



MEDICINE HAT MINOR HOCKEY

Integrity – Accountability – Community – Collaboration

Meeting - Board of Directors

Wednesday February 8, 2023 – Hockey Hounds Social Room @ 6pm

Name	Position	Attendance	Name	Position	Attendance
Executive Committee			Coordinators		
Mark Parsons	President	Yes	Kevin Kurtz	U7 & U9	Yes
Kim Weiss	Vice President	Yes	Vacant	U11 CAHL	-
Dan Kitching	Secretary	Yes	Vacant	U11 City	-
Alicia Doud	Treasurer	Yes	Vacant	U13 Rep	-
Directors			Vacant	U13 CAHL/City	-
Derek Harvey-Zenk	RMFHL	Yes	Brent McNabb	U15 City	No
Aaron Leipert	Female City	Yes	Nick Douvis	U18 City	Yes
Jordan Kienzle	CAHL Hockey	Yes	Vacant	Goaltenders	-
Nick Douvis	City Hockey	Yes			
Kevin Kurtz	Intro to Hockey	Yes	MHMHA Staff		
Nola Besplug	Health & Safety	No	Josh Fauth	Hockey Ops GM	Yes
Erin Greggains	Game & Conduct	Yes	Brandt Becker	Coach/Player Dev.	No
Kyle Jarvis	Travel/Rep Hockey	Yes	Janis Entem	Events	Yes
Spencer Schutte	Director at Large	Yes	Kailey Sprunger	Ice Scheduler	Yes
			Sandi Martin	Accounting	Yes

AGENDA:

1. Call to order

- Meeting called to order at 6:32pm by President Mark Parsons.

2. Adoption of agenda

- Motion made by Erin Greggains to adopt Agenda as amended.
Seconded by Kevin Kurtz – Motion Carried.

3. Adoption of December Meeting Minutes

- Motion made by Kim Wiess to adopt the meeting minutes from December 13, 2022. Seconded by Kevin Kurtz – Motion Carried.

4. GM report – Josh

- Positive feedback has been received from the membership around the Bob Wilke “I Got Mind” presentation held at the Medicine Hat College
 - Approx. 25 members attended the first night (U11 and below)
 - Approx. 70 members attended the second night (U13 and above)
 - 4 Zoom Sessions are being offered to teams within the Association. Emails have been sent to all coaches and managers. Seven (7) teams have shown interest to date.
- Working with the Canadian Mental Health Association to provide a one-day course (Community Helpers). Emails have been sent to all coaches and managers (U13+). See attached for additional information.
- Hockey Camps have been booked:
 - Goaltending / Shooting Camp Feb. 22 -24
 - U9 intro to full ice - TBD
 - Female / Goaltending - TBD
 - Conditioning / Checking -TBD
- Working with SAHA to build / improve on their support for next year.
- MOU's need to be amended and finalized with Irvine, Redcliff and SAHA.
- A meeting with Ref Association needs to be set up to discuss ongoing issues.
- Meeting with City of MH needs to be set up to discuss ongoing issues with ice times
- Hockey Alberta looking to restructure the Female Hockey divisions within U13 and U15. This could lead to additional changes within MHMHA. More information to come as we know more.

5. Financial Report – Alicia

- Nothing to report.

6. U13/U15/U18 Survey – Spencer

- Survey sent to City League divisions to gauge how the season is going, as well get an idea from the membership on current house league structure.
 - As of the meeting, we had 67 responses.
 - Overall, the majority of the feedback was positive.

7. General Comments:

- Motion made by Kevin Kurtz to confirm that any team within the Association hosting a tournament sanctioned through MHMHA shall pay \$1,500 to cover the costs associated with obtaining sanction number, booking refs and/or ice and any other associated fees. Seconded by Erin Greggains – Motion Carried.
- It was confirmed based on a previous motion passed last year, that MHMHA will no longer host tournaments at the Rep/Travel level until further notice.
- Confirmed that all coaching expenses related to SEAC teams shall be covered by SEAC and MHMHA.

“Board went into an in camera discission”

8. MHMHA Future Planning – Mark

- Board discussed Brant Becker’s resignation letter received February 8, effective March 31. Board accepted his resignation with regret.
- Next steps are to determine how we fill the current vacancy, or restructure within existing roles of the association.
- Discussions will occur with key stakeholders with further reporting at next boarding meeting.

9. Close meeting

- Motion made by Kevin Kurtz to adjourn. Seconded Nick Douvis – Motion Carried.

Attachment – The Community Helpers Program

The Community Helpers Program is a capacity-building and educational approach that will provide athletes with opportunities to strengthen and support their skills and understanding of mental health issues and suicide prevention. It enhances the participants knowledge that will help reduce the risk of suicide and encourage athletes to ask for help when needed- professional help or peer support. From another lens, the modules will help athletes feel confident when asking for help and providing support to their peers. Through training, athletes will learn issues affecting youth/students, how to recognize the early warning signs of impaired mental health and suicide ideation, and reducing the stigma associated with mental health and suicide. Athletes will also learn and develop skills to connect and strengthen their community.

Other topics in the Community Helpers Program include effective communication, self-care, ethics, boundaries, coping with stress, knowing when to refer peers/people to professional services, handling crises, and suicide awareness. This program also connects athletes to community and professional support services, which bridges the community's connection between informal and formal support. This program is offered to individuals twelve and older and participants will receive a certificate once the course is completed (this will look great on their growing hockey resume). The information and resources in the Community Helpers Program are provided by Alberta Health Services and the Canadian Mental Health Association.

As for delivery options, it is a very flexible program. You will pick a date that works best for your athletes, I will try to accommodate them, and we can go from there. The program has 9 core modules that are needed for certification, this will take approximately 1-2 days, possibly a day and a half, depending on interactions and the flow of the group. We can get creative if needed for delivery options.

The 9 Modules for certification include:

Module 1). Orientation —welcome/connecting, discussion about what defines a community helper

Module 2). Ethics, Assumptions and Supports — Doing the Right Thing” Helping Ethics, Assumptions We Make About Others and Supporting Each Other

Module 3). Setting the Stage for Helping — Mental Health Common Language, Turning Into the Need for Help, The Foundation of Helping (Listening skills)

Module 4). Helping as a Process — Care, Ask, Support, Talk (CAST)

Module 5). You Can Help Yourself Too — Self Care Strategies, CAST for Yourself

Module 6). Boundaries and What to do About Them — Creating and Managing Boundaries

Module 7). How to Respond in a Crisis — Crisis Response/Referrals

Module 8). Mental Health Awareness — Mental Health Fundamentals, and Responding to a Mental Health/Illness Crisis

Module 9). Understanding Suicide — Suicide Facts and Myths, and the Community Helper’s Role in Suicide Awareness and Prevention

Other topics that I believe are just as important include:

Module 10). Stress and Coping — Understanding Stress and Coping, and Helping Others with Stress and Coping

Module 11). Self-Esteem, Self-Image, and Social Media — How the Self Sees Itself, Social Media and Other Influences on the Self, and Healthy Friendships

Module 12). Healthy Relationships and Sexual Health — Healthy Romantic Relationships

Module 13). Sexual Orientation, Gender Identity, and gender Expression Awareness — How to Become an Ally

Module 14). Use, Misuse and Addictions: Substances and Processes — Addiction and Drug Fundamentals, Process Addictions, Stigma and Addictions Help

Module 15). Grief and Loss — Understanding Grief, Helping Those who Grieve

Module 16). Learning and Education Concerns — Learning Issues and Mental Health, and Helping Others with Education and Learning Outcomes

Module 17). Abuse and Conflict — Helping with Abuse, and Conflict Resolution

Module 18). Career and Work Concerns — Understanding Career Development, and Helping Others With Career Development and Work Concerns

I can offer any module to the group at your request. I am a registered social worker, mental health educator, and suicide interventionist (currently in training). The cost of the program for participants is free! Again, delivery options are flexible.

The Community Helper's Objectives include:

- Enhancing mental health and well-being
- Improving access to intervention and treatment for those at risk of suicide in Alberta
- Strengthening community capacity to develop and implement evidence-based interventions and programs that reduce the risk of suicide
- Increasing help-seeking behaviour
- And Reducing the stigma attached to mental health issues and help-seeking behaviour

Kind Regards,
Jess Weatherhead, RSW
403.363.7271