

Subject: COVID-19 Updates - June 15, 2020 - Collaboration
Date: Monday, June 15, 2020 at 4:43:03 PM Pacific Daylight Time
From: Ernie Baatz
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Focusing on What We are Here for...Collaboration – “I am on Your Side”

Spectrum coordinator and Mandt trainer Susan Wilson offers her suggestions for working toward collaborative solutions during times of stress

Collaboration: the situation of two or more people working together to create or achieve the same thing.

(from the Cambridge Business English Dictionary © Cambridge University Press)

We are not here just for the easy days. The days where people hear our advice and they have a high desire to cooperate and believe our interest in their safety; where they see the evidence of what is going on all around them. We are here to support people through their difficult days as well.

Due to the isolation and change of routines that people have been experiencing we might start noticing a rise in stress levels, both for the people we support and for the people who support them. For all of us.

Some of the people that I support are noticing people out and about doing the activities of daily living and having fun again and they are trying to figure out what that means for them. There is no longer any strong evidence that there is something different happening, so they may not understand our desires and plans to keep them safe. This means the cooperation and collaboration will start to be more and more challenging to maintain. The result of this is that tensions and conflict might rise for all of us.

The best way to come to a positive outcome is for you to understand what the other person's needs are and the reasons behind the other person's requests and actions. What we want to work toward is collaboration and cooperation. One way to do this is working towards a win – win for the person. Here is one of the tools that I adapted from the Mandt System that you might be able to use to help with that.

- Clearly identify the needs of each person. Included in that are your own needs and desires. Make sure you clearly identify what you are trying to achieve. The Mandt system teaches us “in inviting cooperation: the best way to gain cooperation is to tell the person the reason behind the request.” So please know the reasons behind what you want to achieve as well why those reasons are important to you.
- View the problem from the other person's point of view. I find it helpful if I write this out for myself.
- Recognize the problems that come up and work on the problems...not on changing the person or making the person feel wrong.
- Build the relationship through understanding and communicating that we are on the same side. Let them know that you want to get them toward what they are trying to achieve. Ask for patience and if they truly believe you are not in conflict “with them” they might believe that you are interested in truly helping them.
- Know that this may take some time and multiple tries.
- Compromise and negotiate if you need to. What part of this can you help with? What are some alternate strategies?

Know that even if you try all this, the person will have their own desires and drives. They have their own history where people who have supported them have stood in their way rather than helped them. We all know how that feels, it makes us want to avoid the potential obstacles and just get our needs met on our own, most likely in an escalated way. Think about any other trusted people that they know who can help them work through this or any community resources that can help. Sometimes if the person we are supporting can work things through with another person who is trusted and is not directly part of the situation, they can feel more at peace with the result.

Most of all, if you feel like “whew, that was a difficult day...” understand that this was their difficult day. You can feel best about yourself if you did something, even small, to make it better.

Reminder: Upcoming teleconference for individuals CLBC serves and the self advocacy community

This is a reminder that next Tuesday, June 16, a teleconference is scheduled with Dr. Daniele Behn Smith, Deputy Provincial Health Officer, and Ross Chilton, CLBC CEO. The call is to address health and medical questions from individuals and self advocates. If you have a question to submit for the call, please send it by email to CLBCInfo@gov.bc.ca and write "Individual and Self Advocate Call" in the subject line.

The call in details are below, and you can also [click here to see the invitation](#).

Date: Tuesday, June 16

Time: 1:00 p.m. to 2:00 p.m

Vancouver: 604-681-0260

Elsewhere (outside Vancouver): 1-877-353-9184

Participant code: 37568#



Translink launches mask-wearing campaign for riders

A blue bus parked on the side of a road Description automatically generated



“We want masks to become a regular part of our transit system,” said TransLink CEO Kevin Desmond.

“As part of our Safe Operating Action Plan we are recommending customers wear a face covering or mask while on transit or waiting for transit, if they are able to do so.

“If we can get to a point where most people on transit are wearing a face covering or mask, then it will be a safer experience for everyone.”

[Read more here...](#)

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

www.spectrumsociety.org

cell: 604-644-1474

Be Calm, Be Kind, Be Safe

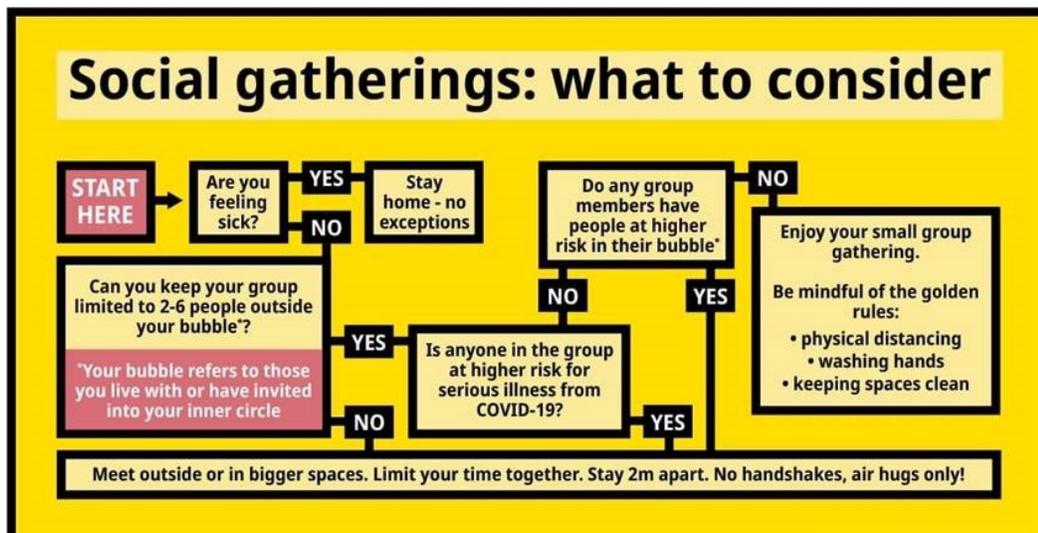


**CLBC Weekly Update for
Individuals & Families**



Provincial guidelines for social interactions

The current phase 2 of B.C.’s restart plan allows people to safely expand social interactions with others. You can [find some key guidelines for social interaction here](#) that will help keep yourself and others safe. You can also refer to the helpful chart below for guidance before taking part in social gatherings:



First Nations Health Authority shares information on homemade masks

The First Nations Health Authority (FNHA) has created [a helpful two-page document that you can read here](#) with tips and information about non-medical facemasks, including how to wash and properly dispose of these masks.

You can also find other information and resources related to COVID-19 on the FNHA's website at: www.fnha.ca/coronavirus.

Staying connected and supported

MindHealthBC

MindHealthBC is an online directory of resources that includes information about mental health, self-help, online programs, local support groups and community health services.



The site was developed by Vancouver Coastal Health and Providence Health Care through funding from the Shared Care Committee, a joint committee of the Doctors of BC and the Ministry of Health.

[Click here to access the MindHealthBC online resource directory](#) which you can search by topic and resource type.

Reminder: Upcoming Relationship Matters session

[Kim Barthel and The Relationship Matters team](#) have been working with CLBC since the fall of 2017, providing a series of Trauma Informed Practice Workshops (TIP I and TIP II) across the province, along with continued support to the many communities of practice which have grown out of the TIP workshops. You can join them for their last call on June 16 from 12:00 p.m. to 1:00 p.m. (PST) as they share stories of celebration and challenge. You can join using the details below:

Zoom: <https://zoom.us/j/5471258608>

Call-in: 1-647-558-0588 / **Meeting ID:** 547 125 8608 / **Password:** 2573783

Family Support Institute (FSI) online calls

FSI has a full calendar of online family hang outs as well as other themed calls for information and resource sharing scheduled for June. You can find the full schedule, including links to join each session, [on the FSI website here](#).

Self Advocate Corner

Self Advocate Leadership Network shares plain language resources

Did you know there is a website created by self advocates for self advocates with plain language information about COVID-19?

Visit [the BC Self Advocate Leadership Network \(SALN\) website here](#), and click the “My Plan” option at top left of the page to find advocacy toolkits, emergency health plans, and COVID-19 Information by and for people with disabilities.



If you're interested in joining SALN's email list to receive updates, you can send a message to: info@salnbc.com.

Reminder: Last call to submit your video story

Self Advocates of Semiahmoo (SAS) and the Self Advocate Leadership Network (SALN) have been releasing [videos like this one](#) sharing the different ways they are coping during the COVID-19 pandemic. Now they are inviting others to take part by submitting their own 30-second video clip about being more independent to sas@shsbc.ca by **Monday, June 15** for a chance to be featured. [Watch Michaela's video here](#) for more information, and be aware that by sharing your video, your image, voice and words will be shared publicly on the SALN website and other social media sites.

Recipe: Meatball Pasta Bake

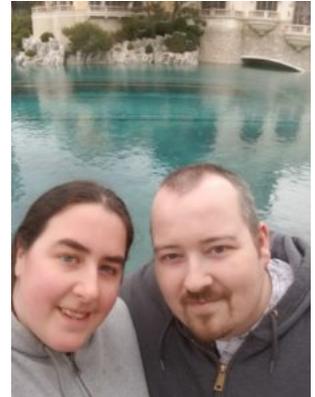
With many of us cooking more at home these days, we're on the look out for new and easy to prepare recipes. The Accessible Chef website is a great place to find these recipes, including [this one for a meatball pasta bake](#).

Stories of hope and encouragement

A pandemic proposal

Thank you to [Self Advocate Net](#) for sharing many stories of hope and encouragement during this challenging time.

Here's [a great story called "A pandemic proposal"](#) by Ryan Coleman, which includes these encouraging words: "In a world where we must all be far apart from each other right now, hope brings us closer."



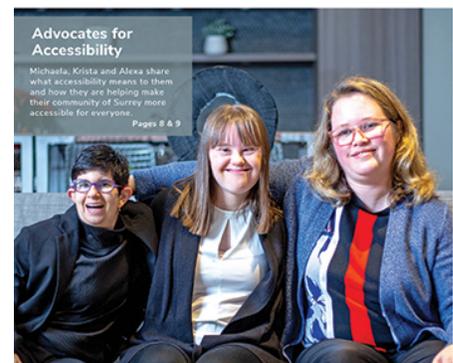
CLBC Editorial Board still accepting stories for Celebrate Diverse ABILITIES magazine

The CLBC Editorial Board still has room for stories in the next edition of the Celebrate Diverse ABILITIES magazine which will be published later this summer. We are looking for 250-word stories about the creative ways people with diverse abilities have stayed hopeful and connected during the challenging times of COVID-19.

Story submissions will now be accepted **until Friday, June 19**. Selected authors will be paid \$100 for their story and photo to be published in the print and online edition of the magazine. Interested authors please email your submission (with photos) to CLBC Self Advocate Advisor, Jessica Humphrey at Jessica.Humphrey@gov.bc.ca.

Here are some prompts that can help you get started with writing your story:

- Write about three new things you've started doing that you plan to continue once the pandemic is over (like talking to long-distance friends more often).
- Write about anything new you are grateful for or appreciate in your life since COVID-19 started.



Updated *Support and Connection Toolkit* highlights resources & things to do

As we shared in last week's update, we have gathered links to resources and activities into one document for easy access and will continue to add to and share in future editions of this update. [See the most updated document here.](#)

Thank you to all our community partners, CLBC staff, self advocate and family leaders and many others who have shared resources, ways to connect and things to do during these challenging times. Please let us know if you have something to add to the toolkit by emailing CLBCInfo@gov.bc.ca.

Signing off

We hope you have enjoyed reading this edition. Until next time, here's a reminder of the different ways we can care for ourselves during this pandemic:

