

2018 Coming Together Forum Report



Faye Missar

CFRC Community
Developer

Introduction

On May 31, 2018, The Coastal Family Resource Coalition (CFRC) hosted the eighth biennial Coming Together Forum. The Coming Together Forum is a regional forum for service providers, decision makers, and community to plan for the future of child, youth, senior/elder, and family services on the West Coast of Vancouver Island.

This year the Coming Together Forum included a series of presentations, small table discussions, break-out sessions, and large group discussions about regional health needs and priorities, service integration efforts, and planning for next steps and implementation.

About the Coastal Family Resource Coalition

Approximately 6,000 people live on the west coast of Vancouver Island, occupying nine communities scattered over more than 350,000 hectares. The communities are the District of Tofino and the District of Ucluelet, and several Nuu-chah-nulth communities: Macoah, Hitacu, Esowista, Ty-Histanis, Opitsaht, Ahousaht and Hot Springs Cove.

In 2003 service providers banded together to form the Coastal Family Resources Coalition (the Coalition). The Coalition is a strong committee of representatives who provide services for local children, youth and families in west coast communities. Monthly meetings are held from September until June in alternating communities to provide an opportunity to network, share resources and reduce duplication. The Coalition's goal is to see progress in the overall health in our communities.

Figure 1: Communities that comprise the West Coast region (Clayoquot Biosphere Trust, 2017)



Forum Attendees

Sheila White, Central Island Employment Advisor, Island Health

Rachelle Cole, Community Paramedic, BC Emergency Health Services

Kimi Henderson, Manager, Tofino Children's Centre

Helene Dufour, Community Dietician, Island Health

Taryn Coates, Community Dental Hygienist, Island Health

Jaymee Wood, Care Transition Liaisons Nurse, Tofino General Hospital

Carrie Ho, Director of Operations, Westcoast Community Resources Society

Waylon McLeod, Child and Youth Worker, Westcoast Community Resources Society

Jaime Larson, Tofino Parks and Recreation

Paul Hasselback, Central Region Medical Health Officer, Island Health

Kourtney Yeske, Child and Youth Special Needs Worker, Westcoast Community Resources Society

Rebecca Hurwitz, Executive Director, Clayoquot Biosphere Trust

Brooke Wood, Literacy Coordinator, Coastal Family Resource Coalition

Josie Osborne, Mayor of Tofino

Jason LeFevre, Child and Youth Mental Health Counsellor, MCFD

Erika Goldt, Eat West Coast Coordinator, Clayoquot Biosphere Trust

Marcie DeWitt, Coordinator, Alberni-Clayoquot Health Network

Amanda Zimmerman

Tzena Russell, Service Canada

Kathleen Stuart, West Coast Coordinator, KUU-US Crisis Line Society

Jan Rodgers, West Coast Childcare Consultant, PacificCare

Kimberlee Araya, Practice Link Nurse, Island Health

Abbie MacPherson, Coordinator, Rural and Remote Divisions of Family Practice (Long Beach Chapter)

Margaret Morrison, Executive Director, Westcoast Community Resources Society

Kaley Ruel, Health Promotion in Schools Coordinator, Island Health

Noreen Frank, Administrative Assistant and Education Coordinator, Toquaht Nation

Carol Sedgwick, Ucluelet Secondary School Principal, SD70

Melissa Trowbridge, BC Schizophrenia Society

Katherin Charbonneau, Alberni Children First

Laurie Bird, Instructor, North Island College and Director, Food Bank on the Edge Society

Julie Rushton, Central Region Coordinator, Success by Six

Debbie Mundy, Community Engagement Coordinator, Yuułuʔiłʔatḥ Government

Tanya Nestoruk, Community Outreach Worker, Westcoast Community Resources Society

Celena Cook, Administration, Yuułuʔiłʔatḥ Government

Abby Fortune, Director of Ucluelet Parks and Recreation

Randy Oliwa, Counsellor, District of Ucluelet

Janice Johnsen, Community Engagement Coordinator, First Nations Health Authority

Jennifer Marlor, Pastor, Tofino Anglican Church

Alvina Desjarlais, Homefulness Coordinator, KUU-US Crisis Line Society

Griffin Russell, Harm Reduction Coordinator, Island Health

John Enns, Coordinator, Tofino Fish and Loaves Community Lunch

Karyn Bernard, Public Health Nurse, Island Health

Sarah Gordon, Care Transition Liaison Nurse, Tofino General Hospital

Sandra Tate, Community Engagement Coordinator, First Nations Health Authority

Geraldine Mann, Team Leader, Ministry of Child and Family Development

Oliver Jacobson, Intern, Island Health

Mollie Law, Victim Services, RCMP

Jaime Hansen, UES Principal, SD70

Nicole Gerbrandt, Education Coordinator, West Coast N.E.S.T

Janice Wong, Transition House Worker, Westcoast Community Resources Society

Marilyn McEwen, Counsellor, District of Ucluelet

Bruce Grieg, Planner, District of Ucluelet

Evan Hauser, Nuu-chah-nulth Education and Training Program

Marg Touchie, Elder, Ucluelet First Nation

Dianne St. Jaques, Mayor of Ucluelet

Louie Joseph, Elder and Language Committee member, Ahousaht First Nation

Chris Seitcher, Tla-o-qui-aht Mens Group

Dwayne Martin, Tla-o-qui-aht Mens Group

Welcoming and Introductions

Marg Touchie welcomed the group to Yuułuʔiłʔatḥ Traditional Territory and spoke to the importance of working together. Marg set the tone for the day by speaking to the Nuu-chah-nulth teaching of Hishuk ish ts'awalk - everything is one and everything is interconnected. She also spoke about iisaak (respect), and the lack of respect that Indigenous youth still face in their daily lives on the west coast.

After the opening, each participant was asked to stand and introduce themselves and their affiliation in order to demonstrate the wealth of knowledge and expertise in the room.

Presentation from the Coalition

Marcie DeWitt, Coordinator for the Alberni-Clayoquot Health Network, (former CFRC Community Developer) presented on the CFRC model, history, and successes of the Coalition. Faye Missar, current Community Developer, then spoke to the recent activities and current working groups of the Coalition. Faye also reviewed the top community health priorities that have been voiced at the monthly Coalition meetings.

Presentation from Dr. Paul Hasselback

Dr. Paul Hasselback, Medical Health Officer for Island Health (Central Region), presented on the social determinants of health, and key findings and trends from available sources of health data for the west coast.

According to Dr. Hasselback, "west coast 'health' is average or slightly better than average-not exceptional". Generally speaking, the west coast population is young, mobile, educated, and culturally diverse. In terms of socio-economic status our region is "average" yet disparity exists between the west coast communities.

The Early and Middle Years Development indices show that west coast children are diverse; "many are thriving and many [have] substantive needs". Furthermore, the west coast has a relatively high number of young mothers. Dr. Hasselback states that maternal health is a priority area for our region.

Other health issues of concern include: Substance use (particularly alcohol), transportation outside of the region to access health care services, chronic disease prevalence, and early childhood development.

On a positive note, Dr. Hasselback announced that more health data will be available for our region at the new West Coast Community Health Service Delivery Area level. See Appendix a for Dr. Hasselback's full power point presentation.

Regional Health Priorities: Dot-Mocracy Results

A "priority wall" was created using a list of all the health priorities from 2017 and 2018 (to-date) identified at the monthly Coalition meetings. Participants were asked to place a dot sticker next to the health priority(s) that they felt to be the most pressing in the region. Participants were able to add issues to the priority list.



Top Five Health Priorities:

1. Dialogue with youth re: trauma, substance use, wellness etc.
2. Housing (availability)
3. Lack of licensed infant care
4. Consistent, on-going youth programs
5. Drug and alcohol use

All Health Priorities (listed in order of highest amount of dots to lowest)

1. Dialogue with youth re: trauma, substance use, wellness etc.
2. Housing (availability)
3. Lack of licensed infant care
4. Consistent, on-going youth programs
5. Drug and alcohol use
6. Lack of sobering house and/or detox centre
7. -Community trauma and healing
-Loss of culture and language (revitalization)
-Indigenous Education
8. -Aging in Community
-Kindness and Compassion (building kind, compassionate, and supportive communities)
9. -After-school care
-Lack of foster care parents
10. -Public Transportation
-Seniors Healthy Meal program
11. Poverty
12. Role models and mentors for youth
13. Lack of funding and resources/services for community crises
14. -Emergency Preparedness
-Fentanyl education and awareness
-First Responders
15. Food security (access)
16. Language Nests
17. -Looking at conception as part of the "early years" (maternal health)
-Need for more family support and child/youth care workers
-Outdoor Education
18. Diabetes
19. Youth Council Representatives
20. Sharing health stats with youth and getting their perspectives: the why?

World Café Discussions on Regional Health Challenges, Root Causes and Regional Assets

Participants were asked to engage in a world café discussion on regional health challenges, their root causes, and regional assets that can be harnessed to address said challenges and root causes. World Café is a group facilitation method that engages participants in quick rounds of focussed conversations on a number of pre-determined questions.



The major themes that emerged from the world café discussion are organized by issue below:

Issue: Lack of affordability due to high housing and food costs.

Root cause: Foreign or live-away landlords; government policy on rentals; low wages not keeping up with living costs; labour force shift from natural resource industry (higher pay) to hospitality, service and tourism industry (lower pay).

Assets and Opportunities: Building year-round employment opportunities (innovative and creative, such as West Coast NEST); multi-sectoral health networks (Coalition and ACHN); supportive and affordable housing projects in Ucluelet and Tofino.

Issue: Opportunities and accessibility for youth/children to realize expectations and develop healthy coping strategies.

Root cause: Change in demographics and growing communities, lack of youth-related staffing and funding, low socio-economic status of families

Assets and Opportunities: Youth specific programs (Warriors) that provide education, role models, and peer support; advocate for municipal policy/funding for year-round youth coordinator role; female programming (Warriors is male only); Trauma-informed Schools Initiative (focus on schools and families), Safe spaces for youth that are led by youth; non-traditional education opportunities.

Issue: Lack of adequate mental health supports, outreach services, detox/sober/safe houses, and crisis management.

Root cause: Negative stigmatization of mental health & substance use, lack of infrastructure and staff positions for crisis management;

Assets and opportunities: Tla-o-qui-aht Mens Group, alternatives and positive peer groups, more outreach services, build connections in-community.

Issue: Transportation and accessibility

Root Cause: Geography, community planning (design), and lack of funding for infrastructure.

Assets: West Coast Transportation Action Table (ACHN), Leadership Vancouver Island projects (Chuu Train, Wheels for Wellness), Tofino Free Shuttle (summer); Ubere transportation initiative

Issue: Alcohol and Drug Use

Root Causes: Trauma; lack of joy; low satisfaction with quality of life; lack of cultural and social connectedness; intergenerational effects; mental health and depression; family breakdown; family stress (due to: two working parents, lack of affordability etc.)

Assets and Opportunities: rebuild a sense of identity by using/teaching family and cultural traditions; creating access to alternative medicines/healing; what could be done to create more opportunities for local First Nations to be employed in and have a direct role

Issue: Seniors supports (transportation, healthy eating, access to services) and aging in place; lack of extended care

Root Causes: Demographic shift (aging population); gap in supporting aging parents to stay in community;

Assets and Opportunities: Seniors Hub at Ucluelet Community Centre

Open Space Conversations

After lunch, participants were called into a circle and the principles of Open Space were explained. In an Open Space exercise, participants are able to host a table conversation on a pressing issue, matter, or question that is meaningful to them. The following seven questions/conversations were posed and hosted at the forum:

1. How can we recruit foster parents on the west coast?
2. How could a trauma informed lens be applied to local government services and planning?
3. How can we better support and value seniors in our communities?
4. A request from Ucluelet First Nation looking for community partners for diabetes prevention and care programs.
5. What are the unique contexts or factors that have, until more recently, protected against opioid overdoses?
6. What would improve child and youth mental health services on the west coast?
7. How could we better support children going into kindergarten?

Break Out Sessions

After the Open Space activity, participants had an opportunity to attend short learning sessions hosted by local service providers and health champions. The sessions were:

Tla-o-qui-aht Mens Group- session hosted by Chris Seitcher and Dwayne Martin from Tla-o-qui-aht First Nations

First 2000 Days - session hosted by Helene Dufour, Taryn Coates, and Kaley Ruel from Island Health

An introduction to Trauma-informed Practice- session hosted by Sarah Hagar, Coordinator for Trauma-informed Schools Initiative and School Counsellor for SD70.

Transportation on the West Coast- session hosted by Marcie DeWitt, Coordinator for Alberni-Clayoquot Health Network.

Closing by Louis Joseph, Ahousaht Elder

The day ended with a closing from Louis Joseph, an Elder and language champion from Ahousaht. Louis spoke about the connection between culture and language and health and wellness and the importance of language revitalization in regaining values, principles, culture and ultimately health. At the close of his speech Louis extended an invitation to everyone to the Language Gathering in October 18, 19, 2018 in Tofino at the Tin Wis Resort, tla-o-qui-aht territory.

Healthy People = Thriving Communities
(and Thriving People = Healthy Communities)

West Coast Coming Together Forum
May 31 2018

Paul Hasselback MD MSc FRCP(C)
Medical Health Officer

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Health

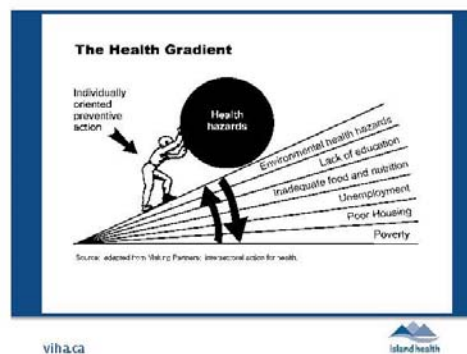
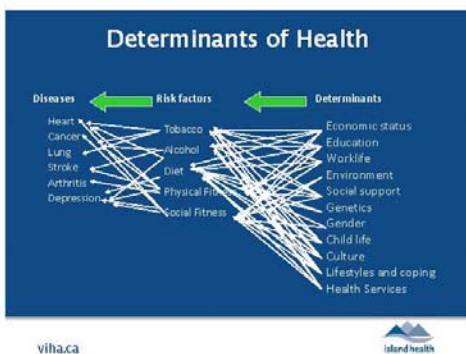
- "A state of complete physical, mental and social well-being."
- To achieve health an individual or group must be able to:
 - identify and to realize aspirations.
 - satisfy needs.
 - change or cope with the environment.

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Health vs. Disease

- Enabling individuals and communities to increase control over the circumstances which improve their health.
- Why are some people are "more healthy" than others
- Increase "equity"
- Determinants of health

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Continuum of upstream work

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What's New

- West Coast
 - Census 2016
 - EDI – 2014-2016
 - MDI – 2014-2017
 - West Coast out of area utilization data 2015-2016
 - Education information by schools 15/16
 - Alberni Clayoquot regional district.
 - Alberni LHA profile to 2016
 - Alberni LHA utilization, primary and community care profiles 2016
 - District graduation rates 15/16

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Data Quality Varies

What is coming

Much of the data in the LHA profiles and some of the utilization and primary and community care data – at the new West Coast CHSDA – Community health services delivery area

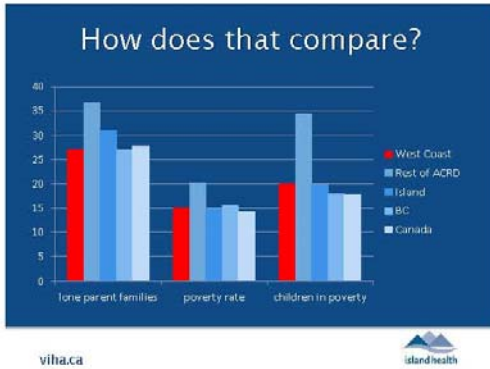
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Who are we?

(culture, socioeconomic status)

- 5534 residents
 - 32.9% First Nations – 2/3rds in FN communities
- 0.8% growth per year
 - 1025 children under 15 (18.6%)
 - 550 families with children
 - 29% led by lone parent
- Low income(*FN communities not included)
 - 15.5% of all residents
 - 19.7% of children under 6 (145 children)
 - 10.6% 65+ (50 seniors)

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Who are we?

(social support, worklife, education)

- 55% adults married/common law
 - 60% married
- 34% never married
- 60% of those 25-65 have a university degree
- 74% labour force participation
 - Only 32% worked full time full year
 - Unemployment rate 6.6%

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Where we live?

(home environment, social connection)

- 2/3 own, 1/3 rent (most band housing not included)
- 13% of housing stock needing major repair
- 20% of housing not used by "usual residents"
- 25% spending more than 30% income on shelter (*FN communities not included)
- Only 50% have not moved in last 5 years (nationally 60%)
 - Half of these have moved in from 'elsewhere'

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Income (2016)

Living Wage
 A Living Wage is the income a family requires to meet its basic needs and to maintain a decent standard of living. Working families that do not earn a living wage may face tough choices, such as deciding between paying rent or buying healthy food. Learn more at livingwagecalculator.org/victoria.

Our region's Living Wage is **\$19.27** per hour. Minimum wage in BC is **\$11.35**, increasing to **\$12.65** June 1.

Earnings for a family of four with both parents working 35 hours a week and making a Living Wage: **\$70,143**

- 40% of our region earns less than or close to minimum wage.
- 67% of our region earns less than our Living Wage.

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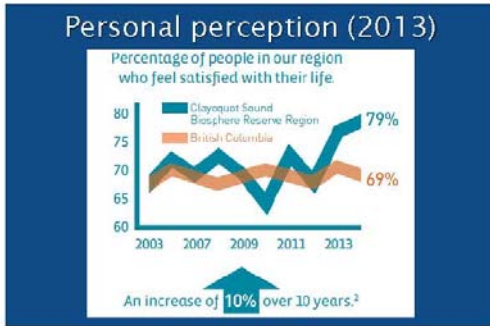


Social connection (2014)

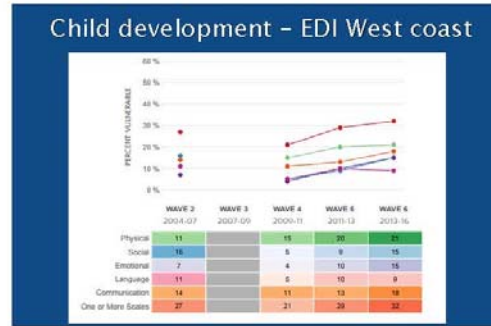
Voter Turnout for municipal elections decreased from **46%** in 2011 to **41%** in 2014. Provincial average is **33%**.

While this showed a decrease of the turnout was significantly higher than the provincial average. **5%**

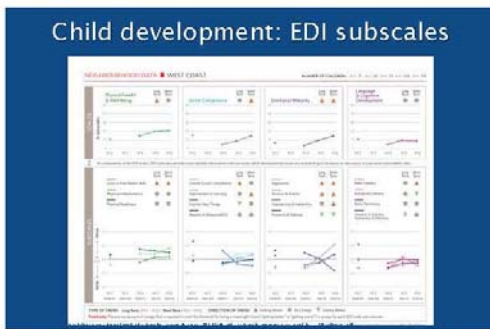
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- ### Child development MDI
- SD 70 a provincial leader in use of MDI, and an innovator in applying the data.
 - 4 years, Grades 4 and 7.
 - Some data available for West Coast.
 - Interpretation is without solid context
 - Increase in students “thriving” – mostly through shift from those with medium to high well-being and without change in “low”

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MDI Well-being index West coast

	Grade 4		Grade 7	
	Thriving	Low	Thriving	Low
2014/15 *	49%	29	43	45
2015/16	54	19	43	49
2018/17	44	40	-	-

- * All of “regional districts”
- - Minimum set of children for data to be reported

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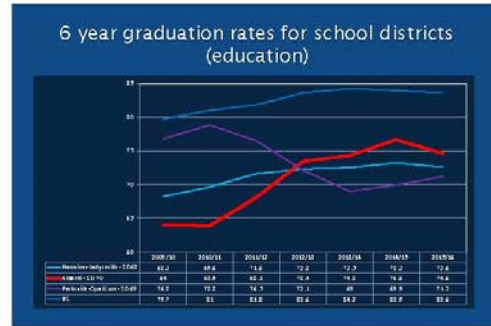
- ### MDI Assets Index
- 66-80% peer relationships on west coast (low)
 - 80-90% report presence of adult relationship
 - Nutrition and sleep 60-70% (better)
 - 80-90% report out of school activities (better)

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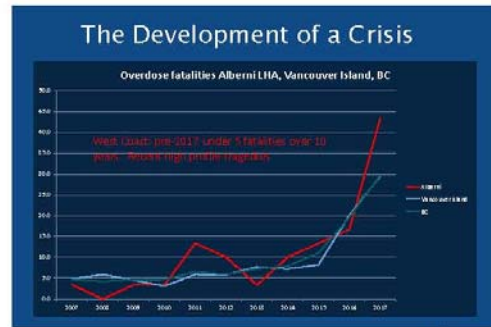
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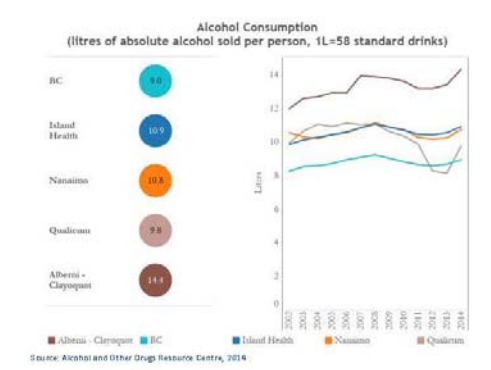


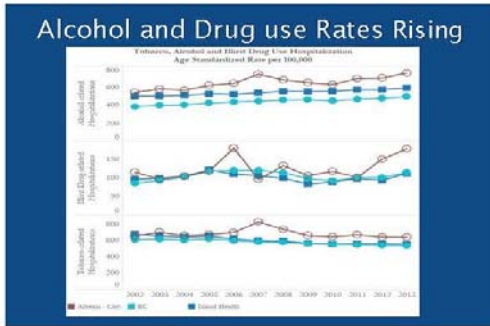
Current Use Estimates – West Coast

- 45 injection drug users
- 50 regular users non-injection.
- 700 cannabis users in past year.

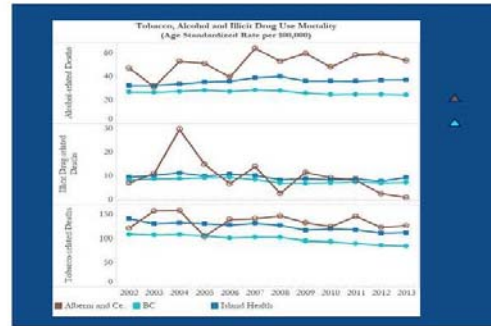
(using a very crude modeling based on Alberni area 2017 estimates developing by BCCDC)

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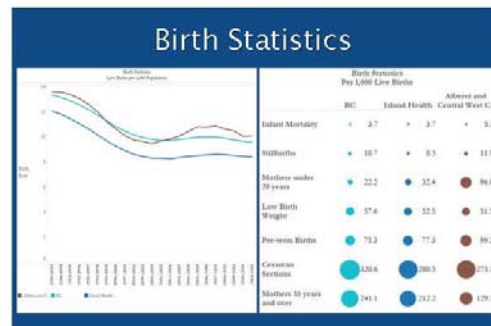


My cookie recipe

- Compassion
- Hope
- Inclusion
- Professionalism
- Sincerity

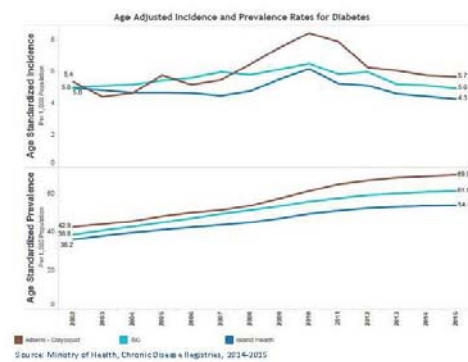
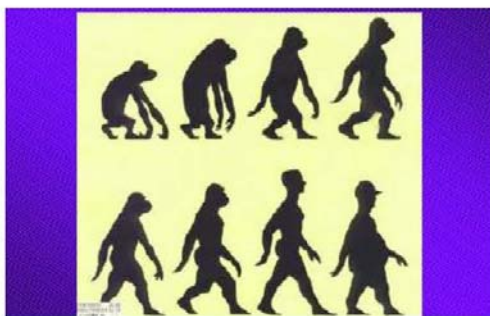
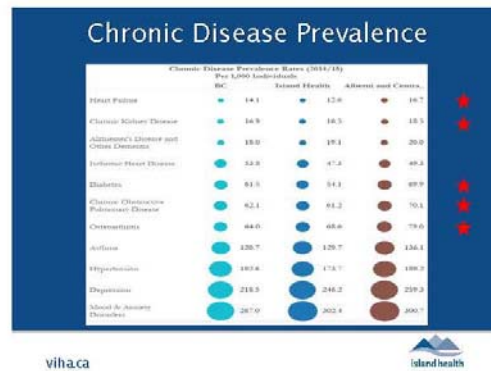
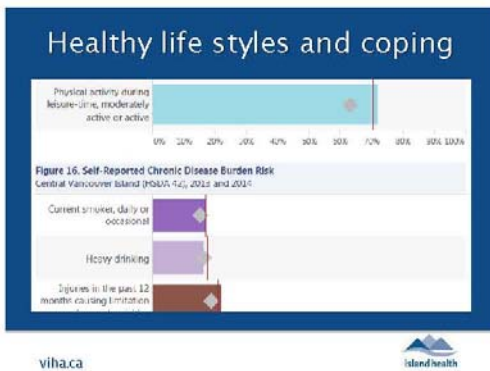
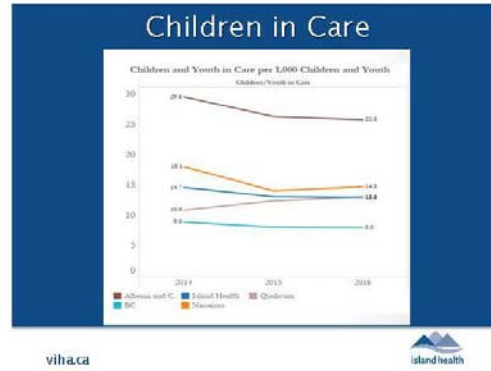
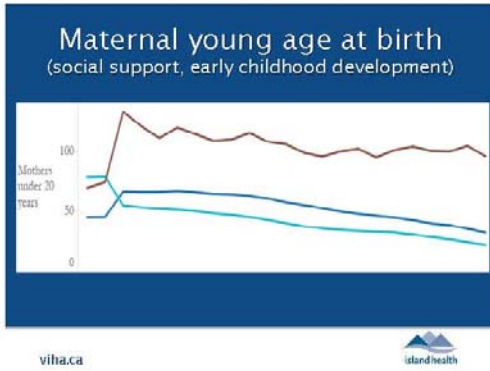


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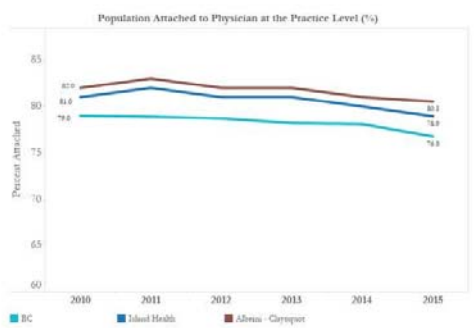
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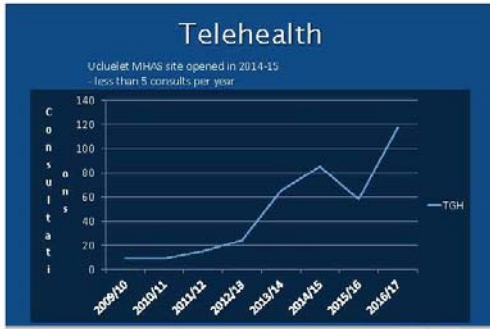


Source: Ministry of Health, 2016

Health business by LHA residents

- 4400 hospitalizations
 - 650 – West Coast residents
 - 50% at TGH
- 21000 emergency department visits
 - 3700 – West Coast residents
 - Increase to 82% of West Coast ED visits at TGH
- 200000 GP visits
- 200000 specialist visits
- 300000 visits for diagnostic services

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Exported care services

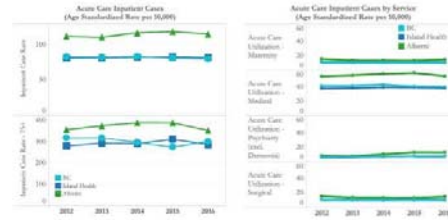
- Data for BCCH and BCCS not available at West Coast level.
- An average of 12 services are provided to West Coast residents a day at an Island Health facility other than TGH (a resident may receive more than one service)
 - ~ 1/3 to WCGH
 - ~ 1/3 to NRGH

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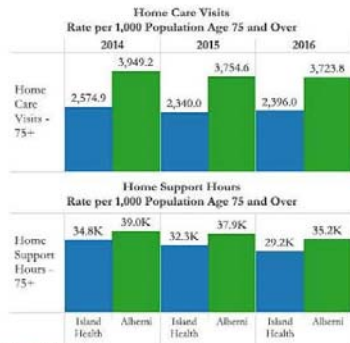




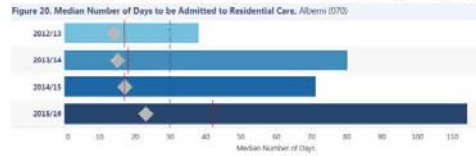
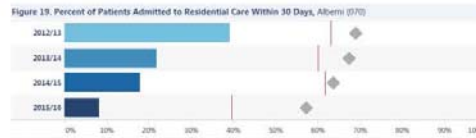
Source: Island Health, Idea, 2015-2016



Source: Ministry of Health, Idea, 2015-2016



Source: Island Health, 2015-2016



Conclusions

- West Coast 'health' is average or slightly better than average – not exceptional
- A cultural mix to celebrate
- Educated, mobile, younger
- While overall "average" socioeconomically, high differences between locations on West Coast.
- Children also diverse, with many thriving and many with substantive needs

Conclusions (2)

- Substance use a problem –led by alcohol with tragic impacts of the developing drug crisis
- Maternal health an issue for attention
- Overall disease indicators higher for Alberni and West Coast area
- Transportation out of area for service an issue
- Access to health care comparable (except perhaps residential care)

He finally did it



Resources

- Presentation to be posted at <https://www.viha.ca/mho/publications/index.html> community health topics
- LHA profile https://www.viha.ca/mho/lob/aha_profiles.html
- HELP data <https://eati.teaminga.ubc.ca/#> (maps and data)
- Census <https://www12.statcan.gc.ca/census-recensement/2016/dp-ndp/total/index.cfm?lang=fr>
- Education data - <https://www.bccrd.gov.bc.ca/reporting-to-province.php>
- West Coast Vital Signs <https://cfravego@biosphere.org/news/592016a/>



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¹ Image from Clayoquot Biosphere Trust (2017) Living Wage Report