



Services de santé du
TIMISKAMING
Health Unit

2010 ANNUAL REPORT



*Designed in-house by the Timiskaming Health
Unit's Communications Team.*

HEALTH UNIT

Message From The Management Team

2010 had many exciting challenges and opportunities for the management and staff of the Timiskaming Health Unit. In an effort to improve efficiencies and service delivery, organizational changes and the re-alignment of the program management structure took place. It was a year that re-positioned the agency for the future.

Employee engagement continued to be a focus that helped to propel the agency forward, and remains a key initiative of the management team. The success of this approach was evident in the quality of work and overall commitment displayed by staff throughout the year.

Externally, the on-going importance of community partnerships was clearly in the forefront in 2010. Working with other agencies, stakeholders, and community members to develop and implement programs and services that best meet the needs of our district proved to be a vital component of our success.

As the year came to an end, preparations began for the recognition of the 60th anniversary of the Timiskaming Health Unit, which will occur in 2011. This proud milestone will give the opportunity to celebrate the past, and embrace the future.

2010 BOARD OF HEALTH

Julie Crouse, Chair (January-March), Town of Kirkland Lake

Judy Pace, Chair (March-December), Temiskaming Shores

Merdy Armstrong, Vice-Chair, Townships of Larder Lake, McGarry, and Gauthier

Mike McArthur, City of Temiskaming Shores

Richard Pollock, Towns of Englehart and Charlton; Townships of Chamberlain, Evanturel, Hilliard, and Dack (May-December)

Burl Regan, City of Temiskaming Shores

Sue Nielsen, Towns of Cobalt and Latchford; Municipality of Temagami; and Township of Coleman

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

Sylvia Fenton, Public Appointee

Kelly Conlin, Townships of Armstrong, Hudson, James, Kerns, and Matachewan (January-October)

Linda Cunningham, Town of Kirkland Lake

VISION

Total wellness of our Community

MISSION

Promote Health, Prevent Illness

ENVIRONMENTAL HEALTH SERVICES

Infection/Outbreak Control

The Timiskaming Health Unit (THU) investigated a salmonella case cluster in 2010 as well as a Hepatitis A case. Some Legionella cases at the Englehart Hospital were traced back to a hot water tank in a residence. Following remedial efforts, the re-swab results came back with no traces of Legionella.

The THU created and delivered a daycare manual to operators to help empower them in areas of food sanitation, infection control, and communicable disease monitoring. An outbreak management workshop also took place to introduce the manual and help address any questions or concerns

Food Safety

The THU continued with accountability and administrative details to enhance the operation of our software program Hedgegrow, which allows public health inspectors (PHIs) to maintain efficient monitoring of activities with thorough electronic documentation and data collection of complaints, inspections, and rabies investigations.

Safe Water

The Small Drinking Water System program continued with a workshop, attended by PHIs, on proper site-specific risk assessments and proper interpretation of this new regulation transferred to us. Operators of these facilities were given clarification on sampling, treating, and training issues in the form of directives and in accordance with the Ministry of Health Safe Water Branch. Our plan is to have all risk assessments completed by December 2011.

As part of the Safe Water program, meetings continued in 2010 with the Ministry of Environment, Safe Drinking Water Branch to ensure issues with the inspection of regular municipal drinking water systems are summarized and communicated to THU inspectors

Beach Management Protocol

An annual beach assessment was conducted for all beaches in the THU region prior to the bathing season. In addition, a routine field data report was completed for each beach on sampling day. The New Liskeard beach was posted as unsafe for swimming twice in the 2010 bathing season.

FAST FACTS

Food Safety

- 27 Food Handler Certification sessions held.
- 400 Food Handler Certification participants.
- 604 Food Safety Inspections completed.

Safe Water

- 2 public beach closures.
- 10 boil water advisories issued for municipal drinking water systems.
- 6 reports of lead levels exceeding provincial standards .

Land Control

- 206 Class 4 Certificates of Approval issued.

Policies and Procedures

Several policies and procedures were updated in 2010 to comply with the Ontario Public Health Standards:

- Bottled Water Plant 08-d-10
- Municipal and Residential Boil Water Advisory 08-d-29
- Public Bathing Beach 08-d-40
- Recreational Water Facilities 08-d-47
- Water Haulage Vehicles 08-d-65

The following forms were also reviewed:

- Municipal Drinking Water System-Advisory Lifted (On-line form) N-321a-l
- Municipal Drinking Water System-Boil Advisory (fr) (On-line form) N-319b-l
- Municipal Drinking Water System-Boil Advisory (On-line form) N-319a-l
- Order of PHI N-1600-l Apr 1-10

FAST FACTS

Rabies

- 40 animal bites investigated.
- 4 individuals received post exposure vaccination.
- No rabies reports in 2010.

Health Hazards

The THU PHIs worked in partnership with a toxicologist to obtain more information and direction to determine the potential health concerns from the Ministry of Environment's soil samples from the Cobalt-Coleman area. The samples were to assess the impact of historic mining operations in that area.

Vector-Borne Diseases

Mosquito trapping was done in six fixed locations based on local risk assessment during the peak summer season. This enhanced provincial surveillance effort was in accordance with our Vector Borne Disease Preparedness and Prevention Plan. Inspectors also responded to standing water complaints and promoted Lyme disease and West Nile Virus awareness with newspaper, radio ads, and physician and hospital letters. No mosquito pools tested positive for West Nile Virus in 2010.

Rabies

Annual reminders of notification of animal bites and quarantine/vaccination requirements were sent to veterinarians, OPP, Animal Control Officers, Northern College, and College Boreal. As well, the PHIs worked in collaboration with public Health Nurses to start necessary post exposure prophylaxis of rabies vaccine and immune globulin for immediate client follow-up and entry into our communicable disease data system (iPHIS).

In 2010, there was an emergence of white nose syndrome in the bat population in the Kirkland Lake district. A media campaign notified people about bat activity during the daytime and the overall large number of dead bats. During that time, we clarified the roles concerning the Ministry of Natural Resources and ourselves.



INFECTIOUS DISEASE

Immunization

Immunization continued to be a priority for the Timiskaming Health Unit (THU) in 2010. Community clinics were held through the district to provide people with their annual influenza vaccination. Appointments at THU offices could also be made if people were unable to attend a clinic. In the past, clients were able to drop in for flu shots but, in 2010, the THU made appointments mandatory.

In 2010, the synflorix vaccine for pneumonia was introduced to increase protection by covering ten serotypes instead of seven.

Protecting Our Children

In 2010, the THU, school boards, and principals continued to have an excellent rapport and communication regarding school immunization records, consents, and suspension notices for students who had not yet received the required vaccines.

To assist teachers in the education of Grade 7 and 8 students, the THU provided packages with information on The Human Papillomavirus (HPV), Hepatitis B, and meningitis vaccine program. For 2010, the package was upgraded to contain CD material, not just paper.

As part of Frosh Week at local colleges, an infection control package was distributed.

The THU also developed a new policy to follow up with daycares to meet standards for assessment of the immunization status of children in licensed daycares. Community workshops were held to emphasize the importance of securing immunization records and updating them monthly. A daycare team also made a presentation on October 14th that included nursing, inspection, dental, and nutrition staff. Approximately 35 daycare representatives attended and received an outline of the procedure for

following immunization records and a revised and updated copy of *Safe Healthy Children: A Health and Safety Booklet for Child Care Providers* that was produced by THU.

FAST FACTS

Infectious Diseases

- 8 out of 561 individuals presented with positive tuberculosis mantoux tests resulting in 10 people for contact tracing.
- staff responded to 10 institutional respiratory outbreaks and 5 enteric outbreaks.
- 38 cold chain inspections (responded to 6 failures).

FAST FACTS

Vaccine Highlights

- 385 HPV vaccinations given to gr. 8 girls.
- 286 youth (gr. 7 and gr.8 catch up) received the Menactra vaccination.
- 485 doses of mumps vaccine were given.
- 5735 flu shots given for the 2009/2010 season.
- 818 international traveller consultations.

Helping Health Care Providers

The THU also continued its participation in infection control committees through hospitals and long-term care facilities. Presentations were made to long-term care homes (LTCHs) on routine precautions.

Influenza immunization rates for institutional health care facilities in the district, including LTCHs and hospitals, were collected and reviewed. To assist facilities with their efforts to increase vaccine uptake of staff, the results were shared with the facilities so they could compare their rates with provincial rates.

Technology

Using a computer program designed for international travel, the THU provided prophylactic recommendations tailored to a traveller's specific itinerary, as well as a comprehensive report and an immunization record. This service is free for Timiskaming residents. In 2010, we connected with doctors and pharmacists for collaboration purposes in enhancing the service.

The THU also continued to use the PECS program (The Niagara System) to assist in client management at community influenza clinics. The system uses laptops and clients' driver's licenses or health card numbers to log on to patients' records. We engaged in a trial exercise to improve the system by entering vaccine barcodes to help with inventory. We also took part in feedback exercises to help improve the system.

Use of iPHIS, a provincial surveillance system, continued to be used to report infectious disease data to the province and to locally review, analyze, and discuss outbreaks of communicable disease. This is an ongoing process with emphasis on enhancing surveillance data with timely entry.

Internal Improvements

The Tuberculosis (TB) Control policy was changed based on local epidemiology and involved TB initial screening that targeted groups known to be high risk. It established a baseline (2-step Mantoux test) instead of doing routine annual testing at hospitals, long-term care facilities, and daycare staff.

The revision of over 60 infectious disease protocols for nursing and inspection continued in accordance with best practices and Ministry of Health and Long-Term Care guidelines for reportable diseases. They included invasive GAS (Group A Streptococcal), chicken pox, meningococcal disease, pertussis, invasive pneumococcal disease, measles, mumps, and rubella.

FAST FACTS

Injury and Substance Misuse Prevention

- 11 new car seat technicians (from five partnering agencies) were trained to inspect and install car seats.
- 67 child safety seats were inspected/installed at THU offices (approx 84% of these seats had not been properly installed on arrival).
- 3 Baby R.I.D.E.S. were held in partnership with the OPP. A total of 187 seats were inspected during these road side stops.
- 169 children and their parents participated in the first annual Young Riders Day – school bus safety program.



Outbreaks

A suspect case of measles was investigated at New Liskeard Public School in 2010. A contact investigation and alert to health care providers ensued and a MMR vaccine clinic was held at the school.

Prompt follow up of outbreaks and reportable diseases took place thanks to troubleshooting our on-call system

FAST FACTS

Injury and Substance Misuse Prevention

- 186 No Phone Zone pledges signed at 6 area high schools and colleges and at Emergency Preparedness Day.
- Over 2100 students from all five secondary schools and three elementary schools were exposed to the impactful images and messages of the MADD multi-media show "Shattered".
- 300 frosh kits were distributed to local colleges (info included on distracted driving and impaired driving).
- 700 Medicine Cabinet Cleanout bags were distributed to 18 community partners (pharmacies, hospitals, health centres) and were available at 6 community flu clinics.

INJURY PREVENTION & SUBSTANCE MISUSE

Making The Healthy, Safe Choice, The Easy Choice, Where We Live, Learn, Work, and Play!

Timiskaming Health Unit (THU) staff collaborated with partners using comprehensive health promotion strategies to reduce the burden of preventable chronic disease and to reduce the frequency, severity, and impact of preventable injury and substance misuse. The THU works to ensure healthy public policy and supportive environments that make the healthy, safe choice, the easy choice and for sustainable programs and initiatives to improve the health of our population focusing on those who would benefit most.

Young Riders Day

The first annual Young Riders Day was held in partnership with the Timiskaming Road Safety Coalition and Kirkland Lake Road Safety Coalition. Children learned school bus safety rules from Buster the School Bus and from a school bus driver as they rode the big yellow bus, many for the first time. There were many valuable partnerships for this successful event, including the THU who shared messages around the importance of packing a healthy lunch with Freggie!



Temiskaming Rising Stars

Members of The Timiskaming Injury Prevention Older Adult Committee (TIPOAC) received a grant from the New Horizons for Seniors program for \$21,200. The money was to develop a senior troupe to perform entertaining, memorable skits to educate other older adults about important safety issues. The Temiskaming Rising Stars currently has 19 members who rehearse monthly at a local church and are booking shows for 2011!



No Phone Zone Pledge

As a part of the Provincial Road Safety Challenge, the Temiskaming and Kirkland Lake Road Safety Coalitions used an interactive method of educating drivers about the distracted driving legislation. Participants at local secondary schools as well as Emergency Preparedness Day experienced firsthand how distractions such as texting and dialling can affect a driver's ability to drive safely. Participants were asked to sign a pledge promising not to talk or text while driving and to encourage parents and other drivers to keep their eyes on the road and hands on the wheel.



CHRONIC DISEASE PREVENTION HIGHLIGHTS

Enhancing Healthy Promoting Schools

Public health staff supported a healthy school nutrition environment campaign in several elementary school communities in 2010. This initiative was evaluated and well received locally and provincially as numerous health units requested permission to adapt the campaign created by Timiskaming partners. Several schools advanced to work on *Nutrition Tools For Schools*® action guides using a collaborative whole school approach with public health support. Presentations and consultative support were also provided to secondary schools related to the new food and beverage legislation for schools. Staff also participated in school health fairs covering a range of youth health topics, and interested schools were provided with daily physical activity kits.

Raising Awareness About UV Radiation and Indoor Tanning

As part of a Northeastern initiative, the *No Tan Worth Dying For* campaign was supported locally. To encourage legislation for a legal age for access to indoor/artificial tanning, the Board of Health passed a resolution and community displays were used, including an interactive post-card campaign.

Youth Engagement

Youth champions hosted information booths at arenas to raise awareness about tobacco free sports and recreation (TFSR). Postcards with a 3-prong message related to tobacco free spots, healthy eating for active living, and positive self-esteem were distributed during sport registrations. The postcards, hockey pucks, and mini hockey sticks with TFSR messaging were distributed to all players in the NOHA Tournament of Champions games in Timiskaming.

Healthy Communities

Through 10 consultation events in the district, the Timiskaming Health Unit (THU) inquired with the public on how to create healthy communities in Timiskaming as part of the Healthy Communities Ontario Framework. In addition, the THU facilitated a network mapping survey with over 173 partners. This information will be used to establish recommended actions and policy priorities for relevant agencies and groups to use to inform their decisions, actions, and work plans.



Active Living and Healthy Eating Partnerships

The Kidsport Partnership held another very successful equipment swap and a luncheon with community partners to launch a partnership with Canadian Tire's Jump Start initiative. In partnership with local schools and other local organizations, THU staff delivered a very successful *Turn Off The Screens* campaign to encourage active living among families. The campaign had over 450 youth participate. The THU also hosted a public meeting for input and discussion on a national food policy.

Tobacco Control - Cessation

Through local partnerships, 89 individuals received brief counselling, free nicotine replacement therapy, and follow-up support as part of three *Stop On The Road* workshops held in the district. In addition, 2010 marked the highest number of Timiskaming registrants to date in the annual *Driven To Quit* challenge with 114 participants.



FAST FACTS

Chronic Disease and Injury Prevention

- 146 children received grants from Kidsport.
- an estimated 760 students, 68 school staff, and up to 1500 parent and/or caregivers were reached through a healthy school nutrition environment project.



FOUNDATIONAL STANDARDS

The Timiskaming Health Unit's (THU) Foundational Standards provides supports such as population health assessment, surveillance, research, program evaluation, and the exchange of knowledge both within the agency and in the community.

Highlights

Population Health Assessment

- Supported 3-year program planning for Sexual Health, Foundational Standards, Infectious Diseases, Chronic Disease Prevention and Injury Prevention, and Reproductive Health programs.
- Facilitated the development of Timiskaming Breastfeeding Project and a business case for Healthy Smiles Ontario.
- Supported the development of a community picture document, *Healthy Timiskaming*.

Population Health Surveillance

- Received training on various population health assessment and surveillance systems such as the Canadian Community Health Survey and ISCIS (Integrated Services for Children Information System).
- Performed continuous surveillance of local, provincial, national, and international infectious disease trends.
- Compiled and reported on local infectious disease surveillance data.
- Supported various programs such as Post Partum Mood Disorder program and the Enhanced 18-Month Well Baby Visit program by assessing their surveillance and data collection systems.

Knowledge Exchange

- Launched THU Grand Rounds, a monthly knowledge sharing session for all staff. Topics included the infant hearing program, Focus on Excellence, Healthy Smiles Ontario, Prenatal Education, Timiskaming Addiction and Mental Health, and Creating a Healthy School Nutrition Environment in Timiskaming.
- Launched healthytimiskaming.ca/timiskamingensanté.ca, an online social network for those working and volunteering towards healthier communities in Timiskaming.
- Participated on Ontario Public Health Association workgroup *Access, Equity, and Social Justice*.

Program Evaluation

- Facilitated H1N1 debrief process, including next steps for THU.

FOCUS ON EXCELLENCE

The Timiskaming Health Unit started a quality and wellness initiative in 2009 called Focus on Excellence. The internal committee continued its hard work through 2010, closing off the year with a celebration of its achievement of Level 1 through the National Quality Institute's *Progressive Excellence Program for Quality and Wellness in the Public Sector*. Congratulations to the committee and to everyone who contributed to the success!



FAMILY HEALTH

Healthy Babies, Healthy Children

The Healthy Babies, Healthy Children (HBHC) program provides education and support to families who are pregnant and/or parenting children up to the age of 6 years. The goal of the program is to help children achieve their optimal level of health, growth, and development.



All families received a phone call from a public health nurse (PHN) shortly after the birth of their babies to assess their comfort with newborn care, breastfeeding, maternal health and well-being, and their availability of supports. Some families received a postpartum home visit for additional guidance and support by a PHN.

Some families and/or their children faced more complex issues or factors that may have affected optimal growth and development and were eligible to receive additional visits. Public health nurses and lay home visitors worked with these families in their homes to promote healthy pregnancies, adjustment to early parenting, and positive parenting skills.

Healthy Beginnings Clinic

The nurse practitioner for the Healthy Beginnings Clinic provides wellness and illness care to children who are 0-6 years of age as well as women who are planning a pregnancy, are pregnant, or have children under 6 years of age and do not have a primary care provider.

In 2010, the nurse practitioner's services were available in the New Liskeard office three days per week and two days per week at the Matachewan Nursing Station. Starting in July 2010, eligible clients seen by the nurse practitioner at the Elk Lake Nursing Station were included as part of the Prenatal and Postnatal Nurse Practitioner Services Project.

The majority of new clients were either self referred or had a friend or family member suggest they call. Internal referrals from the HBHC and Sexual Health programs accounted for most of the other new clients.

FAST FACTS

Sexual and Reproductive Health

- 504 condoms distributed.
- 2465 clients seen at Sexual Health clinics .

Family Health

- 189 infants attended Well Baby clinics.
- 79% of newborns were breastfed.
- 20% of pregnant women attended prenatal classes.
- 312 babies born in the district.
- 2475 Nipissing Developmental Tools mailed.
- 781 families with children, 6-weeks to 6-years, were referred to HBHC program.
- 42% of families received postpartum home visits.
- 106 family visits were performed by public health nurses.
- 284 family visits were performed by lay home visitors.
- 51 families were visited by lay home visitors and public health nurses.

Community Health Centres – Elk Lake & Matachewan

- 1017 clients requested nursing services.
- 3317 telephone consultations with nursing services.
- 560 clients seen by physician.

An agreement with Timiskaming Child and Family Services (TCFS) to provide initial and annual physical examinations for children in foster care who do not have a care provider was signed. In New Liskeard, the nurse practitioner saw 33 individuals involved with TCFS and 58 individuals who are part of the HBHC program.

Continued promotion and word of mouth will help to increase the number of women and children who have access to primary care services and enable them to achieve their optimal health and developmental potential.

HBCH Service Data for 2010

Indicator	New Liskeard	Matachewan	Elk Lake	Total
Total Visits	587	70	63	720
New Clients	131	3	5	139
Visits From Clients Without a Physician	517	3	63	583
Visits From Pre and Postnatal Clients	173	3	5	181
Visits From Clients 0-6 Years of Age	135	25	21	181
Visits From Clients 18-Months of Age	8	0	0	8
Visits From Reproductive and Preconception Clients	103	20	18	141

Preschool Speech and Language

The Preschool Speech and Language (PSL) program provided children assessment and treatment of speech and language disorders from birth to October of the Senior Kindergarten year. In addition, the PSL was also a partner in delivering Infant Hearing program services, including stage 2 infant hearing screens and auditory verbal therapy.

In 2010, the speech-language pathologist completed her Level 1 certificate in Auditory-Verbal Therapy and Practice with WE Listen International Inc. In addition, the Timiskaming PSL program was happy to welcome two student placements in 2010, a communication disorder assistant from Georgian College and a speech-language pathologist from the University of Toronto.

FAST FACTS

Preschool Speech and Language (PSL)

- 1430 visits made to provide speech and language services.
- 70 new assessments of preschool children were completed.
- 73 stage 2 infant hearing screenings were conducted.



Healthy Smiles Ontario (HSO)

The Ontario Government launched Healthy Smiles Ontario in 2010, which provides dental care to youth 17 years of age and under. The Timiskaming Health Unit (THU) now offers the program to families in the district. Qualifications for HSO are based on being an Ontario resident, family net income, and not having any dental coverage. Children have the dental work done at dental offices who participate in the HSO program.

Children In Need of Treatment (CINOT)

The Children in Need of Treatment program covers the cost of basic dental treatment for children in families that could not otherwise afford the service. It assists youth age 17 and under.

Sexual Health, Sexually Transmitted Infections (STI), and Blood Borne Infections (BBI)

The goals of the Sexual Health program are to reduce the burden of STIs and BBIs in the population and to promote healthy sexuality. There is a strong clinical focus and services are offered by public health nurses and physicians in New Liskeard, Englehart, and Kirkland Lake.

Providing low-cost contraception to priority populations is a major strategy to help reduce the rate of unintended pregnancies.

Contraceptives are provided at one-third of the retail cost; when needed, clients are provided free contraception through the Compassionate Assistance program funded by the Society of Obstetrics and Gynecologists. Free condoms and emergency contraception are also available. Confidential services and healthy sexuality counselling are the mainstays of the program. Pap testing is available and follows the guidelines established by Cancer Care Ontario.

Comprehensive pregnancy counseling, including pregnancy testing, is also available for those clients dealing with an unintended pregnancy.

Sexually transmitted infection screening is provided including urine testing for chlamydia and gonorrhoea, point of care testing for HIV, and serology screening for Hepatitis B and C. Counselling, treatment, and contact tracing are main components of the STI/BBI program.

Counselling is offered for sexual and reproductive health concerns including abstinence, relationships, decision-making, and health concerns. Referrals to outside agencies are utilized as necessary.

In 2010, 2,465 clients accessed sexual health counselling, education, and contraception services.

FAST FACTS

Dental

- 1905 children received dental screening.
- 22 children received dental coverage via CINOT.



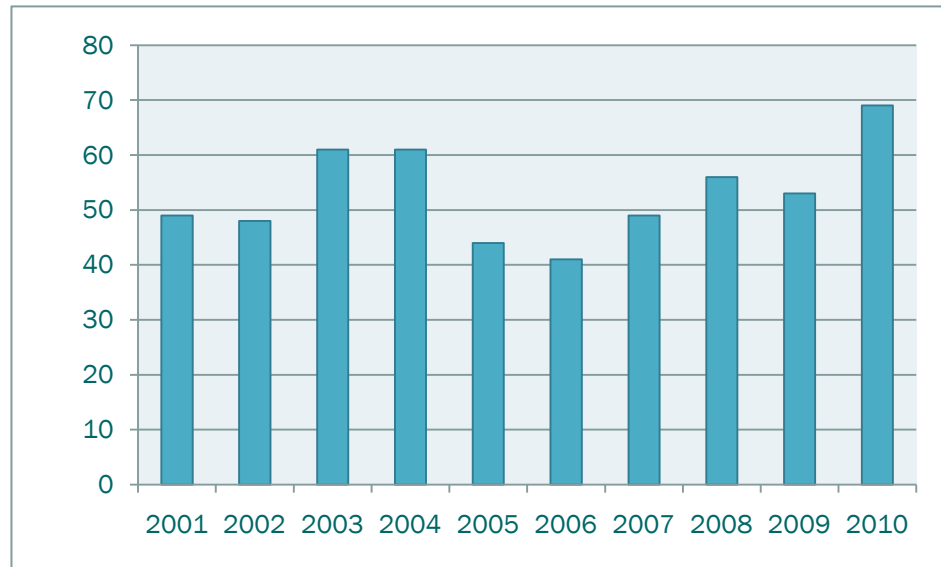
"Our program is reaching people who do not normally use our services. This year, an Amish father contacted public health for dental treatment for his 2 younger daughters. I hope through their experience other Amish families will start accessing the program too."

Kathy Sled, Dental Hygienist

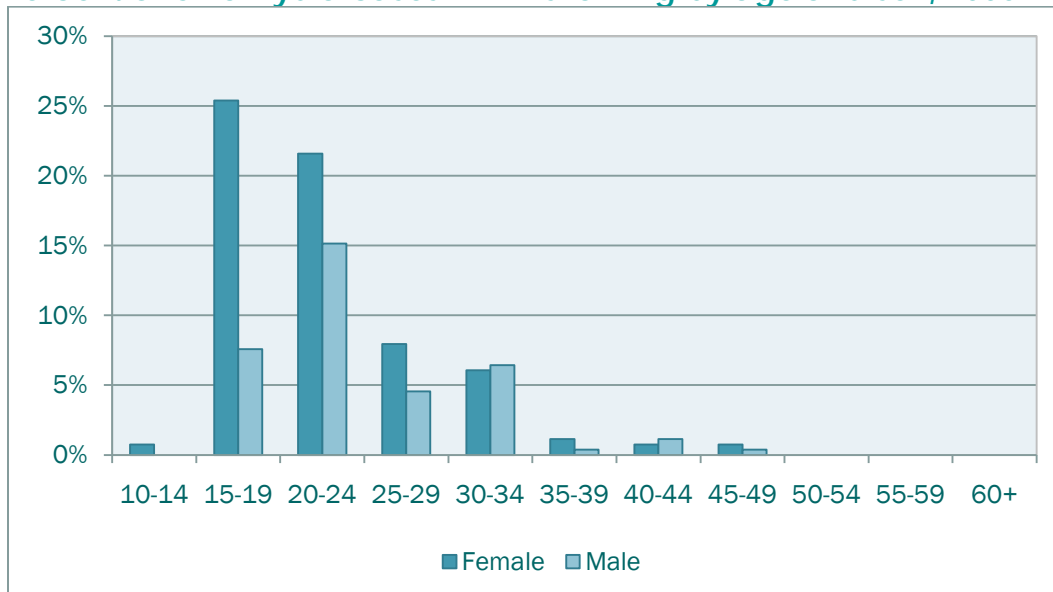
Number of Chlamydia cases in Timiskaming by year, 2001-2010¹

Chlamydia remains a concern as cases continued to rise in 2010. The sexually transmitted disease is the most common reportable disease in the THU and accounts for 55% of all reportable disease cases, though the rate is not statistically higher than Ontario's rate. From 2006 to 2010, in Timiskaming, females between the ages of 15 to 19 made up 25.4% of diagnosed cases, followed by females aged 20 to 24 at 21.6%, then males between 20 and 24 years of age making up 15.2%.

To help decrease the number of incidents, public health nurses spoke with students in schools.



Percent of Chlamydia cases in Timiskaming by age and sex, 2006-2010¹



¹ iPHIS [1995-2009], Extracted May, 2011



ADDICTION AND MENTAL HEALTH SERVICES

Operational Enhancements - CRMS

2010 was an exciting year full of challenges and changes for Addiction and Mental Health. The biggest, and perhaps most important change, was the switch to electronic charting. Through CRMS, clinicians now have access to all active charts, which allows for a more cohesive and consistent approach to counseling, as well as providing accurate and timely reporting data. The precipitous to this was a provincial initiative to implement a common assessment for mental health called OCAN (Ontario Common Assessment of Needs). We were fortunate to have been part of a pilot project that implemented OCAN with our seriously mentally ill population and will look at using it in other programs as research suggests. The value that CRMS has brought in efficiencies, accuracies, and a general ease of use for our program is a key achievement for 2010 and moving forward.

Working Together

We forged many partnerships with other agencies and groups to offer innovative services to assist our clients with their challenges.

Mental Health

- In Englehart, a mindfulness pain management group is offered, along with a peer lead activity and craft group for clients with mental illness.
- A trauma group is offered in partnership with the Pavilion Family Resource Centre.
- We continue to run Cornerstones, a multi focus group, which deals with anger, conflict resolution, and stress management.
- Our Post Partum Mood Disorders pilot program in partnership with Best Start is considered leading edge by giving much needed support to mothers and their families.

Addiction

- Choices is a group for pre-contemplative addiction clients.
- Structured Relapse Prevention and Aftercare are groups for clients that have actively been working on their addiction issues, as well as clients dealing with unresolved codependency, eating disorders, and gambling issues.
- Our relationship with the Methadone clinic in Kirkland Lake remains strong. Working with their team allows our clinicians to serve clients in an environment that is comfortable for them and efficient for us. The program continues to grow and the involvement through our partnership with the clinic is a vital part of its overall success.

FAST FACTS

Addictions and Mental Health

- 2157 Information & Referral (includes Crisis Calls and Hospital Visits).
- 29 Dual diagnosis admissions.
- 674 Mental health admissions.
- 496 Addiction admissions.
- 8881 Face to face visits.

Smoking Cessation

- 166 Clients registered for Quit Smoking 101.

Youth Assistance

Clinicians continued to have a presence in our local high schools, and from our school-based relationships, a partnership was formed to create a Critical Incident Stress Management (CISM) protocol. In April 2010, The Timiskaming Health Unit (THU) collaborated with Timiskaming Child and Family Services (TCFS), Centre de santé communautaire du Témiskaming (CSCT), and Canadian Mental Health Association (CMHA) to form a CISM team. Through monthly meetings, the agencies developed a formal protocol to address critical incidents within schools throughout Temiskaming. The protocol stipulates who is to be notified, composition of teams, how teams are dispatched, and procedures to follow once dispatched. Certification training for staff was provided in June. Meetings were held with representatives from the school boards and the concept was favorably received by all four district school boards. The committee is working towards implementation of the protocol and expects to have all systems in place by March 2011.

We also initiated a partnership with TCFS to provide counseling services to families that identify addiction as an issue. In a provincial initiative, family welfare agencies are pairing with addiction counseling agencies to provide a more effective and seamless delivery of service. Our clinicians provide weekly sessions to the three TCFS offices in the district. We are also participating in the provincial addiction partnership meetings.

THU also continued to provide social work services, four days a week, to the Timiskaming Hospital on a contract basis.

Northeastern Mental Health Coalition (NEMHC)

The Early Intervention in Psychosis (REIP) is a partnership with Northeastern Mental Health Coalition (NEMHC) that services Temagami to Kirkland Lake. In 2010, an in-service was provided by the REIP clinician and her colleague to the TAMH team. We are working on cross training our REIP and Dual Diagnosis clinicians to improve service further.

A second partnership with NEMHC is our Dual Diagnosis program. The unique "hub and spoke" model has numerous colleagues from various agencies working together throughout Northeastern Ontario through the hub located in North Bay. The group is recognized very highly in its field and has many publications of the work it has done. Our dual diagnosis clinician at THU is an essential part of this team and is looking forward to hosting the regional meeting in our district in 2011, a first for our area.

Some of their accomplishments include:

- Publication: *Implementation of Individualized P.R.N. Protocols in Community-based Settings: Addressing Concerns around Risk, Rights, and Responsibilities*, NADD Bulletin, January/February/March 2010
- Presentation regarding the above publication at The NADD 2010 International Congress & Exhibit Show: Innovations and Interventions (MH/IDD) April 14, 2010 - April, 16, 2010, Toronto
- Video Conference Presentation to Northwest Human Services in Pennsylvania regarding Project SARAH: A Community's Response to Abuse Prevention, October 25, 2010.

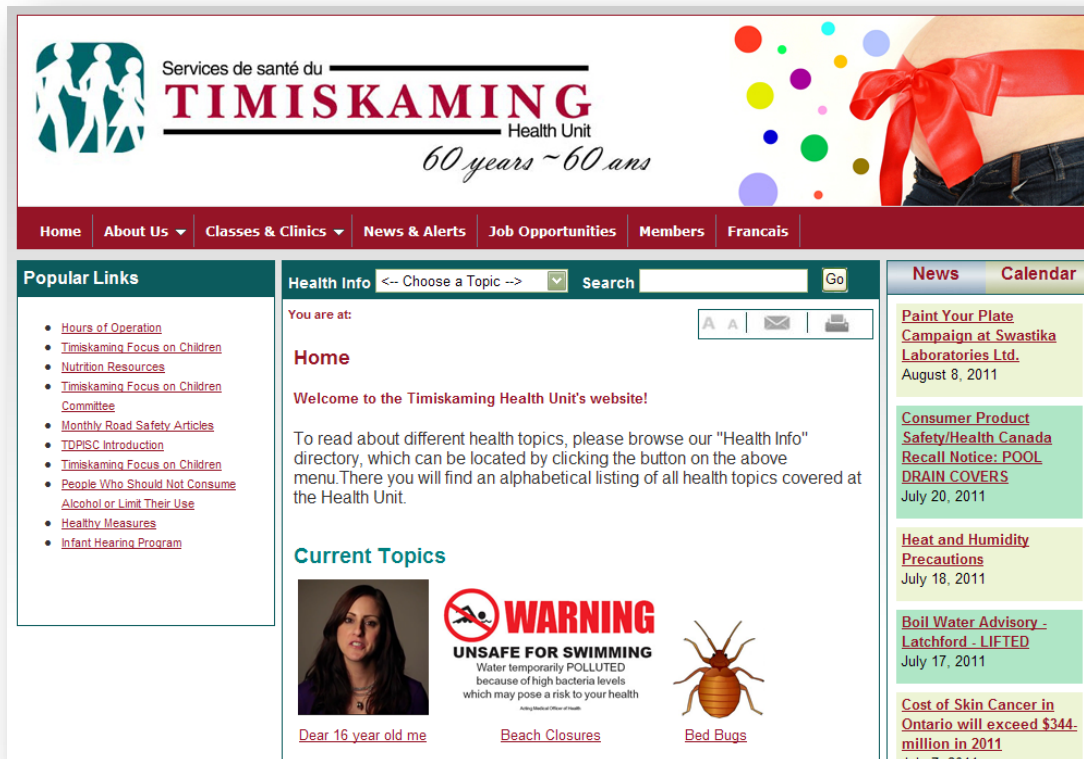


COMMUNICATIONS

The Timiskaming Health Unit (THU) utilized local media outlets in several ways to ensure our messages reached the public.

New Website

The internet is a vital way to communicate with the public. To ensure we were doing that efficiently, The THU launched a new and improved website in September 2010. Northern Lights Presentations created the site, which is available in both English and French.



www.timiskaminghu.com

FAST FACTS

Communications

- 93 paid radio advertisements aired on CJTT, CJKL and CJBB.
- 82 newspaper advertisements published in The Temiskaming Speaker, Northern News, and The Voice.
- 26 media releases issued.
- 12 news stories about the agency aired on the radio or published in newspapers.

District Networking

The THU launched the new bilingual Timiskaming Community Network on November 30, 2010 with an all-day networking event. The website's purpose is to help people working towards healthier communities in Timiskaming to connect with others in the district; share stories, best practices, and resources; post events on the calendar; and join or start a conversation. Users can create their own profiles, similar to other social media websites, and follow the people, discussions, and groups of their choice.

This tool is not just for networking but the sharing of ideas and information between group meetings, as well as developing partnerships or collaborations on projects. The site is geared towards educators, businesses, community volunteers, municipalities, and social and health professionals.

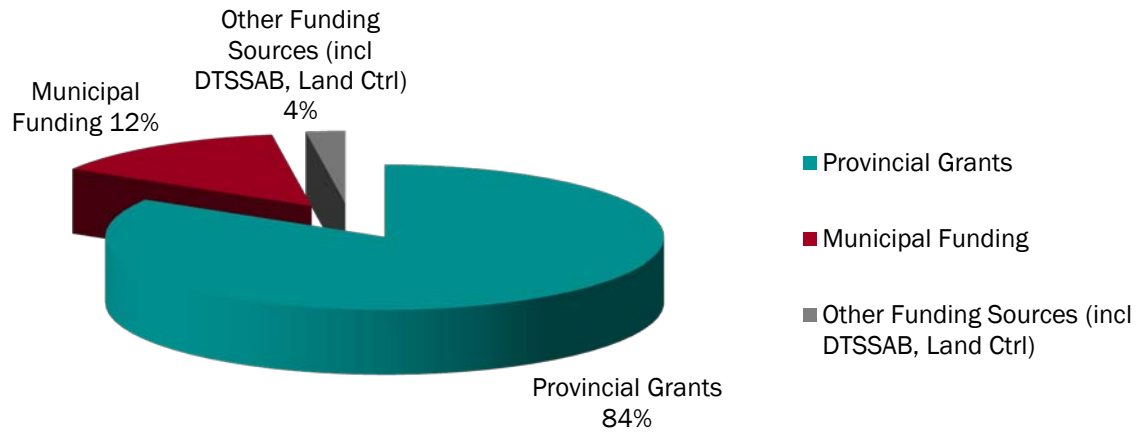
The screenshot shows the homepage of the Timiskaming Community Network. At the top, there is a header with the site's name in both English and French: "Timiskaming Community Network" and "Réseau communautaire du Timiskaming". To the right of the header, there is a language selection dropdown set to "Select Language", a "Powered by Google Translate" logo, and social media icons for Twitter, Facebook, and YouTube. Below the header, the main content area is divided into several sections. On the left, there is a "Log in" form with fields for "Email address" and "Password", a "Log in" button, and a "Remember me" checkbox. Below the login form are links for "Register" and "Lost password". To the right of the login form is a "Welcome to Timiskaming's Community Network!" message. This message states that the site connects people and organizations to lead to a healthier Timiskaming. It lists benefits of joining: "spread the word", "partner with others", "attend and host events", and "find and share information". Below this, it explains that users can exchange ideas, generate new ideas, and figure out how to move forward together. A quote follows: "The Timiskaming Community Health Network website is part of a broader effort to support and develop a regional 'community of practice'. In other words, it provides an online place for those of us working towards healthier communities to connect and collaborate with each other. This web tool is just the technological side of this growing Community of Practice. In person, we are meeting more frequently in small and large groups to learn together and create an ever-increasing impact - and a healthier Timiskaming." At the bottom of the welcome message is a "Join us!" link. Below the login form, there is a "Featured groups" section. It features a photo of a group of people sitting on the floor. To the right of the photo is a "Description:" section. The description states: "You can join the group to learn more about community Liaison Workers, and/or connect with one in your area." Below this is the name of the group: "Timiskaming Best Start Community Liaison Worker". Further down, it says "Owner: Jennifer Sauve", "Denomme", and "Group members: 21". At the bottom of the description, it says: "Often referred to as CLW's, provide children and their families with valuable links to the Best Start initiative which includes a number of children's services throughout the district. Provide a voice for parents and caregivers at network tables. Promote the Best Start Initiative, help out at community event and Promote integration".

www.healthytimiskaming.ca

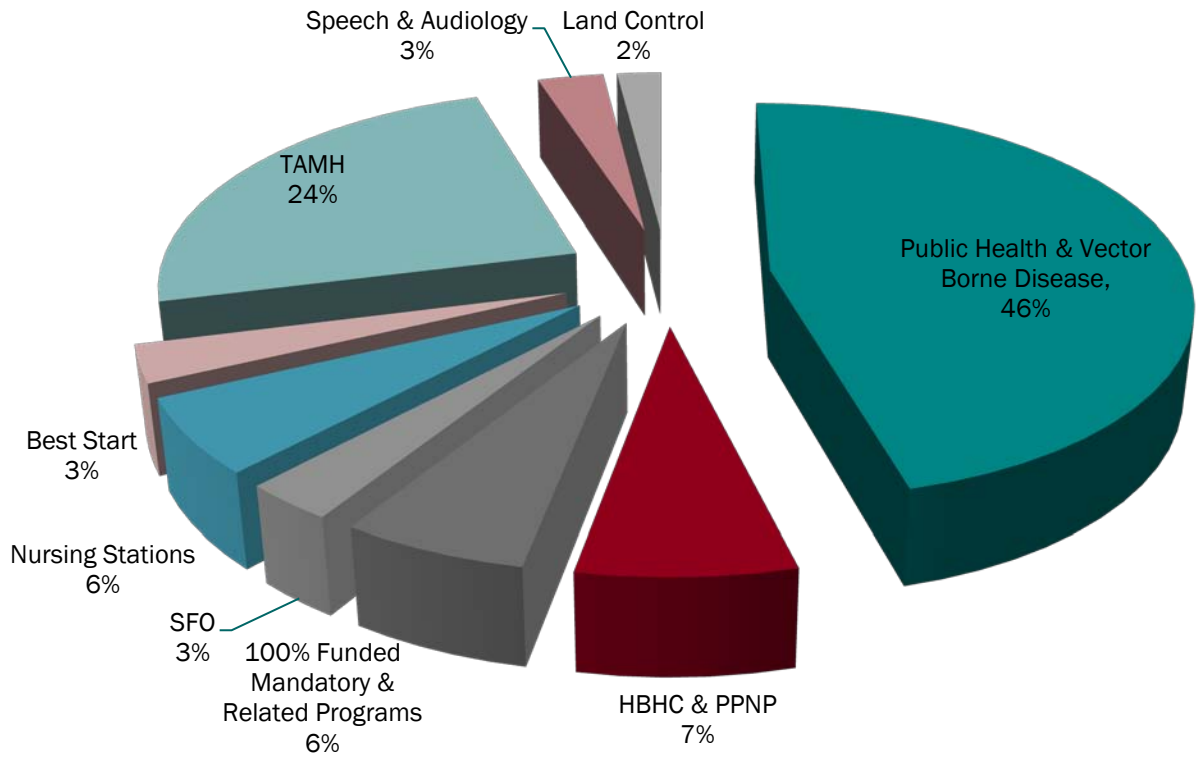


BUDGET 2010

2010 Revenues



2010 Expenditures



- Public Health & Vector Borne Disease
- Healthy Babies Healthy Children & Pre & Postnatal Nurse Practitioner (HBHC & PPNP)
- 100% Funded Mandatory & Related Programs
- Smoke Free Ontario (SFO)
- Nursing Stations
- Best Start Programs
- Timiskaming Addictions & Mental Health (TAMH)
- Speech & Audiology
- Land Control





Services de santé du

TIMISKAMING
Health Unit

www.timiskaminghu.com

OFFICE LOCATIONS

Monday to Friday • 8:30 a.m. - 12 noon • 1:00 - 4:30 p.m.

New Liskeard

421 Shepherdson Road
(705) 647-4305
1-866-747-4305

Dymond

883317 Highway 65,
Unit 3
(705) 647-4305
1-866-747-4305

Englehart

81 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

Community Health Centre
(705) 678-2215

Matachewan

Community Health Centre
(705) 565-2351