

Building a Community Health Network in the Comox Valley

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CV Community Health Network Planning Committee

September 12 2017

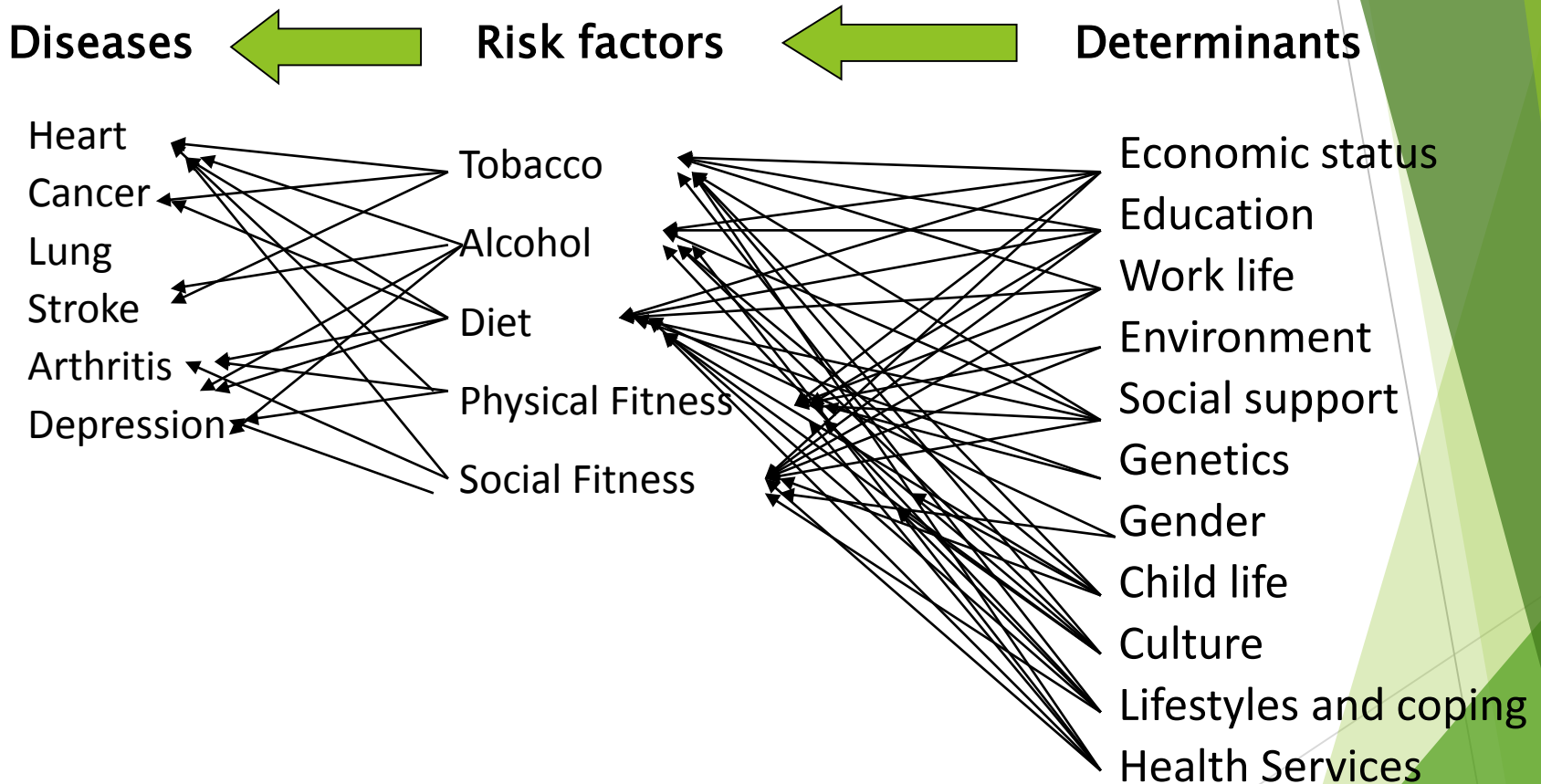
Overview

- ▶ What is a CHN
- ▶ Existing CHNs on Vancouver Island
- ▶ Planning Committee Activities
- ▶ Shared Mandate with CVRD
- ▶ Local Government Support and Involvement
- ▶ Save the Date - Public Forum November 16 2017

What is a Community Health Network (CHN)?

- ▶ People from a wide variety of sectors come together to promote health and wellbeing in their communities
- ▶ Provides a forum for communities to
 - ▶ Identify
 - ▶ prioritize
 - ▶ take actionon local factors to positively influence the determinants of health

Determinants of Health



*Slide provided by Paul Hasselback,
Medical Health Officer, VIHA*

Community Health Network Participants



Existing Community Health Networks

- ▶ CVRD is one of the last regional districts on Island without a CHN
 - ▶ Strathcona 2015
 - ▶ Mount Waddington 2005
 - ▶ Alberni Clayoquot 2012
 - ▶ Oceanside 2013 (Nanaimo Regional district)
 - ▶ Cowichan 2009
 - ▶ Sooke 2006 - recognized in 2014 (Capital Region)

Planning Committee

Activities

- ▶ Community development work presenting idea to existing groups and municipal governments in CV
- ▶ Working with representatives from Island Health
- ▶ Planning a mapping meeting in September of existing work in community
- ▶ Collecting existing data in community
- ▶ Secured some funding for Forum
- ▶ Planning Community wide forum on November 16

Shared Mandate with CVRD

- ▶ CVRD and CHN share a mandate to support a healthy population in CVRD
- ▶ CVRD addresses SDoH such as air quality, water, transportation, housing, recreation and social support etc.
- ▶ CHN can support CVRD mandate by providing a place for community stakeholders to identify priorities, problem solve and contribute to change

Local Government Support

- ▶ CVRD involvement and collaboration is essential for success of the CHN
- ▶ We are asking you to support this initiative and our work
- ▶ We need your leadership to say we want to see a CHN in our community

How To Be involved

- ▶ Participate in the Forum planning with us
- ▶ Join us **November 16, 2017** at the Forum at Native Sons Hall
- ▶ After the Forum be a member at the CHN Table of Partners

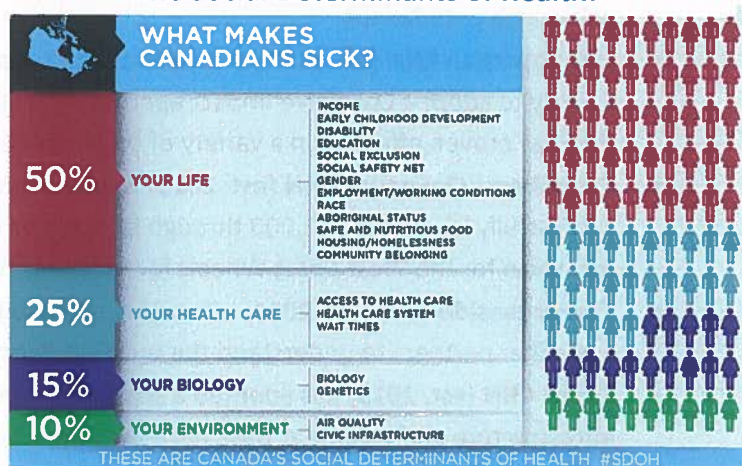
Questions?

- ▶ Sign up to be informed about the forum: <http://eepurl.com/cMwcjv>
- ▶ Contact: cvcommunityhealthnetwork@gmail.com
- ▶ Like us on Facebook: <https://www.facebook.com/cvchealthnetwork/>

To achieve good health, people need more than good health care: they also need adequate income, employment, education, social connections and healthy places to live. These social determinants of health are complex influences, and are the most important factors affecting health. **Individuals, local communities and health care providers share a common interest in supporting an overall healthier population. By working together, all citizens can enjoy better health.**

The return on investment in upstream prevention of illness is substantial. For example, BC's annual economic burden attributable to excess weight, physical inactivity, and tobacco smoking is \$5.6 billion, of which \$1.8 billion is due to direct health care costs. According to the Provincial Health Services Authority, if British Columbia reduced the prevalence of each of these three risk factors by 1% each year until 2036, there would be a cumulative \$15 billion reduction in the economic burden, including \$4.9 billion in direct health care costs and another 10 billion in cost savings in other sectors.

The Social Determinants of Health:



CHN Snapshot

CHNs are multi-stakeholder, geographically-based groups which vary in size and include:

- First Nations, local governments, educational institutions, provincial ministries, Divisions of Family Practices, non-profit organizations, business sector representatives, and interested citizens.

While each CHN has distinct priorities based on local issues, all CHNs:

- Take action on shared social determinants of health priorities. These are distinct from the delivery of health services.
- Are governed by Terms of Reference or comparable guiding documents.
- Align with Island Health's Community Health and Care model by fostering positive community relationships.

As part of its mandate to support an overall healthier population; Island Health provides leadership as well as limited financial and in-kind support to **Community Health Networks (CHNs)**. These are forums where multiple community partners come together to better understand community health issues and jointly create plans to address them.

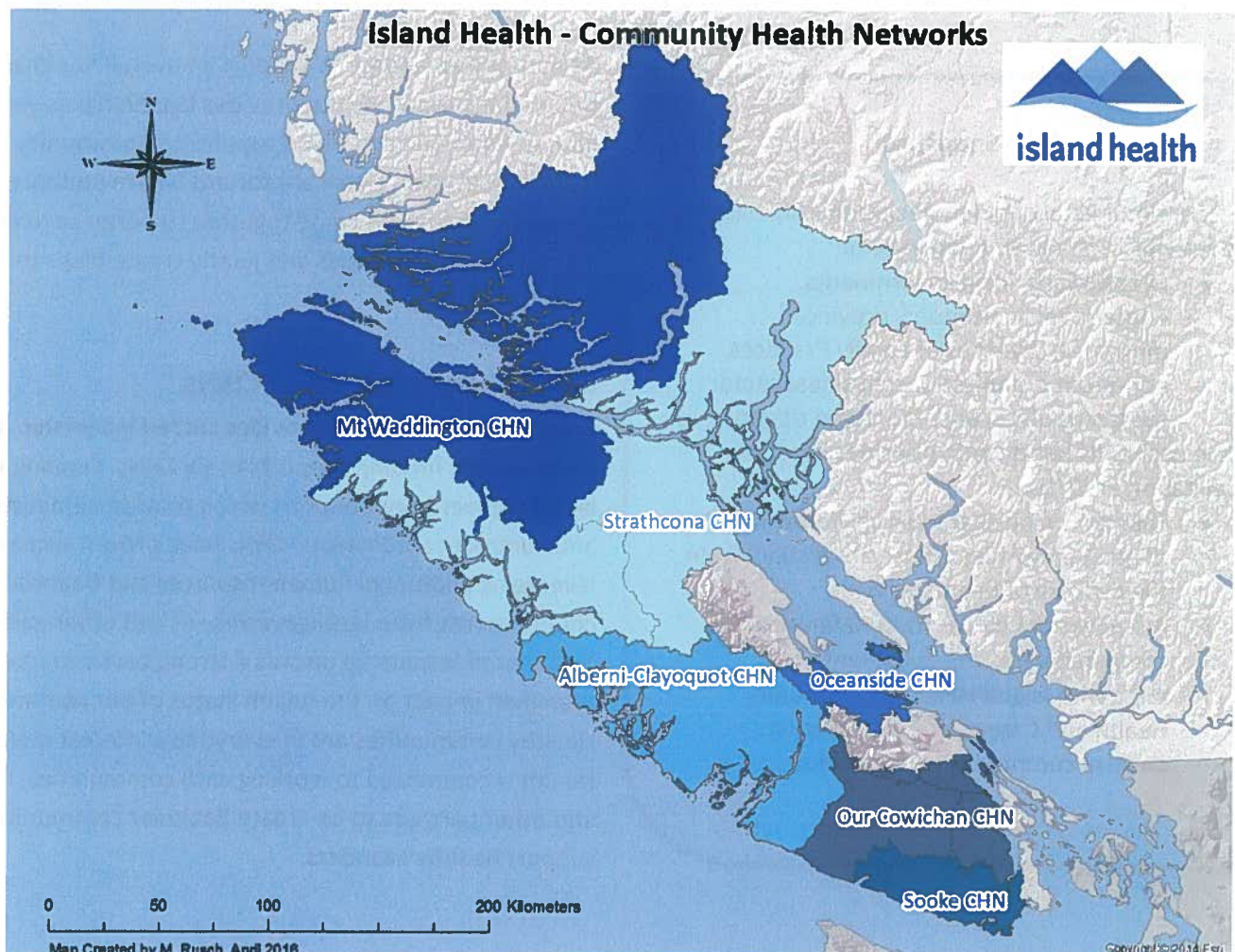
Island Health's Role in CHNs

Currently, Island Health provides shared leadership and some limited funding supports to six CHNs. Funding is held by local government entities which provide administration and contract coordinators. CHNs have proven successful in leveraging additional human resources and financial commitments from local government and other partners. This shared leadership affords a strong backbone for sustained impact on the health status of our communities. Healthy communities are in everyone's interest and Island Health is committed to working with communities, CHNs and other partners to co-create healthier communities that support healthy Islanders.

CHN Results

Improvements in the social determinants of health and related cost savings are challenging to measure—especially in the short term. To date, CHNs are demonstrating a range of results, including:

- **The Mount Waddington CHN (est. 2006)** has resulted in the creation of a new regional transit service which addresses previously significant barriers to accessing health care, employment and other social supports for vulnerable populations.
- **Our Cowichan CHN (est. 2009)** was selected to receive training and support from The BC Healthy Communities Society to adopt a Collective Impact approach – a leading edge methodology for resolving complex social issues that has proven effective in a variety of communities.
- **The Alberni-Clayoquot CHN (est. 2011)** is working to address medical travel challenges in the region, and has successfully leveraged \$35,000 through local government, community businesses, and other organizations to buy a van for the West Coast Wheels for Wellness (W4W) pilot program.
- **The Oceanside CHN (est. 2014)** is focusing on child hunger in the region – engaging the school district, students and other partners to understand the problem in order to develop effective interventions.
- **Sooke CHN (est. 2015)** has adopted a struggling community garden. Under CHN management, the site infrastructure and volunteer base have been revived and the garden now provides fresh healthy produce to the Food Bank.
- **The Strathcona CHN (est. 2015)** is still in its formative stages and has already attracted more than 150 representatives spanning health, social services, education, local government and all three First Nations cultural families to participate in setting joint priorities, including transportation, housing and food security.



REQUEST TO APPEAR AS A DELEGATION

Please be advised that:

1. Committee and board meeting schedules are available at www.comoxvalleyrd.ca or by calling 250-334-6000. Delegations are scheduled at the beginning of meetings.
2. Delegation applications must be received at least one week prior to the requested meeting date.
3. Maximum presentation time is 10 minutes, unless previously approved.
4. Presenters are to address the board or committee, and not the audience.
5. Please ensure that your cell phone is turned OFF during the meeting.
6. Presentation materials are to be submitted to the legislative services department a minimum of one day before the meeting date.
7. Applications to appear as a delegation must complete this form and email it to administration@comoxvalleyrd.ca; mail to 600 Comox Road, Courtenay, B.C., V9N 3P6 or drop off in person at 600 Comox Road, Courtenay, B.C.

The personal information contained on this form is collected under the authority of the *Freedom of Information and Protection of Privacy Act*, the *Local Government Act* and *Comox Valley Regional District (CVRD)* bylaws. The information provided will become a matter of public record and will be published in meeting agendas and minutes and posted online with the exception the information provided in the contact purposes only box. For enquiries about the use of information on this form please contact the corporate legislative officer at 600 Comox Road, Courtenay, BC or at 250-334-6000 or email at administration@comoxvalleyrd.ca.

Name(s) of person(s) speaking: _____

Organization you are representing: _____

Primary purpose of the organization: _____ **Number of members:** _____

Mailing address: _____

City: _____ **Postal code:** _____

Contact Name: _____

Subject matter: _____

Specific request of the regional district, if any (i.e., letter of support, funding):

Requested meeting date: _____

Audio-visual equipment required: _____

Date of Application: _____

Information for contact purposes only

Tel: _____ Email: _____

Internal Use Only

Service this delegation applies to: _____

Committee delegation to go to: _____

Cc delegation application to: _____

Update on Development of Comox Valley Community Health Network Sept. 5, 2017

In November of 2016, the CV Network of Association of Registered Nurses of BC (CVARNBC) became interested in exploring a Community Health Network (CHN) for the Comox Valley. The group began by reviewing information on the Island Health (IH) website about community engagement and existing CHNs on the island. In Jan 2017 they invited the coordinators from the Our Cowichan CHN and the Strathcona CHN to a CVARNBC monthly meeting to present about their networks. They invited other members of the community to come to the meeting and by the end of the meeting there was enthusiasm to work towards developing a CHN in the Comox Valley. Interested people from the January meeting formed a planning group and CV Network of ARNBC took a leadership role in facilitating the initial planning. The planning group is a collaborative effort that includes representatives from such groups as CVARNBC, Division of Family Practice, United Way, CV Social Planning Society, Aboriginal community, Early Years Collaborative, CV School District, Elders Take Action, Hospice Society, Seniors Table, CV Coalition to End Homelessness and interested citizens.

The activities to date include:

March and April 2017:

- Developed an extensive (12 pages) master list of contacts who might be interested in a CHN (organized by SDoH)
- Developed key messages graphic and PowerPoint for use when meeting with groups/individuals
- Met with key people in IH – Regional contact for IH CHN's, NI Medical Health Officer
- Began to explore funding options for fall forum
 - ARNBC
 - CNVI United Way
 - CV Healthcare Foundation
 - Island Health
- Developed FB page and email with capacity to have people sign up to email distribution list for further information about a potential CHN (e.g. invite to forum)

May and June 2017

- Met with many groups and individuals in community with information about what CHNs are and possibilities in CV (see attached graphic).
- Contacted all remaining people/groups on master contact list by email or phone with information about CHNs
- Secured funding
 - \$1000 from ARNBC
 - donation of 15,000 (\$7500 for forums and \$7500 for after April 2018) from a private donor

- Worked with Regional contact for IH CHN's to develop budget to submit to IH for start-up funding

July 2017

- Secured Funding
 - \$1500 from CVHF (to be distributed October 2017)
- Met with CV Regional District senior staff with IH to discuss process to engage CVRD.
- Began planning forum(s) – tentatively initial forum in November with follow-up in February 2018
- Developed RFP to contract forum(s) organizer and facilitator with private donation funds

August 2017

- Contracted with forum designer and facilitator
- Developed specific forum planning committee
- Continued discussions with IH
- Continued with presentations to community groups
- Planned mapping meeting with existing community coalitions/networks/groups who are addressing SDoH so we can build on what already exists in the community

Our plans ongoing include:

- Present to CVRD Board on Sept 12 as beginning step to give information and invite participation
- Mapping meeting Sept. 19
- Presentations to Courtenay, Comox and Cumberland Councils with information about CHNs after CVRD Board presentation
- Plan forums
- Continue to develop relationships with CVRD, IH, MLAs, MPs and municipalities
- Host successful forum in November
- Write report from forum with next steps

To date, as a result of our community development work, we have 85 people signed up who are interested in attending a forum and knowing more about the potential CV CHN. We anticipate a group will emerge from the forum to move forward with developing a structure and governance for a CHN and then move to identifying issues and solutions in the community. We are hoping by April 2018 to have a CVCHN established with a process for hiring a Coordinator in place.

ARE YOU INTERESTED IN A COMOX VALLEY COMMUNITY HEALTH NETWORK?

WHAT IS A COMMUNITY HEALTH NETWORK (CHN)?



CHNs bring together people from a wide variety of sectors to collaborate with the goal to positively influence health and wellbeing in their communities.



CHN CORE PRINCIPLES

- Improves health and well-being of the community
- Community active, empowered and egalitarian in nature
- Partners from a broad spectrum of different groups, organizations and parts of government
- Long-lasting
- Focus on community strengths

HOW DOES A COMMUNITY HEALTH NETWORK WORK?

1



Addresses a wide range of social determinants of health (e.g. transportation, early child development, housing, income, education, social supports, environment, etc.)

2

Creates a forum for communities to identify, prioritize, and take action to make improvements.

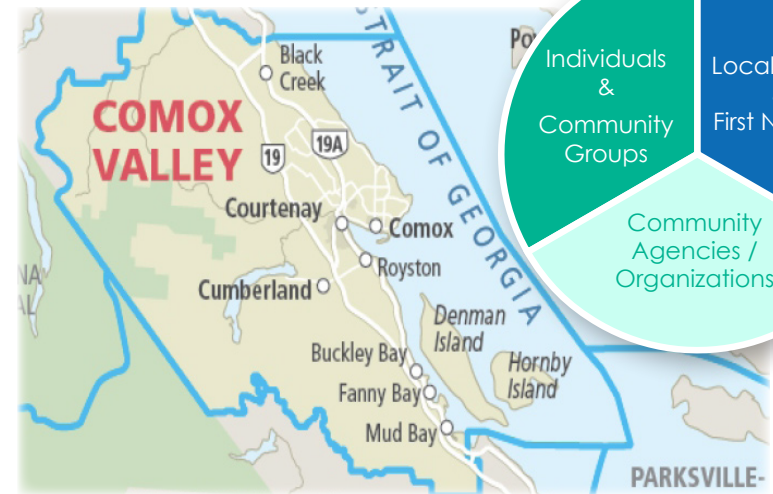


3



Focuses on areas for change that require the involvement of multiple groups, organizations or sectors to develop and implement solutions.

WHO IS INVOLVED?



SOME ISLAND EXAMPLES

Port Alberni/Clayquot Health Network
<http://www.acrd.bc.ca/achn>

Our Cowichan Communities Health Network
<http://www.ourchn.ca/>

Strathcona Community Health Network
<http://www.strathconard.ca/schn>



DO YOU WANT TO LEARN MORE OR GET INVOLVED?



To sign up to the CHN email distribution list to be informed about a public meeting in the fall
<http://eepurl.com/cMwcjy>



Follow us on Facebook to keep up with activities
<https://www.facebook.com/cvhealthnetwork/>

For information: cvcommunityhealthnetwork@gmail.com