

COVID-19 SUPPORT REPORT

EMPOWERING E-NEWS AND RESOURCES FOR BC'S ANTI-VIOLENCE SECTOR

ISSUE 3: May 21, 2020



Now coming to you monthly
with tremendous thanks and gratitude
for all the challenging work you do
in your communities.

REMEMBER: YOU ARE ALL HEROES.

Image: Sheila Norgate

WE'VE GOT YOU COVERED

We continue to respond directly to your COVID-19 needs

EVA BC staff keep working hard, both in the office and from home, to try and make your **frontline jobs more manageable** during COVID-19. Here are some of our recent and ongoing activities:

- **More Smart Phones for Survivors at Risk:** Telus and their supplier Tom Harris Cellular have come through for us and you again. They are giving EVA BC **another 400 smart phones**, with monthly activation plans for a year, at no cost for distribution to the anti-violence sector. This includes unlimited Canada-wide calling minutes and 5 GBs of monthly data on each phone. These phones are in addition to the **200 free activated phones and 200 free activated SIM cards** provided directly to survivors of gender-based violence. Many thanks to Telus for their generosity in supporting our anti-violence community and the people we serve.
- **Personal Protective Equipment (PPE):** We delivered 2,000 medical masks during the first week of May to our Community-Based and Stopping the Violence Outreach Programs. Currently, we have the following to distribute: 28,800 masks; 10,944 bottles of sanitizer; 6,000 pairs of extra-large gloves; 6,000 pairs of medium-sized gloves; and 400 face shields. Half of these items are for programs in Vancouver's Downtown Eastside. (See below under "The Pandemic in Our Province" for two PPE stories.)
- **Laptop Bulk Purchase:** We're still working to raise funds for a bulk buy of laptops for your use.
- **New EVA BC Website Links :** Almost daily, we continue to add more supports for victims and survivors and more webinars related to health and wellness and working under COVID-19.
- **Five New PSAs Rollout:** These are now rolling out, one at a time, on social media, each featuring one of five BC Lions players and alumni. Each message reinforces how domestic and sexual violence increase during a disaster like COVID-19 and

includes the VictimLinkBC number.

- **Informational Bulletins:** Our six new bulletins have now been distributed on the listservs and social media and are available for download on our website in the [COVID-19 Resources from EVA BC section](#). The most recent one is *Are You or Do You Know a Woman Without Residency Status Who is Fleeing a Violent Relationship?* You'll also find there our poster *Are You Worried About Increased Gender-Based Violence During COVID-19?* Watch for a new bulletin coming soon on *Applying for a Protection Order in Provincial Court During COVID-19*. (See "Get free legal advice" in the Updates section below for more on protection orders.)
- **Ongoing Teleconferencing:** We continue to work **closely with government** and executive directors, CBVAP staff, STV Counsellors, STV Outreach and Multicultural Outreach Workers, VAWIR/VIR and ICAT chairs, and others, serving as your communication bridge. We are listening carefully to what you are saying and trying to solve the issues you raise.
- **Media Interviews:** Tracy Porteous was recently interviewed by Vancouver's Co-op Radio and for an article on gender-based violence during the pandemic in weekly Saturday Magazine, published in traditional Chinese by the Ming Pao newspaper chain. She continues to speak out on behalf of victims and survivors, reinforcing the link between increased gender-based violence and disasters such as COVID-19.

PLEASE NOTE: After this issue, as pandemic restrictions lessen, the **COVID-19 Support Report** will come to you **once a month**, rather than every two weeks.

We will keep providing as much **new content** as possible, including some of the most important links from our website. Let us know what you'd like to see here. Share your own news, tips, and inspirational COVID-19 stories. Send your comments or content to conn@endingviolence.org.

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UPDATES FOR ANTI-VIOLENCE WORKERS & THE PUBLIC

Get free legal information by phone from Family Justice Services

If your clients need help applying for a **family protection order** or you'd like some free legal information, the BC Government's **Family Justice Services** is offering phone appointments during the pandemic. Whether it's to discuss a separation agreement or to get updates on what's happening in family courts, you can book a virtual appointment with a Family Justice Counsellor by calling 1-844-747-3963. Contact information for Family Justice Centres across the province is available [on their website](#).

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Find out fast how BC's courts are handling family law during COVID-19

Looking for short videos that explain how **BC courts are handling family law matters during COVID-19**? Check out these ones from **John-Paul Boyd**, QC, a family law lawyer, mediator, and arbiter. He also addresses general family law issues in plain and accessible language.

- [Five-Minute Family Law on COVID-19 Matters, part 1](#)
- [Five-Minute Family Law on COVID-19 Matters, part 2](#)
- [Five-Minute Family Law, An Introduction](#)

Thank you to Deborah from **Powell River Specialized Victim Support Services** for providing these links.

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Richmond philanthropist donates PPE to EVA BC

EVA BC would like to give a huge thanks to **Michele Cupit**, a BC Lower Mainland philanthropist who has generously donated to us the following PPE: 14,400 disposable masks; 5,000 Health-Canada-certified face masks; 5,450 bottles of two-ounce hand sanitizers; 3,000 pairs of medium vinyl gloves; 3,000 pairs of XL vinyl gloves; and 200 face shields.

Michele is a member of the **Greczmiel family**, which has built homes, neighbourhoods, and businesses in Richmond. In May last year, the family donated \$5 million towards Richmond Hospital's new acute care tower.

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Kamloops area professor donates handmade masks to EVA BC

EVA BC has received **40 COVID-19 masks** handmade by **Dr. Shelly Johnson** (Mukwa Musayett), Saulteaux, an Associate Professor in Social Work at Thompson Rivers University. Each mask has been blessed and smudged, following local Indigenous traditions.

During the pandemic, Shelly has made hundreds of masks for others. We thank her for her thoughtfulness, generosity, and kind gesture. As the world's first **Canada Research Chair in Indigenizing Higher Education**, she was also a keynote speaker at EVA BC's 2018 Annual Training Forum.

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GOVERNMENT ROUND-UP

Share your pandemic experience on BC Government survey

The BC Centre for Disease Control is inviting British Columbia residents to complete an online survey about their experience during the pandemic. One question asks how concerned you are about **violence in the home**.

As the BC Government moves to ease COVID-19-related restrictions, the survey responses will help it make decisions regarding how to keep residents safe, especially those most vulnerable. The survey will remain open until May 31.

[Click here to open survey.](#)

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COVID-19 BEYOND BC

Indigenous women surveyed fear GBV more than COVID-19

Preliminary results of a survey and consultations by the **Native Women's Association of Canada** suggest that out of more than 250 Indigenous women contacted, more are concerned about gender-based violence during the pandemic than about the virus itself.

The survey found that one in five of these Indigenous women reported that they've been a victim of physical or psychological violence in the past three months. A sharp rise in violence against Indigenous women has been reported as COVID-19 keeps families in their homes. Concerns have been raised about whether the pandemic might delay the promised June delivery of a national action plan on missing and murdered Indigenous women.

[See the CBC story.](#)

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Nine recommendations address pandemic needs of Indigenous women

Indigenous women and girls need a **comprehensive plan of support** during COVID-19 such as safe child care spots for frontline workers, decarceration with post-release supports, and the **immediate removal of all man-camps** located at or near Indigenous communities to reduce the rates of violence and the risks of infections.

So says **Pam Palmater, Chair in Indigenous Governance at Ryerson University**. In her words: "Canada's pandemic response must include a gendered lens that not only develops **emergency measures** for Indigenous peoples developed in partnership with Indigenous governments, but it must include a plan to address the **specific vulnerabilities of Indigenous women** and girls, done in partnership with Indigenous women."

Her searing online piece "Canada is Ignoring the Gendered Impacts of COVID-19 on Indigenous women" offers nine solutions to support women and children in Indigenous communities during the pandemic and beyond. Although her article appeared almost two months ago in *Canadian Dimension*, it still remains relevant now, offering concrete recommendations while condemning failed federal government policies.

See the [Canadian Dimension](#) story

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STAY AWARE WITH WEBINARS

Kamloops centre offers free Mental Wellness Webinar every Wednesday

If you get the mid-week blues on Wednesdays, try a free **Mental Wellness Webinar**, offered each week from **Sandstone Counselling Centre** in Kamloops. As they say on their website: "The measures we have taken for our physical safety [are] now having a serious impact on our mental and emotional well-being."

So far, sessions have covered topics from *Self-Hypnosis for Emotional Soothing to Preventing Panic: Yoga-Based Breathing*. The next two sessions are on May 27 and June 3, from 9:00 to 9:30 PDT. The Centre also offers teleconferencing therapy sessions.

[Click here](#) to register and find out more.

For links to more webinars, see EVA BC's [featured website section](#).

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THE WELLNESS WINDOW

Where are you right now in the three stages of pandemic response?

Survival, acceptance, and growth are three stages of pandemic response that we all move back and forth between, according to Gabrielle Treanor, a mindset and empowerment coach. After observing people's responses and feelings towards COVID-19, and listening to the language they're using, she created a **diagram of three interconnected circles** to represent these stages. (See diagram below, bottom right corner.)

The survival stage includes statements such as "I'm scared of the unknown and uncertainty." One belief in the acceptance stage is "I'm learning to let go of what I can't control." **In the growth phase, we feel confident** with statements such as "I'm looking ahead to how I want to live after this." Her website also includes resources such as the free guide *Overcome Introvert Overwhelm*.

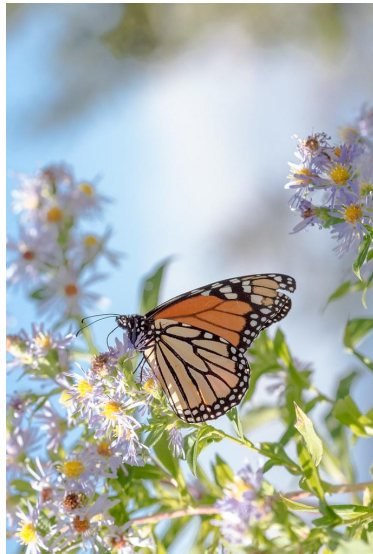
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Kids Help Phone provides COVID-19 resources and support for youth

To support children and youth through self-isolation during COVID-19, **Kids Help Phone** offers a variety of age-appropriate resources and links. This includes the **Stigma-Free COVID-19 Youth Wellness Toolkit** and the COVID-19 Youth Mental Health Resource Hub. Other pandemic-related content addresses **emotional well-being**, family and friends, identity, sex and relationships, and games.

Kids Help Phone is a Canada-wide **online mental health service** available 24/7 via phone (1-800-668-6868) or text that offers professional counselling, information and referrals to young people in English and French.

For links to more self-care content, please see [Health and Wellness Resources](#) on EVA BC's website.



"We have a chance to do something extraordinary. As we head out of this pandemic, we can change the world. Create a world of love. A world where we are kind to each other. A world where we are kind no matter what class, race, sexual orientation, religion or lack [there]of or what job we have...Let love and kindness be our roadmap."

-- Johnny Corn, Actor and Comedian

Image: Tracey Robjohns,
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3 Stages of pandemic response

GabrielleTreanor.com

Three Stage of Pandemic Response:

- SURVIVAL
- ACCEPTANCE
- GROWTH

Gabrielle Treanor says: "When we are in a time of crisis, community matters more than ever." Listen to [her podcast](#), "How to deal with feelings of overwhelm around Corona virus."

Find out more on Gabrielle Treanor's [blog](#).

See what's happening on our social media sites:

