

Community Health Plan Response 2011-14



Guysborough Antigonish Strait Health Authority

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Response to Community Health Plan 2011-2014

Strengthening and Supporting Mental Health in our Communities			
Goal: <i>Strengthen and support Mental Health in our Communities</i>			
Recommendation 1.1: GASHA advocate for appropriate budget and resources to implement a comprehensive service delivery model for Mental Health			
Initiative	Proposed Completion	Indicator	Status
The District will participate in the Mental Health and Addiction Strategy development and implementation to advocate for a comprehensive service delivery model for mental health.	2011	The provincial MH and AS strategy consultation is underway.	In progress
The District will continue to submit budget requests in keeping with the provincial strategy and Better Care Sooner.	2013	GASHA is the only DHA without a crisis team in mental health, this is our business plan priority as part of Better Care Sooner, Mental Health Section	Not started
The District will participate in the Mental Health in patient bed review	2011-2014	There is a bed review happening for mental health. It is anticipated there maybe fewer inpatient beds or different configuration of beds/ dha. However an investment in outpatient and community service would be needed.	In progress
The District will recruit to meet service requirements	Ongoing	Positions filled appropriately	In progress
The District will develop a comprehensive service delivery plan in keeping with provincial priorities, standards balance.	2012-2014	Plan developed including indicators	Not started
Recommendation 1.2: GASHA and the CHBs advocate for improved promotion of the 811 service within GASHA for mental health information and support for a 24/7 toll-free crisis line for mental health crises			
Initiative	Initiative	Initiative	Initiative
The Department of Health and Wellness with support by districts have embarked on a marketing campaign as part of Better Care Sooner to promote 811.	2011	Increase in appropriate 811 utilization	In progress

The Directors of Mental Health / Primary Health Care will conduct a fact finding in regards to the role of 811 and the recommendation regarding crisis line access in the province of NS.	2012	Report on findings	Not started
Recommendation 1.3: GASHA advocate for the continued implementation of the Nova Scotia Suicide Prevention Strategy and implementation of the Canadian Association for Suicide Prevention strategic plan			
Initiative	Proposed Completion	Indicator	Status
District Mental Health Services has participated in the provincial Suicide Prevention Strategy	Ongoing	Review results	In progress
District Mental Health Services will review the Canadian Association for Suicide Prevention strategic plan to determine relevancy and application	2012		Not started
Recommendation 1.4: SR CHB- GASHA Mental Health Services continue to support the already established Mental Health Drop In that is operating in St. Peters and expansion into other communities			
Initiative	Proposed Completion	Indicator	Status
Mental Health Services will continue to assist with community based support programs. This will be reviewed as the impact of the MH and AS Strategy is released and follow up planning occurs.	Ongoing	Access to support for community group programming is impacted on by wait list pressures. Direction by Department of Health and Wellness is that urgent and emergent treatment services is the priority. However we recognize the value in community supports programs	In progress
Mental Health Services has identified a number of initiatives as part of the GASHA Strategic plan. These include: <ul style="list-style-type: none"> • Increase smoking cessation for in patients on Mental Health Unit • Develop and implement an Adult Outpatient Mental Health Literacy campaign • Implement “Mind Your Health” groups to offer education and support for stress, anxiety, resiliency and depression 	2012 2013	Evaluation reports	Not Started
Implement a minimum of six peer support groups annually collaboratively with MH/PHS/ AS for 2011-12 and 2012-13. Evaluation will inform regular programming	2012-2013	Evaluation report	In progress

Goal: To implement a coordinated, well managed system of community-based services and programs that address chronic conditions			
Recommendation 2.1: That GASHA implement a comprehensive, community-based approach to addressing chronic disease using collaborative teams, that:			
<ul style="list-style-type: none"> • Promotes healthy living; • Facilitates early diagnosis through screening; • Supports self management knowledge and skills; • Sustains current community-based programs such as Your Way to Wellness (YWTW), Community Cardiovascular Hearts in Motion (CCHIM), and Teaching Eating and Activity Management (TEAM); • Facilitates transition management from children’s services to adult services; • Includes education and individual advocacy. 			
Initiative	Proposed Completion	Indicator	Status
The District is in early phases of working with existing staff and teams including a reorganization of community based service delivery to achieve an integrated continuum of care	2013	Evidence of changes in teams	In progress
Public Health standards are being implemented as these included promotion of healthy living in a healthy communities focus	2014	Evidence of changes in teams	In progress
The District continues to enhance primary health care teams	Ongoing	Number of new or expanded teams	In progress
The District has initiated community stakeholder dialogue in Canso in response to Better Care Sooner. Similar processes will be held in targeted communities	2013	Proposal, documents and evaluation reports	Partially complete
The District has funded Hearts in Motion; TEAM on a permanent basis and are developing a plan to integrate this work as local Primary Health Care teams are expanded	2013	Evidence of change in teams	Partially complete
The Chronic Disease Quality Team is developing a plan to achieve integrated chronic disease across the district	2012	Plan with indicators	In progress
Primary Health Care is training staff as trainers in self-management and motivational interviewing. The provincial Building a Better Tomorrow education program has contracted a module on chronic disease management and motivational interviewing.	Ongoing	Staff participating in training	In progress

Training will be offered broadly to staff and lay people.			
Primary Health Care will continue to offer Your Way to Wellness as a self management program	Ongoing	Number of programs offered, people trained, satisfaction surveys	Complete
The District will participate in the provincially led Target Initiative to reduce the burden of chronic conditions in NS	2012-2016	Target indicators	Not started
Recommendation 2.2: That GASHA continue to offer regular well men's and well women's clinics that include promotion of breast health, pap tests, digital rectal exams and screening for blood pressure, cholesterol, prostate (PSA), ovarian cancer and colorectal cancer.			
Initiative	Initiative	Initiative	Initiative
GASHA will continue to offer well women and well men services in a range of settings.	Ongoing	There has been feedback from specific communities requesting additional clinics. This is addressed in partnership between Primary Health Care and local physicians and other providers.	Complete
Recommendation 2.3: SR CHB: That GASHA support education for the general public and service providers on hemochromatosis and crohns for youth and adults. In addition, that consideration should be given to screening for high iron in the blood.			
Initiative	Proposed Completion	Indicator	Status
Primary Health Care providers in the SR CHB area will be asked to establish education sessions as recommended. However additional research is underway in regards to the screening recommendation.	2012		Not started

Goal: To support all age groups, including people who are differently abled, to engage in healthy living strategies and to take responsibility for their own health			
Recommendation 3.1: That GASHA continue to promote and strengthen strategies and community partnerships that support increased physical activity, a healthy diet and nutrition, with a focus on motivational change and facilitating access for those in rural and historically marginalized communities.			
Initiative	Proposed Completion	Indicator	Status
<p>The District works closely with Department of Health and other partners to implement strategies to address physical activity and nutrition, food security, growing up healthy. Examples of some activities include:</p> <ul style="list-style-type: none"> • Public Health, Addiction Services and Mental Health are working to integrate health promotion efforts across the district. Public Health will reorganize to a healthy communities focus. • GASHA BFI committee will support a 5 year work plan to work towards a Baby Friendly Initiative (BFI) designation for GASHA. • SMRH's formula contract will not be renewed • Support new Nutrition Standards in Day Cares. Education for day care staff beginning fall 2011 • Advocate for and support policies not yet fully implemented i.e. Healthy Foods in schools • Staff participate on initiatives targeted to active transportation and increasing physical activity • Staff will continue to facilitate and actively participate in food security / healthy eating initiatives and the new Growing Up Healthy Strategy 	2011-2014	<p>Strategy indicator</p> <p>Population indicators (Under Standing Our Health, PACEY)</p>	In progress
Recommendation 3.2: That GASHA continue with smoking cessation and prevention programs for adults.			
Initiative	Proposed Completion	Indicator	Status
<p>Districts are working with Department of Health and Wellness to renew the Tobacco/Smoke Free strategy:</p> <ul style="list-style-type: none"> • Addiction Services will continue to provide smoking cessation programming • Public Health will advocate for expanded and strengthened tobacco free policies and communities and provincially. 	Ongoing		In progress
Recommendation 3.3: That GASHA advocate to Health Promotion and Protection for an education and social marketing campaign to raise awareness about the harmful			

effects of drugs and alcohol on youth and adults.			
Initiative	Proposed Completion	Indicator	Status
The District is actively participating in the renewed alcohol strategy Addiction Services will continue drug use prevention initiatives for youth and adults	Ongoing		In progress
Recommendation 3.4: That GASHA lead by example through implementing policies within its facilities and workforce to promote active living (eg. promoting active transportation, car pooling, etc.) and healthy eating (e.g. cafeteria, nutrition at events, etc.).			
Initiative	Proposed Completion	Indicator	Status
The District will review existing policies and identify the need for new policies as part of its Workplace Health Initiative to promote active living and healthy eating for staff.	2012-2013		In progress
Recommendation 3.5: That GASHA explore potential for coverage for regular dental exams for seniors.			
Initiative	Proposed Completion	Indicator	Status
A letter of advocacy for seniors' dental care will be forwarded to the Department of Seniors and Department of Health.	2012		Not started
Recommendation 3.6: That GASHA address high levels of binge drinking and illicit drug use.			
Initiative	Proposed Completion	Indicator	Status
Addiction Services is implementing the alcohol strategy and a number of initiatives to address substance use. (Municipal Alcohol Report, Brief Interventionist etc)	Ongoing	Indicators associated with strategy	In progress
Recommendation 3.7: ATCCHB: That GASHA work to continue to improve the initiation rates for breastfeeding and increase the duration rates of breast feeding exclusively.			
Initiative	Proposed Completion	Indicator	Status
The District has set achieving Baby Friendly Status as a priority for the next five years, this will include a number of targeted interventions to improve breast feeding initiation and duration.	2016	Baby Friendly Status Initiation and duration rates	In progress

Building Bridges to Youth Health			
<i>Goal: To develop and implement a youth health strategy across the district</i>			
Recommendation 4.1: Implement a comprehensive youth strategy to incorporate engagement, healthy development, youth health centres, substance use, gambling, physical activity, healthy eating, partnerships, mental health and oral health			
Initiative	Proposed Completion	Indicator	Status
Host a planning workshop to inform the development of a youth centred strategy	January 2013	Evidence of strategy developed including implementation plan	Not started
Recommendation 4.2: GASHA continue partnerships with the Strait Regional School Board and other agencies to support coordinated efforts and adequate, appropriate space for service delivery.			
Initiative	Proposed Completion	Indicator	Status
The Health Promotion Partnership with the Strait Regional School Board and the Cape Breton District Health Authority will be continued.	Ongoing	Update and renew partnership agreement Evidence of joint initiatives to improve services and support to children, youth and their families and schools	In progress
Recommendation 4.3: Advocate to the Mental Health and Addiction Advisory Committee the need for additional and appropriate resources for local services and to address the need for transition supports back to local communities for youth with serious mental illness			
Initiative	Proposed Completion	Indicator	Status
The District hosted two consultations for the Mental Health and Addiction Strategy Advisory Committee. Consumers, partners and district staff provided input as noted above. The District continues to address these concerns with Department of Health and Wellness advocating for additional resources. Directors of Mental Health, Addictions, Public Health and Primary Health Care are working closely to maximize use of local resources to address these issues.	2016	Strategy content	In progress
Recommendation 4.3: Advocate for the extension of the age limit for access to dental oral health exams for youth.			
Initiative	Proposed Completion	Indicator	Status
Public Health Services (Director/ Manager) will consult with best available evidence and advocate accordingly.	2013	Evidence of communication as appropriate	Not started

Facilitating Access to Services and Programs			
Goal: <i>Strengthen community access to primary health care services</i>			
Recommendation 5.1, 5.11, 5.12 : Strengthen community based access to primary health care services using an integrated, collaborative team approach and building on community health centre models			
Initiative	Proposed Completion	Indicator	Status
Primary Health Care will provide leadership and facilitation across the district to achieve enhancements to primary health care set as priorities by the Department of Health and Wellness. This includes: Preferred access 24/7 primary care as needed Population needs based planning for team implementation Electronic medical record Establishing additional collaborative primary health care teams	2014	Additional teams established Additional providers on EMR Desired access implemented in consultation with providers and the public	
Transition to collaborative emergency centres in Canso and Sherbrooke as outlined in the Better Care Sooner plan with community involvement (retention of physicians is a key consideration)	2014	Transition plan developed and implemented	In progress
Provide training and support for collaborative teams using Building a Better Tomorrow Today Modules	ongoing	Teams participating in training	In progress
Strategic engagement of family physicians in primary health care team development	2013	New method of engagement Evidence of input	In progress
Recommendation 5.2: Improve home care and other services for seniors through allocation of resources, community partnerships, coordination across departments			
Initiative	Proposed Completion	Indicator	Status
Implement enhancements to community care in conjunction with the Department of Health and Wellness including the locally established Home First Initiative and a refocus of community based providers to a health community teams model	2014	Evidence of changes to supports and services Utilization indicators	In progress
Recommendation 5.3: Advocate for a provincial evaluation of home support services			
Initiative	Proposed Completion	Indicator	Status
Districts have advocated for a review of community care and a number of initiatives are in planning depending on best available evidence and financial impacts	2016	Changes to available supports and services based on evidence	In progress
Recommendation 5.4: Low cost and Rural Transportation			
Initiative	Proposed Completion	Indicator	Status
GASHA will continue to support SAT for rural transportation and has representation on an ARDA committee about transportation in Antigonish Town and County	Ongoing	Evidence of collaboration for transportation access	In progress
Recommendation 5.5: Support the growth and development of Health Connections			
Initiative	Proposed Completion	Indicator	Status
Health Connections website will be launched in October 2011. Virtual expansion of Health Connections is a priority. The approach and concept will be integrated as we implement primary health care teams as	Ongoing	Health Connections Website operational	Ongoing

well.			
Recommendation 5.6: Continue to support a coordinated plan for African Nova Scotians living in rural areas to access primary health care			
Initiative	Proposed Completion	Indicator	Status
Primary Health Care Services is working on a plan to continue funding BIRTH and as teams are enhanced in Guysborough County, outreach and services access will be a focus.	Ongoing	Demonstrated services and programs with utilization data and patient satisfaction	Ongoing
Recommendation 5.7: Implement MOU with First Nations			
Initiative	Proposed Completion	Indicator	Status
MOU and process to evaluate and update action plan is in place. We are partnering in two proposals to increase access to mental health services in First Nations. We continue to advocate for enhanced primary care and continuing care services. Reproductive care continues outreach.	Ongoing	MOU Review Reports which are completed annually.	Ongoing
Recommendation 5.8: Review Reseau Sante- Nouvelle Ecosse recommendations and working with Acadian Francophone communities implement recommendations that will improve access to services.			
Initiative	Proposed Completion	Indicator	Status
The District has appointed a lead with respect to its French language plan and will ensure that the recommendations are reviewed as part of the annual plan and commit to working with Acadian Francophone communities implement recommendations that will improve access to services	2013	French Language Service Plan	In progress
Recommendation 5.9: Increase senior's day programs , link to local transportation like SAT			
Initiative	Proposed Completion	Indicator	Status
These programs are under review by the funder; depending on evaluation consideration will be considered to expanding services.	2013	Continuing Care Review Adult Day	In progress
Recommendation 5.10: Coordinate hospital appointments with public transportation to improve access			
Initiative	Proposed Completion	Indicator	Status
Acute and ambulatory care services of district facilities will review this as an option for moving forward.	2014	Evidence of coordination of appointment or an agreement to try to do so	Not started

Addressing Inequities to Improve Health			
Goal: <i>Establish and implement a plan to reduce health inequities across the district</i>			
Recommendation 6.1: Continued advocacy in partnership with CHBs			
Initiative	Proposed Completion	Indicator	Status
The District commits to continued advocacy working with local poverty reduction strategy working groups and community health boards. This may include letters, policy advocacy, staff time.	Ongoing	Reports on initiatives underway	In progress
Recommendation 6.2: Support food security strategies			
Initiative	Proposed Completion	Indicator	Status
Public Health Services will continue to support and enable action on food security through staff time, advocacy, partnerships and programming	Ongoing	Food security initiatives underway Food security indicators	In progress
Recommendation 6.3: Promote education and regular testing of water			
Initiative	Proposed Completion	Indicator	Status
Public Health Services will review this recommendation for consideration as part of their healthy communities work and respond in consideration of provincial policy and standards	2013		Not started
Recommendation 6.4: Advocate for provincial policy to standardize housing construction as part of built for life approach			
Initiative	Proposed Completion	Indicator	Status
Community Health division will work with CHBs to find out more about this approach and determine action accordingly.	2013		In progress
Recommendation 6.5, 6.6: Foster inclusion of diverse communities and those living in poverty through use of determinants of health lens; implement a structure to develop and implement a comprehensive plan to address health inequities in the district			
Initiative	Proposed Completion	Indicator	Status
The District uses population based needs analysis in community health program planning and evaluation as required by the Department of Health and Wellness PHC. The District has implemented the Social Justice and Health Equity Advisory Committee. A comprehensive action plan will be developed and will include actions to address the above recommendations.	2016	Reports available and relevant	In progress

Promoting Communication with Communities and with GASHA			
<i>Goal: Increase community awareness of CHB, its strategies and activities. Develop and maintain linkages with the public, community organizations, DHA and government departments.</i>			
Recommendation 7.1, 7.2: Support public relations and promotion activities of the CHB including promotion of Wellness Funds Support ongoing work to maintain and update the website.			
	Initiative	Proposed Completion	Indicator
	The District will continue to provide resources to assist CHBs in public relation activities including the maintenance and upkeep of the website.	2014	Satisfaction of CHB and personnel. Wellness Fund utilization
			Status
			In progress

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Enabling Community Health Planning and Coordination

Goals: *To develop, implement and evaluate a community health plan that ensures citizen participation and builds on community needs and assets.*

To grant wellness funds to community groups and agencies according to the criteria established by the Department of Health Promotion and Protection.

To enhance and strengthen Board members skills and knowledge in order to effectively carry out their mandate.

Recommendation 8.1: Continue to provide operational funds for CHB to fulfill its mandate			
Initiative	Proposed Completion	Indicator	Status
The District commits to operational funding for CHBs	2011	Funding in place	Complete
Recommendation 8.2: Continue to support CHBs in administration of Wellness Funds			
Initiative	Proposed Completion	Indicator	Status
The District commits to support the Wellness Fund Program of CHBs	2011	Supports in place. Wellness Fund Reports completed annually	In progress
Recommendation 8.3: Provide a full time staff person for each CHB area			
Initiative	Proposed Completion	Indicator	Status
Given budget challenges it is unlikely the District will be able to achieve this recommendation.	2014		Complete