



BUDDY CHECK COFFEE HOST PLANNING OUTLINES

This document is an outline of BUDDY CHECK COFFEE (BCC), an OSI program of the Royal Canadian Legion Operational Stress Injury Special Section (BSO Legion OSI).

What is Buddy Check Coffee? BCC is a very simple concept, a scheduled regular get together of veterans that is coordinated and co-marketed by a local host who is a member of BSO Legion OSI. It provides peer support for veterans.

Where is Buddy Check Coffee? BCC is held in a location chosen by the local HOST. It can be a local Legion Branch or a commercial coffee shop. It is NOT to be held in a private residence.

Do participants need to be Legion Members? No, we are here to serve all veterans, full stop. Regarding First Responders, that is a local call by hosts and participants. We feel most veterans have an affinity and common ground with first responders but there are some that do not.

What qualifications does a host need? A host needs to be a veteran, member of the BSO Legion OSI (Free but requires RCL membership), have taken or be willing to take Mental Health first Aid for Veterans (Can be arranged free by BSO Legion OSI for hosts). The Host must be willing to become aware of sources of support to refer veterans that may need more than the peer support offered by BCC. HOSTS are NOT expected, nor permitted to act as a Service Officer for participants of BCC, unless the Host is a Command, District or Branch Service Officer.

Who pays for BCC? If hosted in a branch, the RCL poppy manual 402 V (B) applies if approved at branch poppy committee level.

What resources are available? BSO Legion OSI can assist in signage, coordinating/requesting branches to help host BCC and are always available to help a HOST refer participants to further resources as needed depending on their circumstances. BSO Legion OSI is NOT a counselling service nor is it funded by the RCL, VAC or Poppy Funds.

Can First Responders Attend? We are not adverse to First Responders attending; it has been quite successful in other areas. We do recommend that if the veteran participants are not comfortable with, the Host consider holding separate Veterans and First Responders BCC.

In accordance with the RCL Poppy Manual, it is VERY important to note that if local poppy funds are used for BCC, that poppy funds can NOT be used for First responders, unless they also qualify as a veteran.

What does BSO Legion OSI Expect from a host? Section will expect the host to coordinate with BSO Legion OSI so that we can list out BCC locations and times online, for the host to join our Host Facebook group and help us all do better by sharing lessons learned and best practices .
(https://www.facebook.com/search/top/?q=buddy%20check%20coffee%20hosts&epa=SEARCH_BOX)

We expect the host to hold everything in confidence and discuss at the meetings so attendees feel comfortable being open.

We are NOT mental health professionals, nor are the hosts. We can listen, have empathy and offer to help someone find further resources as required.

What general guidelines?

It is not permitted to conduct ad hoc BCC that are not scheduled at least 2 weeks in advance.

We STRONGLY recommend that HOSTS do NOT have BCC one on one, wherever possible aim for a group of three or more.

Consumption of Alcohol at a BCC is NOT permitted.