

CKOHT Update

September 2023

National Truth & Reconciliation Week in Chatham-Kent

Truth and Reconciliation events were held across Chatham-Kent during the week of September 25 - 30th to honour residential school survivors. These events provide education and awareness of the past to create a better future. September 30th is Orange Shirt Day which is a day dedicated to remembering the harm done to generations of children and their families by the residential schools and is an affirmation of our commitment to ensure every child matters.

CKOHT staff participated in our local Truth and Reconciliation Walk and Flag Raising at the Chatham-Kent Civic Centre and the Healing Walk and Garthering in Wallaceburg. The orange Survivor Flag is an expression of remembrance meant to honour residential school survivors and all the lives and communities impacted by the residential school system in Canada.

Raising the Survivor's Flag



CKOHT Hosts Mental Health and Addictions Mapping Session To Improve Transitions Across Organizations



On Friday, September 15th many local partners from across the CK community came together to continue the conversation about how we can improve transitions for those experiencing mental health and addictions collectively.

Healthcare, social and community organizations were in attendance, including Chatham-Kent Health Alliance, Canadian Mental Health Association - Lambton Kent, Chatham-Kent Community Health Centre, Municipality of Chatham-Kent (Housing and Chatham-Kent Police Department), ROCK Missions, Hope Haven, and patient partners. Discussions were focused on transitions of individuals experiencing homelessness or unstable housing and are transitioning between the shelter and hospital.

The result of this mapping and brainstorming session produced some quick-wins and longer-term advocacy. The CKOHT will be initiating a Mental Health and Addictions Community Transitions Action Team that will work together to begin moving this initiative forward.

Chatham-Kent Ontario Health Team NAVIGATION COMMUNITY OF PRACTICE EXPO!

The CKOHT held its first 'Navigation Community of Practice Expo' on September 21st, 2023. The Expo focused on local mental health and addictions programs and services. Over 90 staff from across Chatham-Kent participated in an engaging morning of learning with breakout sessions and presentations. Participants learned about the launch of HealthChat, a new online platform for groups of health care professionals to connect and collaborate. Throughout the venue, organizational booths were available in an effort to learn even more about local mental health and addictions programs, services and eligibility criteria. They also shared locations, hours of operation and how to make warm referrals for those experiencing mental health and addictions.

This networking opportunity was highly successful in making local connections to better serve those in the CK community with mental health and addictions.



Chatham-Kent Physician Appreciation Event: Celebrating Wellness and Collaboration

On September 20th, 2023, the Chatham-Kent Physician Appreciation Event took place, and it was a resounding success. Red Barn Brewery, located in Blenheim, served as the host venue for physicians, who enjoyed delicious food courtesy of the Chilled Cork food truck. The event was themed around wellness, providing physicians with an excellent opportunity to network, share career advice, and exchange new ideas.

As CKOHT Physician Co-Chair, Dr. Briana Yee-Providence gave an overview of the CKOHT's major projects and initiatives, encouraging physicians to get involved and make a difference in our local community.



*Many
Thanks*

Improving Palliative Care in Chatham-Kent

In partnership with Sarnia-Lambton OHT and Windsor-Essex OHT, the CKOHT hosted the second Virtual Palliative Care Education Session for Healthcare Workers on September 26th, 2023.

Palliative Pain and Symptom Management Consultants, Shannon Richard and Janet Elder, provided a presentation on pain and symptom management. In total 46 participants attended the session, with approximately 55% of healthcare workers serving in Chatham-Kent, 32% in Windsor-Essex, and 13% in Sarnia-Lambton.

This education series aims to increase the awareness of current palliative care services in the region and increase healthcare worker's palliative care knowledge. This education series is geared towards any health care worker who may work with patients who are palliative.

The next Education Session is on November 20th at 12:00pm.

Please email Kait Morrison with any questions kait.morrison@ckoht.ca

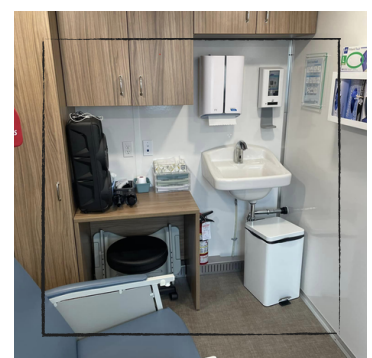
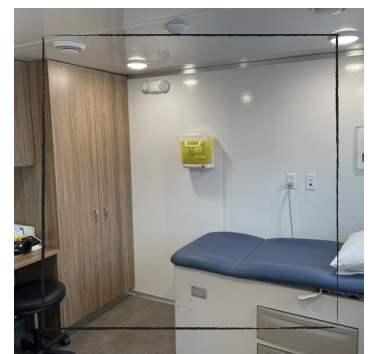
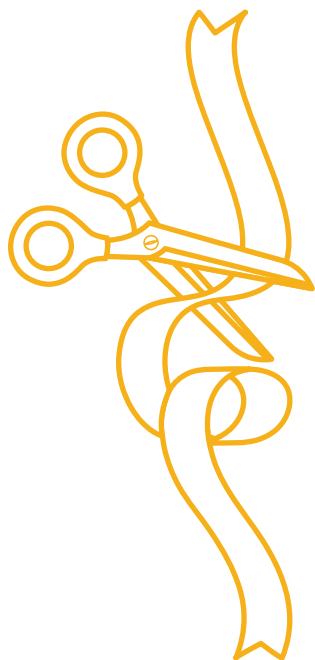


Care Partners' Official Ribbon Cutting for New Community Care Nursing Clinic in Bothwell

What an exciting day in Bothwell on Tuesday September 19th, with the official ribbon cutting ceremony for CarePartner's new Community Care Nursing Clinic! This new rural clinic supports home care clients' access to receive nursing services such as infusions, wound care, etc. in their community close to home. This gives local residents additional options when it comes to their health care needs.

The nursing clinic is located in a fully functional semi-permanent medical unit in the East Kent Community Arena parking lot. Neighbouring communities are also welcome to utilize these services. The unit is open 60 hours per week with one full-time and two part-time nurses on staff. These nurses can see approximately 16 patients in an eight hour stretch, of course dependent on the medical attention being sought.

CKOHT staff and other partners, along with municipal dignitaries were present for the tour of the new modular clinic and launch of this new service.



CKHA Innovation Grant for CKOHT Signatory Partners Awarded to the Alzheimer Society of Chatham-Kent

Our WeRCKHA Staff Engagement Council hosted the CKHA Innovation Grants this year. Innovation Grants are an exceptional display of creativity and commitment to patients, families and colleagues. This year, CKHA's Innovation Grant program offered Chatham-Kent Ontario Health Team (CKOHT) signatory partners the opportunity to apply for a \$10,000 grant. The Alzheimer Society of Chatham-Kent (ASCK) Nursing Program Tools and Resources was selected as the CKOHT \$10,000 grant recipient.

The ASCK's submission proposed to enhance nursing support within its Chatham and Wallaceburg Day Programs through the purchase of additional tools, resources and education. With these tools, ASCK aims to reduce visits and admissions to the hospital and relieve strain on the health care system.

The ASCK's Day Programs accommodate a maximum of 11 participants per day. ASCK has integrated a Nursing Program into its Day Program to offer clients clinical assessment and treatments. This service is provided at no extra cost and gives care providers added support while the client receives essential mental, physical and emotional support.

The Nursing Program provides services such as routine check-ups, pain assessments, fall-risk evaluations, foot and nail care, medication reconciliation, as well as quarterly reports to inform family physicians and others in the circle of care. The relationships built with clients enables a more accurate assessment of their health care needs.

With the grant, ASCK acquired tools to aid in providing comprehensive assessments and treatments. The grant also includes education and training courses to elevate the Nursing Program's effectiveness.

Congratulations ASCK!



Calling Lost Loved Ones in the Wind



Lily Martin and her grandpa Darrell VanPuymbroeck check out the new wind phone at C.M. Wilson Conservation Area. Part of the McKinlay Woodlands Memorial Forest, the phone provides a way for people to grieve by talking to loved ones they have lost, sending their messages in the wind.

Lily Martin, 10, who lost her uncle to suicide last year, was the first to pick up the vintage phone receiver following its recent installation.

The project – a collaboration with McKinlay Funeral Home, the Thamesview Family Health Team's After; program, and the Lower Thames Valley Conservation Authority – is modeled after an initiative that got its start a more than a decade ago in Japan. Two families, who are part of the Chatham After; group – that helps families deal with the loss of someone to suicide – were on hand at the ceremony to see the phone and attach a nameplate of their loved one to the wooden box it's encased in.

Leonie VanPuymbroeck, who lost her 26-year-old son Robert Martin to suicide, attended the gathering with her husband Darrell and granddaughter Lily. She said the phone is another tool to help deal with the "rollercoast" of grief that follows suicide. She said her family has received a great deal of help navigating their loss by taking part in After;. "I talk to him (Robert) every day," Leonie explained. "I have a spiritual connection to him and that really helps. The After; group has been amazing. It helps you understand that the things you go through are normal." Her husband Darrell, stepfather to Robert, said he too has been helped immensely by the participating in After;.

After; members Liz and Nate Nauta, lost their 15-year-old son Braedon to suicide five years ago, also attached a nameplate. The wind phone provides a tangible way to connect to Braedon. Because their son was cremated and his ashes cast on a lake in Northern Ontario, Nate said the phone offers "a nice alternative for us to come and connect with our son."

TFHT, social worker Brenda Stevens, who helps co-ordinate After;, said the wind phone is a tool to assist families impacted by loss.

*Anyone experiencing a loss to suicide is invited to contact the After; group at 519-354-0070 ext. 617.
The week of Sept. 11 to 16 is Suicide Awareness Week in Ontario.*

REGISTER NOW!



FRIDAY THE 13TH GYNECOLOGICAL CANCER CANCER EDUCATION DAYS

FRIDAY, OCTOBER 13, 2023
8:00 AM - 12:30 PM

TARGET AUDIENCE:

PRIMARY CARE PROVIDERS, ONCOLOGISTS, RNS, RPNs, RADIATION THERAPISTS, MEDICAL LEARNERS,
AND OTHER ALLIED HEALTH PROFESSIONALS IN SARNIA-LAMBTON, CHATHAM-KENT AND WINDSOR-ESSEX

Location: This event will be hosted virtually via Zoom.

AFTER YOU REGISTER YOU WILL BE EMAILED THE ZOOM DETAILS TO JOIN THE VIRTUAL EVENT.

REGISTER HERE: [BIT.LY/Oct 13 2023](https://bit.ly/Oct132023)

REGISTER BEFORE September 20th AND
BE ENTERED INTO A DRAW TO WIN A \$100 GIFT CARD!

QUESTIONS? CONTACT SAMANTHA METLER AT 519-254-5577 EXT. 52800 OR SAMANTHA.METLER@WRH.ON.CA



Yoga for Caregivers & Bereaved Individuals

Discover elements of healing and restoration at this Hospice Wellness event lead by yoga instructor Lisa Uher. A soothing session of restorative yoga featuring the tranquil sounds of crystal bowls, native flutes, and gentle instruments, this practice is suitable for and welcome to all abilities. Offered at no charge. Registration required.

Saturday, October 21, 2023
1:30 p.m. to 3:00 p.m.

Just Breathe Yoga Studio
317 Grand Avenue W.

To register, please contact:

Sally Reaume, Supportive Care Program Coordinator
519-354-3113 Ext. 2406 or sreaume@chathamkenthospice.com



DAY OF DISCOVERY

October 19th, 2023
Westover Treatment Centre

Key Note Speaker

Ann Dowsett Johnston

The day will also include presentations from staff and former clients of Westover Treatment Centre.

**Positive outcomes from Covid-19
Addiction Treatment at Westover Treatment Centre.**



ANN DOWSETT JOHNSTON

Please register on our website - westovertreatmentcentre.ca

Registration: \$75

\$50 before September 8th 2023.

Lunch will be provided.

Doors open at 8:15am for registration

Program starts at 9:00 am

Registration closes October 6th 2023 and is limited to 100 people.

Continuing Education Credits - 6 hours

In partnership with Rapids Family Health
Team of Service



Rapids
Family Health Team

Ann Dowsett Johnston is the bestselling author of *Drink: The Intimate Relationship Between Women and Alcohol*, named one of the top 10 books of 2018 by The Washington Post. An award-winning journalist who spent 30 years at Maclean's, she also served as a Vice-principal of McGill University. Currently, Ann is a practicing psychotherapist. As well, she runs the hugely popular *Writing Your Recovery* course, a memoir-writing workshop for women. Ann has won many awards for her work in destigmatizing mental health and addiction, including an honorary degree from Queen's University. She lives in Toronto, Canada, where she is hard at work on her next book.

westovertreatmentcentre.ca



**The Alzheimer Society of Chatham Kent
and
Erie St. Clair Behavioural Supports Ontario
will be presenting ...**

FREE Webinar: Compassion Fatigue

on

Wednesday October 11th, 2023, 1:00pm – 2:30pm

Who should take this course?

- Managers, Administration, Front-line healthcare providers (such as nurses, personal support workers, dietary aides, activation and recreation staff, allied health)

What will participants learn?

- What is Compassion Fatigue, Vicarious Trauma & Burn-out?
- Warning Signs
- Steps to Prevent Compassion Fatigue
- Importance of Self Awareness

To register in advance for this webinar, click link below:

<https://us06web.zoom.us/meeting/register/tZAqde6vqjkqGNT0PHH3T9Fiw9ZYE6nR9wNA>

After registering, you will receive a confirmation email containing information about joining the webinar.

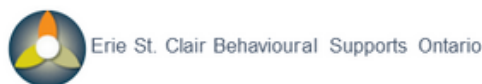
CKOHT Signatory Members:



Société Alzheimer Society
CHATHAM - KENT



HOME AND COMMUNITY CARE
SUPPORT SERVICES
Erie St. Clair



CKOHT Virtual Lunch & Learn Fridays

Each month on the third Friday from 12-1pm, CKOHT will host a 1 hour monthly Lunch & Learn which will include 1-2 spotlight presentations of a particular local project or initiative. There is ample time left after the presentation for participants to ask questions and join a dialogue.

This is to better connect all our CKOHT partners and to increase awareness of our partnership.

Friday October 20: 12 - 1pm

Topic: ConnectMyHealth Patient Portal

If you have not received a calendar invitation and would like to attend please email: Paige.Delanghe@ckoht.ca



LUNCH & LEARN



Questions? Contact Tiffany Gartner-Duff,
Interim Executive Transformation Lead,
CKOHT Tiffany.Gartner-Duff@ckoht.ca
Website: www.CKOHT.ca



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