



safe & well

OXFORD COMMUNITIES

## STEERING COMMITTEE MEETING AGENDA

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Monday, February 24<sup>th</sup>, 2025

10:00 a.m.

Oxford County Administration Building - Room 129

1. Call the Meeting to Order
2. Review of Agenda for meeting of February 24<sup>th</sup>, 2025
3. Review of Minutes of January 27<sup>th</sup>, 2025 meeting ([attached](#))
4. Business Arising from the Minutes
  - Area Municipalities DEI Charter follow-up – Norwich
  - 2025 Summit: Location and date determination
  - Website Update & Communication Plan ([attached](#))
  - Use of Space Policy Update
  - Vice-Chair selection (deferred from January 27<sup>th</sup> meeting)  
Suggested Resolution:  
RESOLVED that the Safe and Well Oxford Steering Committee appoint \_\_\_\_\_ as the Vice-Chair for 2025.
5. Action Coalition Updates (Round Table)
  - Oxford Housing Action Collaborative – on hold
  - Oxford Mental Health & Addictions Network - Peter Heywood ([attached](#))
  - Diversity, Equity and Inclusion Action Coalition - Ayesha Sajid ([attached](#))
  - Domestic Abuse Resource Team - Diane Harris ([attached](#))

6. Next Steps & New Business:

- Household Food Insecurity – Income Intervention (Erica Arnett)
- Healthy Relationships Plus Program (Peter Heywood) ([attached](#))
- Southwestern Public Health – Health Status Report ([attached](#))

7. Upcoming Meeting Dates – Oxford County Administration Building – Room 129:

- March 24<sup>th</sup>
- April 28<sup>th</sup>
- May 26<sup>th</sup> (room 222)

8. Adjournment





Committee recommends to all nine municipal partners that policies be developed whereby identified Safe and Well Oxford partners could make use of these under-utilized spaces at no cost, to deliver services consistent with the Safe and Well Oxford plan; and,

That the nine Safe and Well Oxford municipal partners be invited to collaborate with the Safe and Well Oxford Steering Committee, and specifically the SWO Co-lead, to develop the relevant policies; and

That this recommendation be circulated to all nine SWO municipal Councils asking for their support and participation.

DISPOSITON: Motion Carried

## 5. Action Coalition Updates (Round Table)

- Oxford Housing Action Collaborative (*TBD*)
  - The Committee has been paused until the Housing and Homelessness Plan is complete.
- Oxford Mental Health and Addictions Action Coalition (*Peter Heywood*)
  - Not in attendance.
- Diversity, Equity and Inclusion (DEI) Action Coalition (*Ayesha Sajid*)
  - The DEI webpage is now live. The details will continue to be worked on and populated. The Coalition has been discussing the best way to promote the page and that the focus for the first year is education and awareness. Further consideration is being given to promoting events and dates of significance.
  - The Coalition is considering expanding its membership to include more diverse groups.
- Domestic Abuse Resource Team (*Diane Harris*)
  - Femicide Prevention Leadership Table continues to meet monthly
    - Starting the Madame table under the Femicide Prevention Leadership Table – focusing on confidentiality
  - Offering online training called “Make It Your Business”
    - The larger community agencies are seeking in-person training for their GBV specialists
    - Grant money was received to provide this training to Oxford County agencies – up to 2000 participants
  - Ingamo received Trillium Funding for a GBV podcast
  - Waiting to hear if the Nation Access Grant/NAP application was successful
    - Connecting with other Counties for learning
    - The operations side of the DART table is working on events – a blanket exercise will be open to all of Oxford County





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## Action Coalition Update

<b>Meeting Date:</b>	<b>February 24<sup>th</sup> 2025</b>
<b>Action Coalition:</b>	<b>Oxford Mental Health &amp; Addictions Action Coalition</b>
<b>Representative:</b>	<b>Peter Heywood</b>
<b>Update:</b>	<ul style="list-style-type: none"><li>• The OMHAAC met on January 30<sup>th</sup></li><li>• Update from CMHATV<ul style="list-style-type: none"><li>○ Some members have expressed concern about the accessibility and availability of programs and services offered by CMHATV in Oxford County</li><li>○ As a result Pam Tobin the CEO of CMHA Thames Valley Addiction &amp; Mental Health Services was invited to provide an update to the Action Coalition to address these concerns</li><li>○ Pam highlighted the organization's shift in supportive housing from a lease and landlord model to an ownership model - the organization is investing in themselves by having ownership over their properties.</li><li>○ Pam mentioned the creation of five new supportive housing units in Ingersoll, which will be available for clients this year. This is part of the broader effort to enhance supportive housing in the region.</li><li>○ There were concerns highlighted from some members about the reduction in concurrent case managers and its impact on service delivery, particularly for medium to high acuity patients. Pam acknowledges of some challenges in this area mostly related to the amalgamation and the movement that comes along with that. There will be further discussions between interested parties to address this.</li><li>○ Megan Hostland explained the walk-in counselling program, which provides short-term counselling services. The program is expanding and will be fully funded by CMHATV, allowing United Way to allocate funds to other organizations. Walk-in counseling was able to grow with United Way's support.</li></ul></li><li>• OHT Strategic Plan: Update on published Strategic Plan<ul style="list-style-type: none"><li>○ Strengthen and Expand out OHT Partnership</li><li>○ 1. Advance the Primary Case Network to inform and champion OHT decisions and initiatives</li><li>○ 2. Improve Board to Board communication and engagement</li></ul></li></ul>

- 3. Facilitate Diversity, Equity, Inclusion and Cultural training for an all-partnerships providers
- 4. Increase and diversity community member representation within OHT leadership, planning, and decision-making
- Create and sustain integrated, comprehensive Team-Based Primary Care Across Oxford
- Provide the community with access to in-person, episodic primary care to address the gap in Tillsontburg
- Working closely with the Town of Tillsontburg
- FamiliesCARE
  - A 12-week educational support group brought to you by family members with lived experience supporting those with substance use concerns.
  - This 12-week model is based on Cognitive Behavioural Therapy and also includes a one-year membership to valuable safety and de-escalation training.
  - Families CARE is a group-based program that helps family members cope and relate effectively with the person who has a substance use concern.
  - Very successful in Oxford County. Pattie is speaking about how we can get this program to Elgin and Middlesex.



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## Action Coalition Update

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<b>Meeting Date:</b>	24 <sup>th</sup> Feb, 2025.
<b>Action Coalition:</b>	Diversity, Equity and Inclusion Action Coalition
<b>Representative:</b>	Ayesha Sajid
<b>Update:</b>	The monthly DEI Action Coalition Meeting will take place on 24 <sup>th</sup> Feb after the Steering Committee Meeting in the late afternoon. So, there will be no updates for this meeting.



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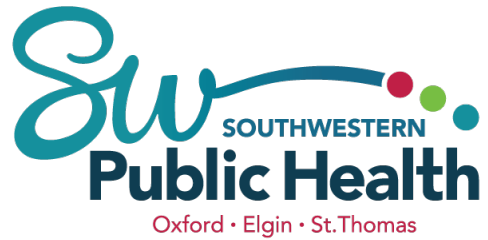
## Action Coalition Update

<b>Meeting Date:</b>	<b>February 24<sup>th</sup> 2025</b>
<b>Action Coalition:</b>	<b>Domestic Abuse Resource Team (DART)</b>
<b>Representative:</b>	<b>Diane Harris</b>
<b>Update:</b>	<ul style="list-style-type: none"><li>- DART is currently undergoing a restructuring process to enhance our ability to respond to high-risk cases of gender-based violence. A key focus of this restructuring is the development of a high-risk table, which will operate using a multi-agency risk assessment framework. This table brings together representatives from healthcare, youth services, justice, shelters, and other key sectors to collaboratively identify and support women at risk of femicide – before they enter the justice system.</li><li>- The high-risk table is currently working toward:<ul style="list-style-type: none"><li>o Establishing a shared understanding of femicide risk factors across sectors</li><li>o Developing a memorandum of understanding and terms of reference</li><li>o Aligning with privacy commissioner guidelines to ensure safe and ethical information sharing</li></ul></li><li>- These tables have been strongly recommended in domestic violence death review inquests following the murder of women in Ontario by current or former intimate partners. Across Southwestern Ontario, similar tables have been developed, with fully operational Multi-Agency Risk Assessment Model (MARAM) tables in Huron and Perth. This work is guided by Western University’s Centre for Research and Education on Violence Against Women and Children (CREVAWC), which will play an integral role in both the implementation and evaluation phases.</li><li>- This high-risk table meets on the first Thursday of every month. For a full list of participating agencies, please contact <a href="mailto:amadress@ingamohomes.com">amadress@ingamohomes.com</a></li><li>- DART is awaiting the results of a grant proposal to the Ontario government to secure funding for the development of this table. If successful, the funding would support a full-time coordinator and a comprehensive training plan, ensuring the table operates effectively and sustainably.</li><li>- While the high-risk table is a new focus, DART continues to run its awareness campaigns, educational events, and advocacy</li></ul>

initiatives through separate monthly meetings. Each DART member agency has designated a Gender-Based Violence (GBV) Specialist to participate in these meetings. The role of the GBV specialist is to:

- Develop capacity within their organization to recognize, respond and refer disclosures of intimate partner and gender-based violence
- Understand the process for referring service users to the high-risk table for risk assessment
- Serves as both internal knowledge holder and an external representative at the MARAM table and in the broader community
- In addition to their core responsibilities, GBV specialists have formed ad-hoc working groups focused on specific areas of prevention, such as:
  - Sexual violence
  - Elder abuse
  - MMIWG
- These groups will meet on an as-needed basis, as campaigns and events arise.
- Current working groups and initiatives:
  - Sexual Violence Prevention and Awareness Month (May). The sexual violence prevention group is working on a campaign strategy to raise awareness about available resources
  - Anti-human trafficking Awareness StoryWalk. In partnership with the Woodstock Public Library System, the anti-human trafficking awareness group is developing a StoryWalk to educate community members on how trafficking happens locally and what resources exist for those seeking to exit exploitation. The StoryWalk is designed to spark discussions and build public awareness.
  - Youth Groups at Wellkin Brightside Youth Hub – DART runs bi-annual eight-week youth groups at Wellkin Brightside Youth Hub, each spring and fall. This will be our fourth series, beginning in April, with a focus on assertive communication styles to help youth build healthy relationship skills.
  - Snapshot – every year, DART develops a community Snapshot, gathering local data from IPV partner agencies to identify systemic gaps and advocate for policy changes at all levels of government. This initiative is part of a larger regional project, with Snapshots from Oxford and other regions available on the Building a Bigger Wave website.





# Comprehensive School Health

Safe and Well Oxford Steering Committee

February 24, 2025

Erica Arnett, Program Manager

Barb Ledgley, Public Health Nurse



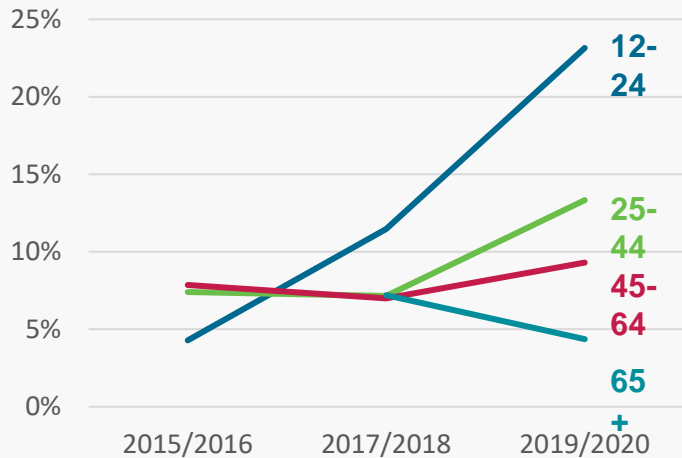




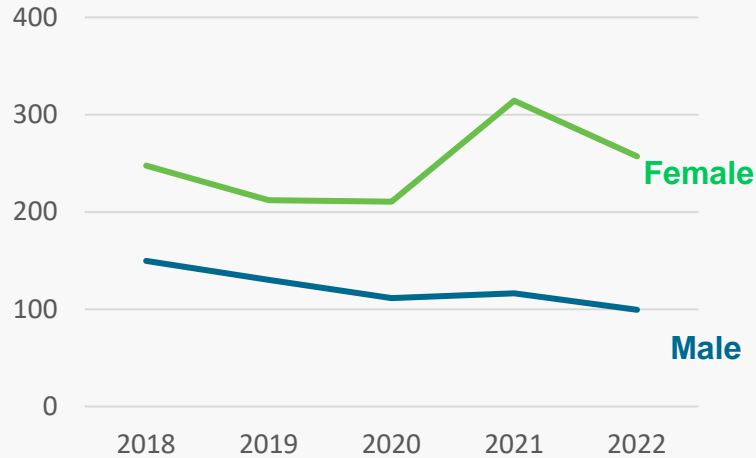


# Mental Health – School Aged Children/Youth

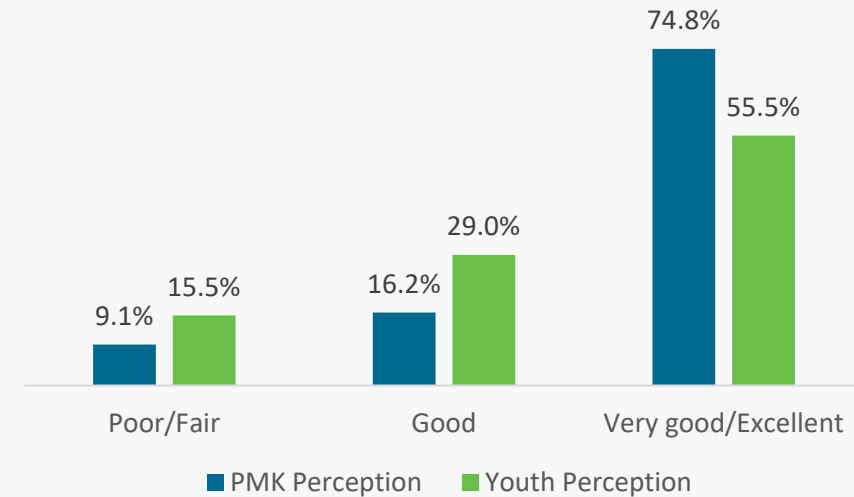
- Mental health of the population has declined in recent years, both locally and provincially
- Poor mental health is seen more frequently in younger age groups
- Rates of intentional self-harm, poor self-reported mental health and suicidal thoughts are highest in younger females
- Parent (PMK's) perception of youth mental health is better than youth self-reported mental health



Self-Perceived Poor or Fair Mental Health

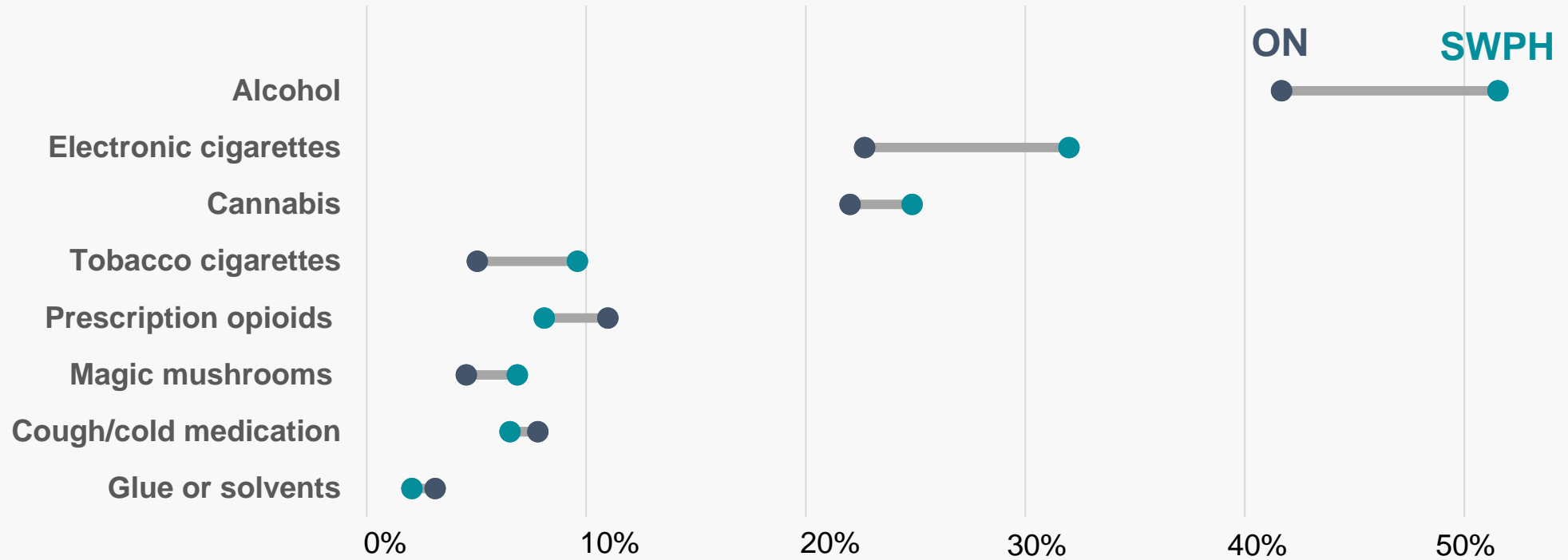


Intentional Self-Harm Emergency Department Visits



Perception of Mental Health

# Substance Use and School Aged Children/Youth



Data source: 2019 Ontario Student Drug Use and Health Survey

# Protective Factors



**Academic  
Achievement**

**Self mastery  
skills** (emotional  
regulation, coping  
and problem solving)



**Engagement  
with school  
community  
and culture**

**Presence of  
mentors/ non-  
parent caring  
adults**



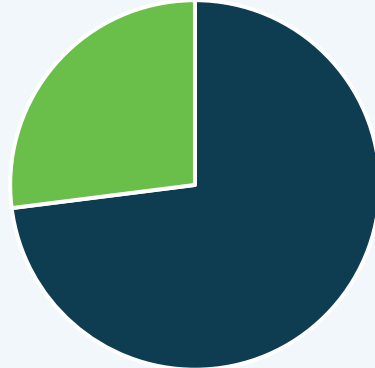
**Physical and  
psychological  
safety**

# Healthy Relationships Plus Program in Schools

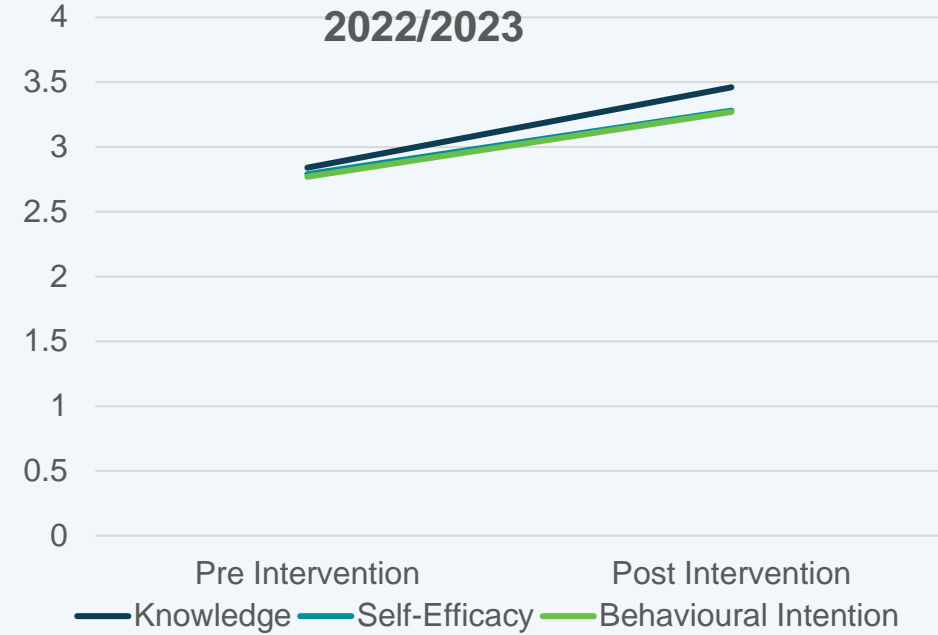
## Protective Factors in HRPP

- ✓ Knowledge of, & skill-building in, healthy relationships
- ✓ Social-emotional regulation
- ✓ Coping & problem-solving skills
- ✓ Increase physical & psychological safety in schools
- ✓ Adult mentor

**73% of grade 7 and 8's** in priority schools received HRPP in the 2023/2024 school year



## HRPP Evaluation Results, 2022/2023



# 2023-2024 Healthy School Team Programming

## Healthy Relationships Plus

- 73% of grade 7/8 students in priority schools in 2023-2024.



## Wellness Groups/Student Leadership

- 51% of priority schools had regular wellness groups/clubs with the support of the school PHN



## Food Skills Programming

- 71% of priority schools had food programming such as Lets' Get Cooking, Food for Thought or Tower Gardens



## Recess Programming

- 14% of priority schools ran regular recess programming



## Healthy Schools Certification

- 3 schools were celebrated nationally and received a GOLD Healthy Schools award





# 2023-2024 School Year Supportive Services

## Sexual Health Services

- 201 appointments total.
- Top 3 appointment reasons were mental health, birth control and pregnancy testing.



## Smoking and Vaping Enforcement

- School Nurse works with the TEO to collaborate with the school community in preventative and compliance efforts.
- 107 school offences were reported, 109 warnings issued, 3 charges issued.



## Vaccine Clinics

- Each Healthy School Team Nurse attends 8 clinics per school year to support the VPD team and build relationships in the school.



# Bringing It Together



**Municipal Council of the County of Oxford  
Council Meeting - Oxford County**

**Date:** Wednesday, January 22, 2025

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**Moved By:** Bernia Martin

**Seconded By:** Phil Schaefer

Resolved that the information provided in Delegation 6.1 on the Open meeting Agenda of January 22, 2025, be received.

And further that this information be forwarded to the Oxford Safe and Well Steering Committee to further the connection between Southwestern Public Health and Oxford County Council.

**DISPOSITION:** Motion Carried





# Health Status Highlights from Our Communities

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SOUTHWESTERN PUBLIC HEALTH  
PRESENTATION TO  
OXFORD COUNTY COUNCIL

Presenters:

Cynthia St. John, Chief Executive Officer  
Carolyn Richards, Manager,  
Foundational Standards & Sexual Health

January 22, 2025



# Our Community is Changing

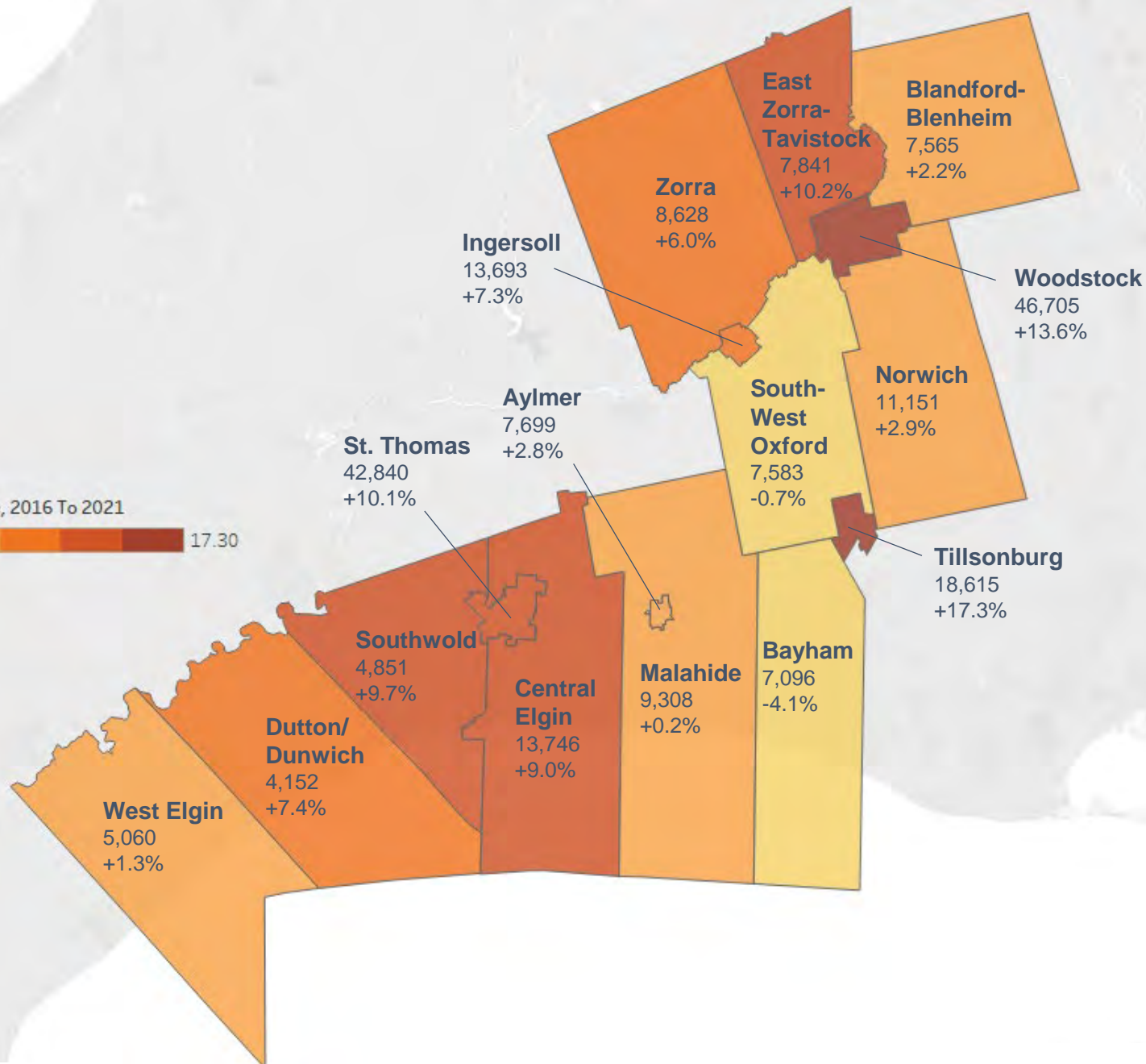
- The SWPH region had significant population growth between 2016 and 2021
- The population is aging; The proportion of the population aged 65 and over is increasing, while the proportion aged 19 and under is decreasing
- The most common places of birth of recent immigrants have changed, with many now born in India
- The proportion of the SWPH population that belongs to a visible minority group doubled between 2016 and 2021 but remains much lower than the province



Data Source:  
StatsCan. The Canadian Census

# Population Size and Change by Municipality

% Population Change, 2016 To 2021



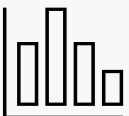
What is driving population growth?

- Intraprovincial migration
- Natural growth
- Immigration from other countries



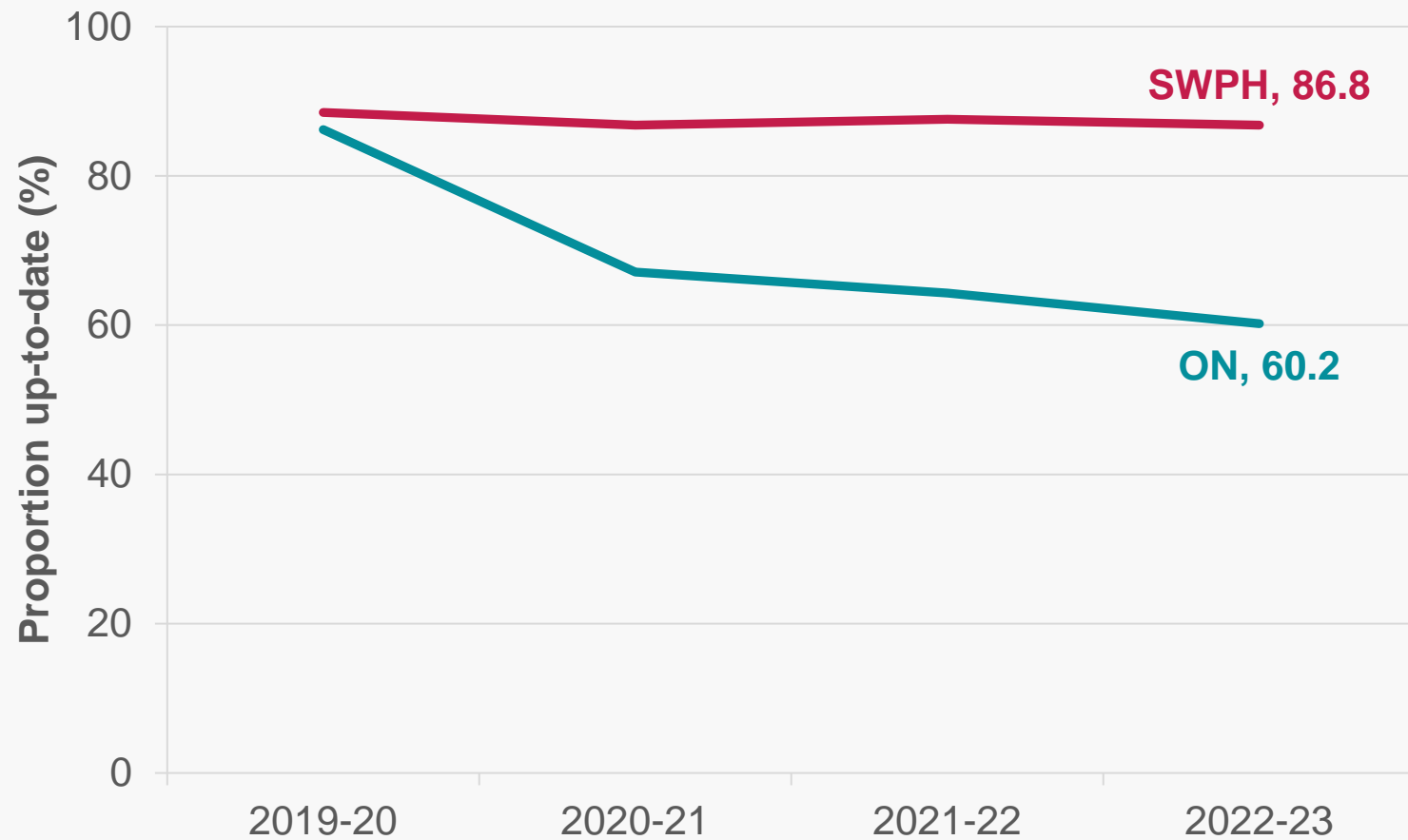
# Immunizations

- The local vaccine coverage rates for various diseases of public health significance have remained relatively stable over time. Many are over 80%
- The vaccine coverage rates for pertussis and measles/mumps were both around 87% in the most recent school year (2022-2023)
  - Both are much higher than the coverage rates in Ontario (60%)
- Catch-up activities by SWPH have been the main factor in children remaining up-to-date on their vaccinations each school year



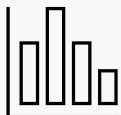
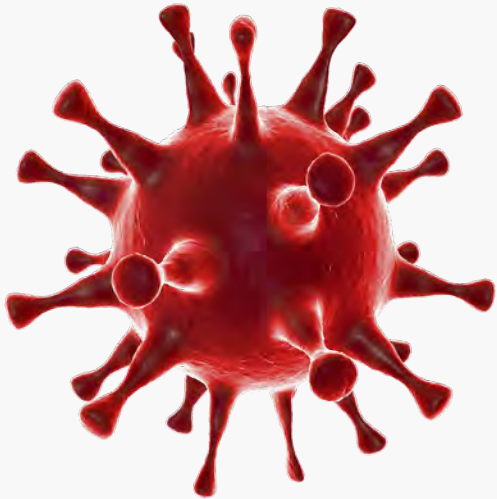
Data Source:  
Public Health Ontario. Immunization coverage report for school pupils in Ontario. 2024

# Measles and Mumps Vaccine Coverage



# Infectious Diseases and Outbreaks

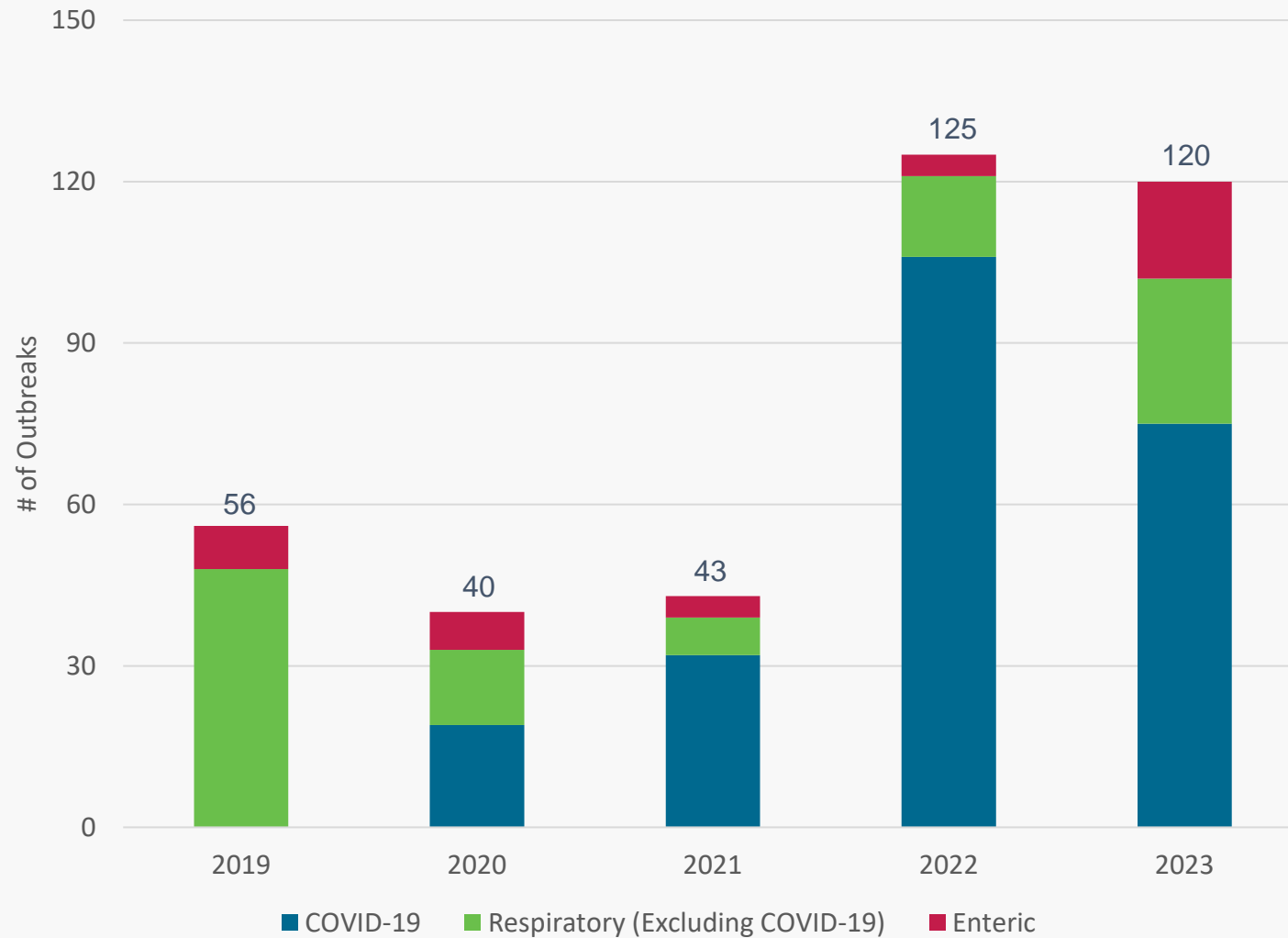
- The number of outbreaks in long-term care homes, retirement homes and hospitals has more than doubled compared to pre-pandemic years
- There have been increases in rates of many reportable diseases, a few examples are pertussis, Lyme disease, invasive group A strep and syphilis
- At the same time, many other diseases, while not increasing, still contribute to the overall burden of illness in the region, including chlamydia and campylobacteriosis to name only a couple



#### Data Sources:

- Integrated Public Health Information System (iPHIS), extracted using Cognos ReportNet (CRN)
- Infectious disease query by Public Health Ontario

# Institutional Outbreaks



# Mental Health

- The data suggests that the mental health of the population has declined in recent years, both locally and across Ontario
- Poor mental health is more evident in younger age groups
- Parents tend to think their youth's mental health is better than youth say their mental health is
- The highest rates of intentional self-harm, poor mental health and suicidal thoughts are in younger females



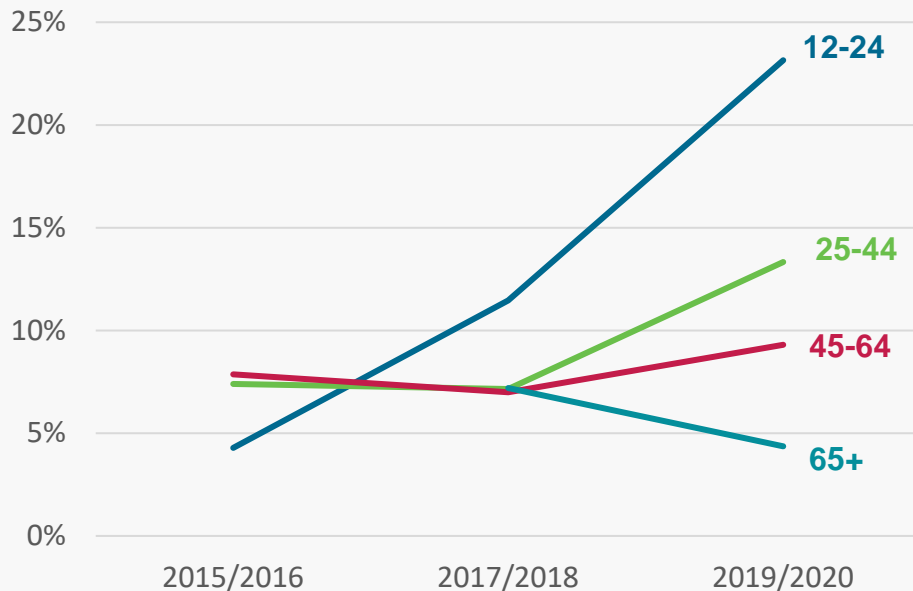
#### Data Sources:

-StatsCan. Canadian Community Health Survey (CCHS) and the Canadian Health Survey on Children and Youth (CHSCY).  
-The National Ambulatory Care Reporting System (NACRS), the Discharge Abstract Database (DAD) and the Ontario Mental Health Reporting System (OMHRS), accessed via IntelliHEALTH

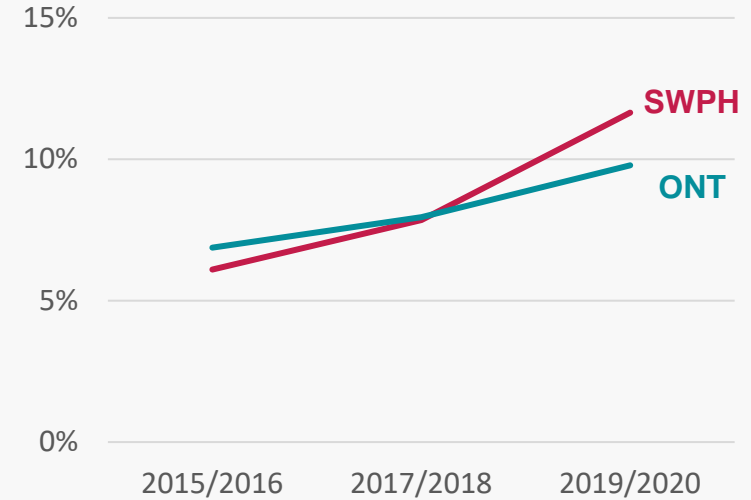


# Mental Health

- The proportion of respondents who rated their mental health as fair or poor has increased over time, both locally and provincially
  - Locally, the proportion almost doubled over time (6.1% vs. 11.7%)

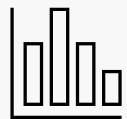


- The proportion of 12-24 year olds locally who rated their mental health as poor or fair was over 5x higher in 2019/20 compared to 2015/16 (4.3% vs. 23.2%)



# Substance Use

- Poor health outcomes due to alcohol consumption, like hospitalizations and deaths, have been increasing since 2018
- There are more daily smokers in the SWPH region (17.2%) than in Ontario (10.0%)
- More than 50% of youth in grades 9 to 12 drink alcohol, more than 30% are e-cigarette users, and 25% use cannabis



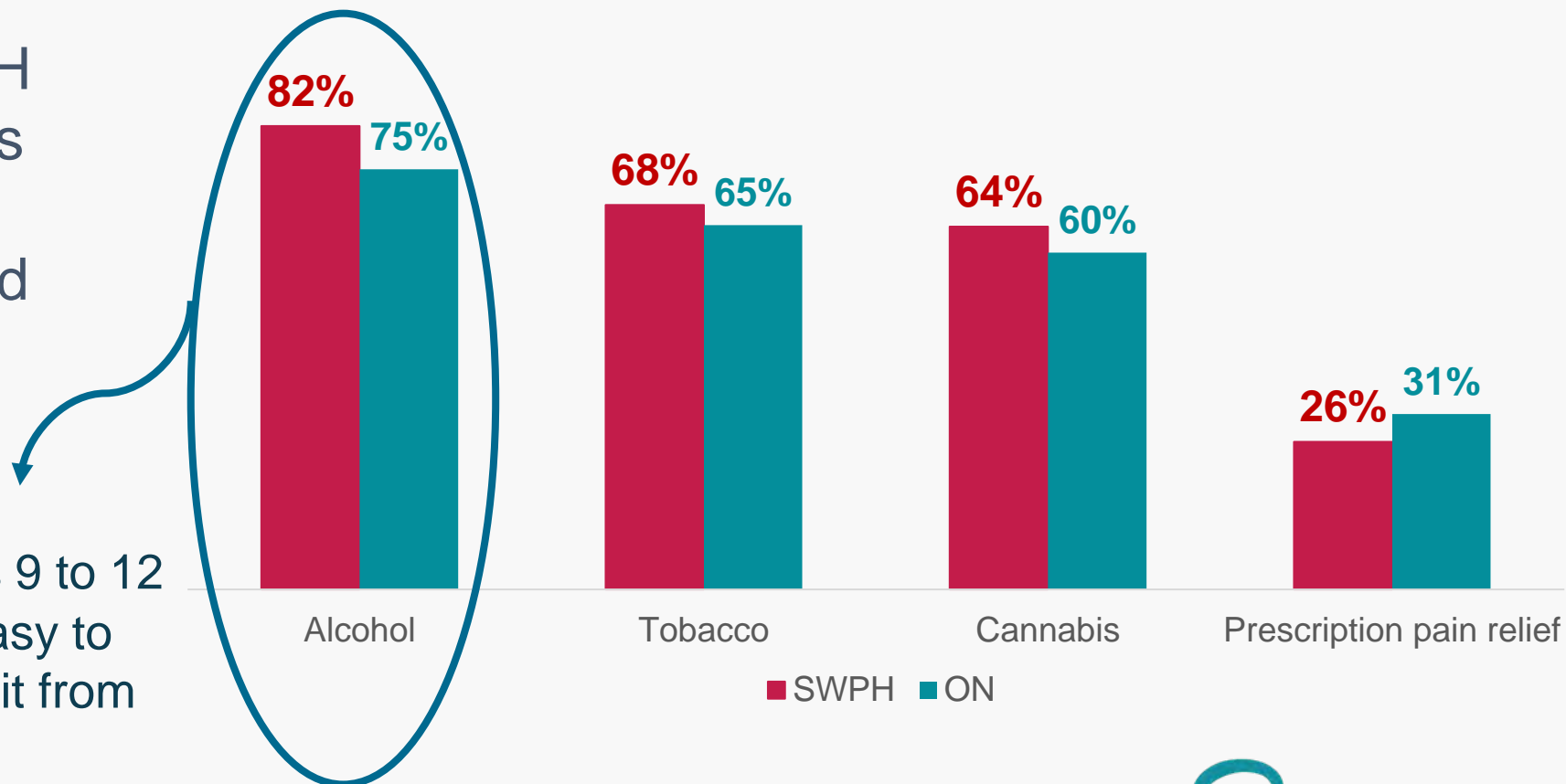
#### Data Sources:

- StatsCan. Canadian Community Health Survey (CCHS) and the Canadian Health Survey on Children and Youth (CHSCY).
- The National Ambulatory Care Reporting System (NACRS), the Discharge Abstract Database (DAD), accessed via IntelliHEALTH

# Youth Access to Substances

- Most youth in SWPH and Ontario think it's easy to access alcohol, tobacco and cannabis

**58%** of youth in grades 9 to 12 who said alcohol was easy to access reported getting it from a **family member**



# Maternal and Reproductive Health

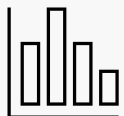
- Mental health concerns during pregnancy have increased in recent years
  - More than 1 in 3 women (35.6%) experienced mental health issues during pregnancy in 2022 in the SWPH region
- Infant feeding has changed over time, with fewer babies being fed breastmilk alone and more babies being combination-fed or formula-fed
- Substance use during pregnancy is of particular concern among women aged 24 years and younger



Data Sources:  
-BORN Information System  
-SWPH Infant Feeding Surveillance Survey

# Oral Health

- More than 75% of SWPH residents have visited a dental professional in the last year
- During school screenings in the most recent school year, students in JK had increasing urgent dental care needs, and yet needs were decreasing for older children
- The rate of emergency department visits for non-traumatic dental conditions among local children and youth has decreased over time and is lower compared to Ontario
- The rate of emergency department visits for non-traumatic dental conditions among seniors has decreased since the implementation of the seniors dental program in 2018

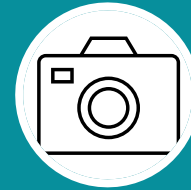


Data Sources:

- eHealth Ontario. Oral Health Information System (OHISS)
- The National Ambulatory Care Reporting System (NACRS), accessed via IntelliHEALTH

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# Coming Next



This was a picture of our community and how things have changed over time



Use this and other reports in your own work. All health status reports are publicly available:  
<https://www.swpublichealth.ca/en/reports-and-statistics/community-health-status.aspx>



Consider ongoing opportunities to engage and share the work of Southwestern Public Health