



Digital Wellness Coalition Terms of Reference

BACKGROUND:

In 2018, the Digital Wellness Coalition was created in Medicine Hat, Alberta as a result of Addiction and Mental Health staff and Prairie Rose School support staff identifying that some aspects of screen use was becoming a concern among the community. The small group started researching the impacts and sharing resources. This eventually led to hosting a large (and well-attended) community event in Redcliff with Phil McRae, a prominent researcher/speaker in the field of negative impacts of screen use in schools. The committee then expanded to invite other community members, service providers, and school staff to continue with the work of mindful screen use.

VISION STATEMENT:

A community that focuses on real-life connections with each other and understands the importance of being mindful, setting limits and minimizing the negative impacts of screen-use.

MISSION STATEMENT:

To increase awareness of how screen-use is impacting our society/community.

PURPOSE:

The Digital Wellness Coalition aspires to:

- Create awareness around issues related to screen time/use
- Promote responsible/healthy/mindful use of screens/devices
- Provide information on the effects of screen use, strategies on limiting use and/or replacing use of screens and devices
- Help families understand the importance of connection and engagement
- Collaborate with other professionals/providers re: digital wellness
- Influence attitudes and behaviours around screen use while collaborating and supporting schools and school authorities

MEMBERSHIP:

Membership is open to anyone with an interest in digital wellness among children and youth.

ROLES AND RESPONSIBILITIES:

The Coalition will consist of a chair, and coalition members at large.

The Coalition will be chaired by a staff member of AHS Addiction & Mental Health.

MEETINGS:

Meetings will be held at the call of the Chair, and may be held teleconference, or in person.

It is anticipated that meetings will occur once per month or more often during the development or planning of events or activities.

The Chair, if desired, will request a Coalition member to take minutes at meetings.

DECISION MAKING:

Decisions of the Coalition shall generally be made by consensus, however, if necessary, decisions may be made by a majority vote (50% plus 1). For meetings, those members attending shall have the authority to make decisions. Between meetings, decisions may be requested and made by e-mail.

In making decisions, the Coalition shall recognize and respect the limitations in human and financial resources available.

SUB-COMMITTEES/TASK GROUPS:

Sub-committees or task groups may be struck at a Coalition meeting with the approval of the attending members and shall report to the Coalition. Sub-committees or task groups shall be responsible for arranging administrative aspects related to their meetings or tasks.

TERM:

The term of Network membership shall be ongoing.

COMMUNICATION:

Members are encouraged to share information about the Coalition (both proactively and reactively) with stakeholder groups and to share with the Coalition any relevant information of which they are aware. Communication will be maintained by attendance at regular scheduled meetings and all other modes of communication necessary (phone, fax, email, etc.).

BENEFITS OF MEMBERSHIP:

The Coalition provides an opportunity for diverse groups and individuals to band together under a shared desire to increase digital wellness in our community.

Membership in the Coalition:

- Provides a sense of identity, unity, belonging, credibility, common purpose and coordinated effort.
- Facilitates networking and communication and expands opportunities for partnering and collaboration among members.
- Strengthens advocacy efforts by bringing many voices to a common message.

REVISIONS:

Terms of Reference will be reviewed annually in March.