



South Georgian Bay
Community Health Centre

Located in Wasaga Beach

Presentation Outline

- Introduction as to who the CHC serves
- The Staff who will provide the services and a brief overview of the Health Centre's
- Primary Healthcare, Health Promotion,
- Mental Health and Addictions,
- Youth, Seniors; and,
- System Navigation services



Introduction

- The SGB CHC provides a wide range of community-based primary health care and community development services
- Located in Wasaga Beach, it will serve the South Georgian Bay Communities of Blue Mountains, Clearview, Collingwood, Wasaga Beach, and Elmvale.
- Multi-disciplinary team approach
- Priority is being given to individuals and families who don't have a family doctor and who fall into one of the following priority populations:
 - Individuals or families experiencing poverty, housing and/or food security challenges,
 - Youth, between the ages of 12 and 24, with an emphasis on at risk youth,
 - Isolated, frail seniors,
 - Individuals with any disability that presents a barrier to wellness or service access, and
 - Individuals or families experiencing mental health and/or addiction issues.



Staffing

- 2 Physicians
- 2 Nurse Practitioners
- 2 Registered Nurses (one of which would be a Certified Diabetic Educator)
- 1 Social Worker
- 1 Mental Health and Addictions Counselor
- 0.5 Physiotherapist
- 0.5 Youth Outreach Worker
- 0.5 Dietician
- 1 Health Promoter
- 2 – 0.5 Registered Practical Nurses



Primary Healthcare

- All basic primary healthcare functions are provided in a way which promotes client education, self care and responsibility for health outcomes
- Emphasis is on pro-active clinical care to prevent illness and manage chronic disease
- Screening mechanisms are in place to ensure the right provider for the presenting need



Health Promotion

- Physical activity programs (e.g. geared to seniors)
- Addictions education and prevention programs (e.g. geared to youth)
- Parenting and relationships programs (e.g. geared to teen parents)
- Pre- and post-natal care education / groups
- Environmental health education (e.g. geared to farmers)
- Sexual and reproductive health
- Screening for physical, developmental and/or behavioural problems in children



Health Promotion Continued

- Healthy eating / shopping
- Stress management
- Educational events and programs related to disease prevention
- Health fairs
- Information and resource library
- Emphasis on pro-active clinical care to prevent illness and manage chronic disease



Mental Health and Addictions Services

- Screening for mental health and addictions issues during clinical interventions, in all age groups
- Short-term counselling, family and group programs for individuals with mild to moderate problems
- Harm reduction interventions for addictions issues
- Referral and linkages with specialized mental health and addiction services – use of OTN – Ontario Telecommunications Network (live video-conferencing)
- Joint programming and psycho-social education sessions with mental health and addictions agencies



Mental Health and Addictions Services

- Community education in partnership with mental health and addictions agencies
- Provision of office space for mental health and addictions workers from other agencies – (e.g. a Methadone Clinic on Thursdays)
- Advocacy for local service development (e.g. local detox/rehab opportunities)



Youth Services

- **Outreach and engagement activities** to promote the availability CHC services among high risk groups, including the use of drop in and social recreational opportunities, and linkages with schools, community social recreation programs, and other community social services
- **Teen and young adult health clinics**, interventions and education
- **Provision of space for youth-oriented social service and health agencies**, which provides better accessibility for those services, and helps engage youth into the Centre for other health services.
- **Identification and intervention strategies** related to mental health, smoking and substance abuse (part of overall mental health and addictions strategy)
- **Collaborative efforts** with other agencies to provide personal development and support groups in the following areas:
 - Support for pregnant teens
 - Parenting for women and men
 - Life and employment skills
 - Substance abuse and mental health



Seniors Services

- Outreach primary care visits for isolated/house bound seniors, coordinated with existing agencies
- Preventative telephone check-ins
- Group chronic disease self management programs for seniors, with an emphasis on engaging seniors with more than one chronic disease
- Physiotherapy and exercise programming to address issues related to aging and chronic pain, and to provide access to assistive devices
- Drop in and social recreational opportunities, with a link to health teaching and chronic disease management programs
- Collaborative partnerships and programming with other community groups
- Geriatric screening and intervention strategies for seniors at high risk



System Navigation Assistance

- Social work / case management assistance for high need clients / and multiple service users
- Referral and linkages to other services in the community
- Formal linkages with Community Care Access Centre [CCAC] to ensure shared clients are getting the services they need
- Client advocacy
- Utilize information technology and an information management system to better coordinate the CHC client care
- Community education events and communications on the CHC and the health care system and how to access it