



Connected in health.

Three Year Strategic Plan

The Our Cowichan vision is that citizens of the Cowichan communities enjoy good health. Our Cowichan has drafted a strategic plan to help actualize that vision. Although each community's needs can change, these five strategic goals will guide the work of Our Cowichan for the next three years;

- 1. Our Cowichan will establish priorities for action based on evidence, and based on determinants of health in the Cowichan communities;**
- 2. Our Cowichan will facilitate community education opportunities on prevention, wellness and health promotion;**
- 3. Our Cowichan will advocate for appropriate health services for all Cowichan communities;**
- 4. Our Cowichan will leverage existing resources; and**
- 5. Our Cowichan will enhance and improve Our Cowichan operations.**

Vision

The citizens of the Cowichan communities enjoy good health.

Mission

Our Cowichan facilitates discussion, and acts as a conduit for information and a catalyst for action on determinants of health.

Goal One: Our Cowichan will establish priorities for action based on evidence, and based on determinants of health in the Cowichan communities.

STRATEGIES

- 1.1 Collect data on the determinants of health in the Cowichan communities.
- 1.2 Conduct an inventory of Cowichan communities' resources.

- 1.3 Create a status report on the Cowichan communities, outlining service gaps and possible responses.
- 1.4 Evaluate research to determine Our Cowichan priorities for action.

Goal Two: Our Cowichan will facilitate community education opportunities on prevention, wellness and health promotion.

STRATEGIES

- 2.1 Develop a public communication plan.
- 2.2 Collaborate with community partners to identify and respond to community interests based on data from “Goal One”.
- 2.3 Host and/or co-host regular community forums in various locations on Our Cowichan strategic priorities.
- 2.4 Facilitate the development and/or sustainability of community-based networks in each Cowichan community.
- 2.5 Develop community education resources as appropriate.

Goal Three: Our Cowichan will advocate for appropriate health services for all Cowichan communities.

STRATEGIES

- 3.1 Collaborate with community stakeholders and professionals to gather information on health care vulnerabilities in the Cowichan communities.
- 3.2 Develop a position on strategic health care issues.
- 3.3 Influence health system change as appropriate.
- 3.4 Collaborate with the Cowichan Division of Family Practice to support, enhance, and improve primary health care services.
- 3.5 Advocate for appropriate resources to ensure fair and equitable health care.

Goal Four: Our Cowichan will leverage existing services.

STRATEGIES

- 4.1 Collaborate with community partners on a community mapping project.
- 4.2 Develop and strengthen relationships with existing and potential community partners.
- 4.3 Partner with appropriate organizations, individuals, local governments, and institutions to generate unique solutions addressing the determinants of health in the Cowichan communities.
- 4.4 Recruit appropriate representation in key geographic areas.
- 4.5 Support existing services that address the determinants of health for the Cowichan communities to avoid duplication and fragmentation of resources and efforts.
- 4.6 Develop a process for referrals to appropriate agencies.

Goal Five: Our Cowichan will enhance and improve Our Cowichan operations.

STRATEGIES

- 5.1 Determine and maintain regular meeting schedules.
- 5.2 Develop internal and external communication procedures including appropriate communication within Our Cowichan
- 5.3 Create a three year financial plan compatible with the CVRD system.
- 5.4 Provide financial reports to Our Cowichan and interested public.
- 5.5 Review Our Cowichan membership and identify recruitment targets.
- 5.6 Recruit appropriate Our Cowichan members.
- 5.7 Update and maintain the Our Cowichan website on an ongoing basis.
- 5.8 Develop a community grant policy.
- 5.9 Review strategic plan annually