

**Network Minutes**

**Thursday May 9, 2018 Ramada Silver Bridge - 5:45 pm**

**Present:** Denise Williams Co Chair, James Tousignant, Rhoda Taylor, Jan Tatlock, Denise McKinlay, Jane Osborne, Valorie Masuda, Robin Routledge, Anita McLeod, John Elzinga, Sheila Service, Laurie Beverley, Douglas Hardie, Mary Beth Small, Leslie Welin, John Horne, Kristen Sandhu, Jody MacDonald, Arlene Robinson, Chris Hall, Carol Newington, Debbie Berg, Rosalie Sawrie, Colleen Fuller, Faye Gilbert.

**Regrets:** Cindy Lise

**Guests:** Dr. Roy Gilbert, Selina Boily, Dr. Luc Beaudet, Joanna Nielson, Mary Dolan, Wendy Ready.

1. **Call to order** at 5:48 by Denise Williams who welcomed guests and members and initiated round table introductions.
2. **The agenda was approved** by general consent.
3. **The Financial statement** was accepted as presented by general consent.
4. **Correspondence** - none
5. **Celebrating Network Members** - Douglas Hardie of Discovery Youth and Family Services spoke about this Island Health Program with Child Youth and Family, Mental Health and Substance Abuse portfolios. Douglas is responsible for Substance Use Services Malahat North. This is a network of programs some in-house and some out-serviced. There are two counsellors based in Duncan and one in Ladysmith as well. The programs serve youth 13 to 19 years of age – directly or indirectly impacted by substance abuse. They work with parents and care providers as well as other community members engaged in supporting this young people.

Services include:

* Education and Information
* Counselling
* Outreach
* Individualized Service Planning and Coordination
* Referrals
* Community Collaboration

The Island has quite a robust network of services compared to other locations in BC. They practice “Harm Reduction” which means treating clients with respect, dignity and compassion. There is a spectrum of use. The total youth served in 2018 was 692 with 172 in Cowichan, 49 in Ladysmith, 316 in Nanaimo, Oceanside 69, North Island 90. The demand is slower in the summer then spiking fall through spring. They are able to access beds in Victoria and family care homes locally fairly readily. The bulk of the youths are 15, 16 and 17 and the gender split is relatively equal. The main substances are alcohol and cannabis. Douglas noted that lots of youth are using but not seeking services.

1. **Delegation**: Division of Family Practice and Cowichan District Medical Society represented by Selina Boily, Midwife, Luc Beaudet, Obstetrician and Roy Gilbert, Family Physician. Selina opened the presentation talking about the “many hands” that are involved with childbirth. Cowichan has an integrated system of care including what she called “invisible hands” supporting Midwives and Parents including Obstetricians. Pediatricians, Anesthetists and Family Physicians. She said that primary care works and that a home birth that goes wrong has immediate access to the hospital and skilled professional care. It is a story of successes but I come with challenges. Dr. Gilbert who is the Chair of the Recruitment and Retention Committee of the Medical Society spoke next of strong collaboration and good working relations between Family Practitioners, Specialists, Midwives, Nurse Practitioners and all care providers. He noted that 64% of family practitioners work in the hospital. He has a Committee of three Family Practitioners and a full-time staff person to find and recruit Physicians. In the valley we have 16,00 people who are not attached to a Physician. Sixty-five and older is the average retirement age and at this time 40% if the local doctors are at or approaching age sixty-five. Also, of note is that our population is growing. The recruitment activities/techniques include:

* Promotion of the Cowichan Valley
* The concept of “love what you do and love where you do it”.
* Advertisements in Medical Journals
* Sponsor Continuing Medical Education events
* Physical presence at conferences and courses
* Collaboration with other recruitments Committees and use Health Match BC
* Encourage medical learners, Residents and Medical Students to come back to Cowichan
* Aid the process with international practices coming.

Retention of existing practitioners:

* Help with practice/hospital related issues
* Help with families
* Connections to aid
* Sponsor social and wellness events

Challenges include a lack of Locums. If doctors can’t get breaks/holidays they will leave or retire early. This leads to a piecemeal medical practice. New family practitioners want to practice in a limited scope and therefor it is hard to replace a full scope family practitioner. We also have funding issues as we are a “tween” community. Not a city but not rural so we do not qualify for rural practice incentives. Dr. Luc Beaudet spoke about providing care in the Cowichan Valley being “rainbows and rocky roads. He has been here 12 years in the hospital environment. He stated the in Cowichan you don’t “lose” your family doctor or midwife when you are admitted to hospital. We have quality care similar to an urban centre when the resources are available.

He spoke of the “rural advantage” being found through:

* Communication – GPs and Midwives have direct personal communication with specialists.
* Diminished wait times
* Continuity of care is built into our system

There is a cloud to the silver lining: Because of the size of specialist groups are comprised of small numbers of practitioners:

* 3 OB/GYN
* 2.5 Pediatricians
* 4 general Surgeons
* 4 Anesthetists
* 2 other specialties

This means a large on call burden. We are one illness or one retirement away from a critical shortage. There are gaps in emergency patient care. Patients tend to seek care elsewhere. Practitioners burn out. It is difficult to recruit new blood and difficult to retain new blood.

We expect: Quality care, when needed, where you need it, delivered by people you know and who know you.

What is needed:

* Sufficient practitioners to cover 24/7/365
* A sustainable model of care delivery
* Access to a relief pool of people to cover leaves; education, maternity, vacation

Problems are:

* Some of the community fall through the cracks
* The call burden and acuity
* Increase complexity and acuity
* Paradox of too much yet too little practice for new graduates, too little elective work and resources but too much call

Sunshine behind the clouds:

* Collaborative manpower plan
* Improves services with interim improved CDH infrastructure
* New hospital and services
* Better access to funding for locums
* Creative payment plans
* Word of mouth

1. **Delegation**: Cowichan Child and Family Council represented by Joanna Nielson, Mary Dolan and Wendy Ready. Mary Dolan explained that the CFC is a grassroots organization that is action focused. They hope to decrease costs and increase efficiency through:

* Building relationships
* Advocacy and lobbying
* Collaborative problem solving
* Transparency
* inclusion

They do this to ensure that the Cowichan community children thrive and reach their potential in a caring and supportive community. Mary thanked the group for the grant of $2000 that enabled them to promote the UN Convention on the Rights of the Child.

Joanna Nielson told the group now is the time. They recognize that recent changes have created a time of exciting opportunities to work together on behalf of families in the Cowichan Valley. These changes have included:

* the development and implementation of a province-wide Poverty Reduction Strategy, including pilot projects to reduce child-care costs
* The restructuring of multiple province-wide support agencies who serve children
* An ever-increasing awareness of the early years as being critical for development
* The acceptance of collaborative co-working relationships as the necessary foundation for social change
* The creation of new programs designed to support children in accessing their rights.

Their plans are as follows. On Saturday, November 16th they will facilitate a “Stone Soup” event. “Stone Soup” is a book that some may remember from childhood. The story revolves around a community’s collaborative involvement in creating a nutritious soup, after it began with simply a stone in a pot of water. At this event they will promote the Rights of the Child. They will gather and honor community members who are working to improve the lives of our children. They will celebrate their accomplishments. They expect it to be a fun-filled day, with many opportunities for community connections. On June 4th at VIU, they will hold a gathering of stakeholders to inspire them to help plan and participate in the “Stone Soup” event. They will invite us and our affiliated to participate in both these activities. Joanna said they look forward to working collaboratively with us in furthering efforts to ensure that the Cowichan Communities children thrive. They will be grateful to receive additional financial support from us to carry out their work. They hope they have inspired us to consider the Rights of the Child as critical elements in everyone’s work on behalf of the Cowichan Communities. They welcome our ideas about how we can work together to achieve these goals. Joanna expressed appreciation for the opportunity to speak to the group.

As it impacts the work being done by the Council, John Elzinga announced that he CVRD have been successful in their grant application to the MCFD for $25,000 for four Municipalities, Duncan, North Cowichan, Lake Cowichan and Ladysmith and $25,000 for the CVRD a total of $125,000.

1. **Strategic Planning**: Denise referred to the March Strategy Planning session where the whole plan was reviewed in total. In April a small group finalized the Next Level Impact document. This document is being presented to ensure that this group is in support of and will endorse the plan. A Power Point Presentation was provided to review the Goals and Objectives that are proposed. There was consensus that Goal 2 read “Promote health and wellness” dropping the words “through prevention strategies” and that an objective “viii prevention of illness” be added. It was also agreed that Goal 3, Objective iii, should read “address stigma by continuing to build a more caring community”. With these changes the document was endorsed by the members present by general consent.
2. **Other business**:
   1. Members were asked to consider sitting on a task force on the revision and updating of the Cowichan Community Health Profile.
   2. Leslie Welin Chair of Board Voice advised the members of Social Procurement Policy 2018. The policy will mean open procurement meaning that multinational companies may bid on contracts currently held by non-profit organizations. Those wishing more information can access:

<https://www2.gov.bc.ca/gov/content/governments/services-for-government/bc-bid-resources/support-services/procurement-transformation>

1. **Adjournment**: at 7:50 pm.

Minutes taken by Sheila Service

Next meeting June 13, 2019 at the Ramada Silver Bridge at 5:45 pm Dinner to begin at 5:15