

Executive Director's Report - May 2017

Primary Health Care (PHC)

Researchers on site

On May 8, 9 & 10 we will have a researcher on site to interview clients. This research is collaboration with the The Bruyère Research Institute and the Université de Sherbrooke Medical School. The purpose of the project is to provide concrete paths for improving the health care system by providing recommendations based on the needs and perspective of disadvantaged clients. They will be looking for innovations in our practice that make a difference in the lives of our clients.

Lung Health Presentations

Michelle Maynard, SWCHC Lung Health Program Manager is co presenting at the Canadian Respiratory Therapy Conference in Halifax the week of May 8. She is presenting alongside Christina Dolgowicz Lung Health Program Manager from North Lanark CHC on "Creating a Regional Lung Health Program". Michelle and Christina have worked tirelessly to develop a seamless, consistent approach for those requiring community based respiratory care. Recently a centralized intake commenced to facilitate referrals to the most appropriate site and service across the region. Seaway Valley CHC is also part of this regionalized service delivery.

Michelle has also been invited to present at a one day course on the practical management of complex seniors with advanced stage chronic disease in the primary care setting; *Beyond the Guidelines: Managing Complexity in Advanced Disease*. Michelle will co-present again, this time in partnership with Dr. Jacqueline Sandoz, the Respiriologist involved in our Pulmonary Rehab program. They will be presenting on how to recognize and formulate care plans for clients with advanced or end-stage lung disease.

OCISO and SWCHC Collaboration: Ant-Racism Initiative

OCISO and SWCHC are collaborating to develop a joint conference around the topic of Racism with a focus on mental health and gender identity issues amongst the immigrant, refugee, racialized and ethno-cultural (IRER) community. The idea sprouted after the death of Abdi Rahman Abdi and both of our organizations feel like it's time to put a light on Racism. Hence, as a group, we decided "Racism: Let's Name it" would be a fitting name for this working group. Although it's in its initial stages, our next meeting will include individuals such as Jeremy Dias from the Canadian Centre for Gender and Sexual Diversity.

Children and Youth Services

Program Review

SWCHC has expanded its programs for children and youth (6-18yrs) over the past 10 years with project grants from a number of different sources. This past year, the lack of available and relevant funding sources has called into question the sustainability of this approach. This program review will focus on conducting a SWOT Analysis to identify strengths, weaknesses, opportunities and threats facing SWCHC programming for school-aged children and youth.

New Funding

SWCHC received \$ 13,526.00 through the Canada Summer Jobs program. These funds are to be utilized to provide a summer day camp at Rochester Heights Community House and a Youth Leadership Camp out of Rosemount in the months of July and August 2017.

Counselling Team

The Counselling Team has developed a series of mental health workshops which can be offered in community sites upon request by some of our partner agencies. Information about the workshops will be sent out over the summer with the intention of offering these workshops starting in the fall.

Counsellors will be using their clinical expertise to assist staff in several other programs of the Centre who work with community members with mental health and addiction issues. Debriefing sessions will be organized with teams on a regular basis to support their work with clients and community members.

Health Promotion and Community Services

Yet Keen Seniors Program

Yet Keen is partnering with the Catholic Immigration Centre to offer an English conversation corner for our seniors in May 2017. Approximately half of our members have renewed their membership in April. The annual membership renewal exercise will continue until the end of May 2017.

Community Development

Despite strong support from partners and residents at the March 30, 2017 Community and Protective Services Committee, there will be no sanctuary city motion going forward to Ottawa City Council due to lack of support on Council. The Sanctuary City Network is committed to working with stakeholders to discuss how we can work together going forward to make the principles of a sanctuary city a reality at a meeting on May 17.

Rochester Heights Community House

April was a month of gardening, harvesting and eating well at the Community House! Early in the month, the Community House took "the water pledge", where children and youth in our program signed a pledge to drink only water (and other healthy beverages) while at our programming. Staff were also encouraged to join the movement and take the pledge as well. Now, at all of our programming, we have water available and reusable water bottles. Water is best!

We've also strengthened our relationship with Parkdale Food Centre (PFC) this month. Since fall 2016, the Community House has been planting and harvesting lettuce and herbs from our areoponic Tower Garden. The produce from our Tower Garden has been sent home to families or eaten as a healthy snack during programming. In April, PFC's Growing Futures: Food and Finance program facilitator began visiting our After School Program children to implement a financial literacy aspect to our Tower Garden Project. The youth have been developing a business plan to approach local businesses to sell their produce. The profits will be used to pay back PFC for the cost of the Tower Garden. Finally, on April 29, 2017, Scouts Canada teamed up with our Keeping Youth Connected participants and Community House staff to build 4 raised garden beds in the backyard of the Community House. It was a great day of teamwork and partnership with Scouts Canada. There was CBC coverage of the garden build and the day leading up to the build. The community is very excited about using these garden beds to plant food and build capacity around gardening. Our KYC program and Summer Camp program will also learn gardening skills from community leaders. Scouts Canada generously donated more than enough gardening materials for us to share with the community.

Community Development & HIV Health Initiative:

African Caribbean and Black Community

The African Caribbean and Black (ACB) Community Development and HIV Health Initiative project provided support for community organizations, groups and service providers who are planning health seminars and Canada 150 events. In the month of April, the program supported Black History Ottawa, the Caribbean Union and African Canadian Association (ACAO) to jointly plan and organize a Health Symposium. A second health symposium will take place on May 27, 2017.

HIV/ AIDS Prevention Program

We participated in the Adult high school annual health fair; an event that specifically targets new immigrants. We were able to reach over 270 people during this event and at other outreach activities. We distributed HIV prevention materials such as condoms, brochures and post cards with important HIV prevention messages.

Anonymous HIV Testing Program

Anonymous HIV Testing Outreach Worker (AHTOW) had been invited to participate in the African-Caribbean Track (AC Track) research study. This study monitors the prevalence of HIV among African, Caribbean and Black communities in Ontario. The AHTOW will be providing HIV testing for the Ottawa study participants.

NESI Program

All full time NESI Staff and two NESI Peers attended the Ontario Harm Reduction Distribution Program Conference. It was an excellent opportunity for Harm Reduction Programs to share best practices and discuss common needs. The Fentanyl crisis, the widespread need for naloxone, SIS applications across the Province, and more were discussed.

An 8 Week Hep C Information Session Series has started in the NESI Room. Our Nurse Practitioner and a member of the Ottawa Hospital Hep C Team have joined us to offer this program. Topics will include Hep C 101, talk to a pharmacist, checking on your health, ODSP Primary Care and Hep C, mood and Hep C, Hep C treatment, addictions & Hep C- prevention/transmission, and talking with a Dietician about Hep C.

The Steward's Table

A group of community leaders and partners convened by SWCHC, began meeting in July 2016 to begin exploring strategies to address the negative impacts of gentrification and development in our communities with the goal to support and build a healthy, diverse and inclusive community. We have been successful in receiving a three year grant from the Community Foundation of Ottawa to support this work, which will include grassroots community engagement to develop a resident-led community plan, as well as advocacy and policy development on affordable housing and more inclusive development.

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