

Ontario Local Innovation Partnership (LIP) Newsletter

February 2016

Updates from the Ontario LIP

The IMPACT project is a **collaborative community-based initiative** involving input and feedback from you about what is needed to improve access to primary healthcare in our region, particularly for individuals facing social barriers like low health literacy, social isolation, or mental health conditions.



What we've learned from our governance group (Ontario LIP Core Team) and ongoing community consultations with many of you is that it is a challenge for primary care providers to:

- **Identify available primary healthcare resources in the community**, like physical activity, nutrition, chronic disease self-management, falls prevention and mental health programs
- **Assess social barriers**, like transportation, health literacy or social isolation
- **Support patients to reach these important resources**, by addressing these barriers or providing social support

Find health and community services in your area:

Call 2-1-1

visit

www.211ontario.ca

Is your program listed and up to date? Check **211**.

If not, contact 211 at

info@cominfo-ottawa.org

What are we doing to improve equitable access to community resources?

Our research team, in consultation with Ontario LIP Core Team members, have designed an initiative to (1) **support primary care practices** to identify relevant community resources and social programs to address patients' health and social needs, (2) **support patients, via a patient navigator**, to access these programs.

How are we doing this?

- Ongoing **community consultations** (focus groups, interviews and meetings) inform the design of our initiative
- **Engaging key partners** to participate in the design and implementation of the initiative, including community members, primary care providers, senior managers with the Champlain Local Health Integration Network, Champlain Community Care Access Centre, Ottawa Public Health, the Ottawa Heart Institute and local Community Health Centres



Calling all local artists!

The IMPACT project is the name of the larger study under which our work is being done, but we need our own brand! We'd love to see your vision for our local initiative, now known as the ARC project.

Access to Resources in the Community

Accès aux Ressources Communautaires

A provincial initiative to integrate primary and community care

Une initiative provinciale visant à intégrer les soins primaires et communautaires

Please [email Danielle](#) if you'd like to help. Note that the logo also encompasses an adjunct study to support Francophone patients to reach the community resources that they need, known as ARC-Francophone.

LIP Core Team Member Profile: Ms. Karen James

Ms. Karen James is a person with lived experience of addiction and mental illness. She entered recovery 23 years ago and has dedicated her life to helping others recover from their addiction and mental health problems through her community involvement. She currently works at Rideauwood Addiction and Family Services in their youth program, and volunteers for The Royal as a Client Representative for the Concurrent Disorders and Stabilization unit.



Karen is a founding board member of the Community Addiction Peer Support Association (CAPSA) and facilitates an All People All Pathways Group through CAPSA. She is also a founding member of the Addiction Action Recovery Committee which advocates for individuals who are not receiving adequate services, and sponsors a number of individuals in one of their 12-step programs. She helped to bring the SMART Recovery program to Ottawa and facilitated one of these groups for five years. Karen is an artist, an author (she published her own story of recovery in 2014), a poet, a photographer and a rap musician.

We asked her why she decided to join the Core Team and she said:

"I believe that more can be done to identify and help people with problems when they are caught early on at the primary health care level. Early intervention, proper identification and prevention can lessen the cost of health care and the pain experienced by individuals.

I am hoping that this study will provide another piece to what is often an overburdened and inadequate response to problems that will only intensify if left untreated.

We have to get better at responding to the very serious needs of people who often become the discarded members of our society."

Thank you for your continued support!

If you have questions or comments please get in touch:

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