

Executive Director's Report October 2016

Mental Health Promotion Services for Children and Youth

Our Child and Youth Community Developer, Meghan Macdonell is active in a subcommittee that has been formed with 4 other CHRCs to work on identifying opportunities to streamline and possibly increase mental health promotion services across Community Health and Resource Centres. This group is also looking at the possibilities of using a standardized evaluation tool to track impact on mental health within our youth programs.

Annual Family Fun Carnival

GT xpress held their annual Family Fun Carnival event in support of after-school programming at SWCHC. This event raised over \$1000 with the help of 9 SWCWC staff who volunteered their time.

Canadian Health and Wellbeing Week Celebration

We engaged Rochester Heights residents, serving a community meal in celebration of Canadian Health and Wellbeing week. Our Community Dietitian joined us providing outreach with healthy eating based information.

Ottawa Youth Race Agency Fair

SWCHC represented the Coalition of CHRCs at the Ottawa Youth Race Agency Fair. Youth from Rochester Heights competed in the Ottawa Youth Race.

Semi Annual Report to AIDS Bureau on Harm Reduction Services

This report is due on October 31 and provides the AIDS Bureau with a summary of our service volumes over the past 6 months. We are continuing to see a steady year over year increase in the number of client contacts in the NESI room; there were 3570 contacts from April to September 2016, up from 3269 contacts the 6 months prior to that.

Our NESI peer program continues to thrive, and we are maintaining an average of 76 active peers throughout the year.

Supervised Injection Service- Progress to Date

We are in the process of putting together the working group that will lead the development of the application for exemption and the consultation processes. The working group will hold its first meeting on November 3. Staff consultations with all teams will be completed by December 1.

Justice for Abdirahman Abdi Coalition Conference

Naini attended a conference organized by the Justice for Abdirahman Abdi Coalition, held at the Hintonburg Community Centre. The focus of the conference was to look at equity issues of mental health and race and their intersection with the justice system. The conference was well

attended and the conversation was very thoughtful and respectful. It was organized by young professionals, students and community workers, supported by numerous organizations, including local unions.

In support of the impact of the Abdirahman Abdi tragedy, SWCHC has been eager to lend its support. We have joined the planning team of the 'Standing Together' community healing event through arts, and are planning a community mental health info session on November 1 at the Hintonburg Community Centre, in collaboration with the Hintonburg Community Association and the Wellington West BIA. A member of the Justice for Abdirahman Abdi Coalition will be invited to the November Advocacy Committee meeting to discuss further how SWCHC can offer support.

Yet Keen Seniors Program

Over 30 seniors went to the Dragon boat race in Carleton Place on September 10, 2016 to cheer our favorite Chinatown Dragon boat Showboat Team.

Members are benefiting from a new outreach service provided by SWCHC. A Chinese worker from Somerset West has started to offer social services support including practical assistance every other Friday morning at Yet Keen.

Community Health Promotion

With students back in school last month, traffic has been a hot topic for both Mechanicsville and Rochester Heights neighborhoods. In Mechanicsville, we have been working with the Mechanicsville Community Association (MCA) to create a traffic vision and action plan. SWCHC is supporting the MCA by doing qualitative and quantitative research, speaking with 70+ residents about their lived experience around traffic. SWCHC will help the MCA by canvassing the neighbourhood for signatures to lower the speed limit. We will invite Councillor Leiper to meet with us to voice our concerns and present our data. In Rochester Heights, Catherine McKenney has asked to collaborate with us in hosting an Open House meeting to discuss the previously developed medium- and long-term proposed changes.

Ottawa Community Immigrant Services Organization (OCISO) Settlement Services

During this reporting period, the OCISO Settlement Worker provided case management support to a client who is accessing Immigration Department services. As well, the OCISO Worker completed new Intake assessments, facilitated access to OCISO services at their main office, provided sponsorship application advice, and offered home support information for a client with a disabled child.

The Settlement Worker received 4 new referrals from September to October 2016 and has received 23 client referrals from SW providers since October 1, 2015.

Families First (FF) Program

This Quarter has been very busy assisting clients to register for school and apply for child care. For the first time, the city has implemented a freeze on child care subsidies. They implemented the freeze on September 30, 2016. This will be a huge setback for families who want to attend school or return to work.

The Families First Team has a new Survivors of Domestic Violence Case Worker and an Off-Site Housing Support Worker. Both will start the week of October 17, 2016.

From July 2016 to September 2016, 53 families were referred to the program including 90 children and 32 newcomers. 28 families moved to subsidized housing, 14 families moved to rent supplement units, and 11 families moved to private market housing.

Community Development & HIV Health Initiative: African Caribbean and Black Community

The program continues to engage partners and service providers for African Caribbean community development. The program also delivered a number of presentations and participated in partnership meetings and events. The program participated in The Case for Diversity: Building the case to improve mental health services for Immigrant, Refugee, Ethno-cultural and Racialized Populations press briefing following the release of the report. The report indicated investments in mental health has much higher returns than previously thought.

HIV/ AIDS Prevention

We attended the Annual African and Caribbean Council on HIV/AIDS in Ontario (ACCHO) Symposium in Toronto in September 2016. At this Symposium, we presented information about our HIV Prevention Work with faith-based organizations. This year, one of our faith leadership volunteers, Reverend Joseph Kiirya, received the Mayor's City Builder Award for the vital work he has been doing in collaboration with SWCHC to provide support to the African and Caribbean community in Ottawa.

Rochester Heights Community House

The community house organized a community clean up on October 23, 2016 for all residents in the neighbourhood. This annual tradition brought community members together to rake leaves, tidy up public spaces and prepare for winter! Residents were provided with various gardening tools and equipment from Ottawa Community HOUSING and the community house provided snacks for the hard working volunteers. This event strengthens community pride, celebrates our achievements and increases communication between residents and house staff.

Veterinary Outreach Clinic

Another successful veterinary clinic took place on Sept 17 thanks to the efforts of the NESI team and Joanna Binch NP who organized this event. The veterinary clinics are for those who are "street involved" in some way, and many suffer with addictions and have histories of mental illness, abuse and incarceration. The pets are their family and their one true companion who they will feed before they eat themselves. The clinics are a way to provide support and a link to other needed services. Fifteen people attended this clinic and 25 pets (18 dogs, 7 cats) were seen by the volunteer veterinarians. Twenty pets were referred to the Spay/Neuter Clinic.

For the pet owners dental screening was available; 13 clients were seen of which only half had previously seen a dentist or had any dental care, 11 of the 13 were referred to community dental hygienists or Algonquin College for further care. Five of the thirteen people assessed wore

dentures. Paula Day NP was on hand with Joanna and they provided: vaccinations, prescriptions, lab requisitions, booked appointments and made referrals, provided STI testing and counselling and two attendees required first aid.

Hepatitis C Group

Joanna Binch NP is offering a series of group sessions for persons living with or wanting to learn more about Hepatitis C. The sessions are every Tuesday at St Luke's and each week there is a different topic such as: nutrition, housing, Hep C 101, system navigation. Partner agencies who will also be presenting include: The Ottawa Hospital Housing Help, and Centre 454.

Research Partnership

The PHC team is participating in a research study out of the University of Sherbrooke entitled: Strengthening inter-organizational collaboration within the health system to improve access to health and equity of care for people in vulnerable situations: ÉQUISanTÉ 2. This project is a partnership between people experiencing social vulnerability, stakeholders and clinicians, policy makers and researchers to enhance access to care and health for patients. Specifically, the objectives of this project are to: 1) Describe the strategies and the benefits of inter-organizational collaboration in community clinics; 2) Review and understand the experience of people in situation of social vulnerability in community clinics located in poor neighborhoods; 3) Support the development of interventions and policy development to improve the health of socially vulnerable patients. The project will generate knowledge about the benefits and challenges of inter-organizational collaboration between different types of health organizations and social services concerned with the health of vulnerable people. It will identify those successful solutions that increase access to health of these populations. In Quebec there are no CHCs and no mechanism in the health care system to identify the effects of the social determinants of health (SODH) on population health. The researchers are hoping their findings will help to affect positive changes in the health care system in their province.

Submitted by: Naini Cloutier
November 1, 2016