



Tantramar



Nackawic, Harvey, McAdam, Canterbury

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About the Tantramar Area

The Tantramar Area is in the southeastern part of New Brunswick. It gets its name from the famous Tantramar Marsh, a tidal salt marsh around the Bay of Fundy, one of the largest on the Atlantic coast.

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About the Nackawic, Harvey, McAdam, Canterbury Area

The Nackawic, Harvey, McAdam, Canterbury Area is in the western part of New Brunswick. It is a rural area with some communities scattered along the Saint John River, the various lakes in the area, and the border of Maine, U.S.

CEO Message



As CEO, I tour Horizon communities and facilities regularly. Each time I have the opportunity to meet many Horizon staff and community partners and I'm always thrilled with the commitment to safe and quality health care in our province.

This sixth edition of *In Your Community* is highlighting some of the work being done in the Tantramar and Nackawic, Harvey, McAdam, Canterbury Areas. The work that *In Your Community* focuses on is only part of what's

being done across Horizon to foster healthier communities.

In the following pages you'll read about ways communities are addressing food insecurity, how they are improving mental resiliency and coping skills among children and youth in the community, how access to the delivery of mental health and addictions services has changed, and how there are improved supports in place for struggling families.

The above priorities could not be addressed without the collaboration between health-care professionals and community partners. It's important work that takes an upstream approach to health care.

The Community Health Needs Assessments (CHNAs) have shown Horizon and its community partners where there are opportunities to improve health services. Together, we are working on a health system with appropriate community-based care that supports strong centres of hospital-based care. Improved community-based care supports Horizon's efforts to truly be patient, client and family centred.

It's always inspiring to read these stories and learn about the important work being done in the community. I'm proud to share these stories because they are about your friends, family and neighbours.

I invite you to join Horizon and its community partners in Helping People Be Healthy and creating a healthier New Brunswick.

Yours in health,

Karen McGrath, President and CEO
Horizon Health Network

Horizon Health Network is driven by its mission

Helping People Be Healthy

Good health lies at the heart of our daily quality of life. It is what all New Brunswickers want for themselves and those they love. Helping New Brunswickers be as healthy as they can be is the shared purpose that motivates all those who work at Horizon on a daily basis. To achieve the best results, Horizon puts patients and clients at the centre of the health delivery system.

Each New Brunswick community served by Horizon is unique. Working with key community partners, clinicians, and other stakeholders, progress has been made to identify and address their specific needs. This is an intentional effort initiated by Horizon to significantly improve community-based primary care, and support expensive tertiary services required by an aging population.

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In Your COMMUNITY
Community Health Needs Assessments in Action

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The following documents were used as resources for this publication:

- Tantramar Area Community Health Needs Assessment (June 2015)
- Nackawic, Harvey, McAdam, Canterbury Area Community Health Needs Assessment (November 2016)

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Health care today

A well-designed health system should feature both strong centres of hospital-based care and appropriate community-based care “close to home” for New Brunswick residents. It’s a system that would ensure every New Brunswicker has access to the services they need to be as healthy as they can be.

With our province’s aging population, southern migration, and shift from rural to urban living, health care as we know it is changing. Government and non-government organizations and communities alike are looking for ways to deliver care in a way that does a better job of meeting the

unique needs of the people in each community.

The good news is that work is underway. Horizon Health Network (Horizon) is working in partnership with communities to provide better preventive, primary, and long-term care to community members, as close to home as possible.

Community Health Needs Assessments

Since 2012, Horizon has been working with communities to gain a better understanding of their health care needs using Community Health Needs Assessments (CHNAs). A CHNA is a dynamic and ongoing process that identifies the unique strengths and needs of a community. This information provides both Horizon and the communities with a roadmap to achieving a common goal: **to improve the overall health of New Brunswick communities.**

Have you ever considered how housing or access to transportation might affect the health of an individual? You may not know it, but measuring community health goes far beyond studying rates of disease and the availability of health care services. Health services account for only 10% of what influences our health (see pie chart), which is why Horizon is working with individuals and agencies at a community level to

address the other 90%. The CHNA process provides an opportunity to get everyone around the table to look at all areas that are known to impact our health – health determinants (Table 1).

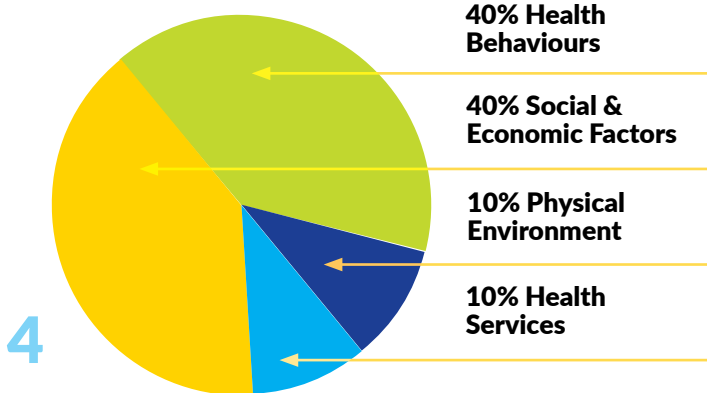
CHNAs help identify priority areas in the community that need attention and support the development of action plans to address them. This work influences programming that better serves the population and often supports the efforts of primary health care providers like family physicians, nurse practitioners, and pharmacists.

Nobody knows a community better than the people who live there. This work to address priority areas is being driven by a local committee that is passionate about the well-being of the community. With support from Horizon and other stakeholders, they are advocating for your health.

Table 1: Determinants of Health as categorized by the Public Health Agency of Canada

1	<i>Income and Social Status</i>
2	<i>Social Support Networks</i>
3	<i>Education and Literacy</i>
4	<i>Employment and Working Conditions</i>
5	<i>Social Environment</i>
6	<i>Physical Environment</i>
7	<i>Personal Health Practices and Coping Skills</i>
8	<i>Healthy Child Development</i>
9	<i>Biology and Genetic Endowment</i>
10	<i>Health Services</i>
11	<i>Gender</i>
12	<i>Culture</i>

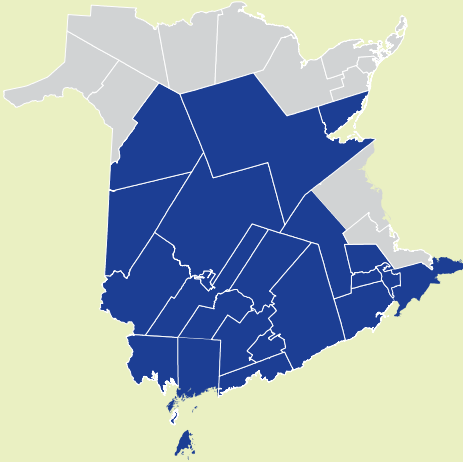
What influences our health?



What is primary health care?

Primary health care refers to an approach to health and a spectrum of services beyond the traditional health care system. It includes all services that play a part in health, such as income, housing, education, and environment. Primary care refers to health promotion, illness and injury prevention, and the diagnosis and treatment of illness and injury. (Health Canada)

17 Community Health Needs Assessments completed



The province is divided into 33 unique communities to ensure a better perspective of regional and local differences.

Community Health Needs Assessments have been completed wherever Horizon is located.

- Oromocto and Area
- Fredericton and Surrounding Area
- St. Stephen, St. Andrews and Surrounding Area
- Petitcodiac, Salisbury and Surrounding Area
- Saint John
- Moncton and Surrounding Area
- Grand Lake Area
- Neguac Area
- Miramichi Area
- Tantramar Area
- Central New Brunswick
- Albert County Area
- Carleton County Area
- Tobique and Perth-Andover Area
- Eastern Charlotte County Area
- Nackawic, Harvey, McAdam, Canterbury Area
- Sussex and Surrounding Area

Common Themes Emerging

REGIONAL PRIORITY



Food Insecurity



Awareness of Services & System Navigation



Transportation



Social Supports to Help Individuals Move Out of Poverty



Mental Resiliency and Coping Skills Among Children & Youth



Housing



Addictions & Mental Health Services



Collaboration with First Nations



Alcohol and Drug Use/Abuse



Supporting the New Family Reality



Expansion of Sexual Health Services & Sexual Abuse Treatment/Prevention



Senior Isolation and Lack of Community/Social Supports for Seniors



Access to Primary Health Care Services



Senior Home Care and Outreach Services



A Shift to More Comprehensive, Team-Based Primary Health Care



Recreation



More Focus on Chronic Disease Prevention



Enhanced Collaboration, Communication & Connectedness



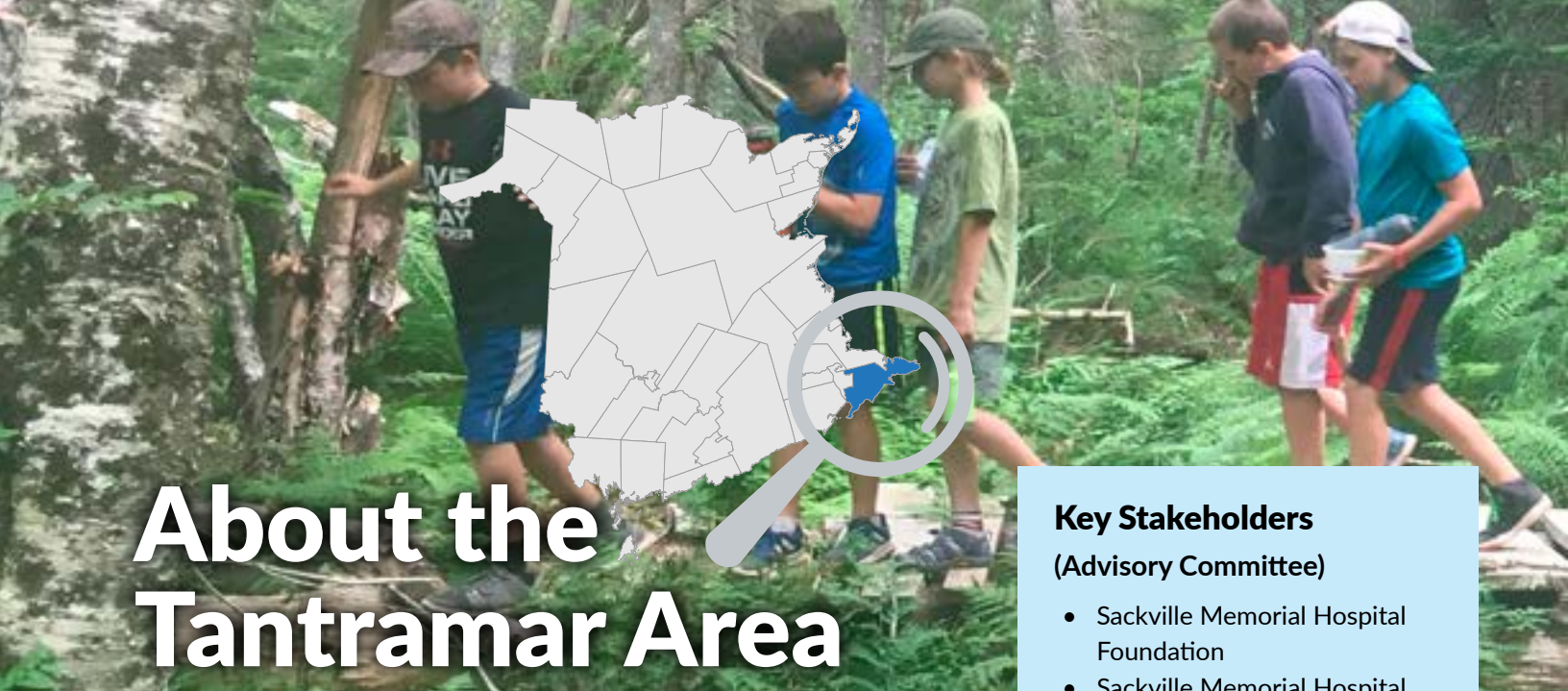
Healthy Eating & Physical Activity



Continual Community Engagement

In your community

Knowing what is happening in your community is important. In the previous five issues of *In Your Community*, Horizon worked with the Fredericton and Oromocto; Petitcodiac, Salisbury, Elgin and Havelock; Saint John and Grand Lake; Miramichi and Neguac Areas; Albert County and Carleton County; and Eastern Charlotte County, Western Charlotte County and Central New Brunswick. This sixth issue is profiling what is happening in the Tantramar Area and the Nackawic, Harvey, McAdam, Canterbury Area. In the pages that follow, you will get a better understanding of what these areas are doing to build healthier communities and will showcase specific priorities, challenges, and successes. Watch for our next issue, which will feature news from other Horizon communities.



About the Tantramar Area

The Tantramar Area is located in the southeastern part of the province. It gets its name from the famous Tantramar Marsh, a tidal salt marsh around the Bay of Fundy. At 20,230 hectares, the marsh is one of the largest on the Atlantic coast.

Included in the Tantramar Area are the communities of Aulac, Bayfield, Botsford, Cape Spear, Cape Tormentine, Dorchester, Little Shemogue, Melrose, Midgic, Murray Corner, Point de Bute, Port Elgin Sackville, Timber River, Upper Cape, and Westmorland.

The hub of the Tantramar Area is the town of Sackville. Historically, Sackville was home to two foundries, which manufactured stoves and furnaces. Now, the economy is driven by Mount Allison University and the tourism sector.

The rest of the Tantramar Area is made up of more rural communities which historically relied on the farming and fishing industries. According to the Canadian Census, the population of the Tantramar Area in 2011 was 11,042, which is a two per cent increase from 2006 (10,822).

The Tantramar Area presents a unique demographic in that a large majority of the population is above the age of 65.

However, for eight months of the year, Sackville is heavily populated by young adults attending Mount Allison University (student population of Mount Allison University is 2,170).

In the Tantramar Area, 18 per cent of residents are in the low-income bracket. However, the Tantramar Community Advisory Committee (CAC) members and focus group participants discussed how income would be higher in Sackville and lower in the outlying rural communities.

Data shows that the community has elevated rates of arthritis, gastric reflux (GERD), depression and asthma.

Primary health-care services in the Tantramar Area are provided through Horizon's Port Elgin Health Centre and private physician offices. Some residents from the area also travel to other communities such as Moncton or Amherst, Nova Scotia to access primary health-care services.

Research conducted during the Community Health Needs Assessment identified emerging priorities. The research consulted with five key stakeholder groups. Data was used from the New Brunswick Health Council (NBHC)

Key Stakeholders (Advisory Committee)

- Sackville Memorial Hospital Foundation
- Sackville Memorial Hospital Services
- Primary Health-Care Providers
- Extra Mural Program
- Mental Health and Addictions
- Public Health
- Port Elgin District Voluntary Action Council (PEDVAC)
- Marshville Middle School
- Tantramar Regional High School
- Mt. Allison University Representative
- Sackville Town Council
- Middle Sackville Baptist Church
- RCMP
- Healthy and Inclusive Communities

such as My Community at a Glance and The Primary Health Care Survey were used to review currently available quantitative data as many of the indicators are broken down to the community level.

The Community Health Assessment team identified five key stakeholder groups for consultation through the focus group interview method: seniors and senior support services, primary health-care providers, professionals working with children and youth, representatives from



Mount Allison University, and professionals providing social support services.

A summarized list of key issues was presented to the Tantramar Area CAC for feedback, and CAC members were asked to participate in a prioritization exercise of the key issues based on their own experience of the community. The priorities that emerged from the prioritization exercise were used to finalize the list of priorities and recommendations for the Tantramar Area. Results and recommendations resulted in the identification of six priority issues.

What was learned through the Community Health Needs Assessment?

Priority Areas:

1. A decrease in mental resiliency and coping skills in children and youth in the community
2. The need for support staff in the community to help coordinate and implement prevention/health promotion type programming, particularly in outer rural communities
3. Transportation issues in the community that impact health
4. The need for a CHC model of care in the community
5. Food insecurity in the community
6. Lack of affordable home care services in the community

How are we doing?

Since the completion of Tantramar's CHNA, a tremendous amount of work has been done to address the needs of the community.

Addressing food insecurity in schools is a priority and it's working. Teaching children and youth healthy eating and cooking habits is a straightforward way to ensure the next generation understands its importance.

Students bring these lessons home and influence their families. It fosters a healthy relationship to food and that's something they'll carry with them their entire life.

This edition of *In Your Community* is just a snapshot into the work being done in the Tantramar Area to address the food insecurity. Thanks to the CHNA, community members have a basis to begin working towards filling the other gaps in services that were identified.

Where do we go from here?

Horizon's community partners in the Tantramar Area are forward thinking and making positive changes in addressing the priority areas identified by the CHNA.

Working with key community partners, there are people in the area who are developing action plans to examine and address the health challenges facing the community. We are looking forward to learning more about how the Tantramar Area will manage the rest of the priorities identified.

In the following pages you will learn about how they're addressing food insecurity - with a really simple, hands-on approach!

Horizon Health Network conducted a Community Health Needs Assessment in 2015. The following article highlights the key recommendations



Food insecurity

Creating food sustainability at Port Elgin School

A breakfast program, sponsored lunches, and a garden have become part of daily life at the Port Elgin School.

Kate Doyle, community developer for the Moncton Area said food insecurity was identified in the Community Health Needs Assessment (CHNA) and data shows that many people in the region aren't getting the recommended amounts of daily fruit and vegetables.

Christoph Becker, principal of the Port Elgin School, said they feed students a simple breakfast every morning and thanks to

support from the Port Elgin District Voluntary Action Council (PEDVAC), students in need have lunch provided to them.

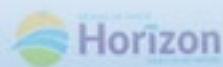
"We provide breakfast for all the kids, and usually about 80 per cent of our student population accesses the breakfast program," said Christoph. "PEDVAC sponsors around 27 children's lunches at our school. They're a real wonder for us. Last year, they spent around \$22,000 on meals for our whole community."

PEDVAC is a non-profit organization operating a food bank and providing programs and

services such as the Christmas Box program, Youth-At-Risk program, Summer Day Camp, and more in addition to the school-lunch program.

Thanks to the acquisition of two commercial fridges, by anonymous donation, the school now has the means to properly store food. Once they secure funding, Christoph said they're going to offer an after-school pantry program, where students can access foods to grab on their way home.

"After school, kids will be able to grab a snack from the pantry," Christoph said.



Port Elgin Regional Health Centre
Centre de santé de Port Elgin et des régions environnantes

New Brunswick



Port Elgin
REGIONAL SCHOOL

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“We want to feed our students the best foods because they deserve to be healthy.”

Christoph Becker, principal
Port Elgin School



“So they can go in grab something and plunk it in their bookbag then they’re guaranteed to have something to eat in the evening. Everybody seems to grab a snack every day when they go by.”

With the fridges, Kate said the school has really come into its own when it comes to addressing the CHNA’s food security priority.

“Christoph and the staff at the school had developed connections to have fresh produce available through their fantastic garden and local partnerships but didn’t have any means of storing it,” Kate said. “The fridges will allow for them to offer produce on site and for the evenings and weekends to take home.”

Christoph said the goal is to achieve food security in the area and another way they’re doing that is with their school garden. Eventually, the garden’s produce will be brought into the cafeteria to supplement costs.

“The garden is an exciting adventure. We’re going to build fences around it, plant some apple trees, and we just keep adding to it every year.”

The garden will serve as a teaching

tool for all students, as well.

“The goal is for students within walking distance to become empowered to keep it going over the summer,” he said. “That’s the dream, for them to become their own stewards.”

Christoph said they’re in the process of writing grant proposals so they can have more, healthier foods come into the school.

“We want to feed our students the best foods because they deserve to be healthy.”

Christoph said the support from the community and their partners is second to none. Anytime he or his staff need help with anything, there is always support, whether it’s for help writing grant proposals, volunteers, anything.

“That’s the kind of stuff that happens in our community. When we need something, and we go out and ask, we seem to get them because I think people can read our plight. People really lobby behind us.

We’re really fortunate that way.”



About the Nackawic, Harvey, McAdam, Canterbury Area



Photo: Cheryl Coburn

The Nackawic, Harvey, McAdam, Canterbury Area is in the western part of the province. It is a rural area with some communities scattered along the Saint John River, the various lakes in the area, and the border of Maine, U.S. The main employment industries in the area are in the sectors of manufacturing, construction, and forestry.

Included in this area are the communities of Bright, Bear Island, Canterbury, Dumfries, Harvey Station, Keswick Ridge, Lake George, Mactaquac, McAdam, Meductic, Millville, Nackawic, North Lake, Prince William, Queensbury, Skiff Lake, Southampton, Temperance Vale, Upper Queensbury, and Zealand.

Data indicates that the area has increasing rates of asthma, depression, cancer, heart disease, chronic pain, and emphysema or Chronic Obstructive Pulmonary Disease (COPD), when compared to the provincial averages.

Research conducted during the Community Health Needs Assessment (CHNA) identified emerging priorities. Data was used from the New Brunswick Health

Council (NBHC) such as My Community at a Glance and The Primary Health Care Survey were used

Based on this, a data collection plan was established by the CHA team in partnership with the Nackawic, Harvey, McAdam, Canterbury Area Community Advisory Committee (CAC). Interviews were held with stakeholders in primary health care and key stakeholder groups were consulted through focus groups that included: mental health and addictions professionals, seniors and senior's supports, professionals working with children and youth, recreation, social supports in the community, clergy from Nackawic, Harvey, McAdam, Canterbury, Horizon's Nackawic Health Centre staff, Horizon's Harvey Health Centre staff, and Horizon's McAdam Health Centre staff.

The priorities that emerged from the exercise are used to finalize the list of priorities and recommendations for the Nackawic, Harvey, McAdam, Canterbury Area. Results and recommendations resulted in the identification of seven priorities.

Key Stakeholders (Advisory Committee)

- Extra Mural Program
- Primary Health Care Program
- Horizon's Nackawic Health Centre
- Horizon's Harvey Health Centre
- Aditya Birla Group
- Horizon's McAdam Health Centre
- Lakeland Resource Centre
- Pharmacist
- Town of Nackawic
- Lions Club
- High School Administration
- Nackawic Recreation Department
- Harvey and McAdam Community Development
- Family Physician
- Harvey Community Foundation
- Mental Health and Addictions
- Public Health
- Wellness Branch, Social Development
- Ambulance NB
- Village of McAdam

Photo: Amanda Dyke

What was learned through the Community Health Needs Assessment?

Priority Areas:

1. A decrease in mental resiliency and coping skills among children and youth in the community
2. The need to review the way in which mental health and addictions services are currently being delivered in the community to improve access to these services
3. Food insecurity in the community
4. The need for improved supports in the community for families who are struggling and experiencing difficulties
5. The need to enhance collaboration between health centre staff, allied health professionals and other partners in the community
6. The need for more consistent access to physicians and nurse practitioners in the community to improve continuity of care
7. The need for more preventive, educational type programming and services

How are we doing?

Since the completion of the Nackawic, Harvey, McAdam, Canterbury Area CHNA, things are evolving in the area.

An African proverb says, “It takes a village to raise a child.” In the same way, it takes a supportive community to look after all of its residents and that’s exactly what’s being done with the Health Expenditures Fund. It was established to help alleviate some of the burden placed on members of the community during health challenges, whether chronic or acute.

Using a multi-sector approach that includes family support services, public health, educators, and community partners, the right people are on the job to develop a more up-to-date approach that better aligns with the challenges being faced by families in the community today.

Where do we go from here?

These stories are simply a glance into the work being done in the Nackawic, Harvey, McAdam, Canterbury Area. This community is hard at work to deliver more positive growth based on the recommendations from the CHNA.

It’s an exciting time in the area to see the work being done in this corner of the province. Future editions of In Your Community will highlight those.

In the following pages, you will learn about the ways Horizon’s community partners are helping people be healthy in the Nackawic, Harvey, McAdam, Canterbury Area!

Feed the Hawks ensures every student in Nackawic has a lunch

Horizon Health Network conducted a Community Health Needs Assessment in 2016. The following article highlights the key recommendations



Food insecurity

School-aged children in Nackawic are receiving healthy, bagged lunches four days per week now, thanks to a partnership between a wellness committee and the high school's culinary technology class.

Feed the Hawks was established following the completion of the Community Health Needs Assessment (CHNA) for the Nackawic, Harvey, McAdam, Canterbury Area after identifying a need for food security in the area, especially among school-aged youth.

Members of the Nackawic and Area Wellness Committee were approached by staff from the Nackawic Elementary School about establishing a lunch program.

Gail Farnsworth, coordinator of the Committee, said although the school took steps to ensure every student had a lunch, there was still a need.

"There were still children who were not bringing their lunch," said Gail.

Gail reached out to Stephanie McGrath, culinary technology teacher at Nackawic High School,

to see if they could somehow involve the students.

"I talked with Stephanie and she was thrilled to do it. It was so easy! It was just a matter of connecting with the right people," Gail said.

Stephanie said she wanted to get involved because it would serve as a teaching opportunity for her students.

"It helps them give back to their peers, and other students in the community since we're providing lunches to other schools," Stephanie said. "And it gives students the chance to learn about healthy, wholesome meals."

Once the school was properly licensed in accordance with the Department of Health's Food Inspection criteria, the students began preparing lunches.

Dilys Toole, a member of the Nackawic and Area Wellness Committee came on as lead for the Feed the Hawks program.



Photo: Beverley Jacobson

Dilys Toole, Nackawic and Area Wellness Committee.





"I pick up the groceries and I try to do it local, probably 90 per cent is local," Dilys said.

Stephanie said the students prepare lunches twice a week for four days. Lunches include a sandwich, a piece of fruit or vegetables, and a drink.

Dilys picks up the lunches and delivers to the elementary and middle schools.

"The kids really enjoy making the meals," said Dilys.

"The kids want to be in the kitchen, rather than the classroom,"

Stephanie said, with a laugh. "Once they get a feel for it, I really don't have to tell them anything. They have really taken ownership of it."

Dilys said it was important to highlight that students who

don't have a lunch shouldn't be embarrassed.

"It's not for students who can't afford to bring a lunch. It's for everyone. Maybe they forgot their lunch," Dilys said. "We even have given a lunch to a teacher who forgot her lunch, it's really for anyone."

The partnership between the school and committee works well because committee members, like Dilys are always willing to step up when needed.

"If I happen to be absent, Dilys has her food safety certificate as well, so can supervise alongside the EA [educational assistant] who's in the classroom," Stephanie said.

Stephanie said the relationship with the Nackawic and Area Wellness Committee is wonderful.

In 2017, Gail was one of Horizon's Community Health Recognition Award winners for her work in creating physical and social inclusion activities for seniors in the Nackawic area. While in 2018, the Nackawic and Area Wellness Committee won for their work meeting the needs of an aging population.



Harvey Helps provides assistance to those in need

The community of Harvey has banded together to support a health fund for citizens experiencing financial hardships as a result of either chronic or acute illnesses.

Dr. Dan Fletcher, fee-for-service-family physician at Horizon's Harvey Health Centre, said following the release of the Community Health Needs Assessment (CHNA) in 2016, a patient came into his care who was in a wheelchair and did not have a vehicle that was able to transport him.

"For at least a year, while under my care, he was unable to go to any

appointments at the Stan Cassidy Centre for Rehabilitation because he had no transportation," said Dr. Fletcher. "He worked with Extra Mural, occupational therapists, and myself, doing home visits, to keep him stable as best as we could."

Without being able to be seen by the specialists at Horizon's Stan Cassidy Rehabilitation Centre, in Fredericton, Dr. Fletcher said it was very challenging for this patient.

"I reached out to various local organizations to raise money to get him a vehicle," said Dr. Fletcher. "This wasn't a really acceptable

Horizon Health Network conducted a Community Health Needs Assessment in 2015. The following article highlights the key recommendations of that assessment.



Social supports to help individuals move out of poverty



Supporting the new family reality

way to go about things. It was unacceptable to have people in our community living without the ability to get the help they need."

Because of this, the Greater Harvey Area Health Expenditures Fund, now known as Harvey Helps, was established to help alleviate some of the burden placed on members of the community during health challenges, whether chronic or acute.

HARVEY COMMUNITY HOSPITAL FOUNDATION



“We developed a fund that would be available so people can reach out for medical-related expenses when they might need to,” Dr. Fletcher said.

To start, in April 2018, a breakfast fundraiser and auction was held at the Harvey Memorial Community Centre. This was a joint effort between volunteers from the Harvey Community Days, the Harvey Community Hospital Foundation and the ladies of the Anglican Church (Magaguadavic).

“We brought in about \$6,000 from that one breakfast, and so from that, we are looking to continue to grow,” Dr. Fletcher said. “We plan to do the breakfast annually.

Dr. Fletcher said the next big fundraiser they’ve organized is a 40-kilometre relay race around the community. This will serve as a

chance to get people active, while raising money for Harvey Health.

“From both these fundraisers, we hope to raise between \$5,000 and \$10,000 annually,” Dr. Fletcher said.

Thanks to all this, people from the Harvey Area can apply to obtain financial assistance. Applications are first reviewed by two health-care personnel who decide if certain criteria are met. Then, a group of five citizens meet to determine, on a case-by-case basis, the amount of funding to be provided.

“They are not aware of who the applicant is, they’re blinded to the name,” Dr. Fletcher said. “They review the application to determine how much money to give to the person, or to give any at all.”

The five-member group consists of one representative from

Harvey Community Days, Harvey Community Hospital Foundation, Christmas Mommies, Harvey Lions Club, and Harvey Outreach.

Harvey Helps addresses *The need for improved supports in the community for families who are struggling and experiencing difficulties*, a priority identified by the CHNA.

Visit
harveycommunitydays.com/harvey-helps
for more information and application forms for Harvey Helps.

Directory connects community, students with mental health and addictions programs

MCADAM HIGH SCHOOL
1983



Horizon Health Network conducted a Community Health Needs Assessment in 2016. The following article highlights the key recommendations



Mental resiliency and coping skills among youth and children



Addictions and mental health services

In McAdam, there's an active group of community leaders committed to improving the health of the people who live there. They're making a lot of progress on the first two priorities identified in the Community Health Needs Assessment (CHNA) for the Nackawic, Harvey, McAdam, Canterbury Area.

The priority, *The need to review the way in which mental health and addictions services are currently being delivered in the community to improve access to these services* is being addressed by providing a directory of the mental health and addiction services available to the community.

Nicole McCann, interim community developer for the Harvey and McAdam Area, said following the release of the CHNA, a community meeting was held to discuss the concerns around drug use in the community and how to address it with access to mental health and addiction services.

"Citizens left that meeting not as satisfied as they would have liked to have been, so the McAdam Interdisciplinary Committee took that on as a project to tackle drug use in the community and what we could do to fix it," Nicole said.

McAdam's Interdisciplinary Committee includes representatives from health care, Ambulance NB, the RCMP, mayor and council, the local nursing home, and a concerned citizen.

Following the community meeting, Nicole said they held a stakeholders meeting where everyone wrote down what services they currently offer that would be accessible to the people in McAdam.

That meeting included representatives from health care, education, municipal government, local businesses and churches.

"We then discussed what gaps there were in services. From there, we created a directory of mental health and addiction services for the community of McAdam that anyone can access," Nicole said.



The directory is divided into four pillars: prevention, treatment, harm reduction and enforcement, Nicole said.

“It has all the different services and organizations, it lists the groups what services they offer, how a person can qualify for the services and contact information,” Nicole said.

Printed copies of the directory are available at the McAdam Village Office, Horizon’s McAdam Health Centre, the McAdam Pharmacy and anywhere else that’s identified as a place a person might visit for services. It is housed online on the village’s website at mccadamnb.com.

Shirley Baisley-Moffatt, nurse manager at Horizon’s McAdam, Harvey and Nackawic Health Centres, said having all services available in one place really ties everything together.

“Access to these services, as it was mentioned in the [CHNA], is all tied together with this directory, it’s been a really great project and partnership,” said Shirley.

The directory was released to the public near the end of January and so far, it’s being well received.

“We have a feedback system in place too, so if someone calls a

number listed and hit a wall, they know they can reach out to the health centre or the village hall and we’ll look into it,” Shirley said.

Nicole said youth from McAdam High School also participated in the first stakeholders meeting and because of their involvement, a lot of work has gone into the first CHNA priority, *A decrease in mental resiliency and coping skills among children and youth in the community.*

“They’ve really taken on a leadership role and have now formed a youth advisory group that meets with me almost monthly,” Nicole said. “They are the people who bring all of the information from our meetings back to the school and present it to their fellow students.”

Already set up at McAdam High School is the Link Program, which is essentially the same as the community’s asset directory. Any student knows they can access the Helping Tree which helps connect students to the service they need.

On Feb. 15, McAdam High School hosted a full day dedicated to positive mental health.

“The students, alongside Principal Laura McCarron, did an excellent job spearheading this initiative, the students took a key role in the

planning and delivery of this positive mental health day,” said Nicole.

Nicole said the students helped choose all the activities, and worked during the event on organizational tasks as well.

“It began with a large assembly on positive attitudes and self-esteem, and from there, they broke up into different groups with different workshops featuring all the different dimensions of wellness,” Nicole said.

What better way to increase mental resiliency than having McAdam youth take ownership of focusing on positive mental health.

To access the directory visit mccadamnb.com
 For more information or questions call Horizon’s McAdam Health Centre at 784-6300.



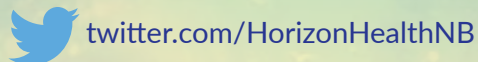
Community Health Recognition Awards

Celebrating individuals and groups in the community who are
Helping People Be Healthy!

In the fall of 2016 Horizon created the Community Health Recognition Awards (CHRA) to celebrate individuals and groups that are making a difference to improve overall health in their community. Since then, more than 170 submissions have been received! Horizon's Local Community Engagement Committees review the submissions and select three winners from each of the Fredericton, Miramichi, Moncton, Saint John and Upper River Valley areas, for a total of 15 awards each year.

Winners received \$500 towards their charity, a certificate and glass award.

Stay connected to Horizon's social media channels to meet our 2019 winners in April!



Congratulations to our 2018 winners!

Fredericton

- Roberta Akcakiryan - Geary Elementary Community School
- Adopt a Grandparent - The Gagetown School
- Community Food Smart Fredericton

Upper River Valley

- Nackawic and Area Wellness Committee

Moncton

- Tele-Drive Albert County
- Housing Assessment Review Team
- Go Ahead Seniors

Saint John

- Teen Resource Centre
- Coverdale Centre for Women
- Saint John Mental Health Docket in Provincial Court

Miramichi

- Miramichi Accessible Transit
- Eel Ground Health and Wellness Centre
- Miramichi Cafeteria Services Inc. - Max Aitken Academy

We've built a new online storytelling site,
Horizon Community News Channel!



On this site, you'll read many of the heartwarming and interesting stories you've loved on our social media pages – all in one modern digital space.

Discover the community news channel at
news.horizonnb.ca

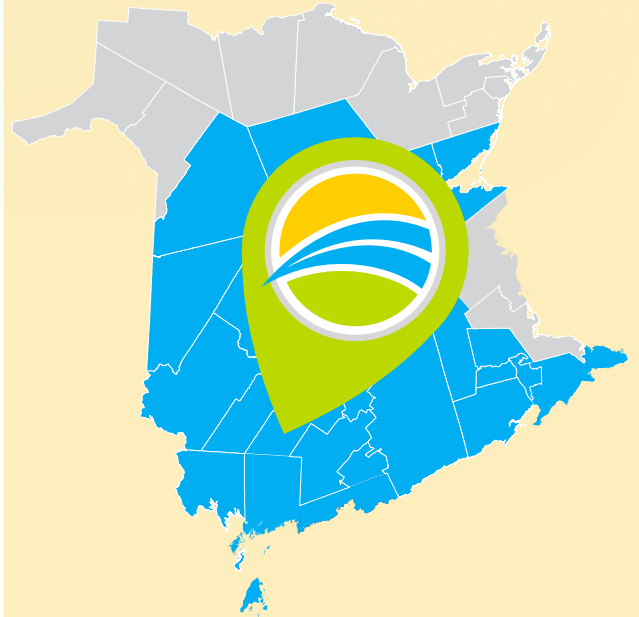
Did you know?

Our monthly E-newsletter offers a variety of news and insights from
Horizon Health Network.

Subscribe by emailing
Emely.Poitras@HorizonNB.ca.



The next round of
Community Health Needs Assessments (CHNA)
is now underway!



A CHNA is a recognized approach to understanding health and wellness at a local, community level.

They are invaluable for Horizon to engage to find out what priorities are from the people who live, work and play in their community.

We look forward to reviewing past health and wellness priorities and establishing new ones to help New Brunswickers thrive and be healthy.

Visit en.horizonnb.ca/chna for more information.

Message from Jean Daigle



This sixth edition of *In Your Community* is just a glimpse into the work being done in the Tantramar Area and the Nackawic, Harvey, McAdam, Canterbury Area.

There are wonderful success stories coming out of these communities, and that's not to say it doesn't come with a set of challenges. But the fact is, Horizon's community partners and Horizon's staff are working to improve people's health. They are living Horizon's mission of

Helping People Be Healthy.

I hope you're inspired by this work being done in Tantramar, Nackawic, Harvey, McAdam and Canterbury, since the completion of the Community Health Needs Assessments (CHNAs).

All 17 CHNAs across Horizon have been completed and what's exciting is we now understand the issues and can work on implementing the recommendations to improve the health and wellness of our citizens. We identified the gaps, and now we're filling them. In fact, this past fall, Horizon began the second round of CHNAs to keep our data current. We've started with Oromocto, Riverview and Grand Bay Westfield.

This edition focuses on two areas in Horizon, but if you haven't already, I encourage you to read previous *In Your Community* editions to learn about the success stories from Fredericton; Oromocto; Petitcodiac, Salisbury, Elgin and Havelock; Grand Lake; Saint John; Neguac, Miramichi, Albert County; Carleton County; Central Miramichi; Eastern Charlotte County and Western Charlotte County.

One of the best parts of my job is hearing about all the wonderful things that are going on in our province. Every day, people are doing tremendous work to help their communities and thanks to them, New Brunswickers will have a healthier tomorrow

I'm so proud of the work our staff and community partners are doing every day! Keep it up!

Jean Daigle, VP Community
Horizon Health Network

