



REPORT

Year End Report 2019

Prepared by Cindy Lise



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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 wellness.

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 2019 accomplishments. The impact of relationship building and partnerships are manifested throughout the region as evidenced by the work undertaken within 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 so. Many initiatives are continuing and others like a vaping initiative are new.



- Our Cowichan 3-year strategic plan has 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 homelessness and the opioid crisis in our region.
- Collective Impact Initiatives continue to align with OCCHN priorities continue to move forward. These initiatives bring together over 225 community partners. They are:
 - Housing and Homeless Coalition including Housing First for Youth
 - Community Stream of EPIC (Eldercare Project in Cowichan)
 - Cowichan Regional Airshed Roundtable
 - Cowichan Community Action Team (CAT)
 - 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 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.



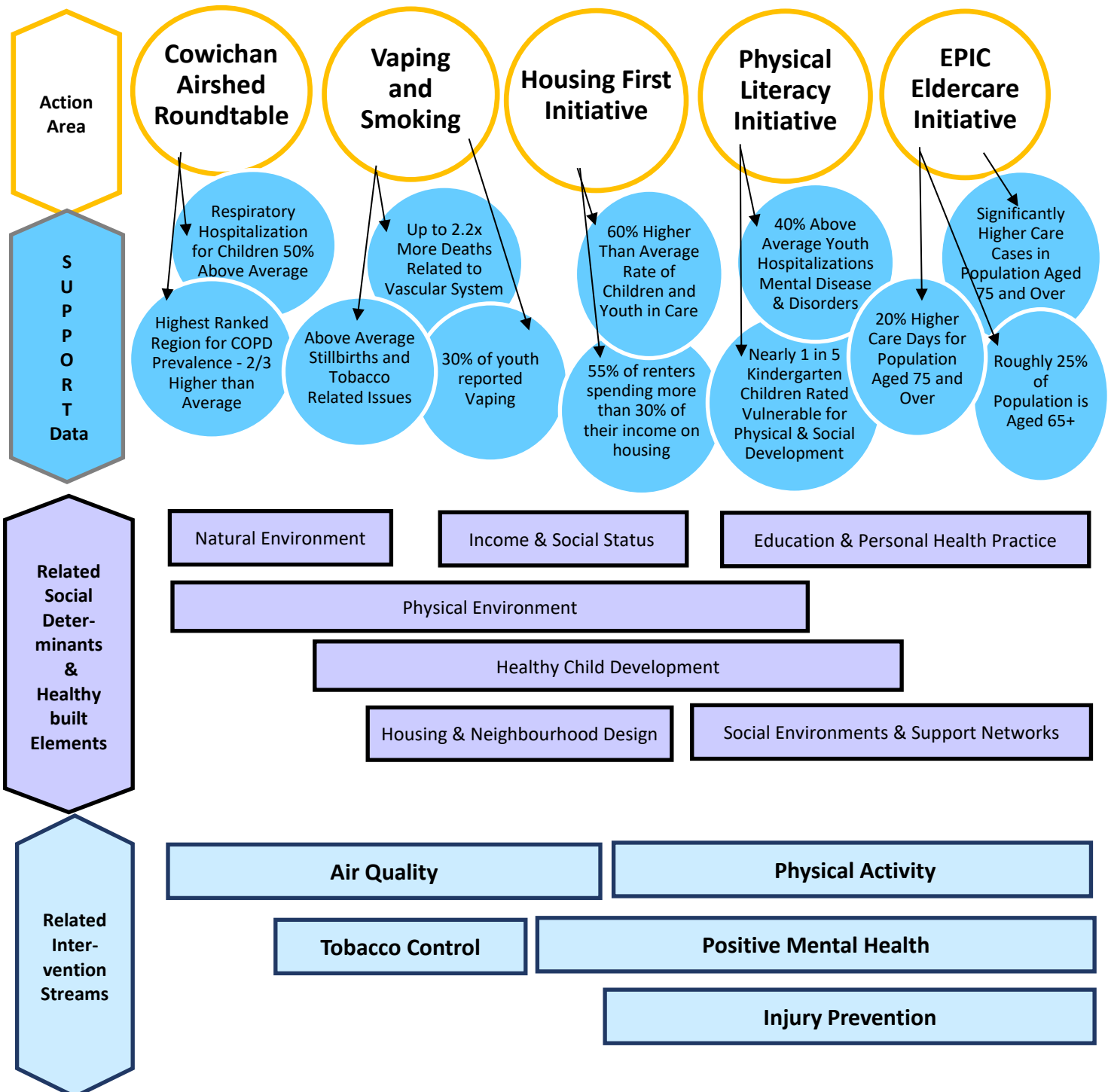
The Network

- The Network consists of over 52 active members and 11 members at large. We continue to grow
- Meeting structure includes delegations, strategic dialogue and member input
- 29 OCCHN meetings and sub committee meetings were held in 2019
- 35 Community forums/dialogues related to homelessness, Opioid Crisis, Affordable Housing, Housing and Homeless Coalition, Hospital Planning and Airshed Roundtable were held that were planned or supported by OCCHN
- Our website experienced over 52,219 visits and 164 837 hits in 2019
- 44 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
- \$20,500.00 in small grants allocated to 12 community projects
- Hosted 2 Cowichan Airshed Strategy Round Tables and 4 Airshed Leadership sessions. As a result, radio announcements and communications assisted with reducing open burning on poor venting days and woodstove replacement grants were implemented
- 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
- OCCHN supported efforts that brought over \$626,338.00 in grants and leveraged resources to our region.

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 address 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. OCCHN has grown to over 52 active members and 11 members at large who share meaningful relationships, friendships and comradery.

(Pictured above: a local First Nations senior, MP, Cowichan Neighbourhood House ED and Cowichan Housing ED sharing a meal together prior to an OCCHN meeting. Pictured left: OCCHN members evaluating our most significant change)



Cowichan Community Action Team

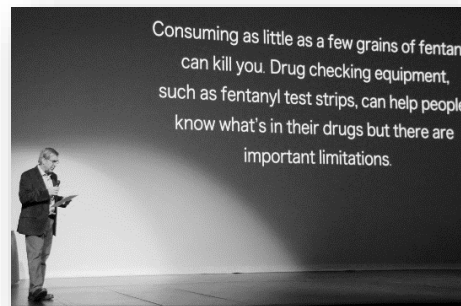
Lives continue to be lost as the Cowichan Region grieved with the deaths of 19 individuals in 2019 due to suspected drug poisonings and reported 206 ambulance attended overdoses. The challenges are complex with the growing number of individuals experiencing toxic brain injuries and homelessness



- OCCHN facilitates the Community Action Team (CAT) in efforts to ensure the integrated and collaborative community response and ongoing communication between service providers across the social determinants of health. 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. The efforts of the CAT highlight the ongoing crisis in our region which has enabled \$66,980.00 in funding from the Overdose

Emergency Response Centre to come to our community for 2018/2019.

(Pictured above OCCHN Facilitator, Shelter Manager, Medical Health Officer, Cowichan Women Against Violence Executive Director and Physician address a crowd of over 500 community members at a dialogue in February 2019. Right: Nick Versteeg talks about stigma at the premier of the film "A Just Society")



Opioid Dialogues continued with a focus on stigma with famed film maker Nick Versteeg and a community presentation of his film "A Just Society". In addition to working with the public and community agencies the CAT began working with businesses that are impacted by homelessness, crime and open drug use. Integration of the Community Action Team and the Cowichan Homeless Coalition is also a key component to the work of OCCHN and collective impact in the Cowichan Region. Building on the momentum from 2018, in 2019 our community continued to plan and advocate for housing the homeless, addressing addictions and seeking treatment options. Minister Judy Darcy was invited to Cowichan for meetings with key community stakeholders to learn more about the crisis in our community. A community proposal for enhancing the substance use service delivery model that included a housing component was submitted to the province, which unfortunately we were not funded for. Our region has not lost sight of its importance and continues to advocate for much needed resources.

Housing and Homelessness Coalition and Housing First For Youth

2019 saw the first \$750,000.00 installment from the CVRD housing fund via the Cowichan Housing Association which was approved in the 2018 local elections referendum. Ongoing planning for the development of affordable housing is in progress across the region where Ladysmith will be the first community to benefit from an affordable housing project with these funds. Efforts from the Cowichan Housing and Homeless Coalition strengthened an application submitted for

designated funding from the Federal Government for the Reaching Home Initiative. The outcome of the application will be determined in 2020. It is important to note that OCCHN supports co leadership and facilitation of the Housing and Homelessness Coalition in collaboration with Cowichan Housing Association, Ladysmith Resources Centre Association the United Way and multiple community partners.

(Photo Cowichan Valley Citizen)



Cowichan District Hospice House, Hospital and Health Care Services in Cowichan



new Hospice House in the spring of 2020. Right: Hundreds gather to support a fundraiser for the Rotary Hospice Gardens)

OCCHN worked closely with community partners and Island Health in planning for the new hospital, Primary Care Networks and Health and Care Planning that will take us into the future. OCCHN brings the voice of community partners and the social determinants of health into the dialogue. The network continues to support the Hospice Project including working with the Rotary Clubs of Cowichan with a large fundraiser for the building of the state-of-the-art Hospice House which is anticipated to open in the fall of 2020

(Left: The ground breaking of the



Small Grants Initiative

OCCHN 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 \$117,000.00 in grants over the past number of years and in 2019 provided \$20,500.00 into 12 projects. The 2019 grants focused on priority areas identified in the OCCHN Strategic Plan such as:

- Handmade Hugs- hats, mittens and blankets for vulnerable children, youth and homeless community members

- Cowichan Brain Injury Society- Let's Get Expressive (*pictured here sharing the news about the impact of the Let's Get Expressive Project and becoming a society with the OCCHN support*)
- Sundrops Child Development Centre- Pop up Play Groups
- Early Childhood Development -Play Group Facilitation
- The Ita Wegman Association of BC for Curative Education and Social Therapy ("Glenora Farm") Dehydrating Station Upgrade and Expansion Project for special needs adults
- Town of Ladysmith- Ladysmith Youth- Physically Lit
- Ts'ewulhtun Health Centre - Mother's Story and Family Fun Night
- Cowichan Neighbourhood House Association - Healthy Youth Program & Youth Cooking
- Children and Family Council for Cowichan Region - Promoting Children's rights in the Cowichan
- Ladysmith Family and Friends - Healthy Bodies, Healthy Hearts
- Municipality of North Cowichan – Youth Outreach Department -Project: Breakfast
- Cowichan Therapeutic Riding Association-Early Childhood Development Hippotherapy Program
- Ladysmith Resources Centre Association - Dads' Drop-in



The Air We Breath -Cowichan Regional Airshed Roundtable and Vaping/Smoking Initiatives



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. 2019 efforts included an increase in public awareness of the impact of their burning, when to burn and when not to burn, alternate options to avoid burning all together as well as daily announcements about venting conditions during the burning window.

Reports of a significant increase in youth vaping resulted in actions being taken by OCCHN, School District 79, Island Health, FNHA and BC Lung Association. Plans are currently underway to implement an awareness and cessation campaign.

(Photos previous page: impact of local agricultural burn as the smoke spreads across a wide area. Right: Photo of youth vaping from Toronto Sun)



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 the project. Our region's efforts include opportunities to raise awareness, train and develop best practices. Our "Try It Sports" project is an example of how to introduce unique sporting experiences to school age children who may otherwise never try. (Photo Lake Cowichan Physical Literacy Obstacle Course event draws local children for a day of fun and activity designed to utilize fundamental movement skills)



Establishing a Network of Health Networks on Vancouver Island

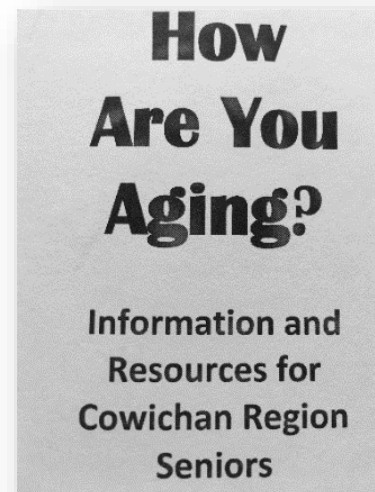
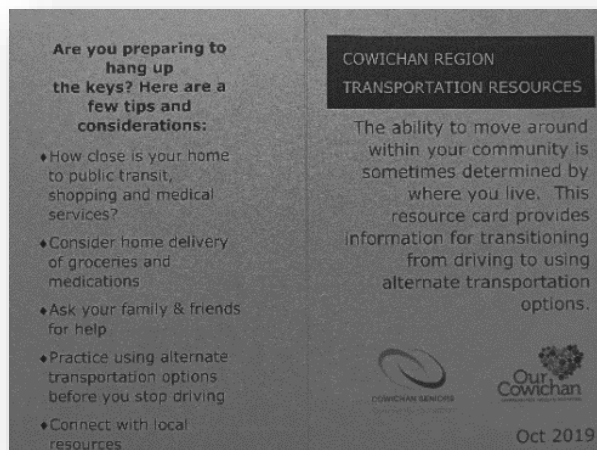
Each year the number of community health networks on Vancouver Island continues to grow. The development of networks increases our collective impact



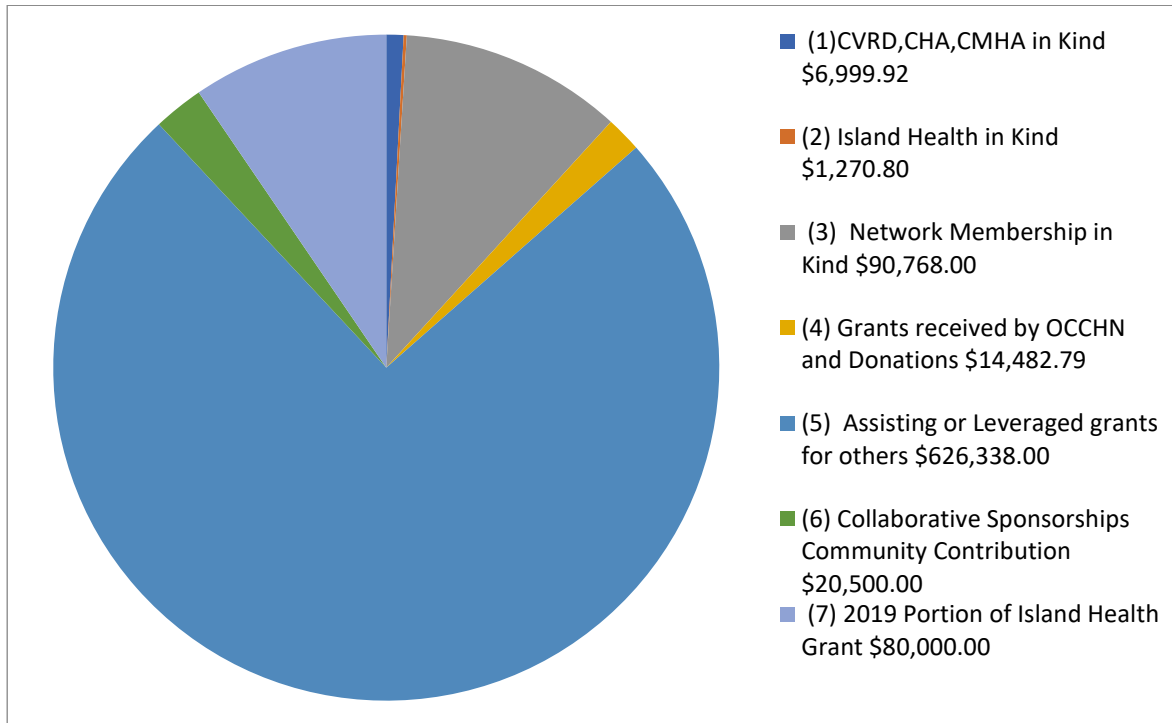
across all areas on the Island. OCCHN has been there along the way to support colleagues and communities as well as Island Health with evaluation and most significant change research.

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?” project. Small pocket cards help seniors and loved ones 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 Transportation Resources projects helps seniors to determine their driving capabilities and measures required to ensure that they can move freely about the community. This card provides local resources and transportation options for those who are no longer able to drive. Collaborative efforts to submit a multi stakeholder proposal had a significant impact in bringing over \$362,500.00 in grant funding via the Healthy Aging Core initiative. Funds from this grant will enhance caregiver support services and will provide a community link worker for the next 2.5 years. Additional funds were also received for hospice and palliative care enhanced services.



2019 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 lead 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. 2019 portion of Island Health Grant

*Average wage per hour of members is \$29.28 per hour * \$18.30 volunteer members; \$26.26 Managers; \$43.27 Directors, Executives, Physicians (based on "provincial averages" of indeed employment postings). Actual wages are higher than "in kind" wages.*

Our Impact Beyond Data

As an Island Health Manager and in current role in planning the Primary Care Network for Cowichan, I can say with certainty that “Our Cowichan” is the glue that holds many disparate and varied organizations in our community together and Cindy Lise is the tireless and fearless leader that is responsible for this cohesion. I am an active member of the Eldercare Project in Cowichan and also attend the Our Cowichan bimonthly meetings and so have a sense of the work that is going on but know it extends beyond what is visible and it is vast and very much in tune to the needs of the community members. Cindy has repeatedly said that it isn’t “what” we do but “how” we do it and she lives this each and every day with a willingness and desire to truly improve health outcomes for all Cowichan citizens. Most recently, Cindy has been attending the (initially daily and now biweekly) Island Health COVID-19 response planning meetings and brings what is happening in the community to all of our attention both to seek help and offer help (i.e. daycare information for our essential health care workers). The service plan for the Cowichan Primary Care Network has been informed by many sources including the work going on by “Our Cowichan” and as a result, we feel that it is reflective of the needs in this community. Thank you for the amazing work.

Sue Kurucz, Project Director, Cowichan, Island Health

The North Cowichan/Duncan RCMP Detachment has worked closely with the Our Cowichan Communities Health Network for the past several years and are proud to be a part of this asset to our community. Through working with the CCHN and Cindy Lise, we have developed strong and beneficial working relationships with many community partners, for our supervisors and officers on the front line. Using our relationship with the CCHN and these community partners, we have worked together towards common community goals and issues, relying on the expertise of each other to be shared at the table. Being a joint team at Community/Neighborhood Meetings, planning a response, and educational initiatives goes a long way to resolving concerns and erasing stigma.

*Inspector Chris Bear, Officer in Charge
North Cowichan/Duncan RCMP-GRC*

Our Cowichan Communities Health Network has continually achieved the mandate of bringing together partners across our region, to develop solutions to identified health concerns. Whether the issue is the frailty of seniors, the inactivity of youth, the quality of air, the increase in substance use, the need for end of life care, or the design of a new hospital, Our Cowichan brings collaborative processes and a collective impact approach to solving public health dilemmas. Local government now often relies on Our Cowichan to recommend the pathway forward in community healthcare.

*John Elzinga, General Manager, Community Services,
Cowichan Valley Regional District.*

Budget January 2019 to December 31, 2019

Our Cowichan Communities Health Network					
Account Description	Current Period	Year to Date	Budget Amount	Variance	%Used
General Revenue					
Grants					
Provincial Conditional		-80,000.00	-80,000.00	0	100
General		-10,235.00	-85,438.00	-75,203.00	12
Total Grants		-90,235.00	-165,438.00	-75,203.00	55
Donations		0	0	0	0
Surplus Deficit Current Year		-169,609.00	-131,259.00	38,350.00	129
Total Operating Revenue/Exp		-259,844.00	-296,697.00	-36,853.00	88
General Expenditures					
Advertising	0	1,000.00	1,000.00	0	0
Consultants	4,360.79	20,000.00	15,639.21	22	
Training and Development	1,053.47	2,250.00	1,196.53	47	
Contract Services Lead	81,924.12	80,000.00	-1,924.12	102	
Contract Services Support	1,610.00	1,875.00	265.00	86	
Alloc- General Government	4,940.00	4,940.00	0	100	
Meeting Expenses	4,528.25	5,000.00	471.75	91	
Office Supplies	2,306.11	1,500.00	-806.11	154	
Airshed Strategy	316.84	3,500.00	3,183.16	9	
Opioid Dialogues	30,435.00	15,000.00	-15,435.00	203	
Grant in Aid	20,258.00	20,000.00	-258.00	101	
Contingency	0	66,938.00	66,938.00	0	
Community Forums					
Advertising	0	1,000.00	1,000.00	0	
Rentals/Building	352.55	600.00	247.45	59	
Audio Visual	0	250.00	-2,104.40	0	
Refreshments	0	2,000.00	0	0	
Communications					
Community Information	0	2,000.00	2,000.00	0	
Web Page	1,000.00	1,000.00	0	100	
Total Operating Expenses	153,085.13	296,697.00	143,611.87	52	
Total Surplus Deficit	-106,758.87	0	106,758.87	0	
Total General Revenue Fund	-106,758.87	0	106,758.87	0	

As We Move Forward in 2020



Our Cowichan will continue to 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 Strategic Plan includes:

- Building our network of community partnerships with a strong foundation of relationships and understanding.
- 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

- Pending funding OCCHN will continue with the 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. 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.
- OCCHN will work with School District 79, Island Health, FNHA, government and community partners to raise awareness of the increase in youth vaping promote cessation strategies and increase access to resources and support for reducing smoking in our region
- OCCHN will transition from FETCH to the Pathways On Line Resource Directory
- Ongoing leadership in the EPIC (Eldercare Project in Cowichan) including stewardship of the community stream of this work. Multiple granting opportunities will be explored.
- OCCHN will provide mentorship and support for health networks across Vancouver Island and Gulf Islands. OCCHN will work with Island Health to establish an evaluation framework to further highlight the impact of health networks.

Partnerships that Make Our Cowichan Possible

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 and we are busier than ever! 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.



Proposed Budget Moving Forward January 2020 to March 31-2021

Our Cowichan Budget Proposal	2020	2021
Revenue		
Remaining from previous year	106,758.87	10,923.87
Remaining Contingency from 2020		15,270.00
Island Health Contract Services Grant	80,000.00	0
Airshed revenue	4,000.00	0
Total Revenue	190,758.87	26,193.87
1 Advertising	1,000.00	0
2 Consultants	37,000.00	0
3 Training and Development	2,250.00	2,000.00
4 Contract Services- Lead	80,000.00	0
5 Contract Services (Admin support)	1,875.00	1,875.00
6 CVRD Administration (Allocation. - General government)	4,940.00	1,178.69
7 Meeting Expenses	5,000.00	5,000.00
8 Supplies -Office	1,500.00	1,500.00
9 Airshed Strategy	4,000.00	0
10 Grants in Aid (Small Grants)	20,000.00	11,000.00
11. Contingency	15,270.00	0
12 Community Forums <ul style="list-style-type: none"> • Advertising • Rentals- building • Audio visual • Refreshments 	1,000.00 1,000.00 0 2000.00	500.00 550.00 0 1,590.18
13 Communication/ <ul style="list-style-type: none"> • Community Awareness • Website 	2,000.00 1,000.00	1,000.00
Total Budget	179,835.00	26,179.69
Estimated Remaining	10,923.87	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. Contract Services Lead- Facilitator
5. Contract Services- Occasional admin support
6. CVRD Administration- Fees for accounting services
7. Meeting Expenses-Food for network meetings, strategic planning
8. Supplies- Paper, ink, photocopying and resources for meetings
9. Airshed Roundtable
10. Grant in Aid – small grants projects providing grants up to \$2,000.00 each
11. Contingency
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