



REPORT

Prepared by Cindy Lise

2018 Year End Report

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Introduction

Our Cowichan: Facilitating Connections for Good Health

Our Cowichan Communities Health Network (OCCHN) 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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Executive Summary

Our Cowichan has much to celebrate with its 2018 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. What is changing in our region is not so much what we do, but the way in which we do it. Some initiatives from 2017 are continuing and others, like the hosting the Community Action Team funding, are new.



Our Cowichan renewed its 3-year strategic plan with goals that include:

- Recognize and responding to emerging issues in Cowichan
- Promote health and wellness
- Continue to focus on identified issues and opportunities
- Foster the health, vitality and sustainability of the network

Our Cowichan is connected to multiple stakeholders and continues to respond to rising challenges such as youth homelessness and the opioid crisis in our region.

Collective Impact Initiatives that align with OCCHN priorities continue to move forward. These initiatives bring together over 150 community partners. They are:

- Housing and Homeless Coalition including Housing First for Youth
- Community Stream of Eldercare Project in Cowichan (EPIC)
- Cowichan Regional Airshed Roundtable
- 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 Action Team, and with Cowichan District Hospital 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 and the community of practice connecting all health networks together.

The Network

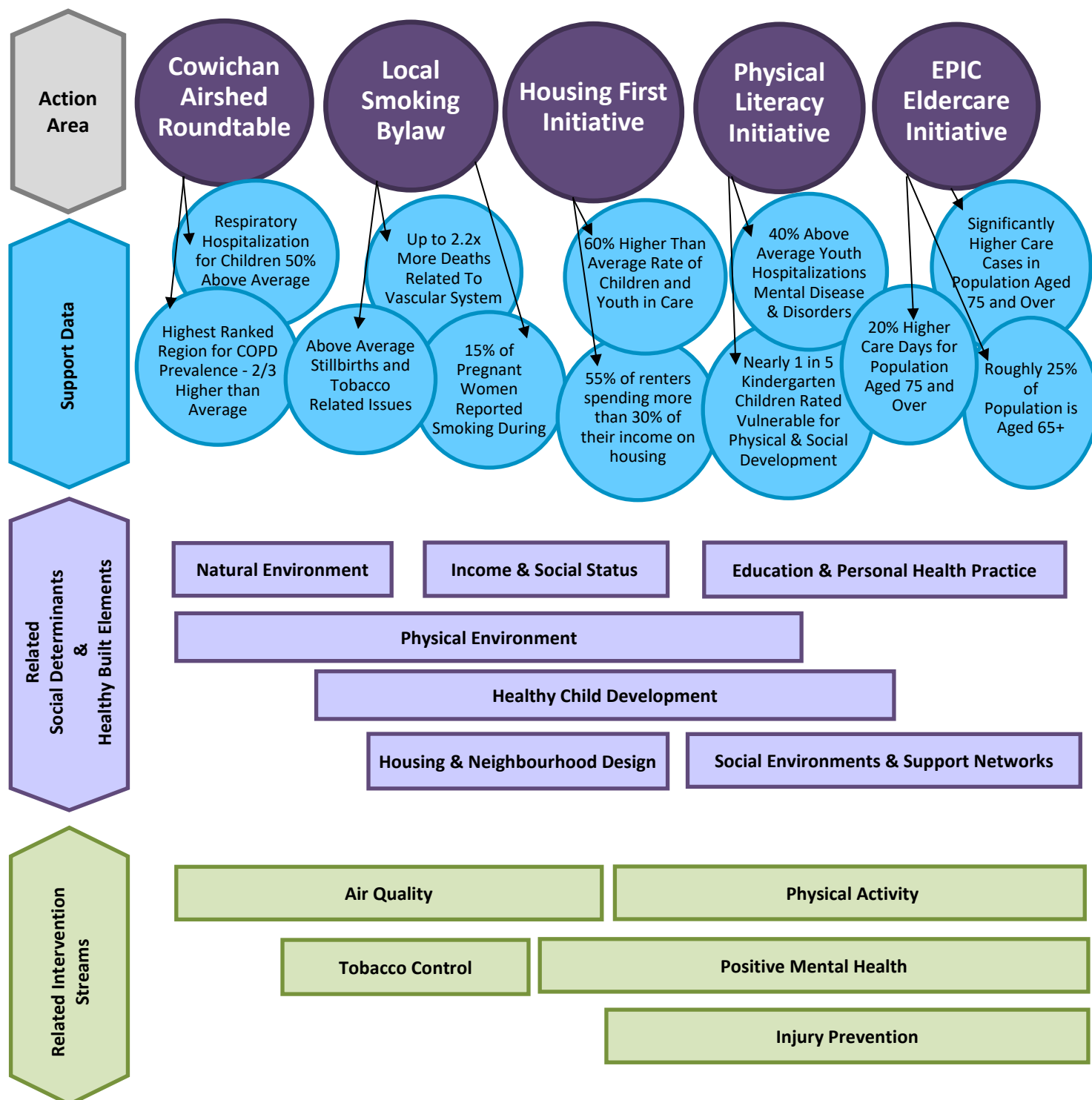
- The Network currently consists of over 48 active members, and 18 members at large.
- Meeting structure has evolved to include more strategic dialogue and member input.
- 23 OCCHN meetings and sub-committee meetings were held in 2018.
- 25 Community forums/dialogues related to homelessness, the opioid crisis, affordable housing, hospital planning and Airshed Roundtable in 2018 were either planned or supported by OCCHN.
- Our website experienced over 4,218 visits and 9,271 hits in 2018.
- 42 weekly newsletters were delivered to OCCHN members to keep them informed of meetings, events and health related information.

Accomplishments

- OCCHN continues to move Strategic Plan Priorities forward.
- \$20,200 in small grants have been allocated to 14 community projects.
- Supporting efforts that culminated in the opening of the Women's Cold Weather Shelter under Cowichan Women Against Violence. This was an initiative that took incredible community support from multiple agencies including OCCHN.
- Hosted 1 Cowichan Airshed Strategy Round Tables and 4 Airshed Leadership sessions. As a result, the Airshed Road Map and Communications Strategy were developed to increase community awareness of open burning.
- OCCHN supported the Cowichan Housing Association in their efforts with the Cowichan Valley Regional District (CVRD) to establish a Housing Service that was approved in the fall election. This will provide up to \$750,000 annually on an ongoing basis toward increasing housing and reducing homelessness.
- OCCHN continues to lead the community component of EPIC, working to support frail and isolated seniors. 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 begin construction in Q4 2019.
- OCCHN is supporting Island Health in their efforts to build a new Cowichan District Hospital and to develop a health and care plan to help our community move.
- Helped to establish a South Cowichan Seniors Network that brings together multiple agencies and seniors to connect, support and enhance wellbeing in South Cowichan communities.

Linking Data to Action

Linking Data, Action And Determinants Of Health To Interventions Streams



Making a Difference

In the health of our community

Our Cowichan is a conduit to Island Health, Local Governments, First Nations and Communities



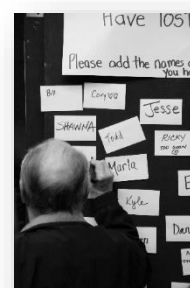
Our Cowichan Community Health Network brings communities, health, local government and First Nations together to look at the Social Determinants of Health, as opposed to medical health issues and chronic health. By having an understanding and awareness of community challenges, we are able to get together 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

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

Cowichan Community Action Team

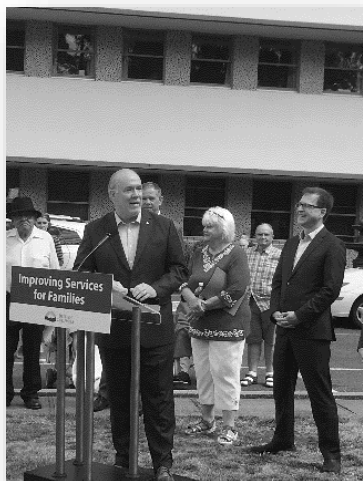


Lives continue to be lost as the Cowichan Region grieved with the deaths of 31 individuals in 2018. The challenges are complex and solutions are even more so. OCCHN facilitates the Community Action Team (CAT) in efforts to ensure the integrated and collaborative community



response and ongoing communication between service providers. The relationship and collaboration between Our Cowichan, RCMP, First Responders, local government, community agencies, individuals with lived experience and Island Health is instrumental in improving health outcomes for this very vulnerable population. Opioid Dialogue grant funding received by OCCHN allowed us to host a symposium where over 100 partners, leaders and those with lived experience could come together to learn and plan steps moving forward. The application of a second round of funding for Opioid Dialogues was also successful and the receipt of \$14,000 allows more, much needed, opportunities for dialogue and engagement regarding opioids and substance use across the region. The second round of dialogue funding was sent directly to Canadian Mental Health Association who will undertake the work versus OCCHN. OCCHN applied for and was successful in receiving \$100,000 Overdose Emergency Response Funding (OERC).

Cowichan District Hospital and Health Care Services in Cowichan



The announcement of a potential new Cowichan District Hospital provides our region with the ability to make significant advancements in health care services. OCCHN worked closely with Island Health and community partners in planning for the new hospital, Primary Care Networks and Health and Care Planning that will take us into the future. OCCHN supported Island Health at numerous community engagement sessions and open houses in 2018. OCCHN brings the voice of community partners and the social determinants of health into the dialogue and planning.

The network continues to support the efforts of the building of a state-of-the-art Hospice House which is anticipated to begin building in 2019.

Housing and Homelessness Coalition and Housing First For Youth



2018 was one of the most significant years where collaboration, community development and momentum for addressing homelessness and housing took place. The community plan to address homelessness was adopted in April, the Housing First for Youth plan was completed, our local government went to referendum where **a housing service in the amount of \$750,000 per year** was passed and the year closed with us being able to open a much-needed women's cold weather shelter. It is important to note that OCCHN does this

work in collaboration with Cowichan Housing

Association, Ladysmith Resources Centre Association and the United Way, in addition to multiple other partners. Our Cowichan supports efforts to provide leadership and facilitation of this work.

Moving forward, the coalition will focus its efforts into four streams of work which include:

- Homelessness prevention including a youth shelter
- Affordable housing
- Advocacy and education
- Funding

Small Grants Initiative

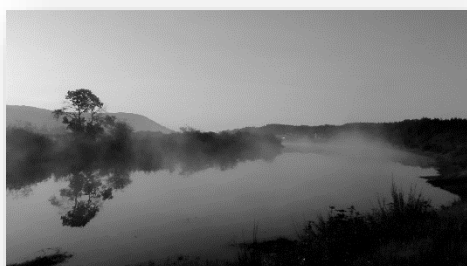


OCCHN gives back to the communities and the organizations who work at maximum capacity to provide programs and services for the citizens of the Cowichan Region. Small grants of up to \$2,000 may not seem like a lot, but in fact have created some of our most impactful initiatives. We have now allocated a total of \$96,500 in grants over the past number of years and 2018 provided \$20,200 to 14 different projects.

The 2018 grants focused on priority areas identified in the Our Cowichan Strategic Plan such as:

- Seniors Transportation Project
- Early Childhood Development - Play Group Facilitation
- Building a South Cowichan Seniors Network
- Establishment of a Youth Advisory Committee for vulnerable youth
- Supporting a Fruit Save and Sharing the Harvest initiative
- Promoting the Rights of the Child
- Rainbows project for children experiencing trauma and loss
- South Cowichan Golden Oldies - Social gathering and movie project
- Let's Connect support for individuals living with brain injury
- Food Skills for vulnerable families
- Connection to Nature Sea Squirts outdoor program
- Volunteer Training program for Neighbourhood House
- Compassionate Leaders initiative for Cowichan Intercultural Society youth program

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 as the smoke settles in our valley bottom. Health impacts as a result of poor air quality are greater than the provincial average. The challenges to reduce our impact on our airshed are complex and involve numerous stakeholders in a culture that has included burning for generations. Climate change and the effect of wildfire smoke has also increased the complexity of mitigating the impact of PM 2.5 and much effort will be

needed to ensure clean air for all. OCCHN continues to steward the facilitation of the Cowichan Regional Airshed Roundtable to confirm that the commitment to the airshed strategy and the collaboration of community stakeholders moves forward.

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. Our purpose is to support physical literacy enriched programs and practices throughout the region by providing supportive networks, quality resources and promising practices related to the promotion and development of physical literacy. Our

Cowichan was a founding

member, and continues to be one of the key organizations involved in this project. Our region's efforts include opportunities to raise awareness, train and develop best practices. Our stencil project is an example of success in providing indoor and outdoor play opportunities for children.



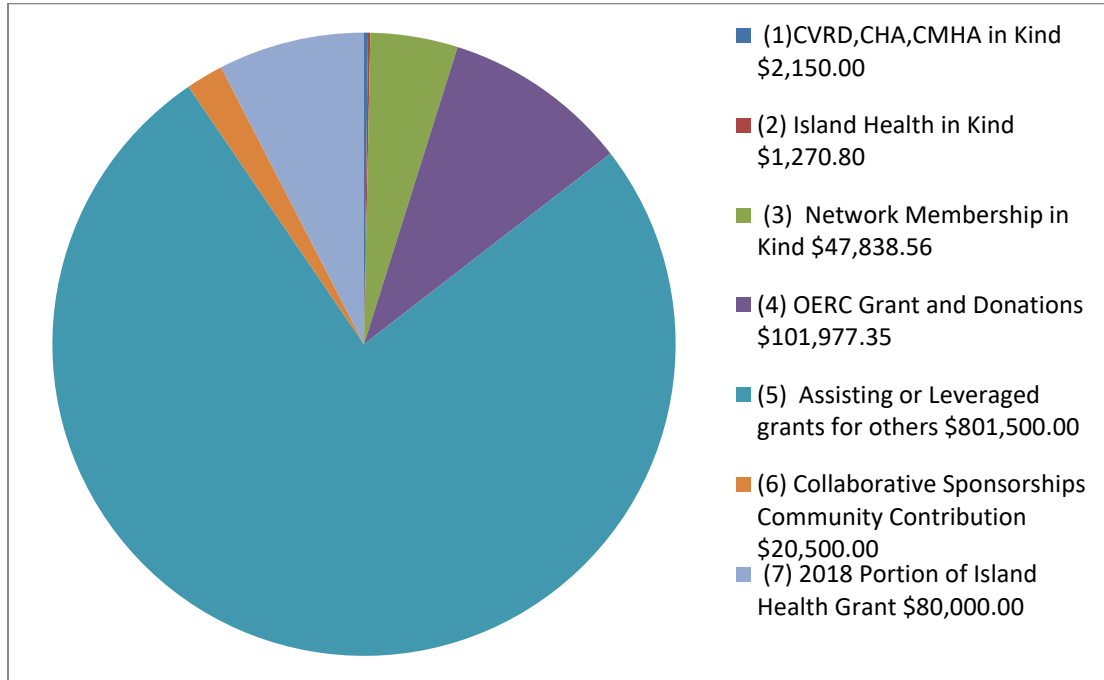
EPIC (Eldercare Project in Cowichan)



The Community Stream of EPIC continues to meet and work together to find ways to address isolation and prevent frailty. One example of a successful initiative is the "How Are You Aging?" cards that get seniors and loved ones to explore how they are aging. With permission of Dr. Rockwood, the simplified Rockwood Scale helps seniors to identify how they are doing from well, to vulnerable to severe difficulty. The card then provides preventative measures and resources to assist them in maintaining health.

The Value of In-Kind

2018 Contributions of volunteers and in-kind services have great value for Our Cowichan. By working together we are more effective.



1. CVRD, Canadian Mental Health Association, Cowichan Housing- 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 and OCCHN led initiatives
4. Grant received from Provincial Overdose Emergency Response and community donations
5. Grants/funds 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. 2018 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

“Our Cowichan Communities Health Network and Cindy Lise have been integral in helping my office get up to speed on the depth and breadth of issues affecting Cowichan Valley residents. Cindy works tirelessly on many initiatives to improve health and well-being outcomes in our community. Her dedication to this service and the commitment of the Our Cowichan board members to supporting partnerships in the community have made us a more resilient and connected community.”

Sonia Furstenau Member of Legislative Assembly

“As a newcomer to the community of Cowichan Valley, I have appreciated the warm welcome and support that I received from Cindy Lise and her team at Our Cowichan.

One of the first things I was handed when I began my job, was a women’s night shelter project. Not only was Cindy there helping with the cleaning and prep work, she also provided invaluable information and connections. I have had an easier time navigating being new through Our Cowichan’s support, information and connections.

Our agency has also benefitted from the work of Our Cowichan in bringing appropriate community members to tables where good discussions can happen.

In my experience other communities would benefit from observing and adopting a similar model of community building.”

Debbie Berg
Executive Director
Cowichan Women Against Violence

“I’ve been blessed to represent both North Cowichan and the Cowichan Valley Regional District at the Our Cowichan table for the last several years. What has impacted me most is the way that this table of partners has helped silos come down and connect and educate all kinds of organizations on the pressing social issues of our time. End of life care, mental health and substance use disorder, helping create the sobering centre, issues around homelessness, seniors, the disabled, racism. So many issues are brought to light and the needle moved by the collegiality that the partners share.

An invaluable place to take the pulse of our community of communities in the Cowichan.”

Kate Marsh
Councillor Municipality of North Cowichan

"I am currently a member of the Our Cowichan Health Network and have been for a few years in different capacities. The effectiveness of the Our Cowichan Table is evident in delivering coordinated action around some of the complex issues our region is facing. The table allows us to break down silos and work through a collective impact model. We have been able to take large issues and work to address them and effectively measure the real impacts in our community.

Our Cowichan Health Network's small granting program has been instrumental in supporting our organization to deliver core programs and services to our most vulnerable community members. The grant program has also allowed for some flexibility when building innovative piloting programs and projects. Without these funds, some of these projects and programs could not have not happened.

I look forward to working with the Our Cowichan Health Network in the future and am excited at the possible positive impacts we can create together."

In Community,
Christy Woods
Executive Director Ladysmith Resources Association

2018 Budget

Our Cowichan Communities Health Network					
Account Description	Current Period	Year to Date	Budget Amount	Variance	%Used
General Revenue					
Grants					
Provincial Conditional		80,000.00	0.00	80,000.00	0
General		59,164.48	100,000.00	40,835.52	59
Total Grants		139,164.48	100,000.00	39,164.48	139
Donations		1977.35	0	1,977.35	0
Surplus Deficit Current Year		219,005.21	210,537.00	8,468.21	104
Total Operating Revenue/Exp		360,147.04	310,537.00	49,610.04	116
General Expenditures					
Advertising		0	1,000.00	1,000.00	0
Consultants		0	50,000.00	50,000.00	0
Training and Development		2,250.70	2,250.00	0.70	100
Contract Services Lead		81,449.92	80,000.00	-1,449.92	102
Contract Services Support		770.00	1,875.00	1,105.00	41
Alloc - General Government		3249.00	3249.00	0	100
Meeting Expenses		4,837.73	3,000.00	-1,837.73	161
Office Supplies		525.94	1,500.00	974.06	35
Airshed Strategy		448.17	0.00	-448.17	0
Opioid Dialogues		71,320.92	100,000.00	28,697.08	71
Grant in Aid		20,200.00	20,000.00	-200.00	101
Contingency		0	40,813.00	40,813.00	0
Community Forums					
Advertising		0	1,000.00	1,000.00	0
Rentals/Building		66.69	600.00	533.31	11
Audio Visual		2,354.40	250.00	-2,104.40	942
Refreshments		87.00	2,000.00	1,913.00	4
Communications					
Community Information		1,977.35	2,000.00	22.65	99
Web Page		1,000.00	1,000.00	0	100
Total Operating Expenses		190,537.82	310,537.00	119,999.18	61
Total Surplus Deficit		-169,609.22	0	169,609.22	0
Total General Revenue Fund		-169,606.22	0	169,609.22	0

Proposed 2019 – 2021 Budget

January 2019 – March 31 2021

Our Cowichan Budget Proposal	2019	2020
Revenue		
Remaining from previous year	169,609.22	86,344.22 (carry over of contingency from 2019)
Island Health Contract Services Grant	80,000.00	80,000.00
Remaining OERC Grant	52,400.00	
First Nations Health Authority Grant	8,000.00	
Airshed revenue	4,000.00	
Total Revenue	314,009.22	166,344.22
1 Advertising	1,000.00	1,000.00
2 Consultants	50,000.00	15,000.00
3 Training and Development	2,250.00	2,250.00
4 First Nations Health Authority Grant	8,000.00	0
5 Contract Services- Lead	80,000.00	80,000.00
6 Contract Services (Admin support)	1,875.00	1,875.00
7 CVRD Administration (Allocation. - General government)	4,940.00	4,940.00
8 Meeting Expenses	5,000.00	5,000.00
9 Supplies -Office	1,500.00	1,500.00
10 Airshed Strategy	4,000.00	4,000.00
11 Opioid Grant	42,500.00	2,500.00
12 Grants in Aid (Small Grants)	20,000.00	20,000.00
13. Contingency	86,344.22	21,279.22
13 Community Forums		
• Advertising	1,000.00	1000.00
• Rentals- building	600.00	1000.00
• Audio visual	0	0
• Refreshments	2000.00	2,000.00
14 Communication/		
• Community Awareness	2,000.00	2,000.00
• Website	1,000.00	1,000.00
Total Budget	314,609.22	166,344.22
Estimated Remaining	0	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. First Nations Health Authority Peer Grant (one time only \$8,000.00)
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 and Response
12. Grant in Aid – 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

Moving Forward 2019



Good health is more than just good health care.

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.

Our Cowichan Strategic Plan has been updated and will include actions such as:

- Building our network of community partnerships with a strong foundation of relationships and understanding.
- Increasing support for early childhood development as determined by community partners.
- Ongoing facilitation and stewardship of the Community Action Team and Opioid response including supporting Overdose Response Granting through multiple funding streams.
- Ongoing support with consultation and planning regarding the building of a new Cowichan District Hospital, establishment of Primary Care Networks and the Health and Care Plan through OCCHN and community partners.
- Ongoing research and profiling of community health via the revision of the Cowichan Communities Health Profile in partnership with Island Health.
- 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 throughout the region to address priority areas across the Determinants of Health.
- OCCHN will co-lead and facilitate the Cowichan Homelessness and Affordable Housing Coalition with partners Cowichan Housing Association, Ladysmith Resources Association and United Way to put the new Homeless Plan into action. In addition to the Coalition, OCCHN will co-lead the Youth Housing First Collective Impact Initiative focusing on vulnerable youth.
- OCCHN will facilitate ongoing community education opportunities including workshops and forums on prevention, wellness and health promotion on identified issues.
- 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 the For Everything That's Community Health (FETCH) Online Resource Directory.
- Ongoing leadership in the EPIC (Eldercare Project in Cowichan) including stewardship of the community stream of this work. OCCHN will support isolated seniors via the "How Are You Aging" project and soon to be released transportation project. Multiple granting opportunities will be explored.
- OCCHN will provide mentorship and support for health networks across Vancouver Island and the Gulf Islands. OCCHN will work with Island Health to establish an evaluation framework to further highlight the impact of health networks.

Health Networks such as Our Cowichan build the foundation of a strong community-based approach to challenges we all share.

Inter-sectoral 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.

We are also grateful for the opportunity to work with multiple sectors within Island Health from Executive to Directors, to talented employees at all levels in ways we have never done before.

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.