



## REPORT

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Prepared by Cindy Lise

# Year End Report 2017

# TABLE *of* CONTENTS

Introduction	<b>03</b>
Executive Summary	<b>04</b>
The Network, Accomplishments and Significant Outcomes	<b>05</b>
Linking Data to Action	<b>06</b>
Making A Difference	<b>07</b>
The Value of In Kind	<b>11</b>
Our Impact Beyond Data	<b>12</b>
Budget	<b>14</b>
Moving Forward 2018	<b>15</b>
Budget Moving Forward	<b>17</b>

# Our Cowichan -Facilitating Connections for Good Health

## Connected in Health

Our Cowichan Communities Health Network is a locally formed group of individuals and organizations representing the diverse peoples of the Cowichan Communities. Network members strive to optimize the health and wellbeing of all citizens in the Cowichan Region by:

- Exploring issues related to health
- Identifying concerns that can either improve or impede achieving optimum health
- Planning actions that enhance our quality of life through education, healthy living, health care and health services delivery
- Ensuring the community's voice is heard on matters related to health and health care.

We are guided in our work by the World Health Organization's 12 Determinants of Health and research related to the determinants of health within the region.

For good health, people need more than good health care: they need adequate income, employment, education, social connections and healthy places to live. In fact, all 12 Determinants interact and affect health.

By considering the whole picture and working together, all citizens of the Cowichan communities can enjoy improved health.

## Our Cowichan Welcomes You

Contact

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**Good health is more than good health care**

## Executive Summary

Our Cowichan has much to celebrate with its 2017 accomplishments. The impact of relationship building and partnerships are beginning to manifest throughout the region as evidenced by the development of significant collaborative initiatives tackling our most complex social, health and environmental issues. In addition to the structural elements such as OCCHN business and internal



committees some considerable undertakings have resulted in the networks success. Some of the initiatives are continuing from 2016 and others like the building of the homeless coalition are new.

- Our Cowichan continues to work towards the goals established in the three-year strategic plan which include
  - Keeping seniors healthy, active and living at home
  - Addressing chronic illness, mental health and substance use
  - Health promotion by changing the paradigm to focus on creating a health model versus simply responding to illness
  - Addressing childhood development via the physical literacy initiative
- Our Cowichan is connected to multiple stakeholders and has responded to rising challenges such as youth homelessness and the opioid crisis in our region.
- Collective Impact Initiatives have been established that align with OCCHN priorities continue to move forward. These initiatives bring together over 150 community partners. They are:
  - Housing First for Youth (Formerly Mental Health and Substance Use)
  - Establishment of a Homelessness and Affordable Housing Coalition guided by collective impact framework
  - EPIC (Eldercare Project in Cowichan)
  - Physical Literacy
- Active participants representing a community voice participate at the Collaborative Services Committee, Cowichan Primary Care Network Planning Table, Cowichan Regional Airshed Strategy Round Table, Hospice and Palliative Care Committee, Community Response Team, and Cowichan 2050 Regional Planning table. Participating in this myriad of groups helps us build integral relationships and knowledge of our region.
- OCCHN continues to support the development of health networks on Vancouver Island and the community of practice connecting all health networks together.

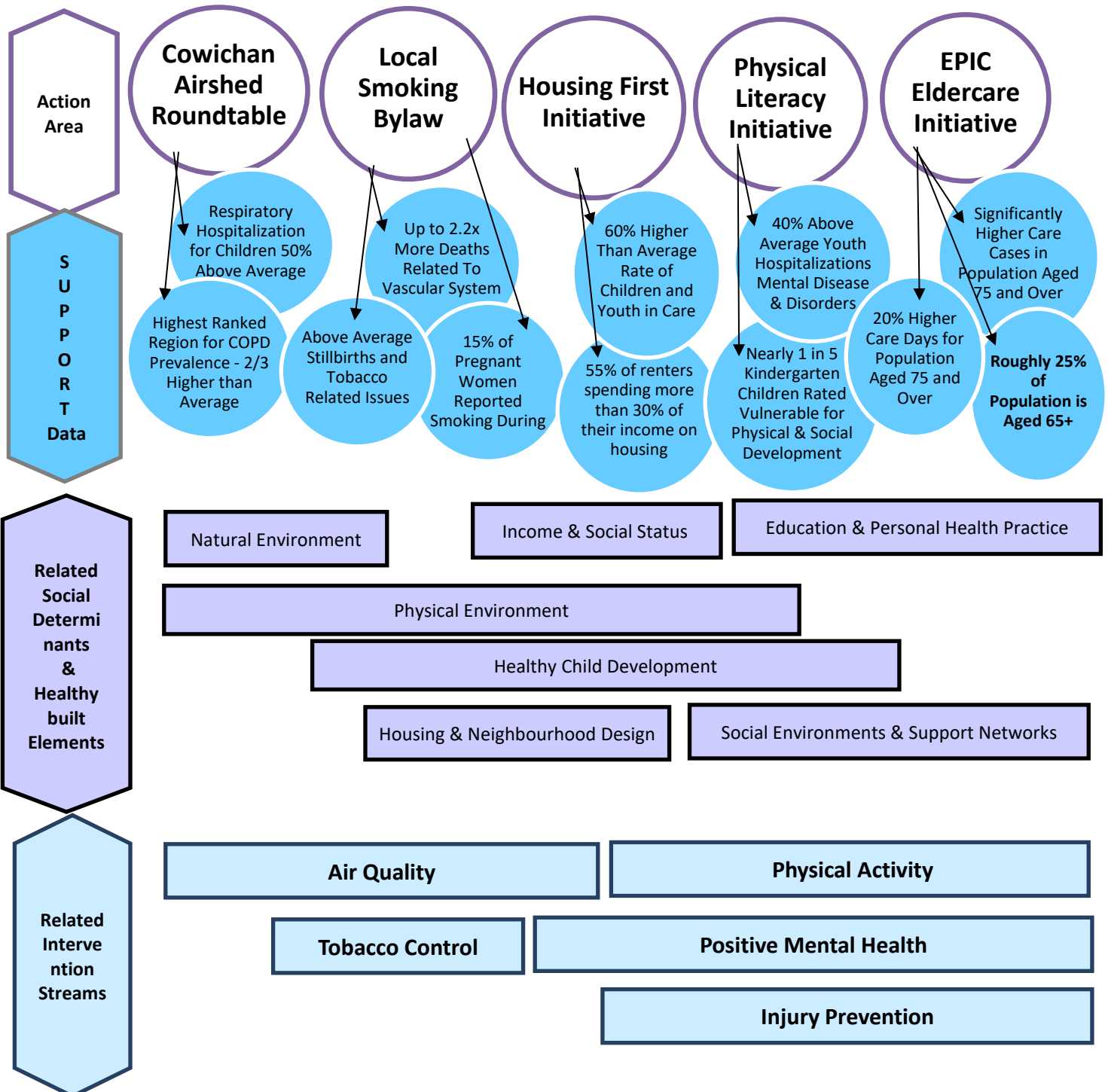
## The Network

- The Network consists of over 45 active members
- Meeting structure includes more strategic dialogue and member input
- Over 48 meetings held among network members in 2017
- 8 Community forums related to homelessness, Opioid Crisis and Affordable Housing were hosted
- Our website experienced over 42,009 visits and 532,943 hits in 2017
- 47 weekly newsletters delivered to OCCHN members to keep them informed of meetings, events and health related information

## Accomplishments

- OCCHN continues to move strategic plan priorities forward
- \$20,750.00 in small grants allocated to 11 community projects
- Opening of the Cowichan Overdose Prevention Site and establishment of a sharps team which was a combined effort of the Community Response Team lead by OCCHN with partners from Island Health, Canadian Mental Health Association, RCMP and multiple Community Agencies
- Hosted 2 Cowichan Airshed Strategy Round Tables and 4 Airshed Leadership sessions. As a result of the Airshed team the launch of Purple Air Monitors will provide valuable data and community awareness of open burning. Regional burning bylaws have been revised and implemented in the CVRD and Municipality of North Cowichan.
- With community partners responded to rise in youth homelessness by developing Youth Housing First Initiative
- With community partners created the Cowichan Homelessness and Affordable Housing Coalition
- OCCHN continues to lead the community component of EPIC and plays a role at the Regional Steering committee for this work. OCCHN is also supporting the development of Primary Care Networks with Island Health and Division of Family Practice
- Together with Island Health and Community partners the Hospice House project is becoming a reality and should open its doors in 2020

## Linking data, action and determinants of health to interventions streams



## Our Cowichan has been making a difference in the health of our community

### Here's How

## We are a conduit to Island Health, Local Governments, First Nations and Community



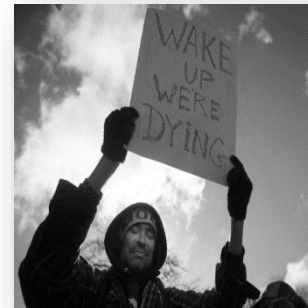
Our community health network brings communities, health, local government and First Nations together to look at the Social Determinants of Health as opposed to medical health issues and chronic health. By having an understanding and awareness of community challenges we are able to get together and look inward on how these challenges can be resolved together. It enables a collaborative exploration of upstream solutions versus a crisis response or reaction. By building community capacity, we

are able to work in conjunction with Island Health as

opposed to Island Health bearing the total responsibility and decision making. Through relationship building and a deeper understanding of each other and we have become a platform where health and community work together to enrich the lives of our residents.

## Cowichan Community Response Team (Provincial Community Action Team)

The Cowichan Region has been identified as a priority area regarding the overdose crisis. The integrated and collaborative community partnerships and ongoing communication between service providers, RCMP and Island Health services via the Community Response Team (CRT) have shifted efforts from the implementation of the sobering program to responding to the opioid crisis that has made its way into our region. It was through the leadership and facilitation by Our Cowichan that the CRT was able to come together to do this work. The relationship and collaboration between Our Cowichan, RCMP, community agencies and Island Health is instrumental in improving health outcomes for this very vulnerable population. The receipt of a \$12,000.00 Opioid dialogue grant has allowed much needed opportunities for dialogue and engagement regarding opioids and substance use across the region.



## Cowichan Regional Airshed Roundtable

The Cowichan Region by the nature of its topography is known to have some of the poorest air quality in BC. The challenges to reduce our impact on our airshed are complex and involve numerous stakeholders and a culture that has included burning for generations. In 2016 Our Cowichan became the steward of the Regional Airshed Roundtable and is responsible for bringing all of the community partners together in dialogue and planning strategies to improve our



air quality. Our shared vision is: Working together for clean air to support our health, our environment and our communities. In 2017 we received a CVRD grant in aid which allowed Our Cowichan to continue to support this effort. 2017 saw changes to the Municipality of North Cowichan Open Burning Bylaw and the installation of 19 local purple air monitors to collect neighbourhood data. A communications strategy has been developed and will be implemented over the coming years. Combined collaborative efforts will reduce the health costs related to treating asthma, cancers and other health challenges related to poor air quality.

## Smoking Cessation



Reducing the number of citizens who smoke is a challenge that mostly falls into the hands of public health. We believe that the challenge belongs to our communities as well, and we are working together to plan a strategy that would align all Cowichan local governments anti smoking bylaws. This will include E-cigarettes and marijuana which is months away from being legalized. The draft bylaw is in the hands of the CVRD for final editing and endorsement. Engaging leaders in local government from a

community perspective also increases our likelihood for success. Once again this is an excellent opportunity to work with Island Health as opposed to Island Health bearing the total responsibility for a smoking cessation initiative. A cessation strategy, access to supports and public awareness campaign are planned following the endorsement of the revised bylaw.

## South Cowichan Seniors Network

An outcome of the 2016 Mill Bay Age Friendly Project was the desire of seniors within the Southern region of the Cowichan Valley to come together to find ways to meet the needs of seniors in rural communities. Our Cowichan has been facilitating the development of the South Cowichan Seniors Network to bring together South Cowichan Seniors to share information, learn, plan together and achieve common goals. Key areas of focus include getting seniors out and active, working to improve access to transportation, reducing isolation, improving communications and to provide seniors with



shared interests the opportunity to meet. Once established this network will be run for seniors by seniors.

## Housing Coalition and Housing First for Youth

As with many communities across Vancouver Island the housing crisis has hit the Cowichan Region. In addition to homelessness, lack of affordable housing and poverty a large number of youth have been identified as being completely homeless. Over 2017 the foundation required to move forward was built and our community is now ready to move to action. Our Cowichan has been one of the lead partners in the following:

- In collaboration with Cowichan Housing Association, Social Planning Cowichan and the United Way, (the Home Team), Our Cowichan has lead the creation of a Homelessness and Affordable Housing Coalition which includes dozens of partners from Island Health, Local Government, community agencies and First Nations partners. Through numerous community forums, meetings and planning, the coalition collective impact structure, terms of reference and membership framework have been established. Funded by the United Way a Plan to Address Homelessness in the Cowichan Region was completed. Moving forward, the coalition will focus its efforts into 4 streams of work which include:
  - Homelessness Prevention
  - Affordable Housing
  - Advocacy and Education
  - Funding
  
- In collaboration with Cowichan Housing Association, Social Planning Cowichan and the Cowichan Division of Family Practice the development of a Housing First for Youth project has also come to fruition. Throughout 2017 Our Cowichan along with project leads were able to: provide Housing First training, complete a Cowichan Needs Assessment and complete a draft Housing First for Youth Plan. Over 20 community partners have signed on to support this initiative.

## Cowichan Hospice Centre of Excellence

In 2016 Our Cowichan supported Cowichan Hospice Society with a small grant to engage the community in determining the need for hospice beds in the Cowichan Region. The results from multiple community engagement sessions made it clearly evident that the three hospice beds in the Cowichan region were not meeting the needs of a population of over 80,000 people. Many were facing their last hours in a 4-bed ward, emergency room or sometimes a coffee room. Our Cowichan championed the establishment of a Hospice Task Force. In 2017 a Memorandum of Understanding was signed by Island Health and Cowichan Hospice Society for a 10-bed unit to be built on the Cairnsmore property. The task force has lead the way in concept design, community engagement, fundraising and making the much-needed resource a reality which is intended to be in operation in 2020. In 2017 Our Cowichan again supported Cowichan Hospice Society with a small grant for the creation of a poignant film that will help with the awareness and fundraising campaign to assist the efforts in creating a centre of excellence.

## Small Grants Initiative



Our Cowichan gives back to the communities and the organizations who work at maximum capacity to provide the programs and services for the citizens of the Cowichan Region. Small grants of up to \$2,000.00 may not seem like a lot but in fact have created some of our most impactful initiatives. We have now allocated a total of \$76,300.00 in grants over the past number of years and 2017 provided \$20,250.00 into 11 projects. The 2017 grants focused on priority areas identified in the Our Cowichan Strategic

Plan such as:

- Cowichan Hospice Society awareness film
- Physical Literacy Symposium
- Family meals at a local child care program
- Cooking classes for new refugee families
- Access to healthy food at the Chemainus Neighbourhood House,
- Social lunch opportunities for seniors and First Nations Elders
- Neighbourhood community building in an area struggling with numerous challenges.

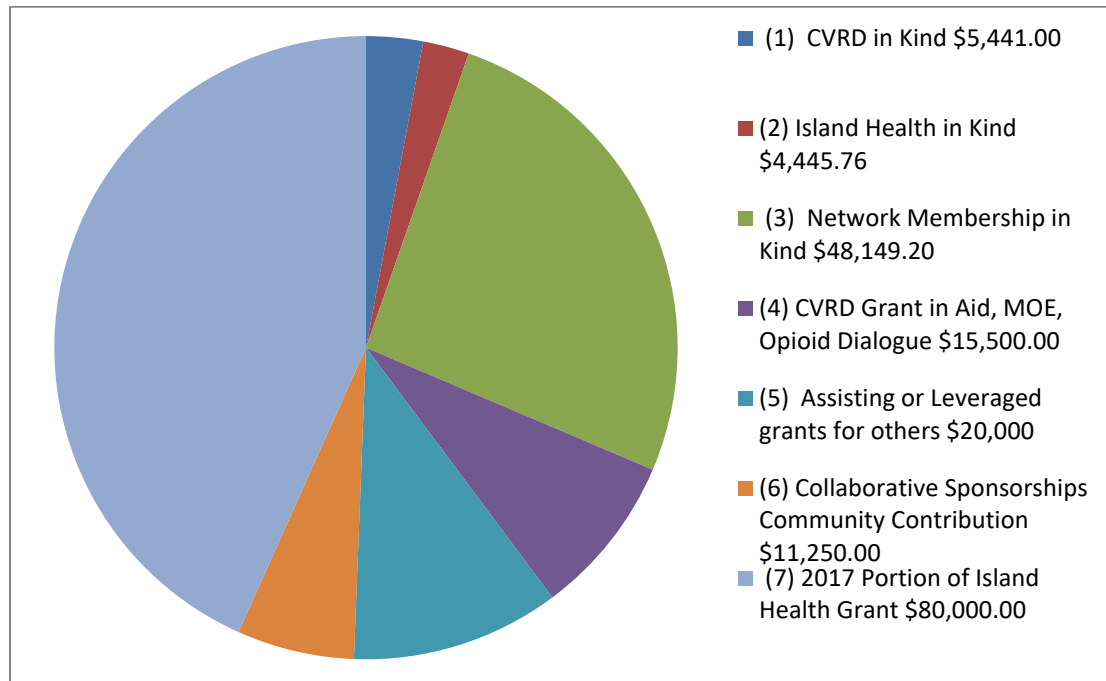
## Physical Literacy

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. The Cowichan region has

collaborated on a physical literacy initiative for three years; Our Cowichan was a founding member and continues to be one of the key organizations involved in the project. Currently, the steering committee has representation from the Cowichan Valley Regional District, North Cowichan, Ladysmith, Cowichan Tribes, Our Cowichan, Island Health, School District 79, Vancouver Island University, Cowichan Success by 6 and KidSport Cowichan. Our work is being recognized by Canadian Sport for Life, and we have become one of the ten national pilot “Physical Literacy for Communities” projects, that will become a template for other regions. Physical literacy projects in 2017 included educational summit and physical literacy training.



2017 Contributions of volunteers and in kind services have great value for Our Cowichan. By working together we are more effective.



1. CVRD- Meeting Rooms, Resources
2. Island Health support for community consultations, facilitation and research
3. In Kind support via meetings, committees, projects and volunteer hours from OCCHN members
4. Grant received from CVRD to support stewardship of Cowichan Airshed Roundtable \$3,000.00 and Ministry of Environment to support Cowichan Airshed Roundtable \$500.00 and Opioid Dialogue Grant \$12,000.00
5. Grants received via Our Cowichan in preparing applications and supporting community organizations with granting opportunities
6. Collaborative Sponsorships – Community contribution to Small Grants Project. This amount may far exceed this number. Grant recipients provide 50% of funding from other sources.
7. 2017 portion of Island Health Grant

*Average wage per hour of members is \$28.24 per hour \* \$17.99 volunteer members; \$21.70 Managers; \$33.68 Directors, Executives, Physicians (based on "in kind" figures provided by Volunteer Cowichan). Actual wages are higher than "in kind" wages.*

## Our Impact Beyond Data

*"I am honoured to have been asked to provide my thoughts on the work Our Cowichan does in our local community. I have had the privilege of working with the organization over the past 4-5 years and I can say without hesitation, that Island Health's work in the area of mental health and substance use could not have moved ahead in Cowichan without the leadership and collaboration of Our Cowichan.*

*Our Cowichan through the facilitation of Cindy Lise has been instrumental in bringing together our community and assisting us in creating meaningful dialogue about the health of our community. We have worked side by side in the development of a Sobering and Assessment Service, A Community Response Team, A Sharps Recovery Program and an Overdose Prevention Site and Strategy. Without these connections, our most vulnerable citizens could still be waiting for services like these to meet their needs.*

*I know that the Our Cowichan work that I see is only a small part of what happens each and every day in our community and I am forever grateful for the strength of the partnership that we have developed."*

*Sheena Nolli  
Manager  
Cowichan Valley Mental Health and Substance Use*

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*"Thank you for the opportunity to comment on Our Cowichan. In the Cowichan Communities, we have unique and notable positive relationships across our local non-profit sector and between government and community. This productive, collegial environment has been nurtured tirelessly by Our Cowichan. Our Cowichan has been a significant partner in several of our most pertinent community initiatives. They have helped to raise local awareness; and have facilitated local solutions around issues that impact us directly. Currently, Our Cowichan is working in partnership with the Cowichan Division of Family Practice and other partners to strengthen the link between primary care services and community supports. The contribution of Our Cowichan is essential to our evolution towards primary care networks and we look forward to our continued work together".*

*Dr Jim Broere  
Dr Bryan Bass  
Cowichan Division of Family Practice*

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*"All of us die, so I hope that all of us can have the opportunity to experience a good death, and we can't do that unless we are supported."  
-Dr. Valorie Masuda*

*"A small grant from Our Cowichan contributed to the development of a collection of videos by noted Valley videographer, Nick Versteeg about the realities of caring at the end of life.*

*Through the stories of 5 people from Cowichan who generously shared their own experiences, with commentary from local medical specialists and other care providers, we learn what hospice palliative care is and why it makes a difference for those facing advancing illness and for their families. Each*

*video helps create an understanding of what is important at the end of life and how we can improve care for dying people and their families.*

*Our Cowichan has contributed generous support to the development of a hospice house for Cowichan through the time and energy of members of the Hospice House Task Force. Led by Cowichan Hospice and working in collaboration with Island Health, efforts over the past three years have led to the current schematic design stage for a 10-bed hospice facility to be developed at Cairnsmore Place”.*

*Gretchen Hartley  
Executive Director  
Cowichan Valley Hospice Society*

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*“Social Planning Cowichan has worked closely with Our Cowichan Communities Health Network over the past 5 years. It is through shared planning, shared resources and developing a shared vision that the way we work together in the Cowichan Region is changing. By developing true partnerships built on trust, respect and equality we have been able to build the foundation of a number of community collective impact initiatives such as the Cowichan Homelessness and Affordable Housing Coalition, The Housing First for Youth Initiative and Community Response Team. We believe there is mutual benefit to working together because we all have something of value to bring to the table and work closely with Our Cowichan in a number of areas, sharing information, resources and skills. We have also been the recipients of small grants that have allowed us to take a deeper dive into work around safety in our communities. The dedication of our partnership with Our Cowichan is a demonstration of how working together leads to better outcomes for all of us”.*

*Michelle Staples  
Executive Director  
Social Planning Cowichan*

## Budget January 2017 to December 31, 2017

Revenue 2017	Revenue	Budget	Actual	Budget Remaining
Surplus Current Year	249,233.00	249,233.00	249,233.00	
Grants	80,000.00	80,000.00	80,000.00	
CVRD Airshed	3,000.00	3,000.00	3,000.00	
Ministry of Environment Airshed	500.00	500.00	500.00	
Opioid Dialogue	436.00	10,800.00	436.00	
<b>Total Revenues</b>	<b>333,169.00</b>	<b>343,533</b>	<b>333,169.00</b>	
Advertising		2,000.00	0	2,000.00
Consultants		25,000.00	500.00	24,500.00
Training and Development		3,000.00	476.00	2,524.00
Security		885.00	0	885.00
Contract Services- Lead		80,000.00	82,685.00	-2,685.00
Contract Services (Admin support)		2,500.00	828.00	1,682.00
CVRD Administration (Alloc.- General government)		0	0	0
Meeting Expenses		3,000.00	2,220.00	780.00
Supplies -Office		1,900.00	1,085.00	815.00
Airshed Strategy		3,500.00	944.00	2,556.00
Opioid Dialogues		10,800.00	436.00	10,364.00
Grants		20,000.00	20,750.00	-750.00
Contingency		180,448.00	0	180,448.00
Community Forums				
• Advertising		2,500.00	0	2,500.00
• Rentals- building		1,000.00	193.00	807.00
• Audio visual		500.00	0	500.00
• Refreshments		0	1,091.00	-1091.00
• Meeting Expense		2,500.00	2,000.00	500.00
Communication/ -Community Awareness		3,000.00	0	3,000.00
-Website		1,000.00	955.00	5.00
<b>Total</b>		<b>343,533.00</b>	<b>114,163.00</b>	

## As We Move Forward in 2018



Our Cowichan will provide organizations with an important link to Island Health and local governments which will allow for Collective Impact and improved integration in the way we deliver our services. We have our strategic plan in place and work to do, which includes the following:

- Building our network of community partnerships with a strong foundation of relationships and understanding.
- Ongoing support for planning and building the Cowichan Hospice Palliative Care Centre of Excellence.
- Ongoing facilitation and stewardship of the Community Response Team and Opioid response including a large regional forum to bring together partners from across the region to explore social determinants of health for prevention and determine where we go next.
- Ongoing support with consultation and planning regarding the building of a new Cowichan District Hospital through OCCHN and community partners.
- Ongoing stewardship of the Cowichan Airshed Roundtable and public awareness campaign to reduce open burning and the harmful effects of pm 2.5.
- Ongoing support of small grants and building capacity to address priority areas across the determinants of health.
- OCCHN will co-lead and facilitate the Youth Housing First Collective Impact Initiative with Cowichan Housing Association, The Cowichan Division of Family Practice, Social Planning Cowichan, Cowichan Tribes, FNHA, H'ulh-etun Health Society, MCFD and many others. OCCHN will also support efforts to move housing projects, funding and collaboration forward.
- OCCHN will co-lead and facilitate the Cowichan Homelessness and Affordable Housing Coalition with partners, Cowichan Housing Association, Social Planning Cowichan and United Way to put the new Homeless Plan into action.
- OCCHN will facilitate ongoing community education opportunities including workshops and forums on prevention, wellness and health promotion.

- OCCHN will continue to build relationships with specialist physicians through the Collaborative Services Committee, Medical Advisory Committee and Primary Care Network Working Group
- Once finalized OCCHN will work with health, government and community partners to raise awareness of the smoking bylaw, promote cessation strategies and increase access to resources and support for reducing smoking in our region
- Stewardship and upkeep of FETCH Online Resource Directory
- Ongoing research and profiling of community health via the Cowichan Communities Health Profile
- Ongoing leadership in the EPIC (Eldercare Project in Cowichan) including stewardship of the community stream of this work.
- OCCHN will provide mentorship and support for health networks across Vancouver Island and Gulf Islands

Health Networks such as Our Cowichan build the foundation of a strong community-based approach to challenges we all share. Intersectoral collective action via the Health Network is working! We thank Island Health for the funding that allows us to engage in this important effort as well as the Cowichan Valley Regional District for their contribution by providing administration and staff support. Success does not just happen so we recognize the thousands of hours of volunteer time of Co-Chairs, Administration Committee Members, Task Force Members, and the numerous committee members that are committed to this work and who are the core drivers of Our Cowichan.



## Proposed Budget Moving Forward January 2018 to March 31-2020

Our Cowichan Budget Proposal	2018	2019	2-year Budget
<b>Revenue</b>			
Remaining from previous year	219,006.00	88,069.00	
Island Health Contract Services Grant	80,000.00	80,000.00	
Expecting grant of 100,000.00 for CAT 2018			
Opioid Dialogues	10,564.00		
<b>Total Revenue</b>	<b>309,570.00</b>	<b>168,069.00</b>	<b>477,639.00</b>
<b>1 Advertising</b>	1,000.00	250.00	1,250.00
<b>2 Consultants</b>	50,000.00	6,500.00	56,500.00
<b>3 Training and Development</b>	2,250.00	562.00	2,812.00
<b>4 Security</b>	0	0	0
<b>5 Contract Services- Lead</b>	80,000.00	80,000.00	160,000.00
<b>6 Contract Services (Admin support)</b>	1,875.00	800.00	2,675.00
<b>7 CVRD Administration (Allocation.- General government)</b>	3,249.00	0	3,249.00
<b>8 Meeting Expenses</b>	3,000.00	3,000.00	6,000.00
<b>9 Supplies -Office</b>	1,500.00	1,500.00	3,000.00
<b>10 Airshed Strategy</b>	0	0	
<b>11 Opioid Dialogues</b>	10,564.00		10,564.00
<b>12 Grants</b>	20,000.00	5,000.00	25,000.00
<b>13. Contingency</b>	40,813.00	0	40,813.00
<b>13 Community Forums</b>			
• Advertising	1,000.00	500.00	1,500.00
• Rentals- building	1,000.00	1,000.00	2,000.00
• Audio visual	250.00	0	250.00
• Refreshments	2,000.00	2000.00	4,000.00
<b>14 Communication/</b>			
• Community Awareness	2,000.00	500.00	2,500.00
• Website	1,000.00	1,000.00	2,000.00
<b>Total Budget</b>	<b>221,501.00</b>	<b>102,612.00</b>	<b>324,113.00</b>
<b>Estimated Remaining</b>	<b>88,069.00</b>	<b>65,457.00</b>	

1. Advertising- Calls for proposals, community gatherings,
2. Consultants- Research, services not provided by facilitator
3. Training and Development- Professional development for network members
4. Security- Monthly security for Our Cowichan meetings
5. Contract Services Lead- Facilitator
6. Contract Services- Occasional admin support
7. CVRD Administration- Fees for accounting services
8. Meeting Expenses-Food for network meetings, strategic planning
9. Supplies- Paper, ink, photocopying and resources for meetings
10. Airshed Roundtable
11. Opioid Dialogues
12. Grant in Aid- \$20,000.00 – small grants projects providing grants up to \$2,000.00 each
13. Forums- Advertising -rentals -audio visual- refreshments- facilitation
14. Communications- Community information- new brochures, potentially magazine inserts or news paper inserts and promotion of OCCHN- Website- ongoing support for updating website