



Sussex and Surrounding Area



Tobique and Perth-Andover Area

6 About the Sussex and Surrounding Area

The Sussex and Surrounding Area is a rural community located in the southern part of the province. A collaborative approach to care is helping people be healthy, and the area's family support coordinator is empowering people. And did you hear about Canada's first Nurse Practitioner of the Year?

12 About the Tobique and Perth-Andover Area

The Tobique and Perth-Andover Area is situated in Victoria County in the Northwestern part of the province. Community members have access to programs and services right in their communities, students learn a love of gardening and healthy eating in school, and woods workers tailgate for wellness.

CEO Message



Welcome to the final edition of *In Your Community!* Since its inception in June 2016, we have criss-crossed the province to bring you success stories that are a direct result of the recommendations in our Community Health Needs Assessments.

In October 2017, when I read my first publication of *In Your Community* as Horizon's new CEO, it was very clear to me that community strength is at the heart of each success story, and that this strength will continue to serve as motivation for future health care improvements.

Some things never change. In each edition, what impresses me is the resiliency of our communities and the ability to come together and identify solutions to overcome challenges. This is what makes communities across New Brunswick special – their strength.

Another thing that hasn't changed is the feeling of inspiration I get after reading these stories. Over the past seven issues, these stories of achievement from across all Horizon communities demonstrate how partnerships and hard work pays off for all of us and for the health of our population.

We want to ensure communities know about this work, talk about it, and ultimately benefit from it! Keeping this work at the forefront helps ensure priorities in the Community Health Needs Assessments continue to be addressed.

How can you help improve overall health? Find people in your community who are taking action and join them. It should be clear to you after reading these stories that the contributions of the people who live in our communities have a direct and positive impact on the many factors that influence our health. This includes health behaviours, social and economic factors, the physical environment and health services.

So let us share more about how our communities are taking the lead to improve overall health across New Brunswick, in the pages that follow.

Yours in health,

Karen McGrath, President and CEO
Horizon Health Network

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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.



10 Collaborative Care
Health care team works together to provide quality care to patients

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Contributor:

- Shannon MacLeod

Resources:

- Jean Daigle
- Janet Hogan
- Gabrielle Levesque

Creative lead:

- Stefanie Loukes

Cover credits:

- Shannon MacLeod

Printing:

- Advocate Printing

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- Sussex and Surrounding Area Community Health Needs Assessment (2016)
- Tobique and Perth-Andover Community Health Needs Assessment (2016)



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Look for the new and innovative ways Horizon will continue to share these stories

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 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).

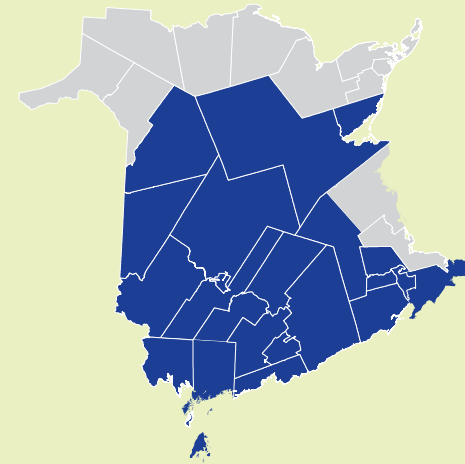
CHNAs help identify priority areas in the community that need attention and support the development of action plans to address them. This work influences programming that better serves the population and often supports the efforts of primary health care providers like family physicians, nurse practitioners, 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	Income and Social Status
2	Social Support Networks
3	Education and Literacy
4	Employment and Working Conditions
5	Social Environment
6	Physical Environment
7	Personal Health Practices and Coping Skills
8	Healthy Child Development
9	Biology and Genetic Endowment
10	Health Services
11	Gender
12	Culture

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.

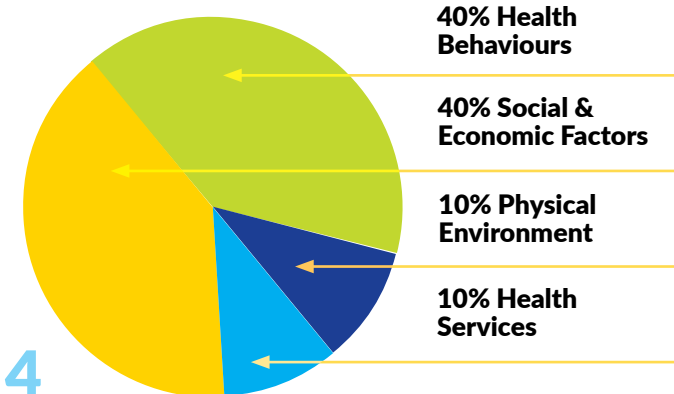
- Oromocto and Area
- Fredericton and Surrounding Area
- St. Stephen, St. Andrews and Surrounding Area
- Petitcodiac, Salisbury and Surrounding Area
- Saint John
- Moncton and Surrounding Area
- Grand Lake Area
- Neguac Area
- Miramichi Area
- Tantramar Area
- Central New Brunswick
- Albert County Area
- 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

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)

In your community

Knowing what is happening in your community is important. In the previous six issues of In Your Community, Horizon worked with Fredericton and Oromocto; Petitcodiac, Salisbury, Elgin and Havelock; Saint John and Grand Lake; Miramichi and Neguac; Albert County and Carleton County; Eastern Charlotte County, Western Charlotte County and Central New Brunswick; Tantramar and Nackawic, Harvey, McAdam, Canterbury. This seventh issue is profiling what is happening in the Sussex and Surrounding Area, and the Tobique and Perth-Andover 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.

About the Sussex and Surrounding Area



The Sussex and Surrounding Area is a rural community located in the southern part of the province. The main employment industries in the area are in the sectors of manufacturing, construction, and agriculture.

Included in the Sussex and Surrounding Area are the communities of Anagance, Apohaqui, Bains Corner Barnesville, Belleisle Creek, Berwick, Bloomfield, Brunswick, Canaan Forks, Cardwell, Codys, Coles Island, Cornhill, Hammond, Hatfield Point, Havelock, Head of Millstream, Johnston, Kiersteadville, Lower Millstream, Midland, New Line, Norton, Passekeag, Penobsquis, Picadilly, Roachville, Salt Springs, Smiths Creek, Springfield, St. Martins, Studholm, Sussex, Sussex Corner, Titusville, Upham, Upperton, and Wards Creek.

The population of the Sussex and Surrounding Area is 23,139 and has seen an increase of one per cent from 2006 to 2011. In 2011, the median household income in the

community was \$52,432 and 15 per cent of the population was living in low-income households.

Given significant employment changes in the community following the sudden closure of the potash mine in Penobsquis in 2016, stakeholders shared that the median household income has decreased, and felt that the rates of unemployment and low-income households have increased.

Data from the New Brunswick Health Council's (NBHC) Primary Health Care Survey shows rates for many chronic diseases increasing between 2011 and 2014 in the Sussex and Surrounding Area. Especially concerning are the increasing rates of depression, cancer, heart disease, and emphysema or Chronic Obstructive Pulmonary Disease (COPD).

Primary health care services in the Sussex and Surrounding Area are provided through the Extra-Mural Program, family physicians, nurse

practitioners, Horizon's Public Health, and Mental Health and Addictions. The NBHC's survey also indicated that 96 per cent of respondents from Sussex and Surrounding Area had a personal family physician in 2014, compared to 92.1 per cent for the province.

The Sussex and Surrounding Area does well on some primary health care indicators but needs some improvement on others.

The Community Advisory Committee (CAC) plays a significant role in the Community Health Needs Assessment (CHNA) process, as they are an important link between the community and Horizon's Community Health Needs Assessment (CHNA) team. The mandate of the Sussex and Surrounding Area CAC is to enhance community engagement throughout the Sussex and Surrounding Area in the CHNA process and provide advice and guidance on health and wellness priorities in the community.

What was learned through the Community Health Needs Assessment

The Sussex and Surrounding Area CHNA identified eight priority areas:

1. Food insecurity in the community
2. The need for after-hours access to primary health care, including mental health services, in the community
3. The need for a health centre model of care with a collaborative, team-based approach to delivering primary health care services
4. An insufficient amount of affordable housing options in the community
5. The need to improve access to mental health and addictions services in the community
6. The need for improved supports in the community for families who are struggling and experiencing difficulties
7. Access to family physicians and nurse practitioners in the community is limited and is expected to become more challenging in the coming years
8. Transportation issues that impact health

How are we doing?

Since the completion of Sussex and Surrounding Area's CHNA, we now have a better understanding of the status of the health and wellness of the area.

While there is still plenty to be done to address the CHNA priorities in the Sussex and Surrounding Area, one thing is for certain: there are people, organizations and health-care providers who are doing everything they can to ensure people have access to the programs and services they need, receive quality health care, and live a healthy life.

The potash mine closed around the same time the CHNA was completed for the Sussex and Surrounding Area, and despite the loss of more than 400 jobs, the area has demonstrated its resiliency. There are new, locally owned and operated businesses opening and prospering.

In the following pages you'll learn about how Horizon's community partners are improving supports in the community for families who are struggling and experiencing difficulties – and with that, helping address food insecurity, housing, and transportation! This work certainly contributes to improved resiliency for this community.

You'll also read about how a collaborative, team-based approach is seen as the best approach for

delivering primary health care services to clients in the Sussex and Surrounding Area!

The vibrancy of the area will continue to contribute to Sussex and Surrounding Area's positive movement as community members come up with ways of helping people be healthy!

Where do we go from here?

The stories in this edition are a snapshot of the work that's being done in the Sussex and Surrounding Area. They are ensuring residents have access to programs and services and making access to primary health care second nature.

While not all the priority areas have been tackled, there is no question the people in the area are engaged and working together to find solutions to all the priorities to help people be healthy!

With the second round of CHNAs now underway, it will be interesting to see if the community needs have changed since the first report. You can look forward to reading about this progress on Horizon's Community News Channel – news.horizonnb.ca.

For now, please enjoy these stories out of the Sussex and Surrounding Area and learn about the positive changes they've made with their programs, services and organizations.

KEY STAKEHOLDERS (Advisory Committee)

- Extra Mural Program
- Horizon's Primary Health Care Program
- Health Care Consultant
- Sussex Community Members/ Volunteers
- Sussex Community Services
- Sussex and Area Wellness Network
- Sussex Family Support
- Sussex Sharing Club
- Town of Sussex
- Village of Sussex Corner
- Village of Norton
- Sussex Elementary School
- Kings County Family Resource Centre
- Horizon's Mental Health and Addictions
- Nurse Practitioner
- Horizon's Public Health
- Domestic Violence Outreach
- Kennebecasis Watershed Restoration Committee
- Snider Mountain Ranch
- RCMP Kiwanis Nursing Home Inc.
- Sussex Area Salvation Army
- Private Counsellor
- Hospice Sussex
- Kingswood University
- Scotia McLeod Inc.
- Belleisle Regional High School
- Sussex Regional High School
- Sussex Public Library
- Sussex Agricultural Society
- Ambulance NB
- Sussex Resource Centre Inc.
- Social Development
- Horizon's Sussex Health Centre
- Family Physicians
- Community Action for Refugee Settlement
- Pharmacist
- Sussex and District Chamber of Commerce
- Canadian Mental Health Association
- Boulter Home Care Services Inc.





EMPOWERING PEOPLE: family support coordinator

The Sussex and Area Wellness Network is a committee of non-profit organizations with a mission of improving the overall health and wellness of the community.

The Community Health Needs Assessment (CHNA) for the Sussex and Surrounding Area (2016) identified the need for improved supports in the community for families who are struggling and experiencing difficulties.

As family support coordinator, a position created by the Sussex and Area Wellness Network, and funded by the United Way Saint John Kings and Charlotte, Megan Miner said her goals are to connect individuals to services and programs, promote wellness, provide healthy growth strategies and help people and their families navigate health and social systems.

And perhaps, what can be equally as important as all the other goals: Megan empowers her clients.

Recently, Megan said she assisted a client who needed a home within walking distance to Horizon's Sussex

Health Centre for treatment that he needed three days per week.

"If he couldn't secure housing within walking distance - because he doesn't drive - basically, he would have died," she said.

After meeting with the man for a few minutes, Megan made some calls and gave him a to-do list of things he needed to accomplish to get onto the next steps.

"He said 'You've helped me more in the last 10 minutes than anyone has in the last three months,'" she said.

After navigating the systems, Megan said in a couple months' time, she secured a subsidized apartment for him.

"I see him around and he's doing great. He just needed a place to live where he could access his care at the health centre," she said.

Megan said, having lived through similar experiences as her clients, she knows how difficult it can be to navigate the system.

"When my husband and I split up, I was a single mom with two little kids and I was essentially homeless, just staying with friends until I could get my feet on the ground," she said. "I have been through this, and I know what it feels like to be lost and not know where to turn."

Through her own experience, Megan knows the questions that will be asked of her clients and she knows how overwhelming it can be when you can't answer some of them, or don't have the proper information on hand that is required.

"So before they even dial the number, I'll make sure they have everything they'll need. I've been through it, I know what they're going to be asked," she said.



Supporting the
New Family Reality



Enhanced Collaboration,
Communication &
Connectedness

Dan Doherty, director of the primary health care program for the Saint John Area, said as a family support coordinator, Megan is what he'd call a connector.

"She's working with residents, community partners and stakeholders to support individuals and families who are experiencing difficulties. She acts to address food insecurity in the community, she promotes mental health resiliency and supports residents with access to housing and transportation," Dan said. "All of which impact the health and wellbeing of the community."

Megan said when she meets with clients, there is never just one thing they need, and sometimes, people's biggest fear is picking up the phone.

"When they're with me, I'll dial the number, introduce myself, and the client, then pass them the phone."

When the CHNA was completed for the Sussex and Surrounding Area, Megan was part of the Community Advisory Committee (CAC) and was already working on priorities that were ultimately identified by the CHNA.

"When I was part of the CAC, I connected everyone so we can all work together at addressing the many issues affecting families in our community that are struggling," she said. Megan said the most common

issues she helps clients with are family supports, transportation, food insecurity and housing.

"A lot of it is just people not knowing what's available and how to get access to services," she said. "I am bridging gaps not only for the people who need the services but the professionals in the area as well."

Megan said she also works with health-care providers who call to connect their clients with programs or services. Megan said she hears from providers when their clients have needs they're unsure of how to address.

"Doctors sometimes don't know what's available in the community to help their clients, so they call me and I let them know of existing programs that will best suit their client's needs," she said. "Even after I've helped a client get what they need, I try and follow up to make sure everything is still going OK for them."

Megan said utilizing the Kings County Family Resource Centre was a life saver for her when her children were young. It wasn't just for the support of her children, it was the camaraderie and friendships she formed with other mothers.

"My mental health was saved because of the resource centre."

Megan Miner,
Family Support Coordinator

Organizations utilized by the Family Support Coordinator:

- Canadian Mental Health Association
- Crosswinds
- Family and Child Education
- Anglophone South
- Horizon's Public Health team
- Kings County Family Resource Centre
- Nutrien Civic Centre
- Salvation Army
- Sussex Committee for the Prevention of Family Violence
- Sussex District Chamber of Commerce
- Sussex Regional Library
- Sussex Sharing Club
- Town of Sussex
- Other organizations and individuals who belong to the Sussex and Area Wellness Network

Megan Miner
Family Support Coordinator
for the Sussex and Area
Wellness Network
38 Park St. Unit #2

Drop in:
Tuesdays and Wednesdays
between 9 a.m. and 12 p.m.

Call:
506-433-4453 or
Email:

megan@sussexwellnessnetwork.com
to make an appointment



COMMUNITY COLLABORATION Improves Access to Care



A collaborative practice brings together staff from Horizon Health Network with other health care practitioners to serve the community and provide quality care to clients.

Sussex is working together to provide quality care to clients.

The Community Health Needs Assessment (CHNA) for the Sussex and Surrounding Area (2016) identified the need for a health centre model of care with a collaborative, team-based approach to delivering primary health care services; and the need to solve transportation issues that impact health.

The team is based out of the building adjacent to Horizon's Sussex Health Centre and is made up of Dr. Brian O'Neill, Nurse Practitioner Kelly Dunfield, and Administrators Linda Perry and Sharon Turner.

Kelly and Dr. O'Neill each run their own general practice in addition to their roles as primary health care providers. Their approach to care provides what they say is the best care for clients – and between to the two of them, they care approximately 3,100 people.

"The best approach is a team approach," said Kelly. "There is a lot of work and when everyone works together the patients are cared for best."

Dr. O'Neill echoed Kelly's sentiments adding that continuum of care is important for clients.

"If I'm away, Kelly can cover my clients and vice versa," Dr. O'Neill said. "This way, we maintain a continuity of care and prevent our clients from going to the emergency room for primary care."

Kelly said their practice is rounded out with the partnership they've developed with hospital services, Extra-Mural, community pharmacists, physiotherapists, respiratory therapists, Horizon's Public Health, mental health and addictions teams as well as social development teams.

Dr. O'Neill said they're best described as a one-stop-shop for medical care.

"We share a lot of the obstetrics, and Kelly and I both have our niches. Kelly tends to do a lot of IUDs [contraceptive device], injections and excisions, while I do methadone services."

The team offers many services and clinics to clients including: well-baby visits, pre-natal visits, immunizations, hypertension, diabetic foot care, diabetes education, COPD screening, smoking cessation, and more.

Some of these services are offered in collaboration with the Sussex Health Centre team, such as 24-hour-blood-pressure monitoring. They also book clients with several visiting specialists who travel to Sussex one to two times per months.

"If we can book our clients in with a visiting specialist, then we will. That prevents them from driving to the city for their care," said Kelly.



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

"Typically, there are specialty clinics on a daily basis."

Based on identified community needs, they ensure their clients are informed about clinics and education sessions that are available in the community.

The location of the office is convenient for both patients and Dr. O'Neill and Kelly. When visiting specialists come to offer clinics, they're held at Horizon's Sussex Health Centre, which is accessible from their office through a pedway.

"We can also easily pop over to check on any patients of ours that have been admitted to hospital," said Dr. O'Neill.

As well, Kelly said being in Sussex, they're somewhat central to Fredericton, Moncton and Saint John which means when they do need to refer clients, they can refer to wherever is most convenient for the patient and their family.

"For example, we have some patients living in Cambridge Narrows, who prefer a referral to Fredericton, but clients from Havelock, may prefer to be referred to Moncton," she said.

Both Kelly and Dr. O'Neill do house calls when needed, which helps with the transportation issues many face in the area.

"Yes, this week I actually did three or four house calls," said Dr. O'Neill. "Whatever it takes to ensure our clients are getting the care they need, both Kelly and I will accommodate."

Sussex area residents who are seeking primary care are encouraged to register with Patient Connect NB (811).

Dr. Brian O'Neill 506-434-0528

**Nurse Practitioner
Kelly Dunfield 506-433-3277**

**20 Kennedy Dr., adjacent to
Horizon's Sussex Health Centre**



In March 2019, while visiting Horizon's Sussex Health Centre, Ted Flemming, minister of health, and Bruce Northrup, Kings East MLA, presented Kelly Dunfield with a certificate to congratulate her for winning the Nurse Practitioner of the Year Award from the Nurse Practitioner Association of Canada (NPAC).

In the fall of 2018, Kelly Dunfield was named the inaugural Nurse Practitioner of the Year by Nurse Practitioner Association of Canada for her devotion and passion to what the role can bring to primary care.

Kelly was nominated for the inaugural award by Yvonne Bartlett, a fellow Horizon nurse practitioner who practices in St. Stephen at Horizon's Charlotte County Collaborative Wellness Centre.

Yvonne is a friend and classmate of Kelly's – they were both part of the first class of 10 students to graduate as nurse practitioners in New Brunswick, once they were legislated in 2002!

Kelly came up with the idea for an epinephrine auto-injectors (EAls) pilot project in 2012 when she was at a conference listening to Dr. Andrea Canty speak about anaphylaxis.

"I started thinking about how automated external defibrillators (AEDs) were popping up in all kinds of places such as malls, airports, and restaurants," Kelly said. "It struck me that the same thing should be happening with EAls in order to respond in a timely manner."

Kelly researched to see what was available around the world and found there was no status, except that epinephrine should be available quickly as a first-line treatment.

She developed a proposal in 2014, secured funds through the Sussex and Area Community Foundation and Sanofi. She has since provided EAls to 28 sites in the Sussex Area and after receiving so many inquiries from around the province, country and other parts of the world, she established Be Ready Health Care Inc.

It has now grown to include naloxone and the initiative has saved six lives that we know of, by responding to severe allergies and opioid overdoses.

Be Ready Health Care Inc. has cabinets in more than 500 sites across Canada and the United States, and as far as British Columbia, California, and Arizona.



About the Tobique and Perth-Andover Area

Photo: Village of Perth-Andover

The Tobique and Perth-Andover Area is situated in Victoria County in the northwestern part of the province. It is a rural area with communities scattered along the St. John River and the Tobique River. The area is home to Tobique First Nation, the largest of the Wolastoqiyik (Maliseet) First Nation communities in New Brunswick. The main employment industries in the community are in the sectors of agriculture, forestry and lumber production.

Included in the Tobique and Perth-Andover Area are the communities of Andover, Aroostook, Arthurette, Carlingford, Gordon, Kilburn, Lorne, New Denmark, Perth, Perth-Andover, Plaster Rock, Riley Brook, Tilley, and Tobique First Nation.

Being home to Tobique First Nation, the Tobique and Perth-Andover Area has an aboriginal population of

12 per cent, compared to 3.1 per cent for the province. Based on input from consultations, contributing factors to the population decline include an aging population as well as the fact that many younger families are leaving the community to seek employment.

Data indicates that the Tobique and Perth-Andover Area has increasing rates of high blood pressure, diabetes, depression, heart disease, arthritis and emphysema or COPD, when compared to provincial averages.

Primary health care services in the Tobique and Perth-Andover Area are provided through Mental Health and Addictions, Extra-Mural, Horizon's Public Health, Horizon's Tobique Valley Community Health Centre, and private physician offices, as well as the Neqotkuk Health Center on Tobique First Nation. Based on data from the New Brunswick

Health Council's Primary Health Care Survey of New Brunswick, 91.8 per cent of respondents from the Tobique and Perth-Andover area had a personal family doctor in 2014 (a drop of 2.7 per cent from 2011).

The Community Advisory Committee (CAC) plays a significant role in the Community Health Needs Assessment (CHNA) process as they are an important link between the community and Horizon's Community Health Needs Assessment (CHNA) team. The mandate of the Tobique and Perth-Andover Area CAC is to enhance community engagement in the CHNA process and provide advice and guidance on the health and wellness priorities that would address the needs of the community.

What was learned through the Community Health Needs Assessment

The Tobique and Perth Andover Area CHNA identified seven priority areas:

1. The need for support in the community to help coordinate and implement prevention and health promotion programs.
2. The growing rate of mental health issues in the community
3. The need to address the growing rate of obesity in the community, particularly within the child and youth population
4. The need to examine practices and processes for dealing with cases of mental health in the ER
5. The need for improved collaboration between health care providers in the community
6. Transportation issues in the community that impact health
7. Alcohol and drug consumption in the community

How are we doing?

Leading change for improved health and well-being is a collaborative effort and there are plenty of people working on this throughout the entire Tobique and Perth-Andover Area.

The Western Valley Wellness Network is teaching children about vegetables and healthy choices through an enhanced community engagement in health and wellness priorities. They are building important community partnerships to address this through schools.

By teaching children, at a young age, the importance of healthy eating, they will value it and we can expect them to take it seriously, and that healthy eating is part of a healthy life!

When the Plaster Rock Hospital was reopened as Horizon's Tobique Valley Community Health Centre, people felt as though they had lost something. However, the health-centre-model of care provides a different kind of care: it's preventative, educational, and well-rounded care. This area is committed to creating health communities, and it shows!

Where do we go from here?

The communities throughout the Tobique and Perth-Andover Area make up many small rural towns, villages and a First Nation community. Ensuring people in every corner of the area know what's available to them is the first step towards creating healthier communities.

Outreach and education is integral to ensure the success of the great programs and services the community is providing. Connecting with communities and sharing information about all the services available at their health centre, and doing outreach into all of the communities in this area, will ensure people stay off the highways to bigger centres for care. They can be cared for right in their community!

Continue to read more on the work being done in the Tobique and Perth-Andover Area!

KEY STAKEHOLDERS (Advisory Committee)

- Extra-Mural Program
- Horizon Primary Health Care
- Horizon's Hotel Dieu of St. Joseph Hospital
- Village of Perth-Andover
- Perth-Andover Rotary
- Early Language Services
- Acadian Timber Management
- Neqotkuk Health Centre
- Horizon Mental Health and Addictions
- Ambulance NB
- Social Development, Wellness Branch
- Horizon's Tobique Valley Community Health Centre, Management
- The Good Samaritan Food Bank
- Carleton-Victoria Community Inclusion Network
- Village of Plaster Rock
- Perth-Andover Recreation Department
- Horizon's Public Health
- Community Development
- Pharmacist, Plaster Rock
- Tobique Valley CHC Advisory Committee
- Diabetes Nurse Educator
- Hospital Foundation at Horizon's Hotel Dieu of St. Joseph Hospital
- Pharmacist, Perth-Andover





WELLNESS DAYS ARE HELPING PEOPLE BE HEALTHY

Ensuring patients and clients know what's available to them right in their community is the goal of a partnership between Horizon's Tobique Valley Community Health Centre and the Western Valley Wellness Network.

Danny Braun, community developer for the Tobique Valley area, said the program brings staff into the community to deliver a variety of health-related presentations.

"They provide education and information on the resources that are available in the community and it is having great reach and impact," he said.

The Community Health Needs Assessment (CHNA) for the Tobique and Perth-Andover Area (2016) identified the need for support in the community to help coordinate and implement prevention and health promotion programs.

As a primary health care facility, providers at TVCHC offer advice on living a healthy lifestyle and tools to manage non-urgent health needs, diagnosis and disease prevention, care for common illnesses and minor injuries, as well as onsite and outreach programs and services.

"The health centre is made up of a team of health care professionals who are all about teamwork, and patient centred care," Danny said. "The team includes physicians, nurse practitioners, social workers, dietitians, health promoters, counselors and other health care providers."

That's where the Wellness Days program comes in. They host day-long sessions that are open to anyone, and include lunch, to ensure patients and clients know what services are available to them and how to access them.

"We host one right here in Plaster Rock, but the area we are responsible for includes small communities like Riley Brook, New Denmark and Arthurette," Danny said. "And all those small areas have community halls. So, we spend the day there with some of our staff."

Danny said the Wellness Days are well received by both staff and clients because it helps introduce staff to the community and creates a bit of familiarity.

Typically, Danny discusses the programs and services available, and then he brings in other members of the health care team to talk about a variety of topics.

"Our social worker talks about dealing with stress, sleep hygiene, memory hygiene and those kinds of topics, and our dietitian talks about food and nutrition, myths and trends," he said.

Every time they host the Wellness Day, they bring something a little different to the table, but Danny always reiterates the services available at the health centre, and they always have a registered nurse who comes to do blood-pressure checks and glucose tests.

"The more we can engage with people, the more they'll learn about what's here," Danny said. "And at the end of the day, we see improvements when it comes to usage of the health centre and usually an improvement in the ease of navigating the health system."

Horizon's Tobique Valley Community Health Centre

120 Main St. Plaster Rock 506-356-6600
Open Monday to Friday 8 a.m. to 8 p.m.



Awareness of Services & System Navigation



Enhanced Collaboration, Communication & Connectedness

PROGRAMS AND SERVICES AVAILABLE AT HORIZON'S TOBIQUE VALLEY COMMUNITY HEALTH CENTRE:

Clinical services

- X-Ray
- Lab services
- ECG
- Holter monitoring
- Blood Pressure Monitoring

Therapeutic services

- Addiction counseling
- Nutrition
- Speech language pathology
- Occupational therapy
- Physiotherapy
- Respiratory therapy
- Social Work
- Community development

Nursing

Assessment, treatment and education services

Physicians and nurse practitioners

All primary health care services

Walk-in Clinic

Family practice

Outreach programs and services



TAILGATING FOR WELLNESS IN THE FORESTRY SECTOR

The Community Health Needs Assessment identifies the main employment industries in the Tobique and Perth-Andover Area as agriculture, forestry and lumber production.

A large portion of the population spends their days in remote, wooded areas working in forestry, harvesting, silvicultural operations and lumber production. Companies were looking for better ways to educate employees on nutrition, sleep hygiene, back safety, and more.

Rather than halting production and getting employees to attend a wellness session, the team from Horizon's Tobique Valley Community Health Centre started bringing health education to the woods!

The health care team took advantage of a staff meeting that crews have at shift change.

Once a month, health care professionals drive nearly 40 kilometres through rough terrain to meet with employees to educate on issues that might affect them in their work.

These tailgate wellness sessions have been receiving rave reviews and since they take place at shift change, they barely impede on production. Talk about outreach!



TEACHING WELLNESS AND SKILLS TO FOSTER HEALTHY YOUTH

For the communities in the Tobique and Perth-Andover Area, many school-aged children are struggling to find nutritious meals on a daily basis.

The Community Health Needs Assessment (CHNA) for the Tobique and Perth-Andover Area (2016) identified the need to address the growing rate of obesity in the community, particularly within the child and youth population.

Introducing students to vegetables and fruit, and making it a part of their day, is one way that a wide network of community partners, the Western Valley Wellness Network, and Horizon's Healthy Learners in School Program team is teaching the next generation to make healthier choices.

Kathy Sherwood Orser, regional wellness consultant, for the Western Valley Wellness Network, said the mission of the network is simple: to foster healthy, active, inclusive communities.

"We are working right from Nackawic all the way up to Plaster Rock and everywhere in between," Kathy said. "The work is a little different in each school and each area, but everyone has the goal of keeping kids healthy and active."

Kathy said they are working together with communities to develop different initiatives across the region that promote healthy eating, especially among youth, based on the different needs of a community.

"Really, what we're doing is promoting wellness for all people in the Western Valley region by facilitating community based opportunities and initiatives," Kathy said. "We're doing a lot of work to promote healthy eating, physical activity, mental fitness and risk reduction. All of these things can be related to the higher rates of childhood obesity we are seeing in our area."

In-school gardens allow students to pick lettuce and kale to add to their lunch. Healthy food, though a normal sight to some students, can be very foreign to others. With this program, a child is introduced to green peppers. Another is introduced to honeydew melons. Another sees a bean grow into a plant that produces something they can eat.

Chelsea Currie Stokes, registered nurse with Horizon's Public Health, said that the people of Tobique and Perth Andover have really come together and have used their unique community assets to help students.

"Andover Elementary school has really enhanced their breakfast program to include healthy, whole foods," Chelsea said. "Last fall, they applied for and received a regional wellness grant that allowed them to create a cooking club for Grades 3, 4, and 5."



In the cooking club, Chelsea said students learned how to read recipes and follow instructions on how to make healthy food fun.

"They have also partnered with the daycare in their community and created a school garden with money received from a nutritional literacy grant," Chelsea said. "Without extra funding of what amount and many great volunteers, things like this would not be possible."

Colleen McDonald Briggs, dietitian with Horizon's Public Health said at Southern Victoria High School (SVHS), in Perth-Andover, their Health Promoting Schools Committee successfully applied and received a Community Food Action Grant, same idea which allowed them to put a greenhouse in their outside common area.

"This space encourages students to explore gardening as a learning tool and as a hobby," Colleen said. "This is available to students and staff, and can also be used

during class time for instruction. The produce grown is available for students to enjoy during the breakfast program and in their culinary technology classes."

Students build knowledge and gardening skills so that that one day, they can grow their own food and share their knowledge at home with their families.

"Creating healthy habits at a young age can be life changing for future generations," Colleen said.

Kathy, Chelsea and Colleen agree that through an amazing network of partnerships and passionate local community members so much continues to be accomplished to benefit students, and they are looking forward to partnering on many new initiatives in the future.



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 see the launch of our new and improved 2020 awards!

 facebook.com/HorizonNB

 twitter.com/HorizonHealthNB

 instagram.com/HorizonHealthNB

 youtube.com/HorizonNB

Congratulations to our 2019 winners!

Fredericton

- Conflict Resolution Program at Nashwaaksis Memorial Elementary School
- Minto High Health Promotion Team
- Oromocto and Surrounding Area Food Bank

Upper River Valley

- AYR Motor Centre
- Feed the Hawks
- Upper River Valley Eating Disorder program

Moncton

- Anglophone East School District's Youth Mental Health Summit
- Salvus Clinic
- WA Transpo

Saint John

- Carleton Community Garden
- Code Red
- RECAP

Miramichi

- ARM Book Nook and Boutique
- Central N.B. Teens Taking Action Against Tobacco Use
- Project ETS

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



On this site, you'll read many of the same kind of innovative and heartwarming stories from Horizon's publications and channels, such as the Horizon Star, In Your Community and social media. Horizon's Community News Channel also includes videos, articles and blogs about exciting things happening across Horizon.

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 newsletter@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



In this, our final publication of *In Your Community*, we are pleased to share success stories from the Sussex and Surrounding Area and the Tobique and Perth-Andover Area.

In each issue of *In Your Community*, we've brought you up to speed on just some of the great things happening across Horizon and in the communities we serve. It's important to recognize the commitment of community residents and leaders as they strive to improve population health.

We are focused on working with all our stakeholders, health care organizations, government, community organizations, and individuals to fully meet the unique needs of everyone in our communities. We each have a significant role to play in improving the health of New Brunswickers.

It's important we continue to tell these success stories, to demonstrate the impact of an engaged community! We completed 17 Community Health Needs Assessments (CHNA) and profiled 16 communities through *In Your Community*.

CHNAs provide us with information on how we can improve the health of the communities we serve. With the second round of CHNAs underway, we are already identifying and evaluating changes in the priorities for our communities since the last assessments were completed.

While this will be our final magazine, we are embarking on a new and innovative way to share our success stories. Soon, you'll be reading these stories on Horizon's Community News Channel and on all Horizon's social media platforms.

Through the last seven issues of *In Your Community*, we've highlighted success stories and I hope you've enjoyed reading them as much as I have. These important stories highlight a communities' strengths and innovation when it comes to helping people be healthy.

Jean Daigle, vice president of Community Horizon Health Network

