



Melissa Minutes

By **Melissa McCallum**
GHHN Director

Happy June Partners,

As we come together to celebrate both Pride Month and Indigenous History Month, I want to take a moment to express my deepest gratitude for your unwavering hard work and dedication to advancing health equity. The GHHN values the unique perspectives of patients, partners, organizations and communities, it is through these efforts we can make a difference together.

During Pride Month, we celebrate the resilience, contributions, and diversity of Two Spirit and LGBTQIA+ communities.

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GHHN Blogs

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Engage GHHN

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Melissa Minutes

...continued

A very special thank you to the GHHN Positive Space Working Group for advancing tools, education and resources to create a more inclusive and accepting healthcare environment where, in addition to feeling seen, heard, and valued, everyone can receive the best quality care, as is their right.

In conjunction with Indigenous History Month, we honor the rich cultures, histories, and enduring strength of Indigenous peoples. Your efforts to address health disparities and promote cultural competency in our services are essential in building trust and advancing health outcomes for Indigenous communities. The GHHN is committed to advancing the Truth and Reconciliations calls to action, and have set aside funding this year to provide Indigenous Cultural Safety training for those working within the primary care sector.



International Conference on Integrated Care May 2024

Chi-Ling Joanna Sinn, PhD, had the opportunity to attend the IFIC Conference in Ireland to present the GHHN and JRI Integrated Care research happening within Hamilton's Residential Care Facilities. Joanna, a research scientist of the St. Joseph's Health System Care for Integrated Care presented on behalf of the JRI research team including Dr. Andrew Costa and Dr. Anthea Innes. The presentation titled "Addressing stigma, mistrust and power within integrated care work" highlighted work beginning in April 2023 and slated to wrap up in 2026.



Introducing New GHHN Board Members

Thank you to the GHHN Board Members for your ongoing leadership and dedication to the Greater Hamilton Health Network with special thanks and welcome to new Board Members.



Omar Aboelela
Assistant Vice President-
Partnerships, Home Health
CBI Health



Rashed Afif
Chief Executive Officer
Wesley



Genevieve Hladysz
Vice President, Health,
Fitness & Aquatics
YMCA Hamilton,
Burlington and Brantford



Tracey Macarthur
President and Chief
Executive Officer
Hamilton Health Sciences



Clare Mitchell
Chief Operating Officer,
Clinical Services
McMaster University

To learn more about the members of our board please visit: www.greaterhamiltonhealthnetwork.ca



Primary Care Update

Marijke Jurriaans, GHHN
Manager of Primary Care

If you're familiar with the primary care community in the GHHN, you will likely have seen or interacted with HFAM (Hamilton Family Medicine), which acted as the Primary Care Network for the GHHN. Under HFAM, and with the support of our partners, we have held over 65 Primary Care Town Halls, sent over 80 primary care newsletters, built a distribution list of 650+ primary care providers, submitted a single Expression of Interest for the Expansion of Team-Based Care Funding, presented our journey at the Association of Family Health Teams of Ontario (and been requested back for round 2), achieved the highest uptake of Online Appointment Booking in Ontario Health West and much more. And while we will forever cherish the days of HFAM, we are excited to enter a new era... Introducing the GHHN Primary Care Network.

Our rebrand was born from a recent Primary Care Network Visioning and Identity Exercise led by consulting firm, Mass LBP. The four objectives for this exercise, which ran from December 2023 to May 2024, included:

- Reviewing our identity to ensure our name and overall brand represented the PCN (after all we go beyond Hamilton and include Haldimand and Niagara Northwest);
- Reviewing our governance structures, memberships, and decision-making processes;
- Identifying short and long-term priorities for the PCN; and
- Defining the PCN, including what it means to be a member, who can be a member, and what value the PCN brings its members.

The result of this exercise was the development of our PCN Playbook, which contains recommendations that the PCN Leadership Council is in the process of reviewing and implementing. We will continue to update the GHHN and all our partners as we review the PCN Playbook.

We are very excited to begin this new chapter and look forward to continuing to share updates! If you have any questions, please email me at Marijke.Jurriaans@GHHN.ca



PCN PLAYBOOK HIGHLIGHTS

- New Name: GHHN Primary Care Network
- New Logo
- New Tagline: Connecting primary care in Hamilton, Haldimand and Niagara Northwest

We've also approved four PCN Principles to act as foundational guidelines to inform the structure, strategy, and operations of the PCN. These include Patient Care, Equity, Impact and Sustainability and support our new purpose statement which, while still in draft, is centred around improving the delivery and coordination of care for patients by connecting and supporting the PCN to thrive.

Community Addictions and Mental Health Services Announce Rebrand

Bill Helmeczi,
CEO, Community Addictions and Mental Health Services,
Haldimand and Norfolk



South Coast Wellness
Addiction and Mental Health

Community Addictions and Mental Health Services Haldimand and Norfolk is pleased to announce that it has rebranded. The new name is South Coast Wellness. The decision was made to better support our communities. We have found that often people were not aware of what services CAMHS provided and that the abbreviation of our name was confusing. This often-created barriers and extended wait times for services.

Moreover, as we transitioned out of the pandemic, we realized there are many more individuals that require services. We are confident that our rebranding process will facilitate our commitment to connecting and supporting with all who require services or support, in an expeditious manner. The name and logo were chosen to illustrate our services, values, and commitment to the communities we service. The icon's round organic shape reflects our person-centered approach. The movement of the figure is intended to represent freedom and healing. The two circles illustrate companionship and collaboration, the movement upward is intended to illustrate progress, hope, and optimism.

Lastly, the logo also draws upon the inspiration of our coastal shores of our communities.

We are also involved in several exciting initiatives and programs. Our agency has increased the number of both psycho-educational and treatment focused groups. As well as part of our inaugural accreditation we have focused greater attention on developing and implementing systematic evaluations of services. Our Mobile Mental Health and Addictions Outreach Clinic is one of four pilot sites across the province. We are currently in the evaluation process, being facilitated by the Center of Excellence.

We are the lead agency for Haldimand, Norfolk, and Niagara. The program has been in operation for nearly three years. Our referrals have exceeded expectations. The program provides mental health and addiction services across the lifespan and includes access to psychiatry and psychological assessments. In Haldimand and Norfolk, REACH supports this initiative for child and youth mental health. In Niagara Pathstone Mental Health and CASON partner with us to provide similar services in Niagara.



WHY COGNITIVE BEHAVIOURAL THERAPY (CBT)?

CBT is a short-term treatment grounded in the principle that our thoughts, feelings, and behaviours are interconnected. CBT focuses on learning practical strategies to help change how you feel, think, act, and manage difficult situations.

During treatment you will:

- Complete questionnaires to monitor symptoms and progress;
- Track your thoughts and behaviours;
- Meet with a coach or therapist;
- Read about and practice CBT strategies to manage your mental health.

**OSP is not a crisis service and is not suitable for those with addictions, severe mental health problems, active suicidality, and/or suicide attempts in the past six months, current self-harming behaviour, or moderate or severe cognitive impairment.*

Get treatment for depression, anxiety and anxiety-related concerns with Ontario Structured Psychotherapy

Vanessa Foreman Page

Accessing mental health services can be tough due to barriers like cost, stigma, or challenges finding available resources. However, if you or someone you know in the Greater Hamilton area is struggling with depression, anxiety, or anxiety-related concerns, there's good news: free Cognitive Behavioural Therapy (CBT) is available through the Ontario Structured Psychotherapy program.

Highlights of Ontario Structured Psychotherapy (OSP):

- No out-of-pocket cost to clients.
- Anyone 18 or older who lives in Ontario can self-refer.
- For health care providers, the referral is available on [OCEAN](#).
- Suitable for people experiencing depression, anxiety, panic attacks, specific fears, and other anxiety- and stress-related problems, including post-traumatic stress and obsessive-compulsive concerns.
- Focused on utilizing CBT, which is proven to reduce symptoms of anxiety and depression.[1]
- Most people start with self-led strategies supported by a coach or therapist. Those needing additional support can access individual or group CBT.

Interested in making a referral?

If you live in the Greater Hamilton area: Visit www.OSPWest.ca, or call 1-833-944-9966 to begin the referral process. Next, a staff member will guide you through screening and intake.

If you live in another part of Ontario: Visit the [Ontario Health website](#) to find your region's OSP provider.

If screening and intake suggest the program is a good fit* for you, you will be enrolled in one of our treatment options and supported along your CBT journey to improve your mental health.

Questions? Email us at OSPWest@StJoes.ca.

[1]Hofmann, S. G., Asnaani, A., Vonk, I. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Journal of Consulting and Clinical Psychology, 80*(4), 610–622. <https://doi.org/10.1037/a0028566>

GHHN out and about!

April 2024

GHHN Executive Director, Melissa McCallum, presented at the International Conference on Integrated Care in Belfast on Empowering Communities to Lead for Change.



April 2024

GHHN with the Sikh Heritage Committee hosted the first annual Sikh Heritage Health Awareness Initiative at the Gurdwara Shaheedgarh Sahib Hamilton. Over 40 participants learned about diabetes, nutrition, hypertension and cancer screening. Special thanks to HNHB Mobile Cancer Screening Coach, Hamilton Urban Core and Compass CHCs, and Community Paramedics.



May 2024

Despite the thunderstorms, rainbows were plentiful at the Haldimand Norfolk Pride event! The GHHN booth made buttons and connected with the local community. Thank you, Haldimand Norfolk Pride!





May 2024

Congratulations to GHHN's Director of Physician Recruitment, Brad van den Heuvel, on receiving the 2024 CaSPR Recruiter Recognition Award.

May 2024

Co-chairs Holly Odoardi and Brian McKenna of the GHHN LTC Advisory engaged 20 administrators and LTC staff to hear their LTC priorities. The feedback will be compiled and brought back to LTC Advisory partners, Home and Community Care Support Services, primary care, and hospitals. It's not too late to provide feedback! Email megan.lynych@ghhn.ca to have your say.



May 2024

GHHN staff Melissa McCallum, Heather Shaw, Brian McKenna, and Marijke Jurriaans are attending an Accelerated Ontario Health Team Event in Toronto discussing Home Care, Primary Care and Integrated Care Pathways.



June 2024

The GHHN participated in the Mental Health Week closing event in Dunnville. It was a great morning spent making buttons & engaging with staff and residents across Haldimand!

June 2024

The GHHN held our 11th Women's Health Days. We served 110 individuals over the two days, and saw an increased number of PAPs, birth control, and testing services offered. Special thanks to our host, Good Shepherd, and our service providers, donators, and Marchese Pharmacy and Shelter Health for supplies to make these days possible!



June 2024

GHHN staff Melissa McCallum, Marijke Jurriaans, and Sarah Precious attended the 2024 Women's Health Review. Melissa McCallum provided opening remarks for the review. It was a full day of learning and discussions tackling the complexities that arise in pregnant populations.

Ethics Corner

Winifred Badaiki, Clinical and Organizational Ethicist & Shannon Buckley, Ethics Fellow.
Hamilton Health Sciences

In 2019, the Hamilton Health Sciences Office of Ethics under the leadership of Director, Andrea Frolic, received base funding from Ontario Health West to create an Ethics Alliance for Community Service Providers (EACSP). Following the creation of the EACSP, a Steering Committee was developed to decide on and manage operations, educational webinars on ethical issues of interest were offered to CSPs and a community of practice was created.

Due to changes brought about or amplified by the pandemic such as increased healthcare utilization in the face of limited funding, changes to patterns of healthcare delivery and health human resources challenges, stakeholders identified that the EACSP required a process of renewal post-pandemic to better meet the needs of our community. We have therefore initiated a renewal process and are inviting your organization to join the Ethics Alliance.

Why should your organization be part of the Ethics Alliance for Community Service Providers (EACSP)?

The services offered to all GHHN partner organizations who choose to join the EACSP include: access to ethics education, resources and tools to help leaders and teams address ethical issues as they arise in practice, as well as peer support in addressing ethical challenges in community care. These services are provided through the Regional Ethics Network and funded through base funding to the HHS Office of Ethics; there is no cost to join!

Additional benefits include:

- The development of an evidence-based, values-informed ethics policy and ethical decision-making framework that aligns with the GHHNs strategic priorities, mission, values to enable consistent, transparent, and accountable ethical decision-making across the healthcare continuum.
- Contribution to Accreditation Canada preparedness: For organizations seeking accreditation, being able to show the organization has ethics capacity, an ethics policy, and access to an ethical decision-making framework and resources is significant.
- Confidence in an evidence-based approach. Other jurisdictions across North America and Europe have created similar ethics communities/networks with great success.

Building ethics capacity together!

We would like to solicit volunteers who might be interested in serving on our renewed EACSP Steering Committee. The steering committee will meet to discuss scope & purpose (i.e., terms of reference) and to develop a capacity building plan for the coming years, including but not limited to:

- An ethics needs assessment to inventory the most common ethical issues encountered by CSPs.
- Developing an ethics policy and decision-making framework that all GHHN partner organizations and other Community Service Providers can use to ensure continuity across the region.
- A collaborative strategic plan to build ethics capacity across the GHHN.

Please be in touch if you wish to discuss this opportunity further:
officeofethics@hhsc.ca



Marijke Jurriaans

GHHN Manager, Environmental Sustainability

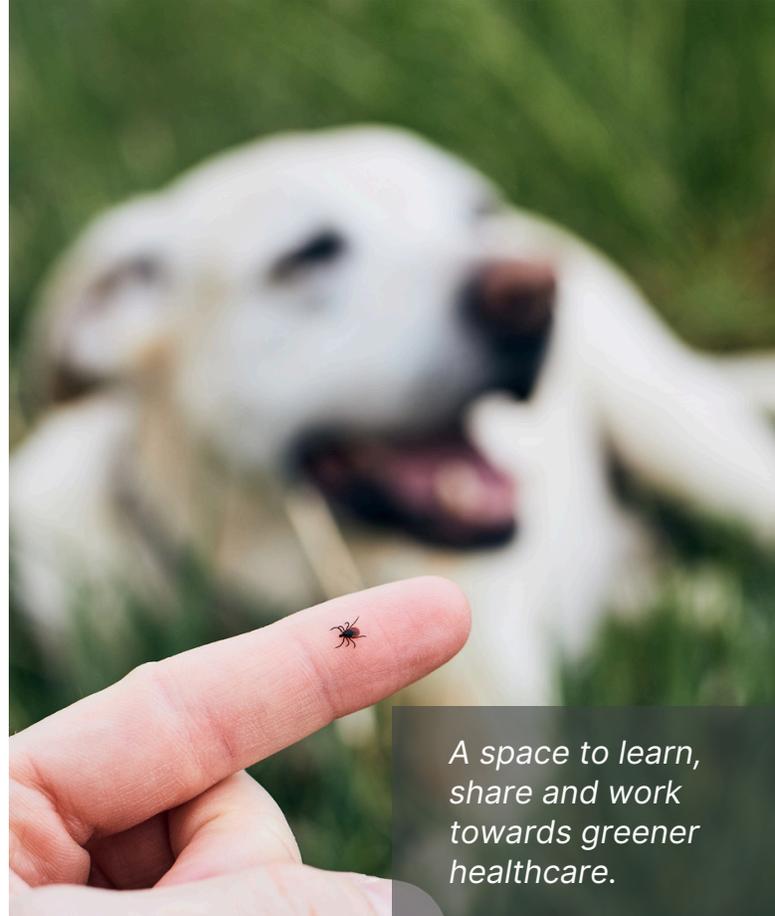
Ticks, those tiny yet tenacious creatures, are becoming an increasingly prominent menace, posing significant challenges to public health and healthcare systems worldwide, including ours. While their proliferation may seem perplexing at first glance, a closer examination reveals a complex interplay of factors, with climate change emerging as a key driver of their expanding range and impact.

Ticks are notorious vectors for a variety of diseases, including Lyme disease, Rocky Mountain spotted fever, and babesiosis, among others. As temperatures rise and weather patterns shift due to climate change, the habitats of ticks and their hosts, such as deer and rodents, undergo significant alterations. These changes create more favorable conditions for ticks to thrive and spread into new regions, increasing the risk of tick-borne diseases in areas previously unaffected.

The warming climate also extends the active season for ticks, allowing them to remain active for longer periods throughout the year. Milder winters also fail to kill off tick populations, further contributing to their proliferation. For the first time in 10 years, my vet has suggested keeping our dogs on tick medication year-round rather than spring to fall, and that still didn't keep our puppy from getting one in January!

Of course, there are other factors leading to increased tick prevalence including changes in land use and human behavior, which influenced by factors such as urbanization and deforestation can exacerbate the spread of ticks and their associated diseases.

GHHN Environmental Sustainability Corner



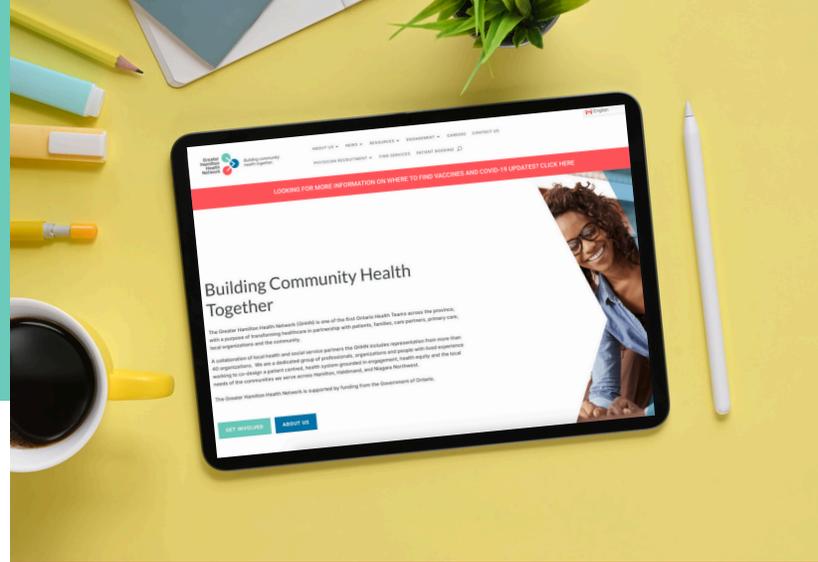
*A space to learn,
share and work
towards greener
healthcare.*

Fragmentation of natural habitats can lead to increased encounters between humans and tick-infested areas, while outdoor recreational activities bring people into closer contact with tick habitats, further increasing the risk of exposure

The health impacts of tick-borne diseases can be profound, ranging from mild symptoms to severe complications, including neurological damage and chronic pain. Misdiagnosis and delayed treatment are common due to the nonspecific nature of early symptoms, leading to prolonged suffering and long-term health consequences for affected individuals.



Environmental Sustainability Corner Continued...



Addressing the growing threat of ticks and tick-borne diseases requires a multifaceted approach that integrates public health efforts, environmental stewardship, and healthcare system sustainability. Hamilton Public Health has an entire section of their [website dedicated to ticks and provides tick identification kits year-round](#). Hamilton Public Health also recommends downloading the eTick app, where you can upload a photo of a tick and within 1-2 business days you will be informed of the species of tick and relevant information, including what actions, if any, need to be taken.

Furthermore, efforts to mitigate climate change are essential for curbing the spread of ticks and reducing the burden of tick-borne diseases. If you are interested in learning how your organization can reduce its impact on climate change, please email me at Marijke.Jurriaans@GHHN.ca.

In conclusion, the rise of ticks as a significant public health threat underscores the interconnectedness of environmental factors, healthcare systems, and human health. By understanding the complex drivers behind the tick epidemic and taking proactive measures to address them, we can protect our communities from the growing risks posed by tick-borne diseases and, as is our GHHN motto, build community health together

GHHN 2023 Annual Report and New Engagement Resources

The GHHN is pleased to share the Greater Hamilton Health Network 2023 Annual Report. We have made remarkable strides over the past year, and we look forward to working with all our partners to continue to transform healthcare together. View the 2023 Annual Report [here](#).

The GHHN is also excited to share two new engagement resources, including the GHHN Engagement Network and Engagement Planning Template.

The Engagement Planning Template is a tool to support the GHHN and partners plan for meaningful engagement and support alignment across Hamilton, Haldimand and Niagara Northwest. You can view the template [here](#).

The GHHN engaged patients, families, carepartners, and community partners to develop the GHHN Engagement Network. This will support network engagement across the GHHN as part of our larger engagement strategy. You can view the resources [here](#).



Haldimand Corner

Bill Helmeczi, Co-Chair

This month's Haldimand Corner spotlights the Harm Reduction Action Team. The Harm Reduction Action Team, in February of this year, voted unanimously to move forward with a robust Community Drug and Alcohol Strategy for Mississauga' of the Credit First Nation, Haldimand County, and Norfolk County. The strategy will go by the name, Lighthouse Community Strategy. The coalition consists of over 70 community partners: many from Haldimand. The four-pillar approach focuses on Prevention, Treatment, Harm Reduction, and Community Safety. These pillars are comprehensive, evidence based, are comprehensive and will fully address, in an equitable manner, local needs and priorities. Specifically, prevention focuses on delaying the onset of substance abuse. Treatment assists individuals who are struggling with problematic substance use decisions. Harm reduction utilizes an evidence-based approach to substance use, to reduce the associated harms. Lastly, Community safety responds to crime and social disorder, which may result from problematic substance use. The first meeting of the steering committee was in May. As this strategy unfolds and provides positive dividends for our Community updates will be provided.

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