



DISTRICT HEALTH COUNCIL

Your local voice in health planning

What we do

The District Health Council advises the Minister of Health and Long-Term Care on the planning and coordination of health services in Durham Region and the counties of Haliburton, Northumberland, Peterborough and Victoria. The District Health Council's vision is to be a leader in planning for an integrated health system for the residents of the planning area.

Who we are

A full Council is 20 members. Membership includes people who deliver health and health-related social services, people who bring a community perspective, and representatives from local government. These volunteer members reside throughout the planning area and are appointed by Order-In-Council from the Lieutenant Governor of Ontario. Council is supported by a small staff.

Valuable volunteers

In addition to Council members, the work of the District Health Council could not be accomplished without the assistance and dedication of the many community volunteers through their involvement on committees, task groups and public consultations. We would like to sincerely thank all volunteers who have participated in the planning projects undertaken over the past year. If you are interested in participating on Council or in another capacity, please feel free to contact us.



www.dhc-dhkpr.org



DHC Dialogue

SPRING 2003

Message from the Chair

2003 marks the 30th anniversary of District Health Councils in Ontario. This is a long legacy that has seen many transformations in the health system. In our role as health system planners, the District Health Council is in a unique position of observing the impacts of service changes across the full continuum of health care. Increasingly, we are observing pressures that are affecting access to services. Over the past few years, hospitals have been working with operating deficits to maintain service levels. Their boards are now taking stringent measures to move toward a balanced financial position.



Maureen Gmitrowicz

These measures then place pressures on other parts of the continuum. For example, growth and development in the community-based service infrastructure has not kept pace with the rate at which care has shifted from the hospital to the community. As a result, individuals with higher acuity levels are now being managed in community settings, placing a strain on service capacity, and placing significant pressures on families. Financial constraints are further complicated by health human resource shortages. The subsequent result is reductions in access to services, e.g. travelling increased distances for services, and waiting lists. These pressures converge on the question of the sustainability of our current system. Both the Romanow and Kirby reports made attempts to address sustainability. However, system changes resulting from their recommendations do not appear to be imminent.

Therefore, the challenge before us is to explore new models of care that help individuals navigate effectively across the continuum of care. Focus on the consumer and family perspective is central to leveraging change. Innovation is often born from small changes such as creating new partnerships or fine-tuning an existing process. In a rapidly changing environment, we need to be open to learning about new models of delivery and to be receptive to innovation in order to meet the immediate challenges in our communities.



Planning Initiatives

PHYSICIAN SUPPLY

The Durham HKPR District Health Council has been monitoring the supply of physicians across the planning area and responding to requests for letters of support from municipalities applying for underserved area designation.

The Underserved Area Program is one of a number of financial incentives provided by the Ministry of Health and Long-Term Care to help communities recruit and retain physicians.

The underserved designation for family physicians is available to any community that can demonstrate to the province that:

- it has less than one family physician for every 1,380 people;

- there is adequate information to support community needs; and,
- it has formal stakeholder support and a district health council review.

A total of 37 more physicians is required to support designated underserved communities in the area

Currently, ten communities in the Durham HKPR planning area are designated as underserved for general/family practitioners (Refer to Table 1). A total of 37 additional physicians is required to support these communities.

The Durham HKPR District Health Council continues to monitor physician supply in additional municipalities expected to submit applications to the Underserved Area Program in 2003.

PRIMARY CARE NURSE PRACTITIONERS IN UNDERSERVED COMMUNITIES

In May 2002, the Minister of Health of Health and Long-Term Care announced \$3-million in funding to establish demonstration projects that will place nurse practitioners in communities that have been without a physician for an extended period of time. Nurse practitioners are nurses with additional training and skills to assess, diagnose and manage common illness.

In early summer 2002, the Ministry of Health and Long-Term Care sought the assistance of District Health Councils to facilitate meetings with stakeholders in designated underserved communities identified to receive funding for a nurse practitioner demonstration projects. These meetings were to discuss the placement of nurse practitioners and to identify a process for moving the initiative forward. The Durham HKPR District Health Council was asked to work with the three communities in the catchment area approved to submit an application for a nurse practitioner position: Havelock (one NP) and Otonabee South Monaghan (two NPs) in Peterborough County, and Brock Township in Durham Region (two NPs).

The District Health Council facilitated a meeting in each of these communities. Each community was at a different stage in the development of their proposal. The District Health Council worked closely with Brock Township, facilitating three additional meetings to assist the community with moving the process forward. All three communities submitted their proposal in December 2002 to the Ministry of Health and Long-Term Care.

Table 1

List of Areas Designated as Underserved for General/Family Practitioners

January/February/March 2003

Community	Designated For	Vacancies
Durham Region:		
Brock	8	4
Clarington	51	11
Scugog	15	2
Uxbridge	13	3
Peterborough County:		
Havelock	2	2
North Kawartha	2	1
Otonabee-South Monaghan	1	1
City of Kawartha Lakes	48	10
Haliburton: Minden	3	1
Northumberland County: Trent Hills	9	2
Total		37

Source: Ministry of Health and Long-Term Care, February 2003



LOCAL FORUMS ON HEALTH HUMAN RESOURCES

Since 2000, the Durham HKPR District Health Council (DHC) has been involved in several health human resources planning initiatives to gather knowledge about human resource shortages and the challenges experienced locally regarding the recruitment and retention of health professionals.

To further this knowledge, the DHC organized and hosted forums on Health Human Resources across the DHC planning area. Forums were held in Durham Region, Lindsay, Peterborough, Haliburton and Cobourg on February 18, 20, 24, 25 and 27, respectively. The purpose of the sessions was to learn about and share strategies that agencies and organizations are using to effectively address pressures and enhance the capacity and utilization of staff.

The forums engaged local health care providers about:

- The strategies used to enhance staff utilization and capacity;
- The success or challenges with these strategies; and
- Barriers to implementation.

Along with all 16 District Health Councils in Ontario, Durham HKPR's findings will contribute to a provincial report aimed at assisting provincial health human resource planning and policy development. Additionally, information gathered at the forums will be available in the form of a local report for our planning area that will be available both on our website and in hard copy.

INTEGRATION

The Durham HKPR District Health Council (DHC) has committed to nurturing the conditions for Health Service Integration by incorporating the concept of integration in its vision and mission/role statement and its strategic directions.

Furthermore, in the Fall of 2001, the DHC adopted six Integration Principles that are used as guidelines to advance integration through core planning projects and responses to special requests.



Over the past year, the DHC has dedicated resources to improving the collective understanding of the term 'integration' and how this concept will impact our health system. In January 2002, Council approved staff to initiate a 'fact-finding' and dialogue with existing service provider groups in Durham and the four counties on health system/service integration.

The results of the DHC's initial 'fact-finding' and dialogue with local health service provider groups are currently being developed into a discussion paper. Local success factors, foundation assumptions, building blocks and enablers to improved integration have been observed.

Next steps are presently being discussed by Council in consultation with the Central East MOHLTC Regional Office.

ONTARIO EARLY YEARS CENTRES TO OPEN ACROSS THE PLANNING AREA

Ontario Early Years Centres provide universally accessible early learning activities and supports for young children (0-6) and their parents or caregivers.

The Durham HKPR District Health Council (DHC) was pleased to be involved in the planning for the establishment of Ontario Early Years Centres throughout the planning area. Staff were able to share the knowledge, tools and lessons learned from the DHC's involvement in the planning for the Peterborough Ontario Early Years Centre in 2001.

The DHC looks forward to the imminent opening of more than a half dozen Ontario Early Years Centres across the planning area.

CENTRAL EAST (WHITBY) MENTAL HEALTH IMPLEMENTATION TASK FORCE

The Central East (Whitby) Mental Health Implementation Task Force submitted its final recommendations regarding the implementation of mental health reform in Central East (Whitby) to the Minister of Health and Long-Term Care in December 2002.

The Task Force developed their recommendations for Durham and York Regions, City of Kawartha Lakes, and the Counties of Haliburton, Northumberland, and Peterborough through committee work.

The Durham HKPR District Health Council provided some administrative support and participated in committee work. Also, Lynda Hessey, Executive Director, was a member of the Task Force and also contributed her expertise to numerous sub-committees over the past two years.

PLANNING FOR THE CONTINUOUS CARE NEEDS OF LONG-TERM CARE CONSUMERS

The Durham HKPR District Health Council (DHC) is encouraging a shift in how providers and planners identify priorities for service and support enhancements. Most frequently, dialogue on how to enhance services and supports for consumers is focused on enhancing particular services such as Adult Day Programs, Nursing, Supportive Housing, Homemaking Services, Therapy Services or Volunteer Transportation.

The DHC's 2004-2009 Long-Term Care Multi-Year Strategic Plan will focus on the identification of three- to five-year strategies to improve the continuous care and support for seniors, adults with disabilities, children and youth with health care needs and caregivers of these consumers.

The DHC has formed the Multi-Year Plan Development Committee (MYPD) to lead the development of these strategies. From April to June, the Committee will be consulting with community stakeholders. If you or your organization would be interested in providing input into what makes the system flow or clog for LTC consumers and caregivers, please contact the DHC office.

DEMENTIA NETWORKS UP AND GOING

An important component of the Alzheimer Strategy for Ontario is the design of local, specialized networks to support people with dementia, their families and caregivers. Durham HKPR District Health Council staff have been active participants on the two Dementia Networks in the planning area.

The mandate of the Dementia Network of Durham Region is "to develop a more co-ordinated approach to service delivery and public awareness in order to improve access to appropriate services, information and support for people with dementia, their families and other formal and informal caregivers."

The mission of the Four County Dementia Network is to strengthen the system of care for persons with dementia, their families and caregivers in the Counties of Northumberland, Peterborough, Haliburton and the City of Kawartha Lakes (HKPR).

Dementia Networks are a good example of the willingness and ability of community health providers, consumers and stakeholders to work collaboratively to improve a specific continuum of care.

Publications

- ☐ 2002/2003 Addiction Services Operating Plan Review Summary of Programs, June 2002.
- ☐ 2001/2002 Annual District Service Plan for Long-Term Care Community-Based Services, March 2002.
- ☐ Report of the Durham HKPR DHC 2002/2003 Community Mental Health Program Operating Plan Review, April 2002.
- ☐ Report of the Durham HKPR DHC 2002/2003 Children's Out-Patient Mental Health Programs Operating Plan Review, April 2002.
- ☐ Report of the Durham HKPR DHC 2002/2003 Problem Gambling Operating Plan Review, July 2002.

Thank You!

Two former Council members have regretfully resigned from Council to pursue other endeavours. We wish them every success for the future.

Gary Lounsbury, a consumer member from Peterborough, was a founding member of the Durham HKPR District Health Council. In addition to his invaluable contributions in the area of children's health, Gary also brought exceptional commitment and leadership to his role as Vice Chair and then Chair of the District Health Council. **Ron Gambell**, a consumer from Minden, participated on Council with great cheer and also contributed to several District Health Council sub-committees.



Announcements

New Website

The Durham Haliburton Kawartha and Pine Ridge District Health Council is proud to invite you to visit our website at www.dhc-dhkpr.org. It has a new and improved look and should enable you to download more documents.

We will be updating the website regularly and look forward to incorporating your feedback. Let us know how we can make it even better!

We're Moving!

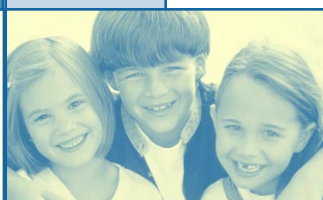
As of June 1, 2003, the Durham HKPR DHC will be moving. Our new address is shown on the back of this newsletter. Our phone and fax numbers, as well as our e-mail and web-site addresses will remain the same. Although telephone numbers will remain the same, staff extensions will change.

We are also looking for a new home for our Whitby work station. We are very enthusiastic about the positive changes that these new locations will bring.

New Council Members Needed

As several of our Council members' appointments will be expiring in March 2004, we will be initiating a recruitment process during the summer of 2003 for the following positions: three health care consumers from Durham Region (one current vacancy, two upcoming); and two health care service providers from Durham Region (March 2004). Additional positions may become available later in the year.

Council appointees are selected at the discretion of the Provincial Cabinet, and Orders-In-Council are granted by the Lieutenant-Governor of Ontario. If you are interested in finding out more about this unique and rewarding opportunity, please contact Lynda Hessey, Executive Director.



WELCOME NEW MEMBERS

Council is pleased to welcome five new members: Sandra Barrett, Roger Cook, Dr. Don Curtis, Ross Fitchett, and John Neal.

Councillor of City of Kawartha Lakes, **Sandra Barrett** was the Executive Director of the Fenelon Area Independent Living Centre for close to ten years. She also has over 20 years of invaluable experience in managing and co-ordinating front-line services for Fenelon Falls Community Care and Fenelon Falls Meals on Wheels.

Roger Cook has over 30 years of experience in the health care field. In July 2001, he retired as the Vice-President – In-Patient and Ambulatory Services at Ross Memorial Hospital in Lindsay. Roger has already made important contributions to Council while participating in several District Health Council Hospital Operating Plan Reviews prior to becoming a Council member.

As a physician with a large family practice in Peterborough for over 40 years, Dr. **Don Curtis** has seen many changes in the health care system. Eighteen months ago, he decided it was time to move on to other dreams and, although retired from the medical profession, is actively involved in the community.

Ross Fitchett resides in the Buckhorn area north of Peterborough. He retired two years ago from Ontario Power Generation, and now has the time, energy and expertise to give back to his community. Ross has expertise in conflict resolution, teamwork, service planning and coordination and public consultation.

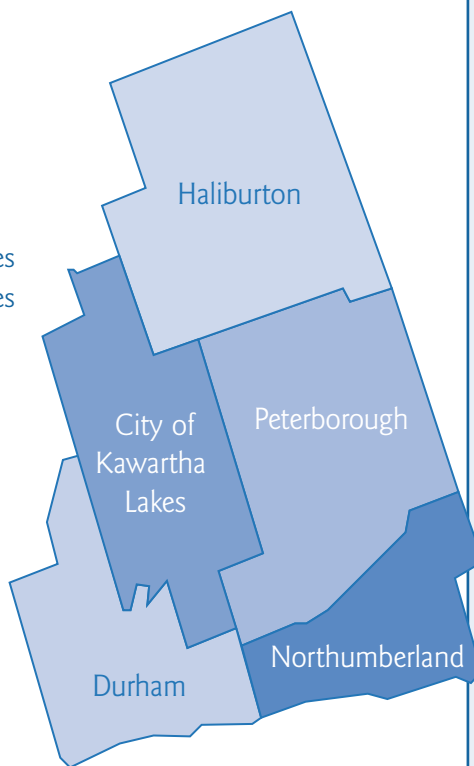
As Regional and Local Councillor for Ward 7 in Oshawa, **John Neal** is working with a number of committees to improve the health and well-being of residents and the environment of Durham Region. He was a valued employee at General Motors Canada for nearly three decades.

Members

COUNCIL MEMBERS

As of March 31, 2003

Maureen Gmitrowicz, Chair	Brooklin
Stephen Kay, Vice-Chair	Peterborough
Paul Rolland, Treasurer	Whitby
Sandra Barrett	City of Kawartha Lakes
Roger Cook	City of Kawartha Lakes
Dr. Don Curtis	Peterborough
Ross Fitchett	Buckhorn
Eileen Higdon	Pickering
Ruth LaMantia	Lindsay/Fenelon Falls
Norman Mealing	Whitby
John Neal	Oshawa
Judy Nemis	Bowmanville
Douglas Percy	Norwood
Sonia Peczeniuk	Ajax
Jane Rosenberg	Haliburton
Peggy Vokins	Ajax



Population: approx. 800,000
Area: 15,600 sq. km.
72 municipalities and townships

Staff

COUNCIL STAFF

Position	Name	E-Mail
Executive Director	Lynda Hessey	lhessy@dhc-dhkpr.org
Senior Planners	Marie-Anik Gagné	magagne@dhc-dhkpr.org
	Kate Reed	kreed@dhc-dhkpr.org
	Jeanne Thomas	jeanne_thomas@dhc-dhkpr.org
Health Planners	Barbara Hawthorn	bhawthorn@dhc-dhkpr.org
	Dawn Olsen	dolsen@dhc-dhkpr.org
Executive Assistant	Michelle Currier	mcurrier@dhc-dhkpr.org
Senior Secretary	Zina Allen	zallen@dhc-dhkpr.org
Planning Secretary	Kristeen Hazlitt	khazlitt@dhc-dhkpr.org
Receptionist/Secretary	Corinne Abba	dhc@dhc-dhkpr.org
Library Assistant (part-time) . .	Valerie Rose	vrose@dhc-dhkpr.org

STAFF NEWS

Several staffing changes have occurred over the past year.

Angela Sword-Gordon, Receptionist, and **Cindy Ingram**, Senior Secretary, left the Durham HKPR District Health Council (DHC) to pursue other endeavours. We were also sorry to bid farewell to **Carol Smith Romeril**, Senior Planner, now the Continuing Care Program Director at Ross Memorial Hospital in Lindsay, and to **Steve Bazak**, Senior Planner, who, following a two-year secondment with the Ministry of Health and Long-Term Care, accepted a teaching position with the University of Ontario Institute of Technology in Oshawa. **Pauline Petryshen** has completed her contract position as a Senior Planner with the DHC, and has moved on to the North York Community Care Access Centre. We wish all former staff every success in their future endeavours.

We are pleased to welcome **Corinne Abba** as our new Secretary/Receptionist, and **Dawn Olsen** who has joined our team as a Health Planner. We are also pleased to welcome back **Marie-Anik Gagné**, Senior Planner, who has returned from her secondment as the Coordinator of the Central East (Whitby) Mental Health Implementation Task Force.

Finally, congratulations are in order for **Zina Allen** who has been promoted to the position of Senior Secretary, and **Kate Reed**, who has been promoted to Senior Planner.



DISTRICT HEALTH COUNCIL

Durham Haliburton Kawartha & Pine Ridge District Health Council

159 King Street, Suite 300
P. O. Box 544, Peterborough, ON K9J 6Z6

As of June 2003

150 King Street, 3rd Floor
P. O. Box 544, Peterborough, ON K9J 2R9

(705) 748-2992 Toll Free: 1-800-833-7543
Fax: (705) 748-9600
E-Mail: dhc@dhc-dhkpr.org
Web-Site: www.dhc-dhkpr.org

