



UBCP/ACTRA

Mental Health and Addictions - Member Update and Consultation

May 3, 2019

The meeting was called to order at 11:08 am.

Introductions were made including Enid-Raye Adams (chair), Keith Martin Gordey (President UBCP/ACTRA), Sue Brouse (Director Member Services, Communications and Community Relations) Lori Stewart (Health and Safety Performer Advocate), Nitha Karanja (Organizer), and the Mental Health and Addictions Committee members who were present.

The PSA "We Can Help" was played.

The Committee One Pager was read by committee members

Lori Stewart demonstrated the Calltime Mental Health website and how to navigate it and the information that is available there (<https://www.calltimementalhealth.com>).

Tunde of Member Benefit Trust provided information about the benefits available to Members of MBT at various coverage levels including the EAP. <https://www.calltimementalhealth.com/ubcp-actra-mbt> and <https://memberbenefittrust.lifeworks.com/life/employee-assistance> ,

Judith of Actra Fraternal Benefits Society provided information about the benefits available to Members of AFBS at various coverage levels including the EAP. <https://www.afbs.ca/insurance-and-benefits>

Enid-Raye Adams (chair) gave an update of the activities of the committee so far:

- Committee has been meeting since last May;
- Formulated committee one-pager (mission statement/mandate);
- Presentation for committee by Turning Point Recovery Society (mandate is to normalize addiction and recovery while providing treatment through residential support and outreach services);
- Presentation for committee by Covenant House BC which provides temporary living accommodations and mental health support to homeless teens;
- Identifying ongoing projects the committee can use to meet mandate/mission statement.

A survey update was provided by Sue Brouse (Director Member Services and Communications) The survey identifies 4 key areas that Members require support to access help for Mental Health and Addictions:

- Financial, overcoming the stigma, lack of awareness of available resources, lack of available resources

The survey also provided some suggestions of initiatives that the committee may want to explore to reduce these obstacles for our members.

Member present were asked for feedback and ideas that the committee might pursue:

- Suggestion hand out the Calltime mental health bracelet out at membership meetings
- The PSA We Can Help should be played at meetings
- The PSA We Can Help should be played at other union's meetings

Enid-Raye asked the question What can we do? What would you like to see us do?:

- Driving home you don't have to be a rock bottom to reach out for help
 - Comes with de-stigmatization
 - Adding it to the PSA. Make a succinct tag line with video this idea
 - Mental health is not a comparison - it's okay to ask for help
- Provide resources or build capacity with regard to neurological differences - example, ADHD
 - Caroline proposed skill building workshops X 2
 1. ADHD - how to strengthen executive function
 2. Post partem depression and anxiety – where does the artist meet motherhood – reintegrating into the workplace
- More workshopping
 - Host a wellness retreat
 - Sue spoke about the member education “Wellness series” which is ongoing
- Book Club
 - Dr Maxwell Nardi
- Perhaps host a Mental Health night where performers can speak about their experiences
 - The Manac monologues (sp?) – written by member Victoria Maxwell
 - Speak from their experiences
 - Sick not weak – Michael Landsberg
- Shift the culture
 - There is a competitive culture in auditions
 - Actors undermine their competitors
 - Member Orientation should include that we do it as a group – as a community
 - Female actors have a community culture
 - Possibly make a PSA
- One member expressed she was excited to come here today but saddened there are not many people attending this session
- More consultation meetings
- Play PSA at every member meeting
 - Sue spoke about reaching a different audience since the Member meeting is often the same group
- Incentive program or social media competition
- Media push for PSA
- Play on TV
- Shame - comes up a lot for actors
 - Not getting work and dropping to bronze level
 - Need a robust approach
 - What is that, how do we simplify the benefit programs
 - Seems too complicated
 - Don't like the gold silver bronze tiers
- Is mental health and addictions dealt with together

- They are connected
- Next Year arrange a special presenter for Mental Health Week
- How can we bring the dignity back? (De-stigmatization)
- Are meeting minutes or recordings available?
 - Yes, minutes are on the website
- Enid-Raye said this would be the beginning of many consultation meetings
- One member expressed that she almost did not attend today with the thought that “If I attend, I am outing myself” (Stigma). She is suffering from depression and almost did not come.

The meeting was adjourned at approximately 1:10pm