

## **Council Member Motion** For the Committee of the Whole Meeting of February 15, 2018

То:	Committee of the Whole	Date:	February 13, 2018
From:	Councillor Jeremy Loveday Mayor Helps		
Subject:	Making Victoria City Hall a 'Stigma Free Zone'		

## BACKGROUND

Schools, organizations and geographic locations are eligible to be designated as Stigma-Free Zones by the Stigma Free Society, Formerly the Bipolar Disorder Society of BC, based on a long-term demonstrated commitment to raising awareness and understanding of the various stigmas people face, while working to maintain a safe space where people are accepting of themselves and others.

Becoming a Stigma Free Zone is a natural fit for the City of Victoria as the City is committed to being a safe, respectful and welcoming workplace. The City has provided staff with training in mental health awareness and mental health first aid. Additionally, members of the Victoria Fire Department have trained in the Resilient Minds Program through CMHA. The Victoria Fire Department has trained Resilient Minds Program instructors on staff for internal training of Fire Department members.

By first taking steps to declare City Hall a Stigma Free Zone, the City would be showing leadership on the issue of mental health in our community and would be leading by example for other workplaces and organizations. The City of Victoria would become the first municipality to declare its City Hall a 'Stigma Free Zone'.

## RECOMMENDATION

That Council endorse the idea of City Hall becoming a 'Stigma Free Zone' by taking the necessary steps and participating in an evening mental health awareness event tentatively scheduled for March 20<sup>th</sup>, 2018.

And That the City of Victoria include awareness of mental health and other perceived stigmas in support of a healthy workplace culture in the corporate learning needs assessment that the Human Resources Department is conducting in 2018 with guidance and contributions from the Stigma-Free Society

Respectfully submitted,

Councillor Loveday

Mayor Helps