



OCCHN THREE YEAR STRATEGIC PLAN

September 2015 to Sept 2018

Vision:

All citizens of the Cowichan Communities enjoy good health.

Mission:

To facilitate discussion, provide information and be a catalyst for action on the 12 Determinants of health and to focus on improving outcomes in 5 identified community priority areas:

- Pre-birth to 6 years
- Frail and / or Isolated Seniors
- Chronic Health Including Mental Health and Substance Use
- Health Promotion
- Economic Status / Poverty.

Goals:

1. To collaborate with appropriate organizations, individuals, local governments and institutions to generate unique solutions for the identified priority areas and be responsive to emerging issues in the community.
2. To increase awareness of the impact of economic status on the health and well being of all citizens in the Cowichan Region.
3. To reduce early childhood vulnerabilities identified by the EDI (Early Learning Instrument) to 15% or less by 2025.
4. To reduce the social isolation of seniors by increasing the proportion of seniors who:
 - Have support and help when they need it by 25%
 - Participate regularly in activities by 30%
 - Feel connected to family, friends and acquaintances by 20% and
 - Feel valued by the family, friends and acquaintances with whom they are connected by 20%.
5. To reduce the proportion in the population with mild and moderate mental health substance use (depression and anxiety) to below 26.6 (Island Health) and lower it at least 2%.
6. To reduce childhood obesity to 15% by 2020.
7. To help facilitate the establishment of a Hospice/Palliative Care facility in the region.
8. To manage data on the determinants of health to inform and guide community decision making to improve Cowichan health outcomes.
9. To enhance OCCHN operations.

Goal 1: To collaborate with appropriate organizations, individuals, local governments and institutions to generate unique solutions for the identified priority areas and be responsive to emerging issues in the community.

Objective 1: To have active members / member organizations who attend partner meetings on a regular basis such as Collaborative Services Committee, Safer Pregnancy, Mental Health and Substance Use Advisory Committee, Child Youth Mental Health Action Team, Physical Literacy, Seniors Network, Sobering and Detox Task Force etc.

Action:

- a. OCCHN will steward the Cowichan Regional Airshed Strategy Round Table and will facilitate round table discussions, identify new participants and report on the progress towards the strategy and host biannual meetings of the round table.

Objective 2: To provide leadership, planning support, information sharing and public awareness where relevant and required.

Objective 3: To identify, support and build on what others are doing regarding improving modifiable risk factors such as: physical activity, healthy eating, tobacco use and alcohol and substance use.

Action:

- a. To determine what is being done and who is doing it.
- b. To identify how to support and enhance these initiatives.

Objective 4: To advocate for appropriate resources by raising the awareness of the identified issue, engaging community support and meeting with decision makers.

Objective 5: To distribute grants to support identified priority projects (subject to availability of funds).

Objective 6: To assist organizations and communities to complete grant applications (as time and capacity allow).

Economic Status/ Poverty

Goal 2: To increase awareness of the impact of economic status on the health and well being of all citizens in the Cowichan Region.

Objective 1: To create and deliver a communication strategy to catalyze relevant community organizations to work to reduce poverty and the negative effects of economic status on health and well being in the Cowichan Region.

Action: To share our knowledge of the 12 key determinants of health via, Ted Talks, presentations and media.

Pre Birth to Six Years

Goal 3: To reduce early childhood vulnerabilities identified by the EDI (Early Learning Instrument) to 15% or less by 2025.

Objective 1: To participate in Safer Pregnancy Collective Impact Initiative.

Action: To work with the community partners to define the impact statement and outcomes of the Safer Pregnancy Initiative by November 2015.

Objective 2: To participate on the Child, Youth & Family Centre Planning Team looking to create a community resource centre with an established action plan by December 31, 2016.

Objective 3: To support Success by 6 and Aboriginal Success by 6 and local initiatives that enhance and promote early childhood development and parent supports.

Actions:

- To advocate for increased Strong Start Space and the establishment of Family Resource Centres in our communities.
- To advocate for greater community education and awareness of the important development years of 0-6.

Frail and / or Isolated Seniors

Goal 4: To reduce the social isolation of seniors by increasing the proportion of seniors who:

- **Have support and help when they need it**
- **Participate regularly in activities**
- **Feel connected to family, friends and acquaintances**
- **Feel valued by the family, friends and acquaintances with whom they are connected**

Objective 1: To play the lead role in the Isolation Collective Impact Initiative by administering the funds, creating a regional seniors strategy and supporting the collective (if successful with the New Horizons Seniors grant submitted July 10, 2015).

Action: To work with the community collaborative to determine change percentage goals, progress measurement and completion date.

Objective 2: To support the work of the Cowichan Seniors Network through membership and advocacy.

Chronic Health including Mental Health and Substance Use

Goal 5: To reduce the proportion in the population with mild and moderate mental health challenges (depression and anxiety) to below 26.6 (Island Health) and lower it at least 2% by 2020 and to collaborate/work with community partners to determine goals and outcomes related to substance use by September 2016.

Objective 1: To participate in the Mental Health and Substance Use Collective Impact Initiative at the Attachment and integration working group (a cross section of community agencies, health etc.) to explore ways to support those with mild to moderate mental health and substance use challenges.

Objective 2: To be the lead for the Sobering and detox initiative, gather stakeholders and provide the leadership and facilitation required to establish a regional task force whose role will be to improve services for those requiring sobering or detox services.

Objective 3 : To participate with Child, Youth and Family Mental Health and Substance Use local action team working to support youth and to provide access to services for youth requiring mental health and substance use service within a school setting at the Cowichan Valley Open Learning Cooperative (CVOLC).

Health Promotion

Goal 6: To reduce childhood obesity to 15% by 2020.

Objective 1: To participate in the Physical Literacy Collective Impact Initiative to increase children's physical abilities and engagement in active play and sport such that in 5 years:

- Percentage of people meeting minimum activity guidelines for their age increases 200%
- Percentage of community members who understand the term physical literacy increases 1000%
- All children in SD 68 and 79 are assessed annually for physical literacy
- The gender gap for children in grade 10 on 18 fundamental skills is reduced by 50%
- The confidence children have in grade 10 on 18 fundamental skills is increased 200%
- To increase the awareness of 5210 (5 fruits and vegetables, 2 hours of recreational screen time, 1 hour of strenuous activity a day and 0 sugary drinks) 100%
- Unstructured play increases 200%
- Over 75% of elementary teachers surveyed report there is more time spent on task after having one hour of physical activity daily

Goal 7: To help facilitate the establishment of a Hospice/Palliative Care facility in the region.

Objective 1: To participate on a community task force or engage with a task force of community members to establish a community vision for Hospice/Palliative care in the region.

Objective 2: To assist the Cowichan Valley Hospice Society in advocating for community and Regional District funding for such a facility.

Objective 3: To assist the Cowichan Valley Hospice Society and Island Health, if requested, with a community discussion on the location of such a facility and the potential relocation of existing palliative care beds.

Goal #8: To manage data on the determinants of health to inform and guide community decision making to improve Cowichan health outcomes.

Objective 1: To ensure the Cowichan Communities Health Profile is current through regular updates and revisions where necessary.

Action:

- a. To establish a Task Force to:
 - develop a strategy for updating data
 - identify and fill information gaps
 - determine best options for thematic mapping
 - develop a communication plan to promote public access to the Health Profile
 - review the suitability of a vitals report

by January 31, 2016.

Objective 2: To create awareness of community health strengths, assets and issues via presentations.

Action:

- a. To review the list of previous Presenters, Delegations, Spotlight Speakers, and Celebration of Members at monthly meetings and invite them back for follow up where suitably linked to identified priority areas.
- b. To establish a twenty-minute “Ted Talk” on the Health and Wellness of the Cowichan and engage a team of presenters to undertake outreach to service clubs, community groups, and other local governments and begin presenting in March of 2016.

Objective 3: Partner with the Cowichan Division of Family Practice to develop, maintain, and promote the FETCH on line resource guide.

Action:

- a. To collect information on community services and resources by December 30, 2015 to be inserted into the data base.
- b. To have the Fetch on line resource directory in operation by Jan 15, 2016.

Goal 9: To enhance OCCHN operations.

Objective 1: To obtain \$160,000 of operational funding annually.

Action:

- a. To create and publish an annual financial plan.
- b. To establish a Task Force to obtain financial resources.

Objective 2: To increase human resources available to OCCHN.

Action:

- a. To increase member participation in OCCHN committee work, making use of member expertise and interests.
- b. To evaluate the need for administrative support for the facilitator.

Objective 3: To review OCCHN membership and identify recruitment targets.

Action:

- a. To establish a task force to review OCCHN membership review orientation package by January 31, 2015
- b. To recruit appropriate OCCHN members
- c. To develop a strategy to manage OCCHN growth.

Objective 4: To formally review strategic plan annually, including the review of and development of positions on strategic healthcare issues and priorities, and consideration of new / updated data on determinants of health and review of “not to lose sight of” information identified in the Cowichan Communities Health Profile.

Action:

- To create a work plan to implement the goals and objectives of this strategic plan by January 15, 2016.
 - Who- facilitator and administration guided committees