



Health Matters Newsletter April 6, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- Everyone Should Have a Home – presenting the Plan
- When Collective Impact has an Impact – An Evaluation of the Practice
- Ladysmith Youth Plan Open House
- How Long Does It Take to Create a Healthy Habit?



Sometimes it's the tiny things in nature that are beautiful on a grand scale

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- April 5 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at April 12 Ramada Silver Bridge** Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** April 19, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** April 19, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Lake Cowichan Opioid Dialogue-** April 19 6:30 pm Lake Cowichan High School Theatre
- **Everyone Should Have a Home-** the Plan April 10 6:00 pm-8:00 pm Ramada Silver Bridge

Local Data and or Research- Don't miss the April OCCHN Meeting- Dr Shannon Waters will be there with the latest Local Health Area Data for our Region

Everyone Should Have a Home- Part 3 Presenting the Plan

April 10, 2018 @ Ramada Silver Bridge

6:00 pm-8:00 pm

Who Should Attend: Representatives from agencies working to address homelessness (fundors, direct service providers, municipalities, RCMP, Island Health/other provincial ministries, school districts, etc).

Part 3 -Reporting Back on Progress and Introduction of the Plan

facilitated by Cameron Keller, Kaleidoscope Consulting

<http://www.vancouverexecutivecoaching.ca/about-cam/>

The federal government, through the Homelessness Partnering Strategy (HPS), has funded a 12-month planning project to bring local agencies together to develop a multi-year plan to address homelessness in our community. Cam Keller is the consultant hired to help facilitate our community in the creation of that plan.

“In November and December 2016 many organizations came together to explore the issue of homelessness in the Cowichan region. In March of 2017 We came back together to design the process for how to work together more effectively to address homelessness, and to build the foundations for a Community Plan.” Part 3 will include the presentation of the final draft of the Cowichan Homelessness Plan.

Parts 1 and 2 included:

1. History - What has gone on before today
2. Current State - What we are facing today structure
3. Future - What we want to see
4. Moving us forward - Developing the structure



FREE - RSVP required – email your attendance to

Melaina Patenaude ciocci@uwcncvi.ca

When Collective Impact has an Impact – An Evaluation of the Practice

BY: LIZ WEAVER

In 2017, the Collective Impact Forum and the Aspen Institute Forum for Community Solutions commissioned ORS Impact and the Spark Policy Institute to conduct a field-wide evaluation of Collective Impact. The evaluation sought to answer the following five questions:

1. To what extent and under what conditions does the Collective Impact approach contribute to systems and population changes?
2. What system changes have contributed to the population level outcomes being achieved?
3. What are the other positive or negative impacts, intended or unintended, on the community and system?
4. What evidence is there that the Collective Impact effort has contributed to these system and population changes?
5. What evidence is there that the population changes would not have been achieved if the Collective Impact approach hadn't been used.

ORS Impact and the Spark Policy Institute have a history of evaluating community change efforts but also brought to this work a healthy skepticism about Collective Impact and its approach. In the design of this evaluation, the two partners connected with 22 Collective Impact efforts in the US and three in Canada. The evaluation design included interviews with the sites, document reviews, eight site visits to dive a bit deeper, process tracing and virtual focus groups with three communities to determine how equity informed Collective Impact efforts. The evaluation identified three types of change: early change; systems change and population change.

The Evaluation Summary Report and the Full Report provide a wealth of findings about Collective Impact as well as case examples from many of the sites. There are several lessons learned about the Collective Impact framework, implementation process and the role of leadership in driving change forward.

The findings of the evaluation showed a link between Collective Impact and systems and population changes although this varied across the eight sites which participated in a deeper dive and indeed across all 25 sites. More mature Collective Impact efforts showed different levels of impact but also employed different strategies and outcomes. Those sites which payed more attention to data and shared measurement could draw a stronger link between this and system and population change.

Collective Impact efforts address complex community issues and must take into account the unique nature and context of the community in which the effort is situated. It is therefore reasonable that there is no single path to achieving system and population change. In fact, there were many paths taken across the 25 Collective Impact examples. This has interesting implications for the field.

The summary report identified four specific implications for initiatives employing a Collective Impact approach:

1. Collective Impact is a long-term proposition: take the time to lay a strong foundation
2. System changes take many forms: be iterative and intentional
3. Equity is achieved through different routes; be aware and adaptable
4. Collective Impact initiatives take on different roles in driving change; be open to different routes to make a difference

Tamarack will be hosting a webinar series to share the *When Collective Impact has an Impact* findings. In addition to hearing from the principles at ORS Impact and the Spark Policy Institute, we will connect with the leaders of the Saskatoon Poverty Reduction Partnership; Growing Up Great (Ottawa) and Living SJ, the three Canadian sites referenced in the report. Finally the series will conclude with reflections and lessons learned from 15 years of Vibrant Communities Canada.



OPEN HOUSE

12:00-4:00pm
6:30-8:30pm
WEDNESDAY
APRIL 11
GYMNASIUM
FJCC

youth LADYSMITH YOUTH PLAN

f t @ youthladysmith e youth@ladysmith.ca www.ladysmith.ca

How Long Does It Take To Create A Healthy Habit?

Have you ever planned to do something repeatedly in the hopes it would become a habit – just like that? Like going to the gym in the morning before work every day for a week? You start with great intentions and a good dose of motivation, but by week two you lose interest or it just seems too difficult. You may even find yourself wondering why you wanted to do it in the first place. Or life simply got in the way – maybe you got a cold or work took over.

Forming a new healthy habit takes time, effort, purposefulness, and persistence in order to become an actual habit – *a regular tendency or practice that is hard to give up*.

In this week's blog, we examine habits and provide some tips on how to turn your healthy behaviours into long-lasting habits. Consider what healthy actions you take almost automatically – like brushing your teeth before bedtime – and think about what other activities you'd like to make feel as natural.

[READ THE BLOG](#)

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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