

BBNOHT BUZZ

THE OFFICIAL BRANTFORD BRANT NORFOLK OHT NEWSLETTER



WE ARE LIVE! BBNOHT.CA

The Brantford Brant Norfolk OHT is excited to announce the launch of our newly developed website: bbnoht.ca. This new website will have several unique features to our OHT such as:

- 24/7 health service navigation (local and provincial) under "Find Health Services"
- Community partner events and news updates
- Brantford Brant Norfolk Primary Care Council pages with relevant information and toolkits for primary care
- Persons with Lived Experience pages with recruitment, engagement & event information.

This website was developed with the input and expertise of over 25 community partners and collaborators and reviewed through the client lens by members of our Persons with Lived Experience (PWLE) committee. **Thank you all** for your continued support on this project!

In addition to the website, the OHT will also have two new email addresses that can be used by both community partners and the general public:

- contact@bbnoht.ca
- primarycare@bbnoht.ca

If your organization would like to contribute upcoming event information or program updates to the website please email contact@bbnoht.ca.

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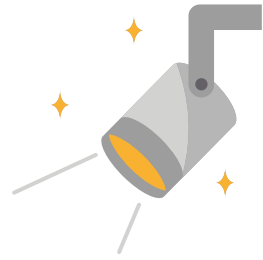
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Homelessness Counts



BRANTFORD BRANT NORFOLK
ONTARIO HEALTH TEAM

COMMUNITY PARTNER SPOTLIGHT:



St. Leonard's Community Services



Across the entire organization:
2000 clients/month *average

Addictions and Mental Health Services:
1,900 daily visits
600 unique clients/month

What services does St. Leonard's provide?

Housing

A variety of options, with varying levels of independence for individuals who are homeless or precariously housed. This includes:

- Shelters
- Transitional housing
- Supportive housing

Justice

- Community-based diversion
- Case management
- Housing or navigation services for both adults and youth

Employment

Offered in Brant and Haldimand.

- Full suite of Employment Ontario programs
- Specialized programming for youth seeking opportunities in the construction industry
- Supports for housing, transportation or dependent care

Addictions & Mental Health

- Outpatient concurrent disorders counselling
- Residential withdrawal management and treatment for all genders.
- Crisis services
 - 24/7 crisis phone line
 - Mental health walk-in clinics
 - Mobile supports

Partnerships

- Brant County OPP / Brantford Police Service
 - Mobile Crisis Rapid Response Team (MCRRT)
 - Crisis Outreach and Support Team (COAST)
- Brantford Downtown Outreach Team (BDOT)
- BCHS - Residential Withdrawal Management Program
- Rapid Addiction Support Team (RAST)
- Rapid Access Addiction Medicine Clinic (RAAM)
- BCHU (Harm Reduction Supplies)

Within these programs is a wide array of group supports, to both registered clients and community members This includes but is not limited to:

- Hopeful Journeys peer support
- Artistic Expressions art therapy
- SMART Families,
- Chance for Change psycho-educational group
- MasterMinds DBT skills group

INTEGRATED DEMENTIA RESOURCE TEAM AT BGH

The Embedded Resource Team Pilot was implemented in the BGH Emergency Department in April 2021. The team supports ED staff in identifying, communicating with and redirecting patients who may be suffering from dementia to more appropriate outreach support options.



The integrated team includes:

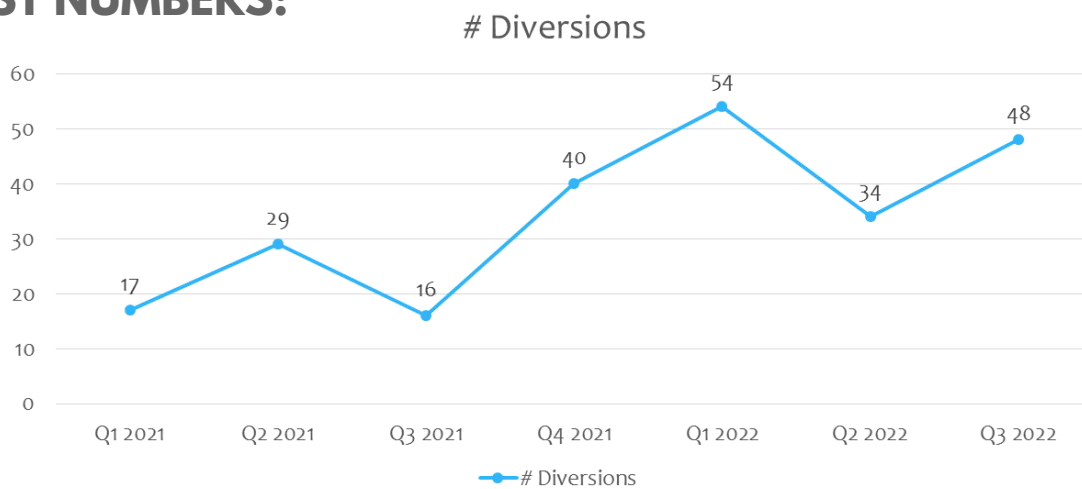
- Hospital Navigator
- Home & Community Care Coordinator
- Community Resource Member (DREAM team)



**DEMENTIA
RESOURCES
EDUCATION
ADVOCACY
MENTORSHIP**

The Embedded Resource Team is led by The Alzheimer Society and comprised of members of multiple community agencies. An OHT impact fellow has also been assigned to support evaluation of this program. **The team is fully supported by in-kind resources.**

LATEST NUMBERS:



Average diversion rate:
2021: 62%
2022(first 3 quarters): 63.5%

Numbers diverted:
2021: 102
2022(first 3 quarters): 136

UPDATES:

- Received funding for DREAM Team pilot project for BCHSYS site for fiscal year 2023/24
- Funding received for Norfolk site for fiscal year 2023/24 – Program to run 3 days/week
- Implementation at Norfolk General Hospital site began January 16 2023

PILOTING USE OF FENTANYL TEST STRIPS

Alyssa Stryker, BCHU Drugs Strategy Coordinator

The Brantford-Brant-Norfolk Ontario Health Team (BBNOHT) is supporting the Brantford-Brant Community Drugs Strategy to pilot the distribution of fentanyl test strips in Brantford-Brant and Norfolk in 2023.

Fentanyl test strips allow people who use drugs to test them for the presence of fentanyl. This provides people who use drugs with information about their composition and may allow them to modify their drug use. Fentanyl test strips allow people who use drugs to make decisions to keep themselves safer with sadly, highly contaminated drug supplies increasing.

Fentanyl, a potent opioid many times stronger than heroin, initially entered the drug market as a contaminate in the heroin supply. People who were accustomed to using lower potency heroin found themselves unknowingly using an opioid that was much stronger than they were anticipating, and it was this unpredictable potency that drove the first wave of the overdose crisis. Fentanyl has also been found as a contaminate in the illegal supply of non-opioid drugs such as cocaine or methamphetamine. It can be particularly deadly in this context, since many people who do not regularly use opioids do not have any pre-existing tolerance and are thus highly vulnerable to opioid overdose.

Over the past decade, fentanyl has come to dominate the illegal opioid supply, driving out lower potency drugs like heroin. More recently, the fentanyl supply has become contaminated with benzodiazepines and related substances, posing new complications for people who use drugs.

This pilot project aims to assess whether use of fentanyl test strips is correlated with positive changes in behaviour among people who use drugs when the strips reveal unexpected information about a drug sample, [building on encouraging evidence from other jurisdictions](#).

The pilot will also assess whether people who use drugs feel that utilizing the strips is feasible and is of benefit. The pilot will focus on the use of the strips by two particular groups of people:

- those who intend to use non-opioid drugs and seek to avoid fentanyl contamination
- those who seek to use fentanyl and aim to avoid samples that contain only benzodiazepines or other non-fentanyl drugs

Pilot distribution sites are still being finalized, but at a minimum will include the AIDS Network's outreach van in both Brantford-Brant and Norfolk, as well as St. Leonard's Community Services through their Brantford-based harm reduction program. Staff from the Brant County Health Unit are in the process of developing an evaluation plan, in collaboration with implementation partners. The project aims to begin distribution and data collection by early spring 2023.





NORFOLK COVID, COLD, FLU CARE CLINIC (CCFCC)

Patients with mild COVID, cold and flu-like symptoms in Norfolk will now have increased access to primary care at the Norfolk COVID, Cold, Flu Care Clinic (CCFCC) provided by the Norfolk Family Health Team. The CCFCC is a medical clinic that can test, assess, and provide treatment for people with COVID-19 and other cold and flu-like illnesses.

The CCFCC offers services to all patients who do not currently have a primary care provider. Patients with a primary care provider must contact their provider first, however, they can be assessed if they are unable to get an appointment or can be referred by their primary care provider to the clinic. The goal of the clinic is to provide an alternative to ER or urgent care for patients experiencing symptoms requiring evaluation and enhance access for those who may qualify for antiviral treatment. Appointments are required for testing and assessment.

Location

Delhi Community Health Centre (Basement)
105 Main Street
Delhi, Ontario, N4B 2L8

Hours:

Monday: 9:00am – 4:30pm
Wednesday: 12:00pm - 8:00pm
Friday: 9:00 am - 4:30 pm

Contact:

Phone: 519-582-2323 EXT. 232
Fax: 519-582-1315

[Book an Appointment Online here](#)

Services offered:

- Viral symptom assessment & treatment
- COVID testing
- COVID at home follow-up & monitoring
- Paxlovid antiviral treatment (must qualify)
- Rapid test kits
- Rapid strep tests
- Pertussis swabs
- Oximeters for at home O2 monitoring

HOMELESSNESS COUNTS IN CANADA

The Homelessness Forum in Brantford on January 25th, 2023 served as a stark reminder of the gap in homelessness data that exists within Canada. There is currently no data or system in place to accurately count the number of people experiencing homelessness. Accurate and timely data would allow us to understand and better support this population that is already severely underestimated and underserved. According to the [2021 Brantford Brant Point-in-Time Count Report](#) led by The City of Brantford, on April 28:

- At least 38 individuals were unsheltered
- At least 114 were emergency sheltered
- At least 16 were couch-surfing
- At least 3 were provisionally accommodated in public institutions
- At least 20 were accommodated in transitional housing
- At least 47 were observed as homeless and did not disclose where they were staying

And although the federal government estimates that there are 235,000 people experiencing homelessness in Canada, researcher Dr. Cheryl Forchuk estimates that the number is about three times higher. Cheryl is the assistant scientific director at Lawson Health Research Institute of the London Health Sciences Centre and St. Joseph's Health Care London. Her research team is working on creating an algorithm that uses existing health data to determine a more accurate count for the number of people experiencing homelessness nationally.

Cheryl and her team have conducted 400 interviews with people with lived experience in 28 communities across Canada. Their findings include data about the barriers people experiencing homelessness face and rates of psychiatric and physical illnesses compared to the general population. The OHT Homelessness working group will continue to advocate for this population by increasing access to primary care, housing and preventative programs in Brantford Brant and Norfolk. [To find out more about the ongoing research project visit the Homeless Counts website here.](#)





ONTARIO STRUCTURED PSYCHOTHERAPY

Clients in Brantford Brant and Norfolk can now access Ontario Structured Psychotherapy (OSP) services at Willowbridge Community Services. OSP is a new provincial program offering free, short-term, evidence-based cognitive behavioural therapy (CBT) to adults in Ontario (aged 18 years or older) experiencing mild to moderate depression, anxiety, and anxiety-related concerns. This includes:

- Depression and low mood
- Generalized anxiety and worry
- Social anxiety and performance fears
- Unexpected panic attacks and agoraphobia
- Health Anxiety
- Obsessive-Compulsive concerns
- Posttraumatic stress
- Specific fears

OSP is a 12-16 week program that operates on a stepped care model, providing the level of care that best meets an individual's needs.

When someone is referred to OSP, a trained professional will complete an assessment and make a program recommendation to support their recovery. Willowbridge currently offers OSP service in Brantford, Paris and Simcoe for both virtual and in-person appointments.

Referrals can be made by the client's primary care provider, community service provider or [self-referrals can be made online here.](#)

For over 100 years Willowbridge has supported thousands of individuals, families, couples and children in the Brantford Brant Norfolk community. They will continue to offer counselling, support, education and mental health advocacy and look forward to growing the OSP program.



TO OUR OHT PARTNERS

Do you have an event or announcement that you would like to be featured in the next OHT newsletter, website or social media? **Email contact@bbnoht.ca**

We would love to hear from you!



NORFOLK DEMENTIA TOWN HALL

A virtual event for persons living with dementia
and/or caregivers of loved ones with dementia.

Hosted by the Brantford Brant Norfolk OHT

Wed, Feb 22
1pm-2pm

Topics to include:

- The patient/caregiver experience in Norfolk
- What is most important to the caregiver?
- How can the OHT better support you?

Need help?

Computers & assistance will be available at the Simcoe & Delhi library locations for those who do not have access to a computer at home

**RSVP BY EMAIL: CONTACT@BBNOHT.CA
TO RECEIVE ZOOM LINK**

**PLEASE LET US KNOW IN YOUR RSVP IF YOU
REQUIRE ANY ADDITIONAL ACCOMODATIONS**



Woodview Mental Health & Autism Services

Community Town Halls 2023

MONDAY
MARCH 6

7-8PM VIRTUAL ONLY
REGISTER: <https://bit.ly/3VyhvYn>



WEDNESDAY
MAY 10

10-11AM
643 PARK RD, BRANTFORD (HYBRID)
REGISTER: <https://bit.ly/3OQo7iQ>



TUESDAY
SEPTEMBER 26

4-5PM
643 PARK RD, BRANTFORD (HYBRID)
REGISTER: <https://bit.ly/3ARCLAA>



We want to hear from **you!**

Join us - virtually or in-person - at an upcoming Community Town Hall in 2023! Share your thoughts around mental health service needs for children, youth, and families.

Woodview is committed to engaging with youth and families to create meaningful change to child and youth mental health services in our communities of Brant, Halton & Hamilton.

We believe in being equal partners with you in the co-creation of the programs and services that you use. Let's transform the child and youth mental health system together!



Speaker & Facilitator:

Nicki Straza

Youth and Family Engagement Lead
Woodview Mental Health & Autism Services



**Youth Family
Engagement**
Woodview Mental Health & Autism Services