

**Network Minutes**

**Thursday May 13, 2021 via zoom**

**Present:** Denise Williams Chair, Sheila Service, Cindy Lise, Rhoda Taylor, Sue Kurucz, Elizabeth Croft, Barry O’Riordan, Leslie Welin, Dave Gutscher, Linda Roseneck, Maeve Maguire, Rosalie Sawrie, Colleen Fuller, Mary Beth Small, Cailey Foster, Tricia Fothergill, Bev Suderman, Lynne Smith, Linda Gregson, Lise Haddock, Sierra Acton, Jane Osborne, Carla Bortoletto, Kristine Sandhu, Tracy Smyth, B McKenzie, Marcia Hower

**Welcome New Members:** Bev Suderman, Tracy Smyth

**Presenters:** Donna Wachowich MD ROAM- SP, Laura Sjoli House of Friendship, Aimee Shaneman Island Health Public Health,

**Update on OCCHN Activities**

* Have been working with community partners to determine the resources required for at risk youth via the Housing First 4 Youth Project.
* Our Cowichan Assisted the COVID Emergency Housing Task Team in developing a proposal for the UBCM to expand and support the service delivery model currently underway in Cowichan.
* OCCHN has been supporting the Poverty Reduction Strategies in the Town of Lake Cowichan and Town of Ladysmith that is being led by Social Planning Cowichan.
* OCCHN Supporting the Women’s Health Collective in preparation for gathering data on health needs for women in the region.
* OCCHN continues to facilitate EPIC where a concerted effort is underway to get information packages about local resources to all seniors who get their vaccines.
* OCCHN continues to support the Primary Care Network in its evaluation

**Call to order** at 5:30 by Denise who welcomed members and initiated round table introductions.

**The agenda was approved** by general consent.

**The Financial statement** was accepted as presented by general consent.

**Correspondence** – No correspondence

**Celebrating Mothers**

## Cowichan Maternity Clinic and ROAM- SP- Donna Wachowich MD.

* What is ROAM-SP? Rural Obstetrics and Maternity Sustainability Program and is offered through the Rural Coordination Centre of BC. The Duncan ROAM-SP group has identified Perinatal Substance Use as a priority project so in Cowichan we have chosen to focus on women who are pregnant and who are using substances as one of our key initiatives.
* Goal of ROAM-SP is to improve Maternity Care in selected rural communities in BC, one is Duncan
* Goal: improved care/collaboration between the health care system, health care providers and community services for the substance using population
* high priority for networking and education, creating a “culture shift” re: Attitudes, bias, Stigma etc.
* Reduce child apprehensions
* Improve linkages with specialized medical care
* Enhance the process to assist care providers in connecting women to enhanced care, programs and services in the region
* “Build your own” model: Each Community can develop its own Priority projects
* Develop a “care map” and tools for professionals
* Develop a “Navigation Tool” for women so that they can access the help they need during pregnancy and for the first year after the baby is born

## Cowichan Maternity Clinic- Donna Wachowich MD

* Established in 2011, an initiative of the Cowichan Valley Division of Family Practice with support from Island Health, the Cowichan District Medical Society and the Cowichan District Hospital Foundation
* Located in Cowichan District Hospital (CDH) beside the labour and delivery unit (2n)
* Approximately 250 births per year for the Cowichan Maternity Clinic and approximately 250 delivered at CDH by midwives and 50 planned home births per year (~550 births/year in the Cowichan vValley)
* The team: 7 physicians, 1 RN, 1 dietician (current maternity leave), 1 Medical Office Assistant
* Care for women throughout pregnancy, birth and Moms/Babies until 6 weeks postpartum
* Facilitate attachment for unattached patients to a Primary Care Provider e.g. Primary Care Network (PCN) or a local Family Physician
* Collaborate with our local obstetricians, Pediatricians, Midwifery colleagues, Labour and Delivery Nurses, Public Health, First Nations Health, Healthiest Babies Possible and other Professionals in the Community
* Outreach clinic for pregnant women on Penelakut Island twice per month
* Our Philosophy: Our mission is to deliver exceptional care during the journey to becoming parents. The health and safety of mother and baby are always our top priority
* With extensive and comprehensive training, we are qualified experts in our field. We use current best evidence to support the natural process of pregnancy and birth
* We believe in family-centered care, providing support and information to mothers, partner and families through every step of pregnancy, birth and postpartum
* Our team works in partnership with women and families. We aim to create a safe space to discuss questions and we respect choices made by mothers and families
* Our goal is to ensure women in the area have access to high quality, regular maternity care and that the region has a primary health care system that meets the needs of its residents
* **New Hospital plans**: 990 Square Foot clinic space including 3 examination rooms, teaching space/examination room, waiting room, staff area, clinical office
* Will be adjacent to Labour and Delivery Unit
* Current clinic in 400 square feet of space (former waiting room space)

## Moms and Babies House- Laura Sjoli- Hiiye’yu’ Lelum House of Friendship

* We are days away from opening the first ever house to support vulnerable moms who are about to give birth or have recently given birth. The house will provide the support via a residential home that provides 24-7 care for the moms and the infants. Wrap around care will assist in building the skillsets and relationships between mom and babe to enhance bonding and success in the lifelong journey of child rearing.
* The planning of this house has been underway for many years and seeing it come to fruition is incredible.
* There will be 6 suites with individual rooms and bathrooms and a shared living space
* Can be one of the key contributors to reducing the number of children that are apprehended at birth or within their first years of life.
* Run via the Hiiye’yu Lelum House of Friendship the women will be identified via the Healthiest Babies program and other community agencies.
* The House will be an abstinence model of care so may not be for all women. It may also not be for all women in the sense that it requires living in a communal residence. (Fathers are not permitted on the site as some women may be fleeing violence or toxic relationships).
* There is also a suite on site to assist women as they transition back into the community prior to being fully independent.
* How can you help? The house requires:
  + Lawn Mower
  + BBQ
  + Smart TV
  + Area Rugs
  + Lamps
  + Plants
  + Art
* For more information contact Laura Sjoli at [lsjoli@hofduncan.org](mailto:lsjoli@hofduncan.org)

## Island Health Public Health – Aimee Shaneman

* Island Health Public Health has been supporting women and families in the Cowichan Region for Decades via the Margaret Moss Health Unit.
* Women who give birth are followed up to ensure that the transition for mom and babe are going well. 15-25% of the population will require additional supports
* Women are screened for perinatal depression and support is provided
* Focussing on the 15-25% who require additional support, IH is able to offer more services over time and can help to establish relationships and build on health goals. The nurse family relationship can be very critical in promoting healthy child development as the nurse walks along side someone to help them address their needs.
* Parents are experts in their own lives and the team is there to support them.
* Many new parents are motivated to overcome challenges and when extra support is provided at this time it is most meaningful and impactful.
* Public Health can provide the point person for care coordination for those who need extra support.
* In addition to prenatal education, infant growth and development, post-partum depression, nutrition and recommended foods, support for parents, immunizations
* The baby box project that provides a safe sleeping space and information on sudden infant death syndrome has been a long-standing program in the region. Currently there is no additional funding for the initiative but there are still baby boxes available for those who need them.

**Next Meeting July 8 2021: 5:30 PM- Zoom**