

Social Prescribing and Orchestras: Learn and Connect

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Alliance for Healthier Communities
Alliance pour des communautés en santé

Overview

- Introductions
- Defining health and wellbeing
- What is social prescribing?
- Evaluation and early results
- Examples and stories
- What's next?
- Discussions



Health and Wellbeing

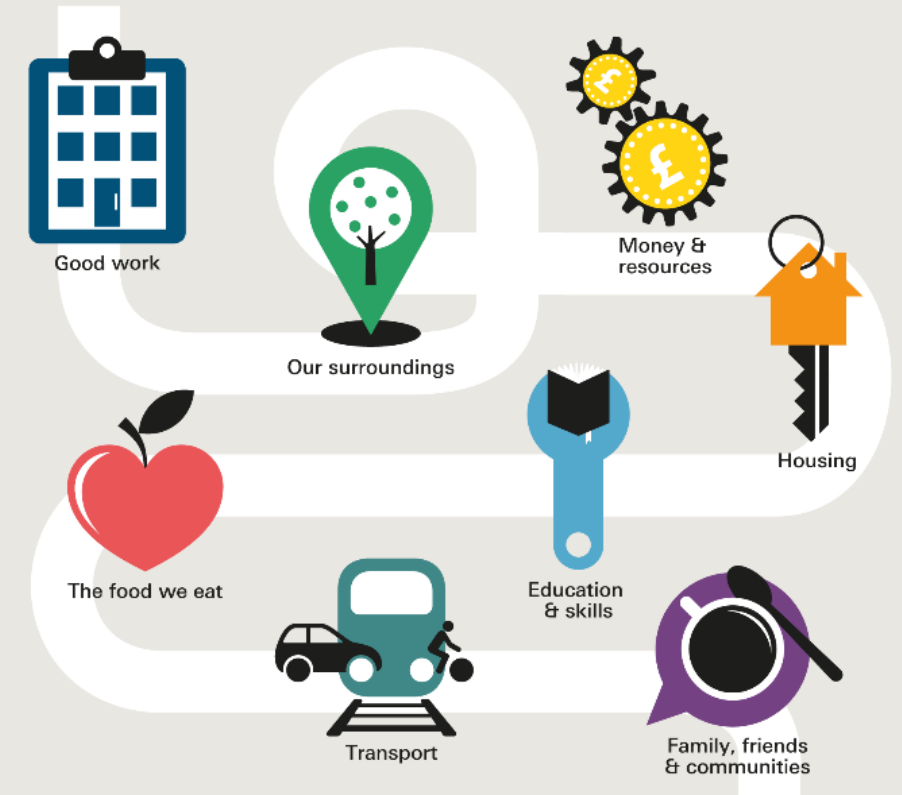
- WHO: “Highest attainable state of physical, mental and social wellbeing, including the ability to adapt and self-manage in the face of social, physical, and emotional challenge; not merely the absence of disease or infirmity.”
- More than just access to medical care: factors such as education, income, housing, nutrition, relationships, and self-confidence all play significant roles in our physical and mental health.

What makes us healthy?

AS LITTLE AS

10% of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

Alliance for Healthier Communities



- Over 100 community-governed, comprehensive primary health care organizations (Community Health Centres, Nurse Practitioner-Led Clinics, Community Family Health Teams & Aboriginal Health Access Centres)
- Strive for health equity for those facing barriers to individual and community health and wellbeing
- Health promotion, community development and clinical teams in one place
- Shared EMR and business intelligence system

Enter Rx Community: Social Prescribing in Ontario

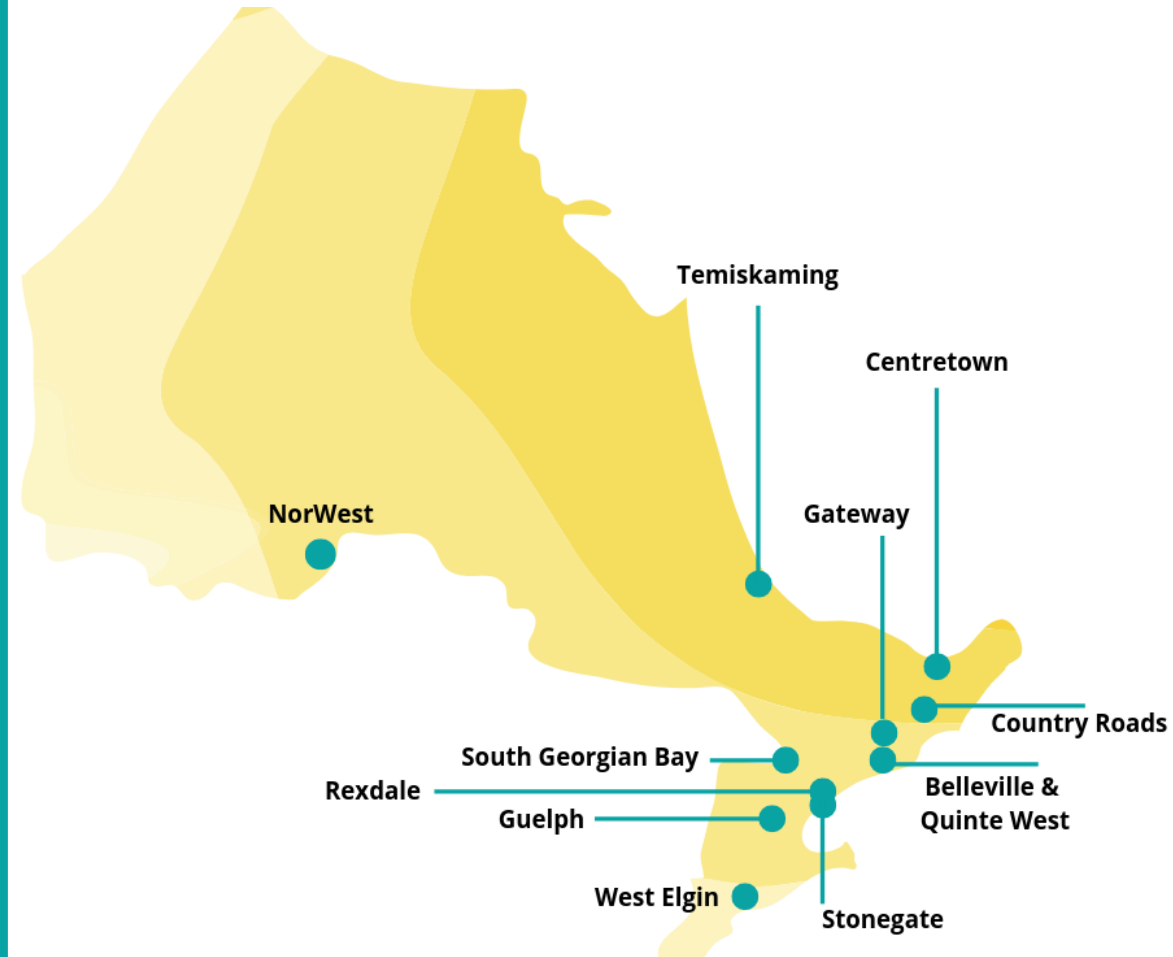


An intentional, structured way to connect people from primary care to a range of local, non-clinical services

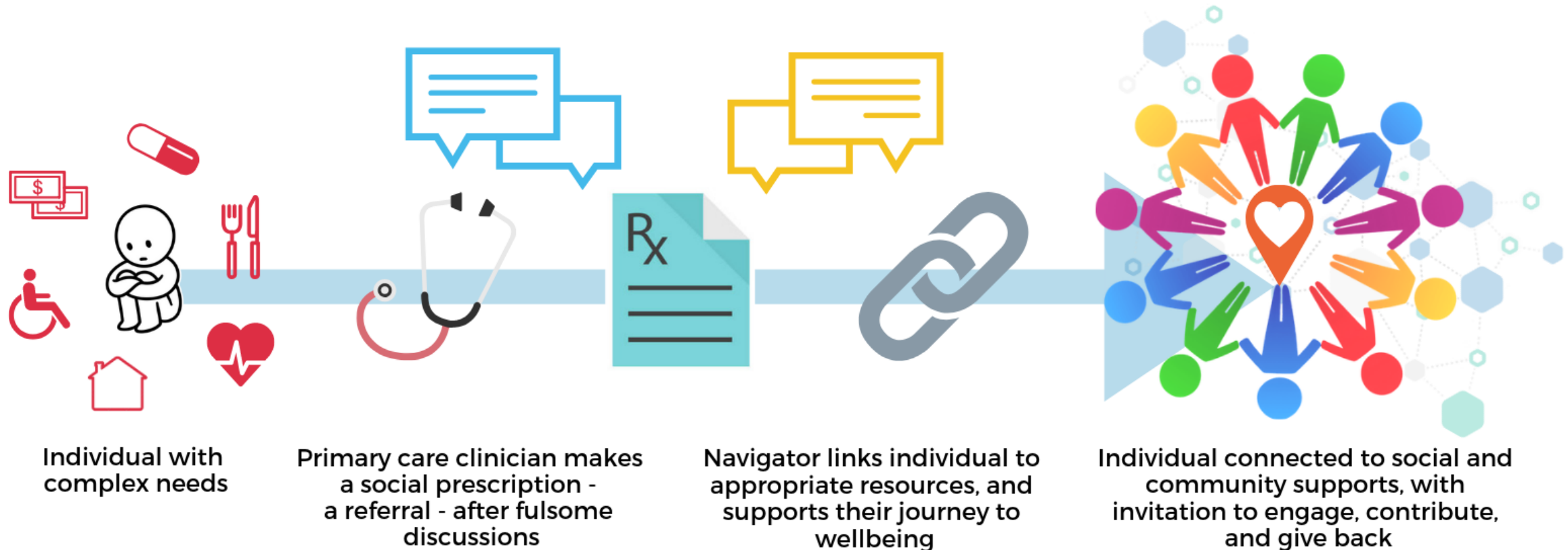
to address the determinants of health and wellbeing.

Pilot Locations

- Belleville & Quinte West CHC
- CSC Témiskaming
- Guelph CHC
- NorWest CHC
- South Georgian Bay CHC
- Stonegate CHC
- Centretown CHC
- Country Roads CHC
- Gateway CHC
- Rexdale CHC
- West Elgin CHC



Model of Social Prescribing



Built-in Evaluation Framework



- **Impact on Individual**

- Increase access to social and community supports
- Improve outcomes: health and well-being, greater control, improved experience, reduced social isolation, etc.

- **Impact on Provider**

- Increase PCP awareness of what is happening in the community and vice versa.
- Increase capacity of PCPs & decrease visits to PCP for issues better dealt with by others (right provider, place and time).

- **Impact on Systems/Community**

- Increase integration between clinical and non-clinical departments.
- Increased capacity to provide social and community supports.
- Policy transfer, conditions for success and how-to guide

Early Results



NAME _____ DATE _____

PLEASE CHECK ONE OF THESE OPTIONS:

- ☐ Feeling Lonely
- ☐ Bored
- ☐ Feeling Disconnected
- ☐ Difficulty making ends meet
- ☐ Housing problems
- ☐ Lack of work opportunities
- ☐ Feeling Sad
- ☐ No one to rely on
- ☐ Getting older
- ☐ Other _____

"It has really helped with my mental health, the fact that I'm not stuck in my own head... It has helped with a lot of my emotional feelings, expressing my feelings and where I don't actually explode and... keeps the wolves inside."

"After being laid off, I had lost my pride. By getting involved as a Health Champion, I was helping to fight my isolation while helping people in my community fight their loneliness. I am now proud of myself, knowing that I offer others the chance to follow this good 'prescription'... that of putting life into our lives!"

"I had lost my wife, and for a year experimented with medications for depression. CRCHC eventually learned of my passion... fishing! They helped me find fishing gear and a fishing buddy who showed me some great spots. Today I take others out and share my joy with them... and no more medication!"

"It's not just unpacking stress, it's the friendships there that I've seen, the community, the laughter."



Examples and Stories

Belleville & Quinte West Lobby Singers



Where words fail, music speaks
(Hans Christian Andersen)

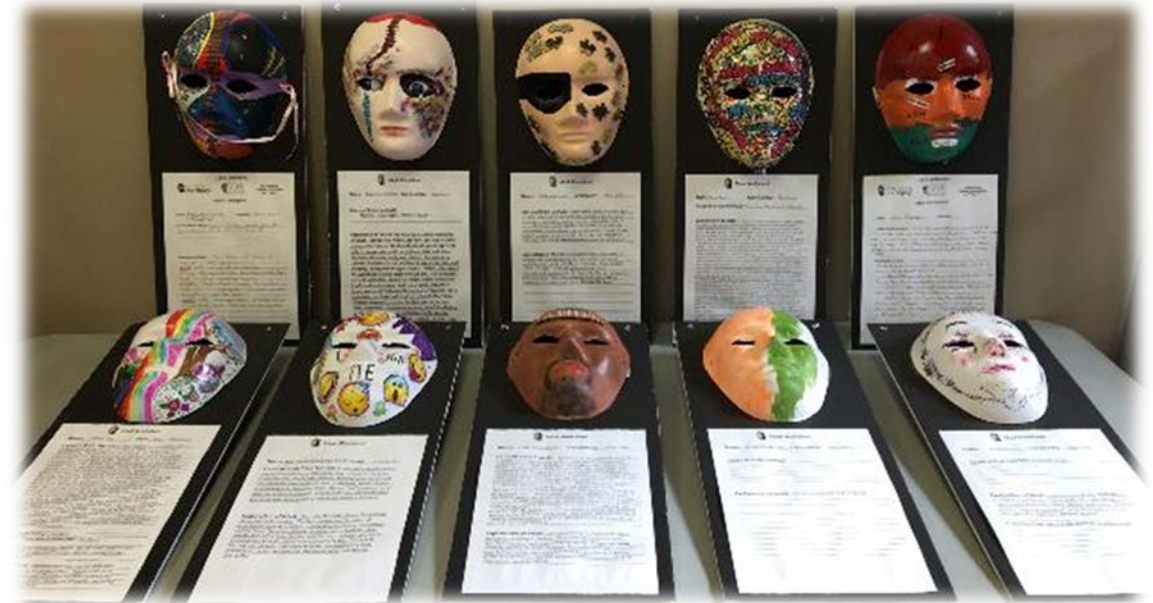
Frank: "I think our music went very well today. Lots of smiles and a relaxed waiting room. One gentleman told us about his dying father in the UK; another told us about his own guitar. When people tell their stories, that's a large part of healing."

Charlene: "I felt like we really accomplished exactly what we needed to do today by just playing music and listening to their stories."

Zara at West Elgin CHC

Zara

- 21 years old Female
- Isolated
- Autism Spectrum Disorder
- Loves her trumpet



Toronto - South Riverdale CHC and others



Centretown CHC



Initiatives Across Canada

- The Montreal Museum of Fine Arts (MMFA) & RUIS McGill Centre of Excellence on Longevity: *A-Health* study.
 - Participation in a cultural mediation activity such as painting or drawing not only improves well-being and quality of life, but also enhances the health of healthy people aged 65.
- BC – Social Prescribing for Seniors
- Alberta – Prescription to Get Active
- PEI – Election platform

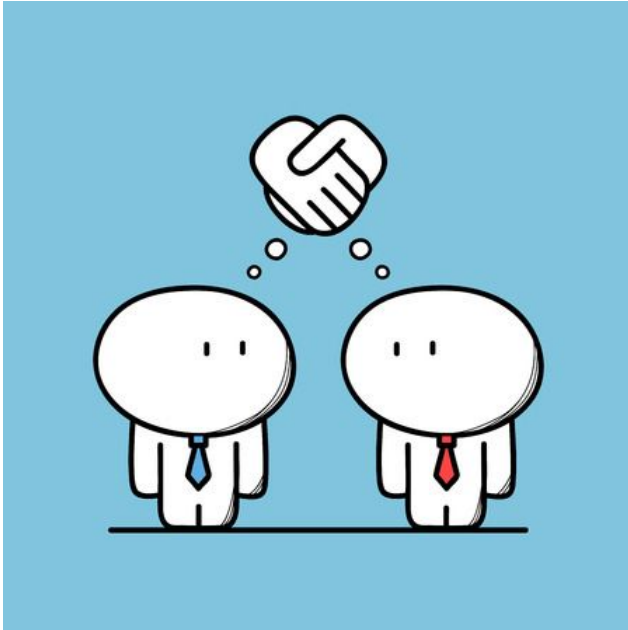
What's Next for Orchestras?



Individual connected to social and community supports, with invitation to engage, contribute, and give back

- Increase reach
- Measuring impact
- Non-traditional partnerships and funding opportunities
- Be part of a movement!

When Partnering for Wellbeing...

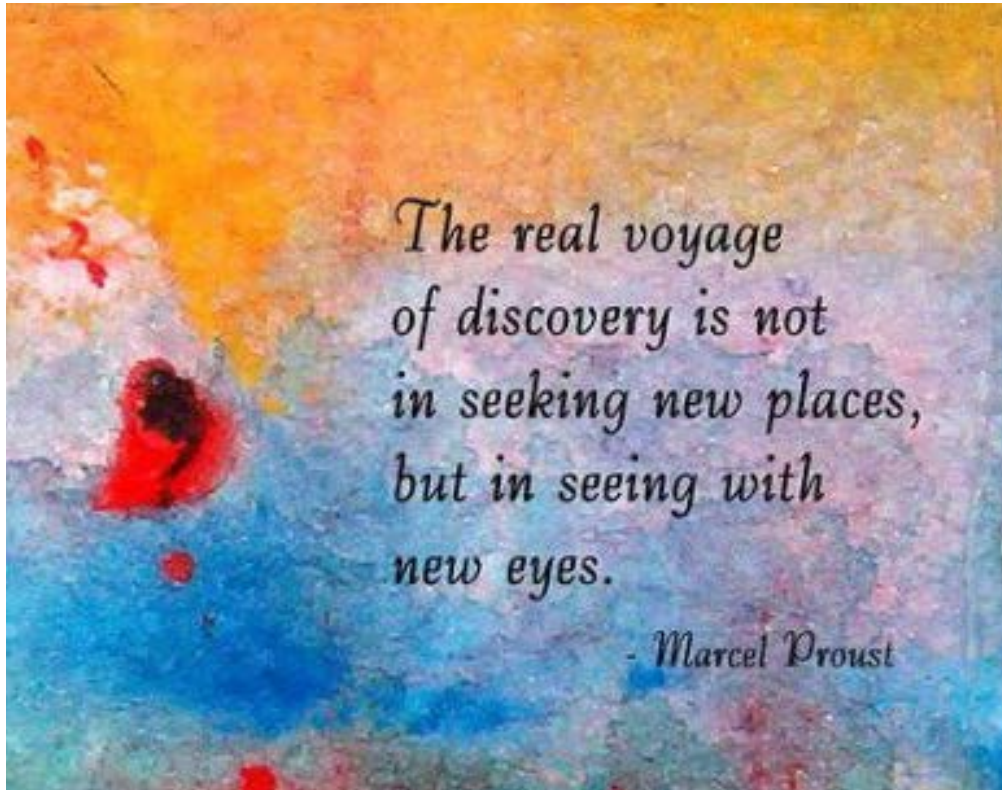


- Consider the equity lens
- Be open to co-create non-traditional initiatives
- Be realist about everyone's capacities
- Reduce administrative burden



Discussions

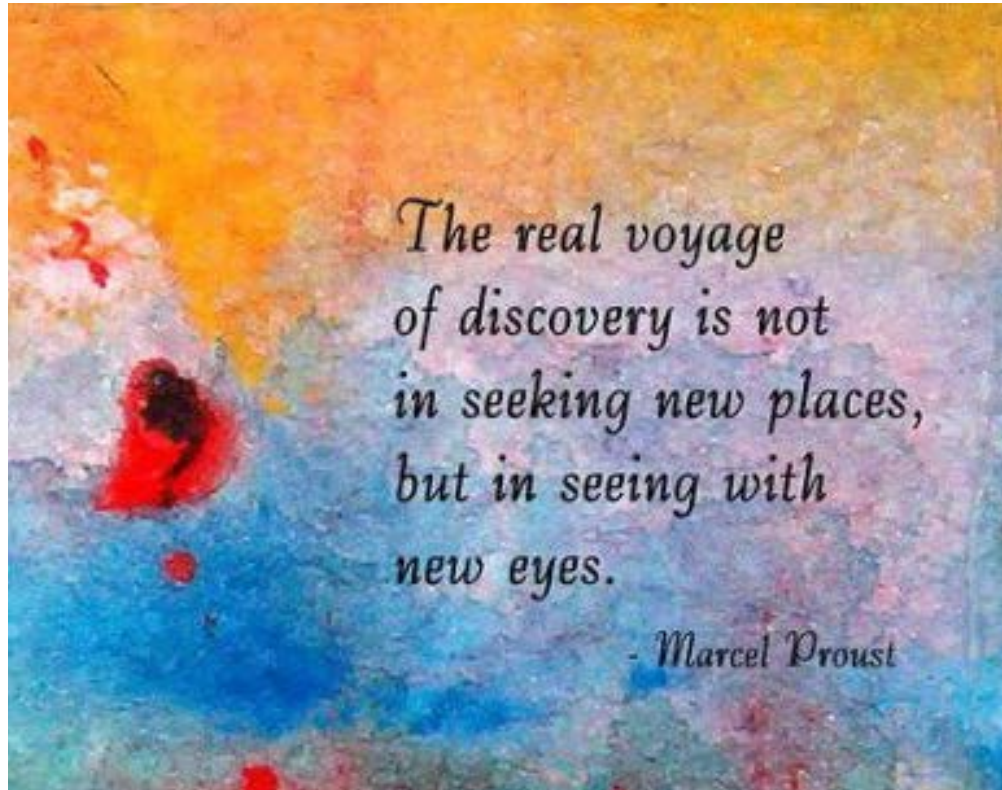
Discussion



<http://www.quoteswave.com/picture-quotes/38365>

- Where do you see the role of orchestras in enhancing wellbeing and creating community belonging?
- Has your orchestra done work like this before? If yes, what does it look like? If no, what existing initiatives can you adapt?

Discussion



<http://www.quoteswave.com/picture-quotes/38365>

- Who are potential partners in your communities?
- What information or resources do you need to take next steps?



Read our progress report!



Learn about...

- Our unique, made-in-Canada approach
- Key components of the pathway
- Lessons learned in the first 6 months

AllianceON.org/Rx-Community-Social-Prescribing



Thank You

Visit our website

<https://www.allianceon.org/Rx-Community-Social-Prescribing>

Introductory video on social prescribing

<https://youtu.be/VTYT2XTEquc>

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