



REPORT

Year End Report 2014

Prepared by Cindy Lise

March 2015

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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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Executive Summary

Our Cowichan has much to celebrate with its 2014 accomplishments. Members have contributed hundreds of hours constructing the Network's foundation, building relationships and establishing the trust necessary to move the network forward. In addition to the structural elements some significant undertakings have resulted in the networks success.



- Cowichan Communities Health Profile – compiled in partnership with Golder Associates, Our Cowichan and Island Health
- Building a strong and vibrant Network with 8 new active members from community organizations, Island Health, local government, First Nations and private citizens bringing the total membership to 35
- Active participants representing a community voice at the Attachment and Integration working group, Collaborative Services Committee, Physical Literacy Committee, Child Youth and Family Mental Health and Substance Use Action Team and Cowichan Lake Multi Disciplinary Working group.
- The 3 Year Strategic Plan that has guided the work of OCCHN was able to achieve many of its goals and the next phase of strategic planning has been undertaken a year earlier than anticipated
- Creating the branding that is helping to build our identity
- The allocation of approximately \$20,000.00 per annum towards community initiatives designed to improve our quality of life

The Cowichan Valley has a population of 82,000 inclusive of First Nations members. The results from the Cowichan Communities Health Profile tell us that there are a number of challenges that our citizens face. The top 5 concerns include the following.

- 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

Building the Network

- 35 active members organizations
- Over 52 meetings held among network members in 2014
- 6 Community forums related to health and wellbeing hosted in 4 communities
- A website with over 15,734 visits and 351,477 hits in 2014
- 52 weekly newsletters delivered to OCCHN members to keep them informed of meetings, events and health related information
- Facilitated opportunity for Island Gathering of Health Networks

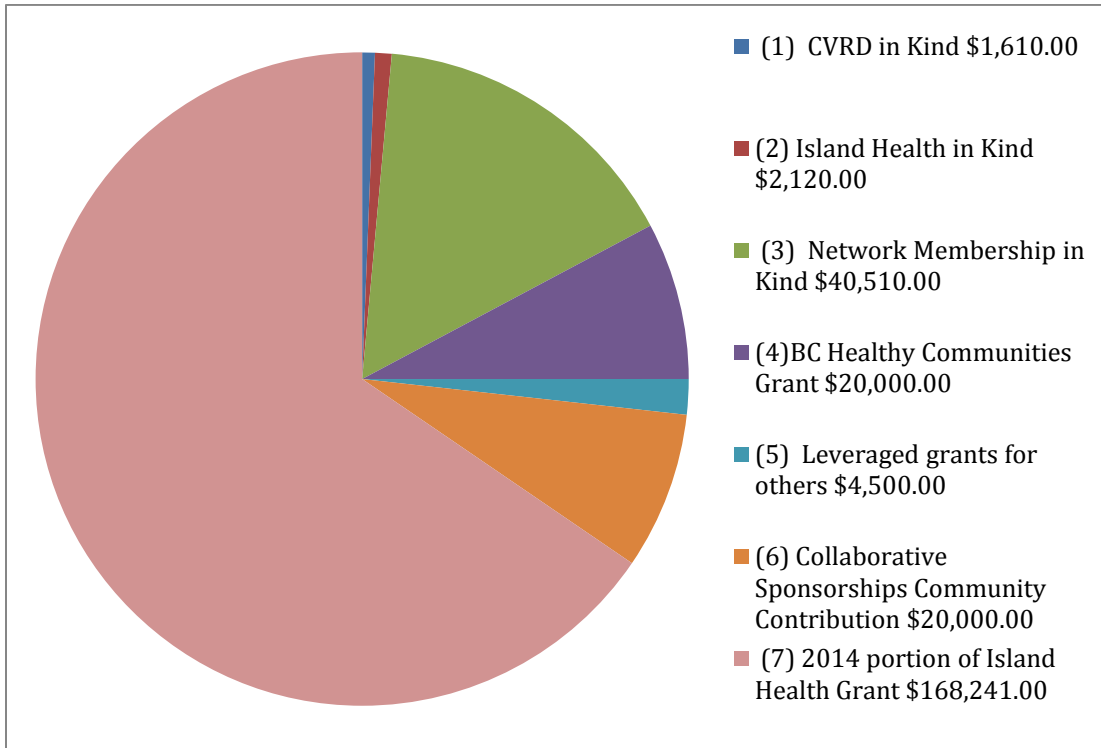
Accomplishments

- Communications Strategy and Branding completed with the Launch of “Our Cowichan”
- \$20,000.00 in Healthy Communities BC grant received via OCCHN
- \$20,000.00 in small grants allocated to 13 community projects across the region that enhance the determinants of health

Significant Outcomes

- Cowichan Communities Health Profile Completed
- Asset Mapping template completed
- GIS mapping identifying areas where we do not meet the provincial norm
- Accomplished many of the goals of the Cowichan Communities Health Network's Three Year Strategic Plan

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 Cowichan Communities Health Profile
3. In Kind support via meetings, committees, projects and volunteer hours from OCCHN members
4. Grant received from BC Healthy Communities
5. Grants received via Our Cowichan in preparing applications and supporting community capacity building (e.g. Choose Cowichan Lake and Healthy Communities Grant)-
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. Island Health Grant Funding 2014 portion used

*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)*



Moving Forward

Our Purpose

To create change by Connecting

Our Vision

That all citizens of the Cowichan Communities Enjoy Good Health

Our Mission

We will facilitate discussion, provide information and are a catalyst for action on the 12 Determinants of Health

Budget 2012 to 2014

| | 2012 | 2013 | 2014 | Total |
|---|---------------------|----------------------|--|-----------------------|
| Advertising | 1,200 | 2,000.00 | 2,000.00 | 5,200.00 |
| Consultants | 3,360.00 | 25,000.00 | 25,000.00 | 53,360.00 |
| Training and Development | 0 | 4,000.00 | 4,000.00 | 8,000.00 |
| Contract Services- Lead | 42,000.00 | 80,000.00 | 80,000.00 | 202,000.00 |
| Contract Services (Admin support) | 1,400.00 | 7,200.00 | 10,000.00 | 18,600.00 |
| CVRD Administration (Alloc.- General government) | 5,576.53 | 6,000.00 | 6,000.00 | 17,576.53 |
| Meeting Expenses | 4,800.00 | 5,000.00 | 5,000.00 | 14,800.00 |
| Supplies -Office | 1,500.00 | 1,500.00 | 1,800.00 | 4,800.00 |
| Grants | 0 | 20,000.00 | 20,000.00 | 40,000.00 |
| V.I.H.N. Contract Wages | 11,852.76 | 0 | 0 | 11,852.76 |
| Contingency | 2,250.71 | | | 2,250.71 |
| Community Forums | 2,500.00 | 10,000.00 | 10,000.00 | 22,500.00 |
| • Advertising | 800.00 | 2500.00 | 2500.00 | |
| • Rentals- building | 800.00 | 2500.00 | 2500.00 | |
| • Audio visual | 500.00 | 2000.00 | 2000.00 | |
| • Refreshments | 400.00 | 3,000.00 | 3,000.00 | |
| Communication/ -Community Awareness -Website | 500 2,000.00 | 6,400.00 1,000.00 | 6,400.00 1,000.00 | 13,300.00 4,000.00 |
| Total | Actual 78,940.00 | Actual 130,027.36 | Budget 171,200.00 Actual \$161,268.69 | 418,240.00 |

Proposal and Work Outline

We are currently in the process of revisiting our Strategic Planning to guide the next three years of operation for Our Cowichan.

Current work plans include the following:

- OCCHN will establish priorities for action based on evidence surrounding the 12 Determinants of Health in the Cowichan Communities.
- Community engagement sessions and roll out of the Cowichan Communities Health Profile are scheduled to begin in early 2015.
- Addressing priority actions will take place in partnership with local governments, Island Health, Our Cowichan, community organizations, First Nations and citizens throughout the communities. This work will be supported in part by funds provided via the Healthy Communities BC Capacity Building Grant.
- OCCHN will facilitate ongoing community education opportunities including workshops and forums on prevention, wellness and health promotion.
- OCCHN will facilitate education opportunities for the Collective Impact Framework which can be used as a tool to improve complex social and health concerns within the region.
- OCCHN will continue to work with the CVRD, CVRHD, Island Health and the Cowichan Communities in regards to the future replacement of the Cowichan District Hospital.
- OCCHN will build relationships with specialist physicians through the Collaborative Services Committee and Medical Advisory Committee.
- OCCHN will continue to work with Island Health, the Division of Family Practice, and Aboriginal Health in regards to Integration and Attachment as well as with Integrated Primary Health Care in Cowichan Lake region.
- OCCHN will support Island Health in their endeavors to develop Community Health Networks within the Island Health Region. Our Cowichan is proud of its accomplishment in building a strong health network using a Collective Impact model. Our team will offer to share learning's and to assist existing health networks on Vancouver Island or throughout the province by providing resources, templates and a helping hand any time they are requested. We will also strive to learn from our colleagues to improve our network.
- OCCHN will provide small grants to community organizations across the region for projects that enhance the determinants of health.
- OCCHN will continue to grow its membership ensuring that there is representation from all sectors and communities.



Budget Moving Forward 2015- 2017

| Our Cowichan Budget Proposal | 2015 | 2016 | 2017 | 3 year Budget |
|---|--------------------|--------------------|--------------------|-------------------|
| | | | | |
| 1 Advertising | 2,000.00 | 2,000.00 | 2,000.00 | 6,000.00 |
| 2 Consultants | 24,500.00 | 24,500.00 | 24,500.00 | 73,500.00 |
| 3 Training and Development | 3,000.00 | 3,000.00 | 3,000.00 | 9,000.00 |
| 4 Security | 1,000.00 | 1,000.00 | 1,000.00 | 3,000.00 |
| 5 Contract Services- Lead | 80,000.00 | 80,000.00 | 80,000.00 | 240,000.00 |
| 6 Contract Services (Admin support) | 1,000.00 | 1,000.00 | 1,000.00 | 3,000.00 |
| 7 CVRD Administration (Alloc.- General government) | 6,600.00 | 6,600.00 | 6,600.00 | 19,800.00 |
| 8 Meeting Expenses | 4,000.00 | 4,000.00 | 4,000.00 | 12,000.00 |
| 9 Supplies -Office | 2,000.00 | 2,000.00 | 2,000.00 | 6,000.00 |
| 10 Grants | 20,000.00 | 20,000.00 | 20,000.00 | 60,000.00 |
| 11 Contingency | 3,400.00 | 3,400.00 | 3,400.00 | 10,200.00 |
| 12 Community Forums | | | | |
| • Advertising | 2,500.00 | 2,500.00 | 2,500.00 | 7500.00 |
| • Rentals- building | 1,000.00 | 1,000.00 | 1,000.00 | 3,000.00 |
| • Audio visual | 500.00 | 500.00 | 500.00 | 1,500.00 |
| • Refreshments | 2,500.00 | 2,500.00 | 2,500.00 | 7,500.00 |
| 13 Communication/ -Community Awareness -Website | | | | |
| Community Awareness | 4,000.00 | 4,000.00 | 4,000.00 | 12,000.00 |
| Website | 2,000.00 | 2,000.00 | 2,000.00 | 6,000.00 |
| Total | 160,000.000 | 160,000.000 | 160,000.000 | 480,000.00 |

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. **Grant in Aid-** \$20,000.00 – 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