

STRATHCONA REGION COMMUNITY HEALTH NETWORK

Bringing the community together to share ideas,
resources and knowledge to support and
improve the health of the region.

JUNE 26, 2015 MEETING REPORT HIGHLIGHTS & NEXT STEPS

THUNDERBIRD HALL, 1420 WEWAIKUM ROAD
CAMPBELL RIVER, BC

A diverse group of 150 people from across the region
dedicated a full day to learning about one another,
sharing stories and brainstorming ideas on the formation
of a Community Health Network.



SUPPORTING PARTNERS:

Photography by Island Health - Multimedia Services



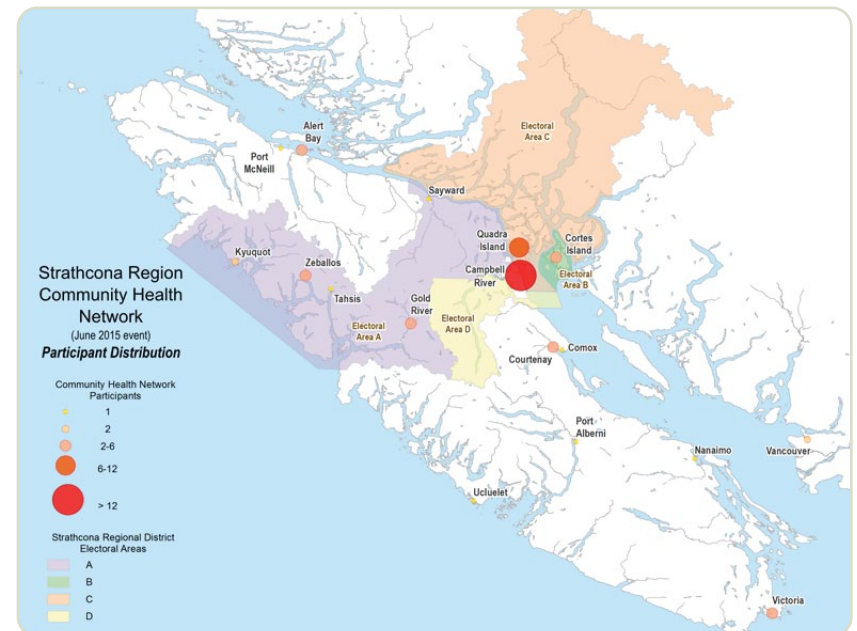
INTRODUCTION

On June 26th, 2015, an event was held at Thunderbird Hall in Campbell River to explore the possibilities of forming a Community Health Network for the Strathcona region. A diverse group of 150 people from across the region dedicated a full day to learning about one another, sharing stories and brainstorming ideas of how a Community Health Network could support and improve the health of the region.

Participants included those working or volunteering in a broad range of areas, including First Nations government, culture, health and wellbeing; elected officials; food security; housing and homelessness; natural resource industry; business and economic development; arts; children, youth and families; seniors' supports; health care education; recreation; mental health and substance use; and the environment and conservation; among others.

Voices from across the region joined in the lively conversation including those from Kyuquot, Sayward, Zeballos, Cortez and Quadra Islands, and members of all three First Nations cultural families in the region (Kwakwaka'wakw, Nuu-Chah-Nulth, and Coast Salish). There were also participants from outside the region (Alert Bay, Vancouver, Victoria, Port Alberni, Mt. Waddington) who came to share their experiences with other community health networks and/or to offer support during the early stages of forming the Strathcona Region Community Health Network.

The following summary highlights the findings from the gathering. Over the course of the day, small group conversations explored a shared understanding of collaboration, what makes us healthy and issues that can be dealt with in an inter-connected way. Participants agreed that it would be valuable to form a community health network for the Strathcona region, and some preliminary next steps were identified.



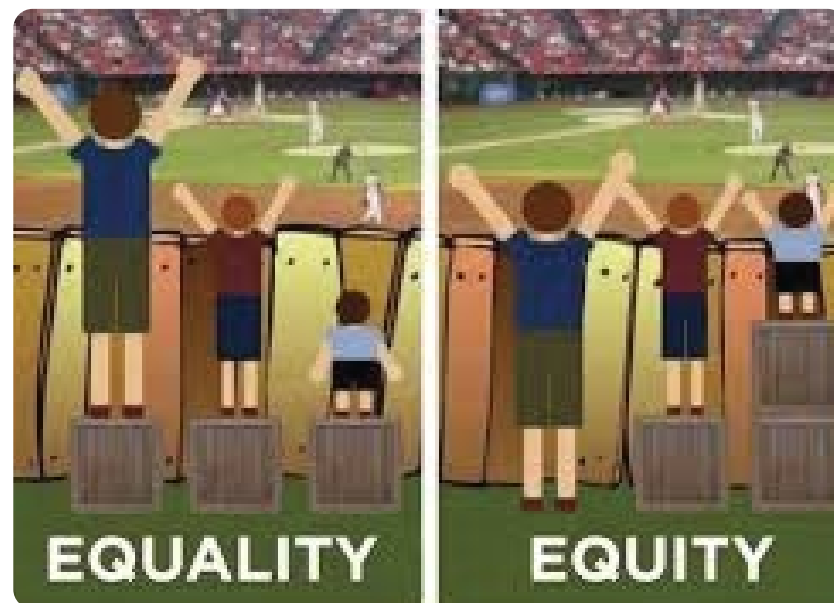
PARTICIPATION MAP: The participation map illustrates the geographic distribution of the 150+ participants from within and outside of the Strathcona Region.



COLLABORATION

The first group conversation centered discussions on what will make collaboration successful in the Strathcona region. Participants strongly identified the need and importance of relationship building, the need to help people work together in a good way, and the need for action. The themes below represent some of the results from the table group conversations:

- *Shared vision and common goals*
- *Broad and inclusive participation*
 - Opportunity for Aboriginal voice
 - Respect identities of communities
 - Open to all people; include youth
- *How we work together*
 - Valuing diversity and relationships
 - Developing trust
 - Respect and empathy
 - Making it easy to discuss issues
 - Seek to understand each others' perspectives
 - Open minds - oriented towards learning
 - Teamwork
- *Established processes to get work accomplished*
 - Understanding roles and responsibilities
 - A good process for how decisions are made
 - Identification and coordination of tasks
 - How/when meetings are scheduled and held
 - Learning best practices from other communities and sharing successes
- *Communication*
 - Respectful, clear and concise
 - Following protocol
 - Sharing information
 - Regularly reporting out



INSET ABOVE: Equality is about sameness, it promotes fairness and justice by giving everyone the same thing. It works if everyone starts from the same place. In this example, it works if everyone is the same height. Equity is about fairness. Equity ensures that people get access to the same opportunities. Sometimes our differences and/or our history can create barriers to equal participation, so we must first work to ensure equity before we can enjoy equality.



WHAT HELPS COMMUNITIES BE HEALTHY

After a presentation about the social determinants of health, participants engaged in conversations about what enables communities to be healthy. Overall, themes that arose include:

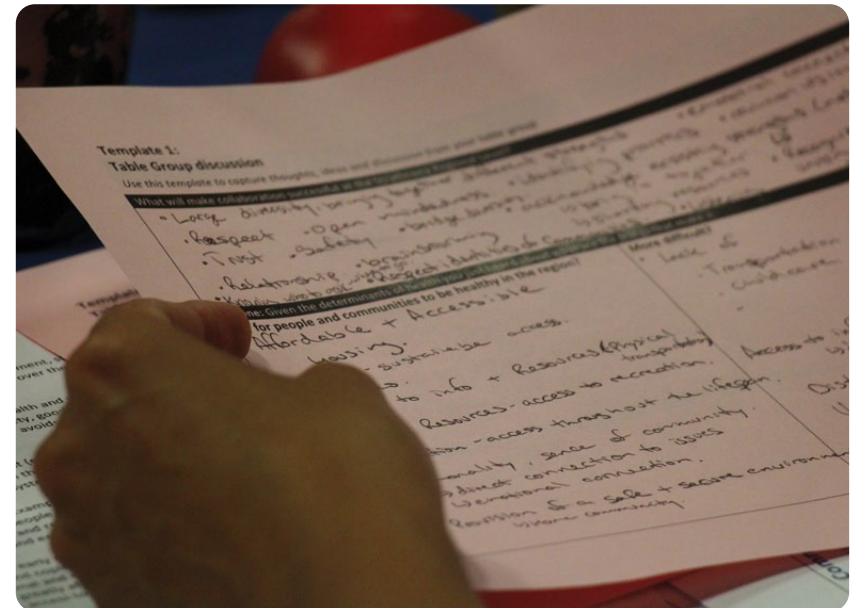
- *Strong sense of community connectedness*
 - Environments that promote inclusion and belonging, including for First Nations, ethno-cultural communities, across all sexual orientations and gender identities, for people living in poverty, for people who are homeless or marginally housed, and for people with mental health and/or addictions concerns
- *Child, youth and family support*
 - Early childhood development
 - Extended family and multi-generational wellbeing
- *Health promotion and health care*
 - Availability of community programs and services for all for all ages to support health and wellness, in urban, rural and remote settings
 - Services that help with self care/self management
 - Coordination of health care
- *Employment and income opportunities*
 - Opportunities for youth
 - Economic stability in local communities
 - Supports for individuals and families with low incomes
- *Housing*
 - A range of affordable housing across the region
- *Food security*
 - Access to community gardens, community greenhouses and food banks
 - Access to traditional foods

- *A healthy built environment*

- Access to food and water
- Good access to transportation that is physically accessible to all
- Access to parks, green spaces and recreational facilities
- Access to reliable cell and broadband coverage

- *Learning opportunities*

- Access to schools and postsecondary opportunities in ways that are culturally safe
- Life skills development



OPPORTUNITIES FOR REGION WIDE COLLABORATION

Participants were asked to reflect on what issues could be addressed in an interconnected way to improve health and wellness across the region. A range of broad themes emerged, and then these topics were further refined in conversations about what could this community health network start to address. Table groups were asked to identify their top two priorities, and these were then themed. With additional validation, these topics will be further explored as we move forward in the development of a community health network for the Strathcona region.

The group identified how we would need to do this:

- *Coordination & network development*
 - Attention to process
 - Live / in person & via a web portal
- *Building high trust relationships*
 - Culturally safe approaches

Topics that a health network could take action on include:

- *Transportation*
- *Housing / homelessness*
- *Technology (cell coverage and broadband connectivity)*
- *Food security*
- *Child & youth issues, including mental health*
- *Aging in place*
- *Volunteer & caregiver support*



Jill Banting, Graphic Recording Artist



Suzanne Beyrodt-Blyt, Linda Elias and Kim Cochrane, Island Health



MOVING FORWARD

This day took an open and inclusive approach to build relationships, learn about strengths and possibilities and to identify issues of concern to people from across the Strathcona region. It created a space for learning and building shared understanding – a place where hope, inspiration and newfound relationships can turn into action.

Overall, participant feedback has been very positive. There is a shared commitment to build on the valuable information collected at the June 26, 2015 event and carry the momentum of the day forward.

“If a CHN is to be successful, it should set simple goals that are achievable and build on the success of each initiative.”

EVENT PARTICIPANTS' SURVEY RESULTS

73% of survey participants agree or strongly agree that the event helped them understand how to collaborate more effectively.

81% of survey participants agree or strongly agree that the event broadened their understanding of what helps a community be healthy.

93% of survey participants agreed or strongly agree that they made valuable connections with individuals / agencies during the day.



Antoinette Busch, Strathcona Regional District

A half day workshop is being planned for this fall so the group can continue forming relationships and shaping the Strathcona Region Community Health Network. Tentative goals for this workshop will be to:

- Begin to determine how the Strathcona Region Health Network will function
- Move towards establishing leadership and an organizing group
- Begin forming working groups and start plans to address priority issues

While large group meetings may work for some, others prefer focused initiatives on specific topics. It is important to note that there is room for all types of inputs and time commitments – in whatever way works for the participants.





STRATHCONA REGION COMMUNITY HEALTH NETWORK

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