



Name Change Alert! The GW OHT foundational model of care has been re-named the 'Integrated **PATIENT** Care Team' (IPCT)

The Guelph Wellington Ontario Health Team (GW OHT) Patient and Family Advisory Council proposed the IPCT be changed from the 'Integrated **Primary** Care Team' to the 'Integrated **Patient** Care Team' to better reflect the model's patient-centeredness. The recommendation was supported by GW OHT partners in June 2022. Thank-you to our PFAC members for leading this important change!

Join the JUMP into FALL Activity Challenge!

Presented by the Guelph Family Health Team

A FREE 3-week friendly competition with the intent of encouraging community members/surrounding area residents, local businesses, organizations, and groups to be more active, lead a healthier lifestyle and help improve mental/physical health.



IN-PERSON Kick-off Event - Sept 16 from 1:30-3pm at Riverside Park in Guelph

To register: <https://www.eventbrite.ca/e/383096932237>

3-week Activity Challenge - starts Sept 16 (after kick-off event) and runs until Oct 7

To learn more, register/join a team, visit: <https://guelphactivitychallenge.com/>

If you'd like to see how much FUN participants had last year, check out the [FHT to Move 2021 Recap video HERE](#)

WE WANT TO HEAR FROM YOU!!!!!!!!!!

Join us for a webinar to share your input to shape Guelph Wellington OHT's current activities including home care modernization, communication and engagement plans, giving patient's access to their health information and more!!!!

Friday, September 23 from 12-1 - Click [here](#) to join



CALLING ALL
COMMUNITY
PARTNERS!

Please share this newsletter and engagement opportunities broadly.

Any questions or comments, please contact Emmi Perkins, GW OHT Director, Transformation

askus@guelphwellingtonoht.com



The 'GW OHT Strategic Priorities' are Focused on Improving Health Care through our Partnerships

The priorities were developed based on what we heard from our community as well as health and social service providers, the GW OHT Patient Family Caregiver Advisory Council (PFAC), the GW OHT Anti-Oppression Advisory Group (AOAT) and the Guelph Wellington Physician Association (GWPA). Click [here](#) to learn more!

Improving Access to Mental Health & Addictions Services in GW OHT

What We Heard

Providers don't always know all of the mental health and addictions services that are available in our communities nor how to get their patients access to them.

Community members would be better able to access mental health and addictions services on their own if they knew what was available and how to get connected.

What We Did

Developed a poster that is intended to help patients find local services to address their needs.

For information about mental health and addictions services in Guelph – *click here*.

For information about mental health and addictions service in Wellington County, visit www.helpisherewellington.com

Draw to Attend the Annual Update in Geriatrics Evidence-Based Highlights



In alignment with Regional Geriatric Program Central, (RGPC) strategic direction to support education and capacity building within Specialized Geriatric Services, the RGPC is providing funding for registration for two front line team members (one from Waterloo region and one from Wellington region) to attend the [12th Annual Update in Geriatrics Evidence-Based Highlights](#) on November 16, 2022.

The draw is open to all Community Support Services, Specialized Geriatric Services and/or Primary Care teams.

If you would like to submit your name to the draw, please contact email Emmi (Emmi.Perkins@GuelphWellingtonOHT) by September 14th, 2022. Recipients of the funded registration will be notified by September 20th, 2022. **GOOD LUCK!**

Social Prescribing – What is it?

Social Prescribing is a holistic approach to healthcare that combines the social and medical models of health and wellness to address various determinants of health. Social prescribing bridges the clinical and social divide by establishing a formal pathway for health providers to refer patients to community-based programs. Examples of a social prescription include participating in an exercise group, receiving a Food Box to support food security, taking an art or dance class, joining a bereavement network, contributing to a community garden, exploring a local hiking trail with a group of peers, volunteering to visit older adults in the community.

Health equity is a cornerstone of effective social prescribing. Successfully implementing a social prescribing program means removing the barriers clients experience in accessing what they need to be healthy including economic, geographical, interpersonal, or psychological barriers.



Why is the GW OHT Focused on Social Prescribing?

One of the goals within the 2022-2025 GW OHT strategic priority “*Shared Understanding and Advancement of Health Equity*” is to “*Reduce food insecurity*”. Our goal is to increase the percentage of providers who screen for food security and prescribe nutritious food by 30%. We will provide food justice, food sovereignty training opportunities and culturally responsive tools that enable social prescribing. To read more about the role social prescribing plays in improving population health, click [here](#). Click [here](#) to read more about how social prescribing can help bridge the gap between clinical & social care.

Join us to discuss ‘**The Future of Fresh Food Prescribing in Guelph & Wellington**’ on October 27 from 9:30 am – 3:30 pm. Click [here](#) to register

GOOD NEWS! HEADLINES



GW OHT Partners Put Funds to Good Use Amid Overdose Crisis

CMHA WW, Guelph Community Health Centre, and Arch Guelph are receiving federal government funding through the Substance Use and Addictions Program ([SUAP](#)) to address the overdose crisis through life-saving initiatives like safer supply, naloxone outreach and peer-based programs. This aligns with our strategic priorities to provide better access to addictions services. [Click here](#) to read the full story!

Rural Wellington Safer Supply programs are expanding to Rural Wellington. Safer supply is a health service that permits medical doctors and nurse practitioners to prescribe medications that reduce or eliminate a client’s reliance on the toxic illegal drug supply. [Click here](#) to read more.

Please share this newsletter and engagement opportunities broadly.

Any questions or comments, please contact Emmi Perkins, GW OHT Director, Transformation

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COMING SOON!!

GW OHT Quality Improvement and Continuous Learning Guide

- The **Quality and Continuous Learning Working Group** is developing a ‘Quality Improvement Guide’ (expected to be ready for October 2022). The Guide is a “step by step” approach to problem solving that is aligned with the quadruple aim. This guide supports an effective, evidence based, coordinated approach to problem solving
- A QI toolbox is also in the development stage; these tools will assist teams in their Quality Improvement problem solving approach
- Our group is very excited to be building a stronger partnership with the Data and Performance group! Our objective together is to support the goals of the OHT working groups. “How will we know we’ve improved if we can’t measure it?”

TIP OF THE MONTH:

Be clear on the problem you are trying to solve!

- ✓ Examine the data. It will help you understand the current state and determine if your solutions for improvement were effective or not. Invite fresh eyes! By getting perspective from the people using your process can bring further insight into what we could/should be measuring
- ✓ Can your team relate to the data you’re collecting? Is the target clear? Reaching your goal is easier when your team has a shared understanding of what they are contributing to.

“Continuous Improvement is Better than Delayed Perfection” - Mark Twain

GW OHT Patient, Family and Caregiver Council (PFAC)



Members of the GW OHT Patient, Family and Caregiver Council (PFAC) have been meeting regularly as active partners, collaborators and advocates who are helping to bring the voices of patients, their family members and/or their unpaid caregivers to discussions about our local healthcare system. The PFAC seeks to contribute the lived experiences of a wide range of patients to the ongoing development of a single, integrated healthcare system for the region. This important work supports the health and well-being of the whole population of Guelph and Wellington County. PFAC has made several significant contributions to the OHT including collaborating on the development of the strategic priorities, providing feedback during

the development of public education materials, and spearheading the shift in the IPTC name change as described in this newsletter. The PFAC is an active and engaged group with many members also sitting on working groups across the OHT.

The GW OHT is committed to supporting a PFAC that represents the community it serves and reflects a range of voices, their different needs and their strengths. **We are actively recruiting additional PFAC members and advisors to sit on working groups to increase the diversity in our advisor pool and incorporate the voices of individuals from equity-deserving groups.** If you are interested in being a member of the PFAC, an advisor with the OHT or contributing your voice in another way please visit the GW OHT website or email PFAC@guelphwellingtonoht.com and our engagement coordinator will be in contact.

For more information about the opportunities and how to get involved, click [here](#).