



PARTNERSHIPS and COLLABORATION



Services de santé du
TIMISKAMING
Health Unit

2018 Annual Report

Partnerships and Collaboration

Over the years public health has continued to develop, adapt and expand programs and services to meet the ever changing needs of population health. In 2018 the new Ontario Public Health Standards (OPHS) came into effect. Many new regulations, protocols, and guidelines were also put in place to support the new standards. Throughout the year Timiskaming Health Unit (THU) worked to plan and implement the changes, while continuing to focus on the existing work we do.



Drawing on the strength of our internal teams we also leveraged the valuable partnerships we have built within our communities. Success as a district, especially in a smaller, rural health unit, is often achieved through shared interest and partnership engagement.

As we moved beyond 2018 and began to prepare to meet additional changes in regards to the modernization of public health, we continued to build on our collective strength through local and regional participation.

In public health, working together to achieve population health outcomes has always been a key ingredient for success. In addition to our financial report, I am pleased to offer a few examples of the various partnership projects that took place in 2018.

Dr. Glenn Corneil
Acting MOH – Acting CEO
Timiskaming Health Unit



*"Success as a district is often achieved through shared interest and partnership engagement."
(Dr. Glenn Corneil)*

Harm Reduction Partnerships and Collaboration

This year, we expanded our harm reduction program exponentially. Six fire departments received training from THU and were outfitted with naloxone kits, increasing access to this life-saving medication in rural areas. We also expanded availability of our harm reduction supplies to Northern Treatment Centre in Kirkland Lake and to the Pavilion in Haileybury and Kirkland Lake. **One of our greatest collaboration success stories is the work we underwent with District School Board Ontario North East (DSBONE) to increase the agency's capacity to work from a harm reduction approach.**



In collaboration with a local school board, community agencies, and Porcupine Health Unit, we supported DSBONE in their bid to include Naloxone in all first aid kits in schools with students in grade seven to 12. THU assisted with the development of a social media campaign around substance use, attended and presented at leadership meetings, and met with School Board trustees. Additionally, as part of this initiative THU provided a seminar with Porcupine Health Unit on harm reduction and its application to youth using substances to all child and youth workers, attendance councillors, and social workers at DSBONE.



Working together to give community members a *Fresh Start*

Fresh Start is a behaviour change program delivered by healthcare professionals in a group setting. It focuses on promoting a healthier lifestyle on 3 major components: **healthy eating, physical activity and stress management**. Behaviour change is promoted through goal setting, motivation, and lifestyle management skills.

Fresh Start is a local adaptation of the Diabetes Prevention Program-Group Lifestyle Balance™, created by the University of Pittsburgh to prevent type 2 diabetes. This intensive behaviour change program model was shown to be more effective in reducing risk of diabetes, when comparing to standard programs with medication: a 34% decrease of type 2 diabetes onset in adults under 60 and reduced cardiovascular risk factors.

In 2018, the Timiskaming Health Unit, in partnership with 9 other health professionals, finished its first implementation of the program and began a second. The program includes 22 weekly sessions (each 1 hour) over a 6 month period in New Liskeard and Kirkland Lake, with an average of 15 participants in each program.

"This intensive behaviour change program model was shown to be more effective in reducing risk of diabetes."

(Susan Hall, Public Health Promoter)

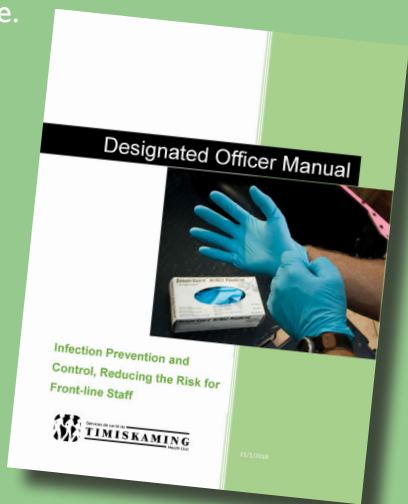


Current partners in the Fresh Start program include Canadian Mental Health Association, Timiskaming Diabetes Program (NL and KL), Great Northern Family Health Team, Haileybury Family Health Team, Temagami Family Health Team, Town of Kirkland Lake, Temiskaming Hospital, Kirkland District Hospital. The project was chosen

and implemented as part of an even larger local partnership initiative, the Diabetes Prevention Project Timiskaming (DPPT) Partnership.

Infection Prevention and Control and Collaboration

The Designated Officer program, which helps to support emergency service workers take the appropriate steps of action when they may have been exposed to a communicable disease in the line of duty, was successfully launched with a training day in November 2018. Representatives from Ontario Provincial Police (OPP), Emergency Medical Services, and volunteer fire departments were present to become their organization's designated officer. In conjunction with area leaders in emergency services, **THU was able to develop a customized training plan to meet the needs and learning levels of volunteers and professionals.** The training manual and the calling pathway have been successfully implemented since the launch of the program which clarified roles and responsibilities and better equipped emergency service workers with the ability to manage exposures in the workplace.



Public-Private Partnership to support Sober Driving

To reduce impaired driving during the 2018 holiday season, the Kirkland Lake Drug and Alcohol Awareness Coalition (KLDAAC) partnered with The Fed in Kirkland Lake to launch the “Thank a DD” campaign. The campaign



provided free non-alcoholic drinks to designated drivers as a token of appreciation for keeping their friends, family and the community safe. KLDAAC initiated the campaign as a pilot and The Fed was very willing to join and promote the message. “We feel that designated drivers are the unsung heroes keeping everyone safe,” said Krystal Oviatt, KLDAAC chair. KLDAAC members include representatives from public health, OPP, DSBONE, École Catholique Jean-Vanier, Timiskaming Victim Services, Kirkland Lake Ministerial Association, Canadian Mental Health Association, as well as community members. This was a great example of community organizations, volunteers and a private business working together to support a healthy community.

“We feel that designated drivers are the unsung heroes keeping everyone safe.”

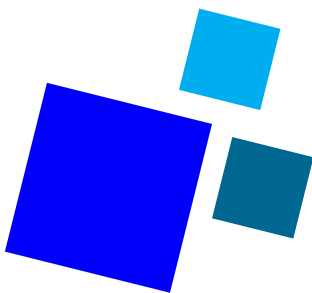
(Krystal Oviatt, KLDAAC chair)

Healthy Growth and Development

Car seat safety remained a hot topic for Healthy Growth and Development in 2018. One of our registered nurses, who is a Child Passenger Safety Association of Canada (CPSAC) trainer, received the “All Star” award from CPSAC in recognition of her contributions in service to her community. Last year, THU worked with community partners including EarlyON, Brighter Futures, North Eastern Ontario Family And Children’s Services as well as our Indigenous partners on Bear Island to complete technician training and to provide car seat inspection clinics. In total, 35 car seats were inspected across the district. Partnerships are being solidified with Kuuwanimano and Temiskaming First Nations for training and clinics in 2019.



35 car seats were inspected across the district in 2018.



Working Together to Keep our Roads Safe

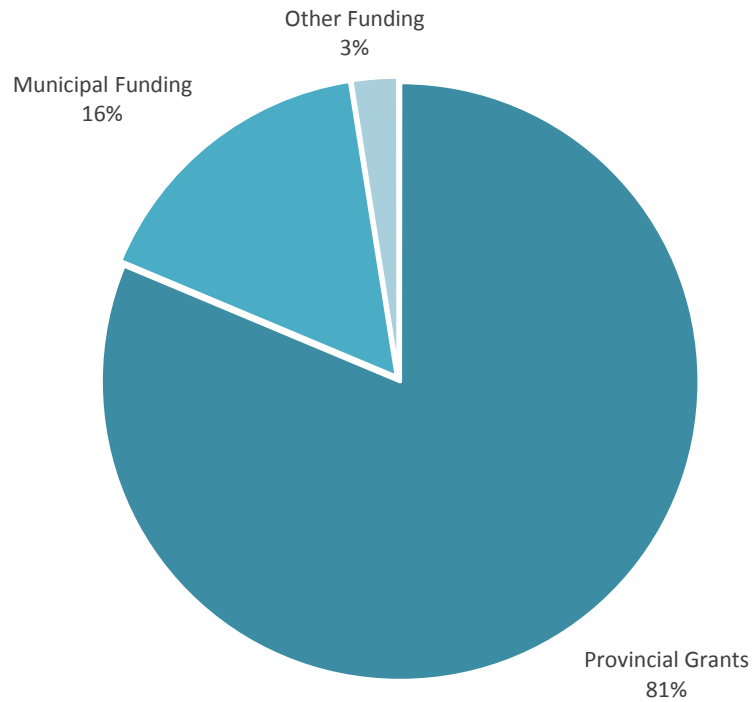
Road safety continued to be an important area of collaborative work in 2018. The health unit, along with the Temiskaming District Road Safety Coalition and the City of Temiskaming Shores, embarked on a

pedestrian safety campaign as a lead-in to Vision Zero, a safer systems approach to road safety. In addition to those involved in this specific campaign, a Vision Zero subcommittee is being formed to help other municipalities identify ways to make their municipalities safer for all road users. THU staff also continue to work with École Catholique St. Michel, supporting their petition requesting lower speed limits on a stretch of local highway. The petition will be presented by MPP John Vanthof in 2019. Finally, school bus safety continued to be a focus with a refreshed campaign, “I Stop, You Stop” that included social media, sponsored billboards and local media events.

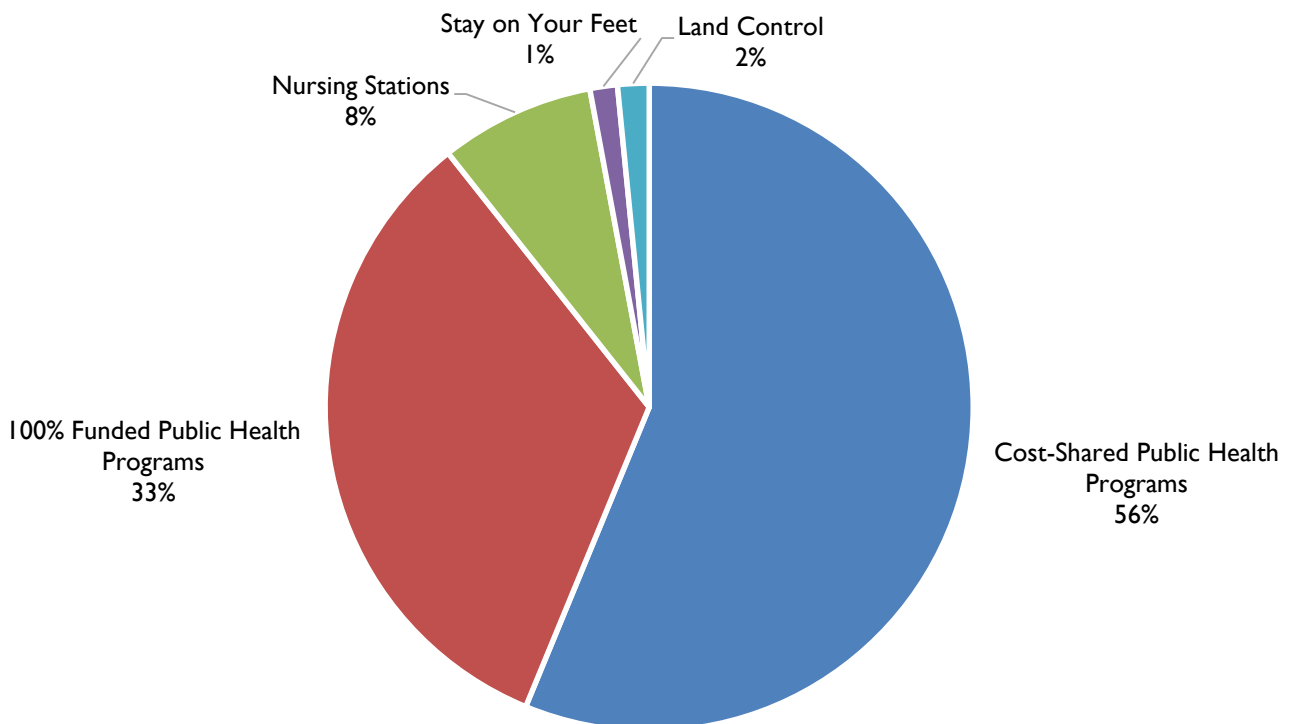


2018 Budget

Total Revenues



Total Expenditures



2018 Board of Health

Carman Kidd, Chair - City of Temiskaming Shores

Tony Antoniazzi, Vice-Chair - Town of Kirkland Lake

Merrill Bond - Towns of Englehart, Charlton, Townships of Chamberlain, Evanturel, Hilliard & Dack

Kathleen Bougie - Township of McGarry/Gauthier & Town of Larder Lake

Jean-Guy Chamailard - Town of Kirkland Lake

Sue Cote - Towns of Cobalt and Latchford, Municipality of Temagami, and Township of Coleman

Jesse Foley - City of Temiskaming Shores

Kimberly Gauthier - Townships of Armstrong, Hudson, James, Kerns & Matachewan

Audrey Lacarte - Townships of Brethour, Harris, Dymond, Harley and Casey, Village of Thornloe

Mike McArthur - City of Temiskaming Shores

Maria Overton - Provincial Appointee

Office Locations

New Liskeard

247 Whitewood Avenue, Unit 43

705-647-4305
1-866-747-4305

Englehart

63 Fifth Street

705-544-2221
1-877-544-2221

Kirkland Lake

31 Station Road

705-567-9355
1-866-967-9355

Nursing Stations

Elk Lake

71 Front Street
705-678-2215

Matachewan

81 Matheson Street
705-565-2351

For more information contact:
Ryan Peters, Manager of Communications
Timiskaming Health Unit
247 Whitewood Avenue, Unit 43
New Liskeard, ON P0J 1P0
Telephone: 705-647-4305
Toll-free: 866-747-4305
www.timiskaminghu.com

