

COVID-19 MESSAGE FROM ISC BC REGION

UPDATE #37 / May 7, 2020

Good Afternoon,

There has been much in the last 24 hours to make us believe there is good reason for hope. The measures we've all been taking to limit the spread of COVID-19 are working. Changes are coming in ways and at a pace that are meant to keep our communities and loved ones safe.

The federal and provincial governments are advising us to continue following the advice of our hard-working health professionals as we look to the next phase of our pandemic response. As you plan the next steps for your communities, our hope is that you share a sense of brighter days ahead. As we shift gears for the next phase, our updates will be provided every other day. We are of course always available at the contacts below to answer your questions and concerns.

UPDATE

Premier outlines plan to restart BC safely

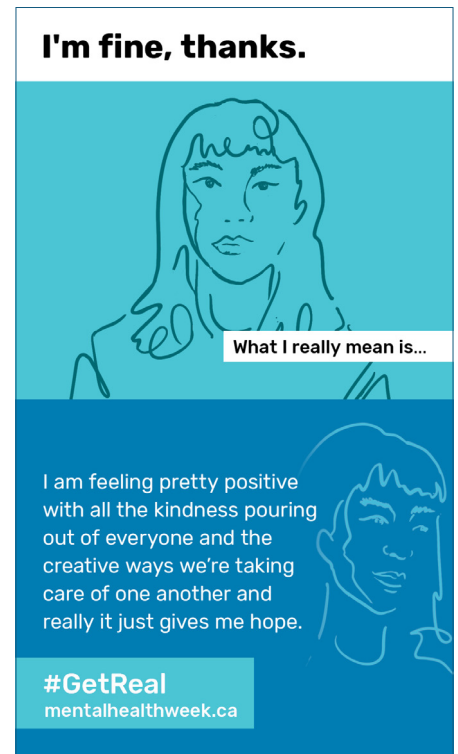
British Columbia Premier John Horgan has announced details on B.C.'s plans to reopen. Under **BC's Restart Plan**, government will work closely with public health officials, businesses and labour organizations to lift restrictions in phases, gradually allowing for more social and economic activity, while closely monitoring health information to minimize the risk to the public.

BC is currently in Phase 1 of the restart plan. Phase 2, which will begin in mid-May, includes:

- small social gatherings;
- a resumption of elective surgeries and regulated health services like physiotherapy, dentistry, chiropractors and in-person counselling;
- provincial parks open for day use;
- opening more non-essential businesses in keeping with safe operations plans;
- recalling the provincial legislature for regular sittings.

Essential businesses that have remained open during the pandemic, so far, have done so safely with the support of WorkSafeBC. **Government will build on this successful experience by supporting all businesses as they take steps toward a successful reopening.**

The target date for the start of Phase 3, which will include opening up of additional businesses and services, is between June and September 2020, if transmission rates remain low or in decline.



Phase 4 will only be achieved when the threat of COVID-19 has been significantly diminished through widespread vaccination, broad successful treatments, evidence of community immunity, or the equivalent.

Wage Top-Ups For Essential Workers

While many of us have been either unable to go to work or have worked from home, connecting virtually, millions of Canadians have been called on to go to work every day, providing us with essential services.

The Prime Minister, Justin Trudeau, today announced that all provinces and territories have confirmed, or are in the process of confirming, plans to cost share wage top-ups for their essential workers. **The Government of Canada will provide up to \$3 billion in support to increase the wages of low-income essential workers.** Each province or territory will determine which workers would be eligible for support, and how much support they will receive.

This initiative is in addition to the other measures to support Canadians through the COVID-19 pandemic, such as:

- Introducing the **Canada Emergency Response Benefit**, a benefit of \$2,000 every 4 weeks for up to 16 weeks to eligible workers who have lost their income due to COVID-19. The government also extended the eligibility of this benefit to individuals who earn up to \$1,000 per month, as well as workers who have recently exhausted their EI regular benefits and are unable to find a job or return to work because of COVID-19.
- Providing families who receive the Canada Child Benefit (CCB) an extra \$300 per child for the month of May.
- Providing a one-time special payment through the Goods and Services Tax credit for low- and modest-income families. The average additional benefit is close to \$400 for single individuals and close to \$600 for couples.
- Providing approximately \$9 billion towards various measures, including the **Canada Emergency Student Benefit**, to support post-secondary students and recent graduates who are unable to secure employment in order to help them overcome the challenges brought on by the pandemic.

- Extending the maximum duration of the Work-Sharing program, from 38 weeks to 76 weeks, for workers who agree to reduce their normal working hours because of developments beyond the control of their employers.
- Allowing all taxpayers to defer, until after August 31, 2020, the payment of income tax amounts that become owing on or after March 18, and before September 2020.

PARTNER INFORMATION

Message for Youth

In recognition of National Child and Youth Mental Health Day, the Province of British Columbia issued a statement recognizing the extraordinary strain the COVID-19 has been for young people: “While the pandemic is challenging all of us, it presents unique issues for young people who are missing their friends and social connections, wrestling with new ways of learning and feeling anxious and unsure about what the future holds. Many have seen abrupt endings to things they have worked toward, or anticipated, for years.”

The province encourages parents, educators, caretakers and the community as a whole to come together to talk about child and youth mental health and to connect with young people about their mental health. The theme for this year is ‘caring’ and the message is simple: ‘I care about you.’

Mental Health Resources for Youth

- The BC First Nations Health Authority’s 24/7 offers a culturally safe KUU-US Crisis Response Services at 1-800-588-8717 (or 250-723-2040 for child and youth)
- **Here2Talk** provides all students currently registered in a B.C. post-secondary institution with free, confidential counselling and community referral services, 24/7 via app, phone and web.
- YMCA of Greater Vancouver offers **free mindfulness online workshops** for teens (age 13-17) and youth (age 18-30). They also have many YMCA at Home videos on **their YouTube channel** that focus on mental health and meditation.



- **BounceBack** is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- **Foundry** offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC. They are now offering virtual drop-in counselling sessions by voice, video and chat to young people and their caregivers.
- How are the young people in your life doing during the COVID-19 pandemic? With stress, fear and anxiety increasing across Canada and the world, it's natural for you and the young people around you to have questions/concerns about the novel coronavirus and its impacts. The **Kids Help Phone** shares some tips for supporting the young people in your life during this unprecedented time.
- We Charity offers a **special COVID-19 edition of their "Well-being Playbook"** that is filled with everyday tools and actions to help nurture mental well-being. **Their website** also has many other well-being resources that are fun to read.

RESPONSE TO COVID-19 SURVEY

Share your ideas and input!

B.C. is responding to the COVID-19 pandemic with a co-ordinated province-wide approach. Our priority is to protect British Columbians and ensure we can effectively respond to the COVID-19 pandemic.

COVID-19 questionnaire topics include:

- Responses to government measures, actions, and decisions
- Current levels of concern
- Personal and job impacts
- Use and need of information sources

Share your feedback by completing the online questionnaire.

COMMUNITY CONNECTIONS

We believe we are better when we share our knowledge. We are pleased to share resources and updates being offered by communities:

- **Ucluelet First Nation** posted a video explaining the new First Nations Virtual Doctor of the Day service.
- **Shackan Indian Band** posted a COVID-19 support pathways infographic.
- **Tsawwassen First Nation** posted a video from their Education and Skills Department on how members can stay engaged in education, skills and training.

NATIONAL INFORMATION

- **Practical advice, articles and information to help you #GetReal about how you really feel**
- **Taking care of your mental health during the COVID-19 pandemic**
- **Coronavirus disease (COVID-19): Prevention and risks**
- The Government of Canada has made announcements regarding financial assistance for those who will be impacted during these unprecedented times – these individuals and business are encouraged to apply for assistance. You can find further information on how to apply for financial or economic support at: **Canada.ca/coronavirus** and **Questions and Answers on the Canada Emergency Response Benefit.**
- For a great description of what flattening the curve means, consider watching **Prime Minister Trudeau's video tweet**
- **Public Health Agency of Canada**
- **Resources for Canadian Businesses**
- **Transport Canada – COVID-19 measures, updates, and guidance issued by Transport Canada**

USEFUL LINKS

- **Kids Help Phone**
- Economic measures to help stabilize the economy during this challenging period. As information is rapidly changing we strongly encourage you to visit the **federal** and **provincial financial supports** websites often for the latest information.
- First Nations Health Authority – **Information for community leaders**
- **COVID-19 BC Support App and Self-Assessment Tool**
The app will let you receive the latest updates, trusted resources, and alerts. The Self-Assessment Tool is built in.
- With the help of BCFC, the First Nations Public Service Secretariat has posted a **COVID-19 Resources for All BC Individuals**.

REGIONAL CONTACTS

We've set up a dedicated email for any non-health COVID-19-related questions and requests: aadnc.iscbccovid19.aandc@canada.ca.

Executive Leadership Team

Should you or your team need to reach out regarding specific programs or services within their respective areas:

- **Regional Director General**
Catherine Lappe / 604-340-7703
- **Associate Regional Director General**
Bill Guerin / 604-803-9476
- **Community Infrastructure**
Paula Santos, Director / 604-790-8451
- **Programs and Partnerships**
Wendy Rogers, Director / 604-363-8117
- **Lands and Economic Development**
David Russell, Director / 604-817-2644
- **Funding Services**
Angela McCarthy, A/Director / 604-209-1251
- **Child and Family Services**
Chiara Taylor, Director / 778-668-9067
- **Community Development**
James Moxon, Director / 604-367-8241
- **Corporate Services**
Harold Powell, Director / 604-219-1737

SERVICE CANADA OUTREACH

Service Canada is taking steps to ensure everyone can connect and get the full benefit of the Government of Canada supports available in these challenging times. To support access to critical programs and services for clients, including First Nations members, without access to technology, Service Canada Community Outreach and Liaison Service are available to offer alternate service delivery methods that will continue to support accessing critical programs, services and benefits.

 **1-877-631-2657**

