May 2024 3. May 2024 4. June 2024 5. July/Aug 2024 6. Fall 2024	Who will do it: 1. BRHW team 2. BRHW team 3. BRHW team 4. BRHW team 5. Students 6. Students/BRHW team			
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>				
1. Stakeholders do not have enough time to engage with the BRHW team. 2.					
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>				
Provide opportunity at the 2024 Summit					

LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
PWLE are engaged throughout the process in reviewing survey questions.	
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
All stages.	
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>
Develop survey and complete ethics application.	

Action Name		
FUNDING...OUTSIDE THE BOX		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
Mini Summit (1/2 day). Hosted by Selkirk College. Bringing together government reps (elected and staff) to discuss homelessness at a <u>regional level</u> .		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
Meeting has taken place and relationships started.		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
We believe that the research project staff can make this happen.		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
Having a coordinated regional approach to problem-solving will give more strength and credibility, hopefully better access to funding opportunities.		
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
Fall 2024 - October		
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
Selkirk research project team.		
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps:	When will it be done:	Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>	
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>	
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>	
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>	
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>	

Action Name		
MUNICIPAL ADVISORY GROUP OF PRIVATE SOCIETIES FOR REGIONAL COLLABORATION		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
Identify overlapping services in tri-communities. Regional housing strategy, i.e. Healthy cities initiative. Would there be interest from other municipalities to collaborate together regionally? Build/organize an organization that can leverage skills and finances.		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
Needs assessments.		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps:		When will it be done:
		Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>	
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>	
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>	
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>	
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>	

Action Name	
REGIONAL HOUSING COMMITTEE	
S	SPECIFIC: <i>What exactly will be accomplished?</i>
<p>A regional housing committee for Trail, Castlegar, and Nelson will be formed.</p> <p>BC Housing, service providers, and local governments meet quarterly – what kind of housing is needed?</p> <p>Pool resources – Apply for funding as a group, vet contractors, mentorship, workforce housing, healthy housing strategies.</p>	
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>
Funding is sourced for a coordinator. Coordinator is hired. Committee is formed.	
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>
<p>The groups already meet separately – just have bigger council-led/driven meetings.</p> <p>Money is the big piece missing – apply for term funding.</p>	
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>
Specific next steps:	When will it be done: Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

Action Name		
REGIONAL COMMITTEE		
S	SPECIFIC: <i>What exactly will be accomplished?</i>	
Regional housing strategy. Meet quarterly. Best outcomes. Housing wheelhouse. Housing needs assessment. Workforce housing. Affordable. Selkirk College, CBT, BC Housing, RDCK, RDKB, Local governments, non-profit partners, housing providers.		
M	MEASURABLE: <i>How will we know when this action has been successful? What do we need to measure?</i>	
Committee would be formed. Members identified. Terms of reference. Funding identified for coordinator. How do we fund this? Take needs assessments from all 3 communities. Diverse Family Roots Society – Ben Postmus (Family navigator/Advocate)		
A	ACHIEVABLE: <i>Is this action achievable with effort and commitment? What resources are available to achieve this action? For missing resources, how can we get them?</i>	
Local government housing committee members. 3 City councils lead the work. Review health housing strategies from other communities.		
R	RELEVANT: <i>How will this action have an impact? For example, describe the impact it will have on improving the well-being of people experiencing homelessness. What would this look like? How many people would be impacted? Would it be a direct impact or indirect impact?</i>	
T	TIMELY: <i>When can this action get started and when can it be completed? Can it be started by the end of 2024? Are there mini actions that make up this action and when can they be done?</i>	
WHO?	<i>Who will lead this action? Who will support this action? Who else needs to be involved to make it successful? Can you find the people in this room today and bring them into this action development? How can regional collaboration help?</i>	
ACTION STEPS	<i>List at least 5 small specific steps that need to be taken to achieve the SMART action. Try making the first step something that can be done with less than 30 minutes of effort. When will this be done? Who will do the action steps?</i>	
Specific next steps:		When will it be done:
		Who will do it:
OBSTACLES	<i>List 2 potential obstacles to achieving the SMART action.</i>	
SOLUTIONS	<i>List 2 potential solutions to overcoming obstacles.</i>	
LIVED-EXPERIENCE PARTICIPATION	<i>How can people with lived-experience be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>	

SELKIRK COLLEGE PARTICIPATION	<i>How can Selkirk College faculty and/or students be involved, and at what stage – development, coordination, implementation, evaluation, other?</i>
OTHER CONSIDERATIONS	<i>What else needs to be considered to make this SMART action doable?</i>
COMMITTED FIRST STEP	<i>What can you commit to start right away and make this SMART action happen?</i>

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