



REPORT

Year End Report 2016

Prepared by Cindy Lise

April 2017

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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

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Good health is more than good health care

Executive Summary

Our Cowichan has much to celebrate with its 2016 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.



- Extensive review of the Cowichan Communities Health Profile contributed to setting 5 regional priorities based on the outcomes reported.
 - Early Childhood Development - increasing vulnerabilities throughout the region
 - Seniors - keeping seniors healthy, active and living at home
 - Increasing income inequality particularly in the City of Duncan, Lake Cowichan and Northern Electoral Areas
 - Chronic Illness, Mental Health and Substance Use- the number of citizens requiring service in these areas are increasing
 - Health Promotion - changing the paradigm to focus on creating a health model versus simply responding to illness
- 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. These initiatives bring together over 150 community partners. They are:
 - Mental Health and Substance Use- Now focusing on Housing First
 - EPIC (Eldercare Project In Cowichan)
 - Physical Literacy
- Active participants representing a community voice participate at the Collaborative Services Committee, Regional Airshed Strategy Round Table, Child Youth and Family Council, Hospice and Palliative Care Committee, Sobering and Detox Task Force, Child-Youth Mental Health Local Action Team, and Mill Bay Age Friendly Planning. 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

The Network

- The Network grew to over 43 active members
- Meeting structure changed to include more strategic dialogue and member input
- Over 52 meetings held among network members in 2016
- 8 Community forums related to health and wellbeing were hosted
- Our website experienced over 33,568 visits and 470,641 hits in 2016
- 49 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
- \$16,050.00 in small grants allocated to 9 community projects
- Opened the Cowichan Sobering Program which was a combined effort of the Sobering and Detox Task Force, Canadian Mental Health Association, RCMP, Community Agencies and Island Health
- Hosted 2 Cowichan Airshed Strategy Round Tables and 4 Airshed Leadership Training sessions
- Responded to rise in youth homelessness by co-hosting two community forums with numerous community partners
- Hosted Community Celebration and Collaboration Forum for EPIC Collective Impact
- In partnership with Cowichan Division of Family Practice launched FETCH (For Everything that is Community Health) on line resource guide
- OCCHN has taken the lead for the community component of EPIC and plays a role at the Regional Steering committee for this work.
- OCCHN has also taken a leadership role in the Mental Health Substance Use Collectivte Impact Initiative and Physical Literacy Collective Impact Initiative

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

Here's How

We are a conduit to Island Health



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, we have been able to mend the hardships experienced as a result of the closing of Cowichan Lodge and have become a platform where health and community work together to enrich the lives of our residents.

Sobering and Detox Task Force

The integrated and collaborative community partnerships and ongoing communication between service providers, RCMP and Island Health services via the task force have supported the design, RFP and service delivery model of sobering beds for our region. The request initiated by local government and the BC Coroner to create the task force and the funding allocation for sobering programming resulted in creating a foundation of supports across the region and a mechanism for dialogue, planning and action. It was through the leadership and facilitation by Our Cowichan that a task force was able to come together to do this work. The Cowichan Sobering Program opened in December of 2016 and began serving clients minutes after it opened. Further planning and discussions addressing a supervised injection site and discarded needles are in progress. The relationship and collaboration between Our Cowichan, RCMP, community agencies and Island Health is instrumental in improving health outcomes for this very vulnerable population.

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. For example, a grant supporting the South Cowichan Seniors group provides a luncheon twice a month. These luncheons bring together isolated seniors in a rural community

and participation has grown from the initial 16 attendees to over 140 attending every second week! The health outcomes of reducing isolation and depression have motivated this incredible group to go on outings, watch movies, share rides and transportation and more. There have even been two weddings as a result of this \$2,000.00 project which is now self sustaining. We have now allocated a total of \$56,050.00 in grants and 2016 provided \$16,050.00 into 9 projects. The 2016 grants focused on priority areas identified in the Our Cowichan Strategic Plan.

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.



It is through the roundtable that we are able to show the idea of community networking with Dr Paul Hasselback, (Island Health's Medical Health Officer), on agendas he can't move forward on his own. Our Cowichan has also been one of the lead partners who have applied for BC Healthy Communities Grant funding and Leadership Development Training. Through the Cowichan Regional Airshed Roundtable we will endeavor to work with First Nations, the Ministry of Environment, Island Health, Forestry, Local Industries and our community partners to improve air quality and health outcomes from our young to our elderly community members. This will reduce the health costs related to treating asthma, cancers and other health challenges related to poor air quality.

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 Cowichan have included educational summits, community events, “try it sports”, and a Kindergarten to Grade 3 mentorship program, where teachers were able to apply physical literacy principles in the classroom. The intent is to keep our community active for life, to prevent hospitalization, and reduce the length of stay. Island Health is now working on a project in Cowichan, with the support of these organizations including Our Cowichan, to provide hands on training to health practitioners using physical literacy principles, to encourage the durability of our residents.

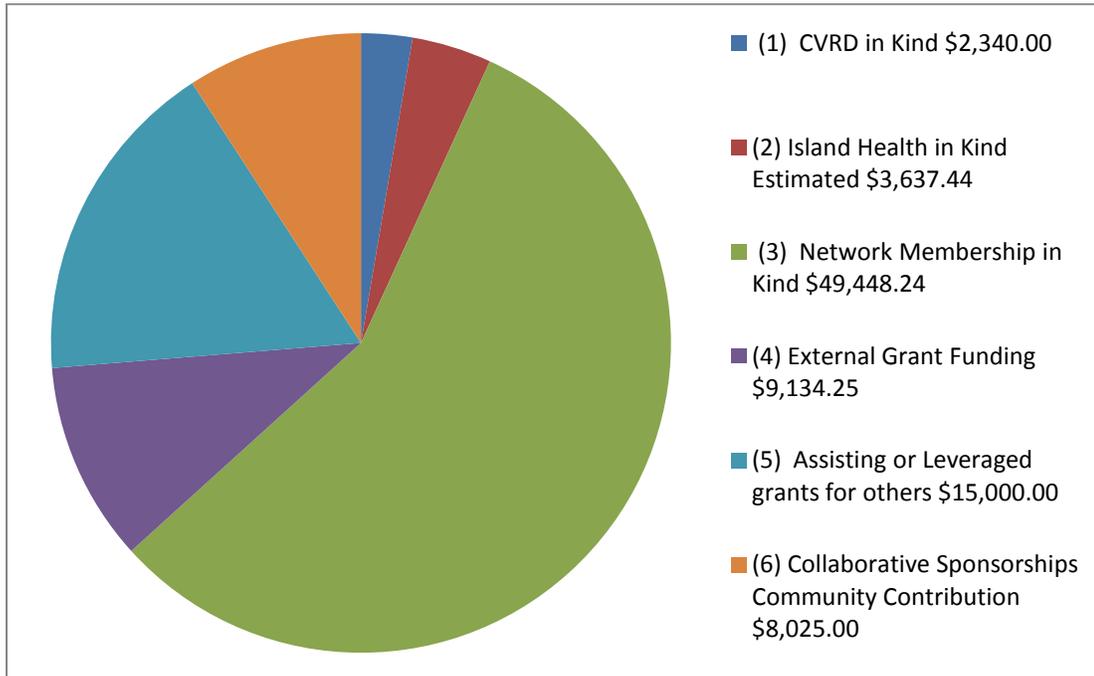
Smoking Cessation



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 potentially marijuana which we believe is on the cusp of being legalized. 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.

2016 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 and BC Community Response Network to support EPIC
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.

*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

“Cowichan Housing Association (CHA) has been working in the Cowichan Valley to foster homelessness prevention and affordable housing. In 2016, homelessness was a key issue in our community and present in many discussions at many tables. In fall of 2016 Our Cowichan reached out to CHA to explore how we could work together more effectively to bring this issue to the community, and to coordinate our efforts for success. This dialogue was the catalyst for a major collaborative effort between OCCHN, CHA, Social Planning Cowichan, Cowichan Division of Family Practice and the Mental Health and Substance Use Collective. Working together, we held two community events to engage in dialogue about the issues and solutions, and moving forward collaboratively. The work of OCCHN was absolutely key and instrumental in the development of this partnership and the efforts that have resulted in both a Housing First Initiative and plans to form a broad-based coordination group in the region. Thank you in particular to Cindy Lise who brings a deep regard for community process and endless energy for gathering and collaboration!”



Terri Dame, MA
Executive Director
Cowichan Housing Association

“Since joining Our Cowichan I have learned so much about the different connections and resources available in the Cowichan Valley. I particularly enjoy the many reports not usually available to the front line service providers ie. Island Health and CVRD, and the representatives from the School Board.

I learn something new each and every time I attend. I really appreciate the way the meetings flow and how many topics are covered. Cindy and her executive treat every member with respect and are very approachable. The newsletter is very informative. I hope to benefit from this well managed organization for a long time.

As for how the Cowichan Valley Basket Society has gained, as a frontline service provider to those with challenges stemming from poverty, I am able to hand out the available resources and encourage them to try different programs. I also rarely have time away from the day to day operations to research available grants and programs, for this I am so grateful to the Our Cowichan Network for their coordination of all this information”.

Colleen Fuller
Manager
Cowichan Valley Basket Society



“I invite you to consider how OCCHN is more than a community voice and steward of challenging issues facing residents of the Cowichan Valley. For me, given my experience over the last year, it is also an excellent vehicle of organizational collaboration resulting in practical on the ground services. It is making a real difference in our community.

CMHA-Cowichan Valley has been a contributing member of the Health Network for many years. We've participated in discussions, made presentations and helped with the day-to-day tasks of running the network. It has been a great place to find out what's going on in the community and have our organizational voice heard.

A little over a year ago however, this view got a whole lot bigger. The Network had accepted the task of responding to a death of an intoxicated individual in the RCMP cells. The question, "how do you save the lives of those who are arrested for being drunk, high or otherwise intoxicated in public?" OCCHN gathered together those organizations in the Valley that may have something to say, including my organization, and chaired the first meeting of what was to be known as the Sobering and Detox Task Force. The word force, as in force of nature, is an apt descriptor. The process began gently, with the building of a common understanding. Then conditions changed. Island Health received funding from the BC Ministry of Health for sobering and detox beds. The Force responded and the focus shifted to a new question, "can we build a sobering centre that would provide a safe place for individuals recover from intoxication? "

The answer was, of course we can.

What did it take? Many, many meetings, a great deal of organizational collaboration, and the unflinching support and stewardship of the question by OCCHN. A year later, the CMHA- Sobering and Assessment Centre was a reality.

The Centre came into being through a confluence of events and the determination of many dedicated individuals. Eighteen minutes after first opening its doors on Dec. 20th, 2016 the CMHA- Sobering & Assessment Centre welcomed its first client. The Centre provides a safe place to sober up, 24 hours a day, seven days a week, 365 days a year. It is making a real difference in our community".

James Tousignant
Executive Director
Canadian Mental Health Association

Our Cowichan Communities Health Network is the backbone for the Regional Airshed Protection Roundtable. In the Cowichan, the impacts of poor air quality affect health across a broad spectrum of our communities and originate from a variety of sources. To address the problem effectively, a collaborative process is needed with active participation from many sectors. Our Cowichan Communities Health Network enables collaboration by bringing new participants to the Roundtable, fostering relationships with existing participants and facilitating dialogue between all those working together for clean air to support our health and our communities. For several years, Our Cowichan was a valuable contributor to the development of Cowichan's Regional Airshed Protection Strategy by defining issues and suggesting actions that are necessary to improve air quality. More recently, the Network has enabled capacity building through the coordination of coaching, leadership development and establishing a framework for implementing the Strategy. Moving forward, Our Cowichan Communities Health Network will be key for raising awareness for the solutions that will ultimately drive us towards positive health outcomes.

Keith Lawrence
Cowichan Valley Regional District
Environmental Services

Budget January 2016 to December 31, 2016

Revenue 2016	Revenue	Budget	Actual	Budget Remaining
Grants	323,648.00			
CVRD Airshed	5,486.25			
BCCRN Grant	3,648.00			
Surplus/Deficit	42,463.66			
Total Revenues	371,597.91			
Advertising				
		1,500.00	0	1,500.00
Consultants				
		25,000.00	15,016.00	9,984.00
Training and Development				
		2,250.00	0	2,250.00
Security				
		850.00	516.01	333.99
Contract Services- Lead				
		80,000.00	78,295.25	1,704.75
Contract Services (Admin support)				
		1,875.00	560.00	1,315.00
CVRD Administration (Alloc.- General government)				
		3,200.00	0	3,200.00
Meeting Expenses				
		2,600.00	2,403.20	196.80
Supplies -Office				
		1,500.00	1,242.15	257.85
Airshed Strategy				
		5,000.00	6,034.05	-1034.05
Grants				
		15,000.00	16,050.00	-1050.00
Contingency				
		0	0	0
Community Forums				
• Advertising		2,500.00	0	2,500.00
• Rentals- building		1,000.00	165.85	834.15
• Audio visual		500.00	0	500.00
• Refreshments		2,500.00	0	2,500.00
Communication/ -Community Awareness -Website				
		3,000.00	553.87	2447.00
		1,000.00	1,000.00	0
Total	371,597.91	149,275.00	121,836.38	249,761.53

As We Move Forward in 2017



Our Cowichan will provide organizations with an important link to Island Health 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.
- Stewardship and upkeep of FETCH Online Resource Directory
- Ongoing support for planning and building the Cowichan Hospice Palliative Care Centre of Excellence.
- Ongoing support and planning regarding the sobering program and other identified gaps for this vulnerable population which include response to discarded needles and the investigation of a supervised injection site or program.
- Ongoing support, consultation and planning regarding the building of a new Cowichan District Hospital.
- Ongoing stewardship of the Cowichan Airshed Roundtable
- Ongoing support of small grants and building capacity to address priority areas across the determinants of health.
- Ongoing research and profiling of community health via the Cowichan Communities Health Profile
- OCCHN will facilitate and co-lead the 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 the Cowichan United Way.
- OCCHN will facilitate ongoing community education opportunities including workshops and forums on prevention, wellness and health promotion.
- OCCHN will build relationships with specialist physicians through the Collaborative Services Committee and Medical Advisory Committee
- OCCHN will work with local governments to align smoking bylaws into one comprehensive regional bylaw for all communities
- 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 2017 to March 31-2019

Our Cowichan Budget Proposal	2017	2018	2019	3 year Budget
Revenue				
Remaining from previous year	249,761.53	208,036.53	38,161.53	332,761.53
Island Health Contractor Grant April1 2017	80,000.00			
Airshed CVRD Grant in Aid 2017	3,000.00			
Total Revenue	332,761.53	208,036.53		
1 Advertising	1,000.00	1,000.00	250.00	2,250.00
2 Consultants	5,000.00	50,000.00	6,500.00	61,500.00
3 Training and Development	2,250.00	2,250.00	562.50	5,062.50
4 Security	0	0	0	0
5 Contract Services- Lead	80,000.00	80,000.00	20,000.00	180,000.00
6 Contract Services (Admin support)	1,875.00	1,875.00	468.75	4,218.75
7 CVRD Administration (Alloc.- General government)	0	3,400.00	0	3,400.00
8 Meeting Expenses	3,000.00	3,000.00	1,130.28	7,130.28
9 Supplies -Office	1,500.00	1,500.00	375.00	3,375.00
10 Airshed Strategy	3,000.00	0	0	3,000.00
11 Grants	20,000.00	20,000.00	5,000.00	45,000.00
12 Community Forums				
• Advertising	1,000.00	1,000.00	500.00	2,500.00
• Rentals- building	600.00	600.00	250.00	1,450.00
• Audio visual	500.00	250.00	125.00	875.00
• Refreshments	2,000.00	2,000.00	500.00	4,500.00
13 Communication/				
• Community Awareness	3,000.00	2,000.00	500.00	5,500.00
• Website	1,000.00	1,000.00	1,000.00	3,000.00
Total Budget	124,725.00	169,875.00	37,161.53	332,761.53
Estimated Remaining	207,036.53	37,161.53	0	

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. **Grant in Aid**- \$20,000.00 – small grants projects providing grants up to \$2,000.00 each
12. **Forums**- Advertising -rentals -audio visual- refreshments- facilitation
13. **Communications**- Community information- new brochures, potentially magazine inserts or news paper inserts and promotion of OCCHN- Website- ongoing support for updating website