

CKOHT Update

September 2021



Today is September 30: Orange Shirt Day

September 30, 2021 is the inaugural National Day for Truth and Reconciliation in Canada. For more than a century, thousands of Indigenous children were taken from their homes and placed in residential schools. Today is a day to reflect on and learn about the impacts of the Indian Residential Schools. Orange Shirt Day is inspired by

Phyllis (Jack) Webstad's story of how her new orange t-shirt was taken away on her first day of school at the St. Joseph Mission residential school. The confiscation of Phyllis' orange shirt was a common practice at Indian residential schools where the intent was to disconnect Indigenous children from their families and communities and erasing their Indigenous identity. This photo to the right, is of Julia Dyer, from Chippewa of the Thames First Nation. Her grandfather Ken Albert was a residential school survivor.



Local Videos: Impacts of Residential Schools

Stand By Me: <https://www.youtube.com/watch?v=KUwurgVU-J0>

"Intergenerational Trauma is important for people to understand and how it affects their community...and how it is passed down to generations...My mother didn't hug me or tell me she loved me until I was a full adult. She didn't know how to do that. I take it that she was never loved as a child herself from being in residential school. She didn't know how to mother or parent."

We Are Still Here: <https://www.youtube.com/watch?v=PJtM-YEGpKc>

"I didn't have to go to a residential school [like my dad did] to have the effects of it. I live with it every single day...They took him [from his home], and he still had his ice skates on his feet [when he arrived at the residential school]...He spent 5 years at the residential school and after 5 years he no longer spoke his language anymore...I'm half Cree and half Mohawk and I only speak English...You feel like an outsider on your very own land."

Meet the new CKOHT Staff Team Members



Lauren Tessier - Impact Fellow, who joins CKOHT for a year-long fellowship, to support the implementation and evaluation of local priority projects and contribute to rapid learning and improvement.

Julia Dyer - Health And Social Equity Specialist, RN with previous experience in mental health and addictions, community health nursing, and acute care nursing in various background settings including local First Nations in Southern Ontario.



CKHA Launches New Paediatric Assessment COVID-19 Centre (PACC)

On September 21, 2021, Chatham-Kent Health Alliance (CKHA) opened an after-hours Paediatric Assessment COVID-19 Centre (PACC) intended for medical COVID-19 assessments of children 17 years of age and under within its Ambulatory Care unit at the Chatham Site. The operating hours are as follows:

- Monday to Friday, 5 p.m. – 9 p.m.
- Saturday and Sunday, 9 a.m. – 1 p.m.

The goal of the clinic is to handle expected growth in children and youth requiring medical attention for COVID-19 related symptoms. The aim of the clinic is to focus on this demographic and divert patients from the Emergency Department to help reduce wait times for all demographics.

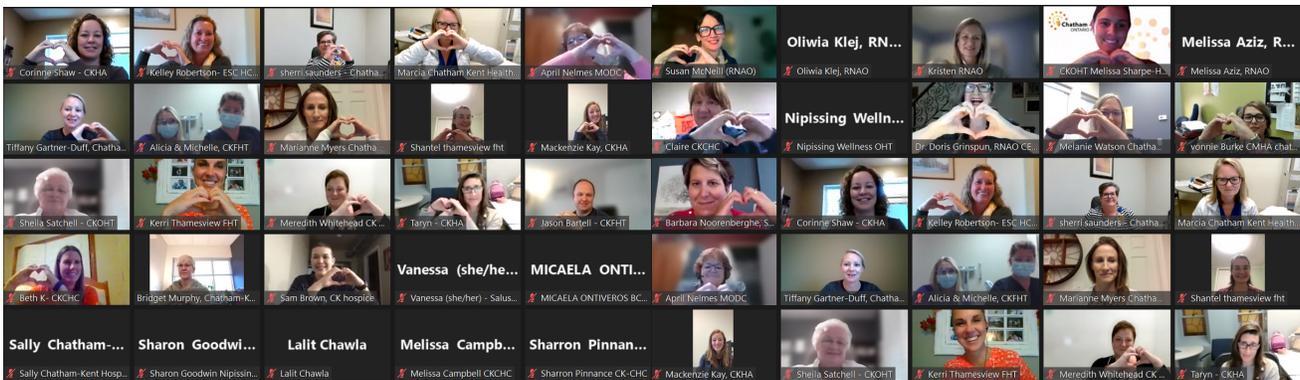


Please note, this clinic will not be offering COVID-19 vaccinations. Appointments must be booked before attending the PACC. Patients and families should visit www.assessmentbooking.ca to book an appointment.

CKOHT Participates in Best Practice Spotlight Organization (BPSO) Champions Training



In the month September, 56 representatives of several CKOHT partner organizations completed 4 afternoon sessions of the Best Practice Champion training provided by the Registered Nurses Association of Ontario (RNAO). The picture below shows many of our participating champions on our last Zoom training session. We are proud to say we had the highest representation of any other participating OHT demonstrating the extensive dedication of our members!



The BPSO model for Ontario Health Teams (OHTs) was established to respond to health system transformation in Ontario. The focus is on evidence-informed practices to optimize patient experience and health outcomes; and robust front-line staff engagement in leading clinical excellence. The BPSO OHT focuses its efforts on uptake of best practices across all sectors of the OHT ensuring spread and scale into cultures of excellence. Results are closely monitored and continuous learning is facilitated by coaches to ensure success and sustainability of achievements.

This training will enable our CKOHT partners to implement four Best Practice Guidelines over the next four years, which will directly improve our patient and family experience within each of our healthcare and organizational settings. The first Best Practice Guideline CKOHT will be implementing is Person & Family Centred-Care which directly aligns with our focus on persons and patients at the forefront of all we do.

CKHOT's new BPSO Working Group will have their first meeting in October. The purpose of the new BPSO Working Group is to implement the Best Practice Guidelines over the next 4 years to achieve BPSO Designation.

CKOHT's Patient, Family and Advisory Council (PFAC)

The term, “patient” is an inclusive term which encompasses patients, clients, residents, families, caregivers and/or care partners as a broad spectrum of people who interact and intersect with the health system.

It is understood that inclusion of the patient voice will be an expectation of all aspects of CKOHT's planning, co-design, monitoring and evaluation processes of our health care services. This mutually beneficial partnership will lead to better health outcomes, wiser allocation of resources and greater patient and provider satisfaction.

PFAC has been busy! Stay tuned to hear more about the work from PFAC in upcoming newsletters.



Westover Treatment Centre Virtual Day Program

Westover is excited to announce that our Virtual Day Program is officially live, with the first group starting on October 4th! This program allows clients to maintain a work-life balance while receiving care for their Substance Use Disorder. With this 4 week program, individuals are able to take what they've learned and immediately apply it in real-life situations while at work, in the home, and during social interactions. This program also provides access to those who cannot attend a residential program or who are not best suited for residential treatment. Westover launched two virtual programs in May 2021, the Weekend Family Program as well as the Courage to Change women's program. Our aftercare program, Recovery Support, has been virtual since March 2020, offering 10 meetings a week. We have had great success with participation and interest in the new virtual setting. The availability of these programs has created an opportunity for individuals everywhere to take part in virtual sessions from the comfort of their own homes. Westover is striving to be a leader in offering virtual care to clients wishing to access education and support in living a recovery lifestyle.

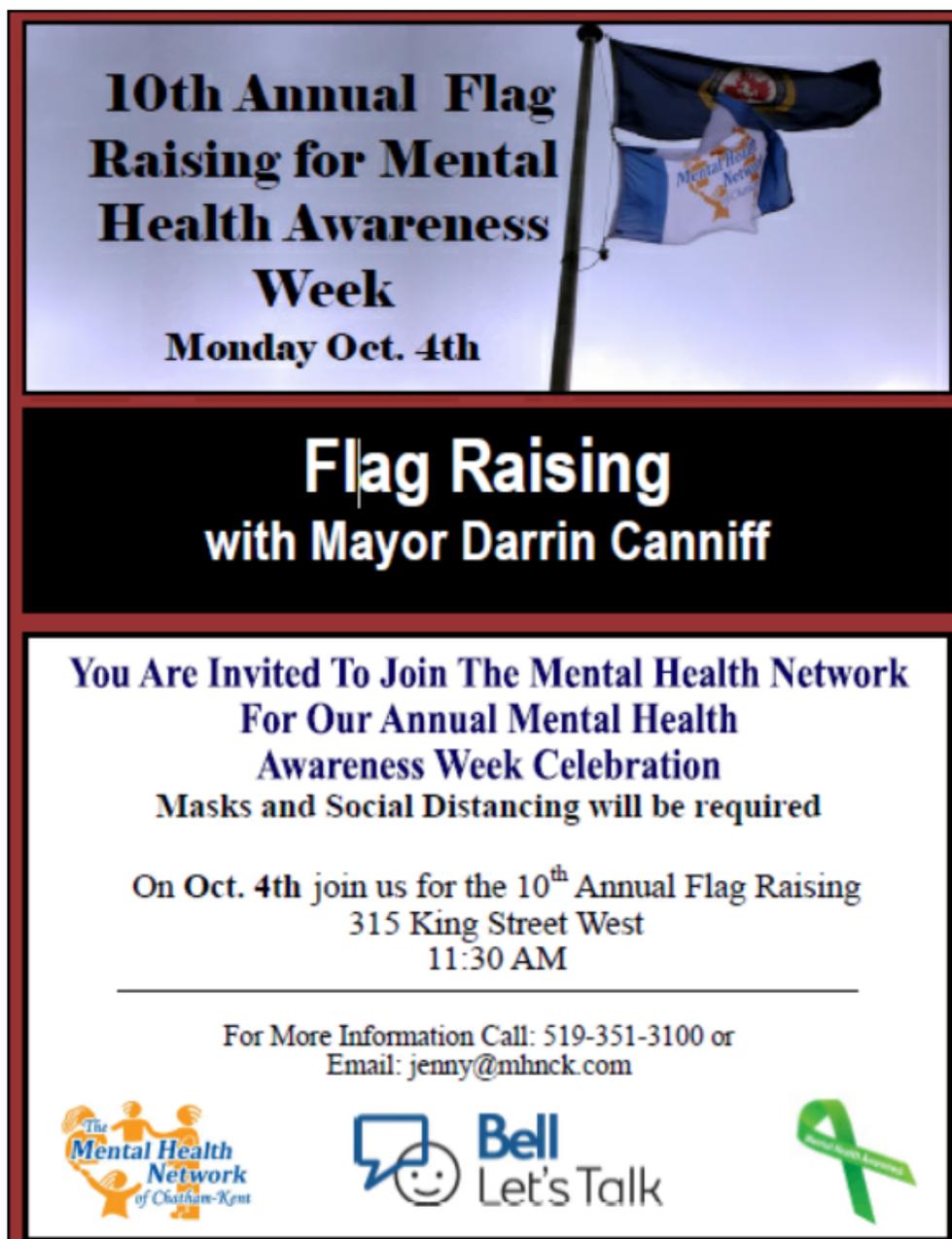
With the new Virtual Day Program, we are hoping to expand our reach to clients who can thrive on a virtual platform. Westover will continue to grow and evolve during these ever-changing times.

**Westover Strong!
Change is Possible!**



Mental Illness Awareness Week: October 3 - 9

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The goal of this week is to raise the awareness and work on reducing stigma associated with mental illness. Join us on October 4th for the 10th Annual Flag Raising for Mental Health Awareness Week. We realize that some people may be apprehensive to participate. The Mental Health Network will be providing good quality masks at the event and will ensure social distancing in an outdoor space. Details included in the poster below. All are welcome to attend.



10th Annual Flag Raising for Mental Health Awareness Week
Monday Oct. 4th

Flag Raising with Mayor Darrin Canniff

You Are Invited To Join The Mental Health Network For Our Annual Mental Health Awareness Week Celebration
Masks and Social Distancing will be required

On Oct. 4th join us for the 10th Annual Flag Raising
315 King Street West
11:30 AM

For More Information Call: 519-351-3100 or
Email: jenny@mhnc.com

Free 2B Me for LGBTQ2+ Community Members and Allies

Free 2B Me is a peer-led group for attendees ages 18-30 to meet in person, make friends, share experiences, create memories, gain support and information, and have fun together.

We are committed to providing a safe space for young adults to find healthy, face-to-face connections



with peers, and develop a supportive network of friends. The group will offer fun activities and outings, as determined by the members. There will be opportunities for participants to hear from community speakers on topics such as sexual health, LGBTQ2+ concerns, general wellness, as well as presentations from other community organizations relevant to the group's demographic. Members will also participate in group-directed educational sessions on topics related to LGBTQ2+ experiences. Some of the topics covered will include LGBTQ2+ history in Chatham-Kent and Canada, dealing with stigma, accessing services for the LGBTQ2+ community, self-advocacy, learning about individual rights and freedoms, as well as maintaining wellbeing, in addition to discussion topics chosen by the group members.

Young LGBTQ2+ adults frequently leave Chatham-Kent, moving to larger cities where such populations are more widely visible and accepted. Some of these individuals have expressed that they do not feel secure or safe living their authentic lives in Chatham-Kent. While there is a strong online platform of support, in person programming and services which address this issue are limited. A safe space where young LGBTQ2+ members of CK can meet and share their similar experiences with one another is essential to this community's sense of belonging and safety in Chatham-Kent. Please promote within your organizations and networks.

The **Free 2B Me** group meets Tuesdays from 4:00 - 5:30pm at 71 Raleigh St in Chatham (Hope House). For more info contact sam@mhnc.com or 519-351-3100.

Our Phase 1 Partners

Société Alzheimer Society
CHATHAM-KENT

CHATHAM-KENT
Health Alliance

CHATHAM-KENT
FAMILY HEALTH TEAM

westover
TREATMENT CENTRE

Chatham-Kent
Hospice

Thamesview
FAMILY HEALTH TEAM

Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

MARCH OF DIMES
CANADA
LA MARCHE
DES DIX SOUS
DU CANADA

Chatham-Kent
Cultivating Growth, Shore to Shore

TF Transform
SHARED SERVICE ORGANIZATION

Ontario

Canadian Mental
Health Association
Lambton Kent
Association canadienne
pour la santé mentale
Filiale de Lambton Kent

Erie St. Clair Behavioural Supports Ontario

Tilbury District
FAMILY HEALTH TEAM

St. Andrew's
Residence
Active Living • Professional Care

CKOHT Strategic Plan 2021 - 2024



This month's Strategic Plan focus is on the 2nd Goal of Health Equity. Watch and listen to Dr. Amoo our Physician Lead for Diversity and Equity as he provides more information about what we at CKOHT will achieve in the next 3 years related to Health Equity in CK.

<https://www.youtube.com/watch?v=YucHATnGE58>



It's Not Too Late to Get Your Covid-19 Vaccine

For details about upcoming vaccination clinics in the Chatham-Kent area please visit the link below.

<https://ckphu.com/covid-19-vaccination-clinics/>

Questions? Contact Melissa Sharpe-Harrigan,
Executive Transformation Lead, CKOHT
Melissa.Sharpe-Harrigan@ckoht.ca
Website: www.CKOHT.ca

