



# Open Board Forum

June 2019

Leah Hollins, Board Chair



*Excellent health and care for everyone, everywhere, every time.*





# Kathy MacNeil

## President & CEO





**Coast Salish**

# Salt Spring Island



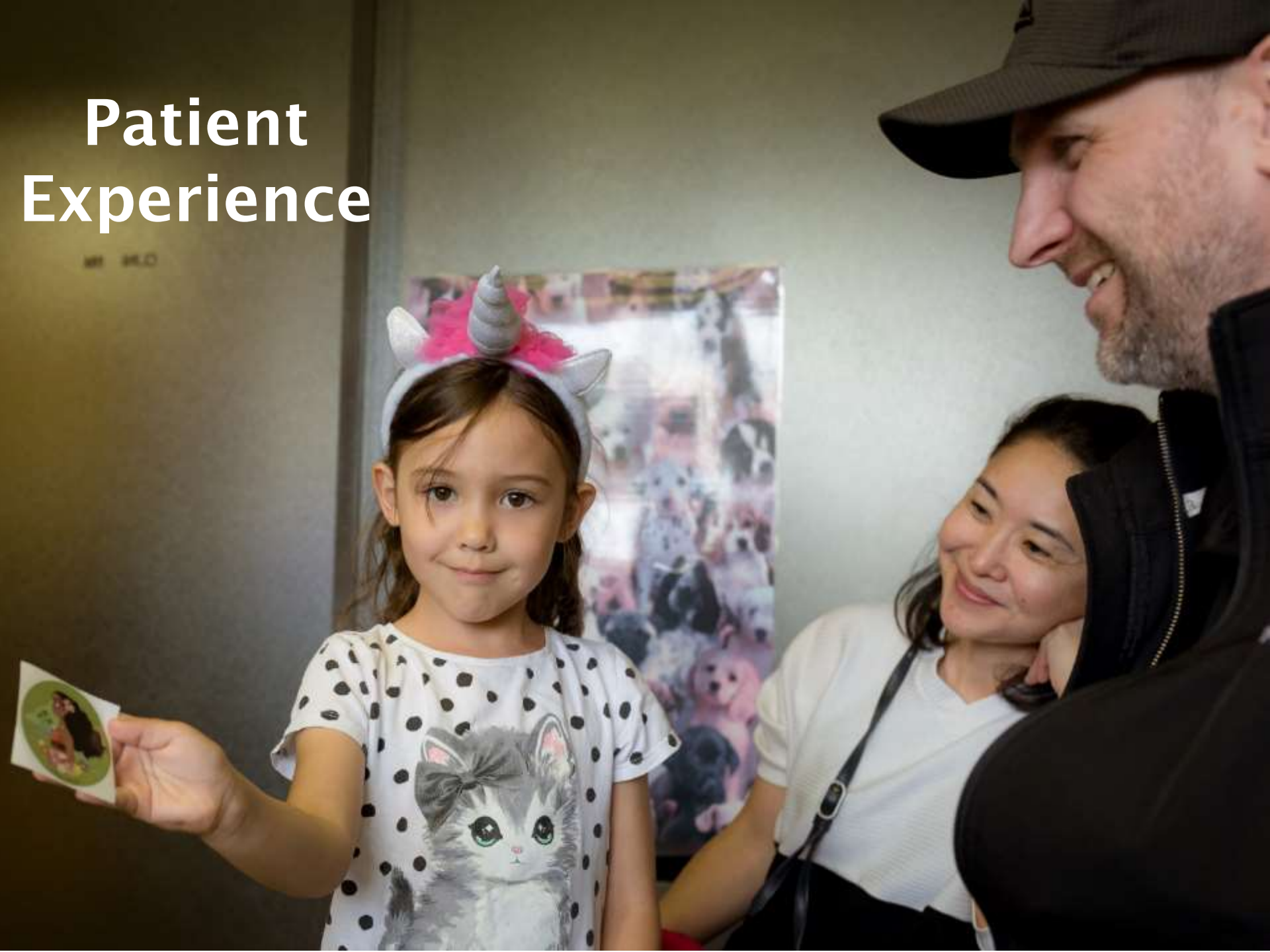
# 90%

Of a person's health needs across their lifetime can be provided by primary care

World Health Organization

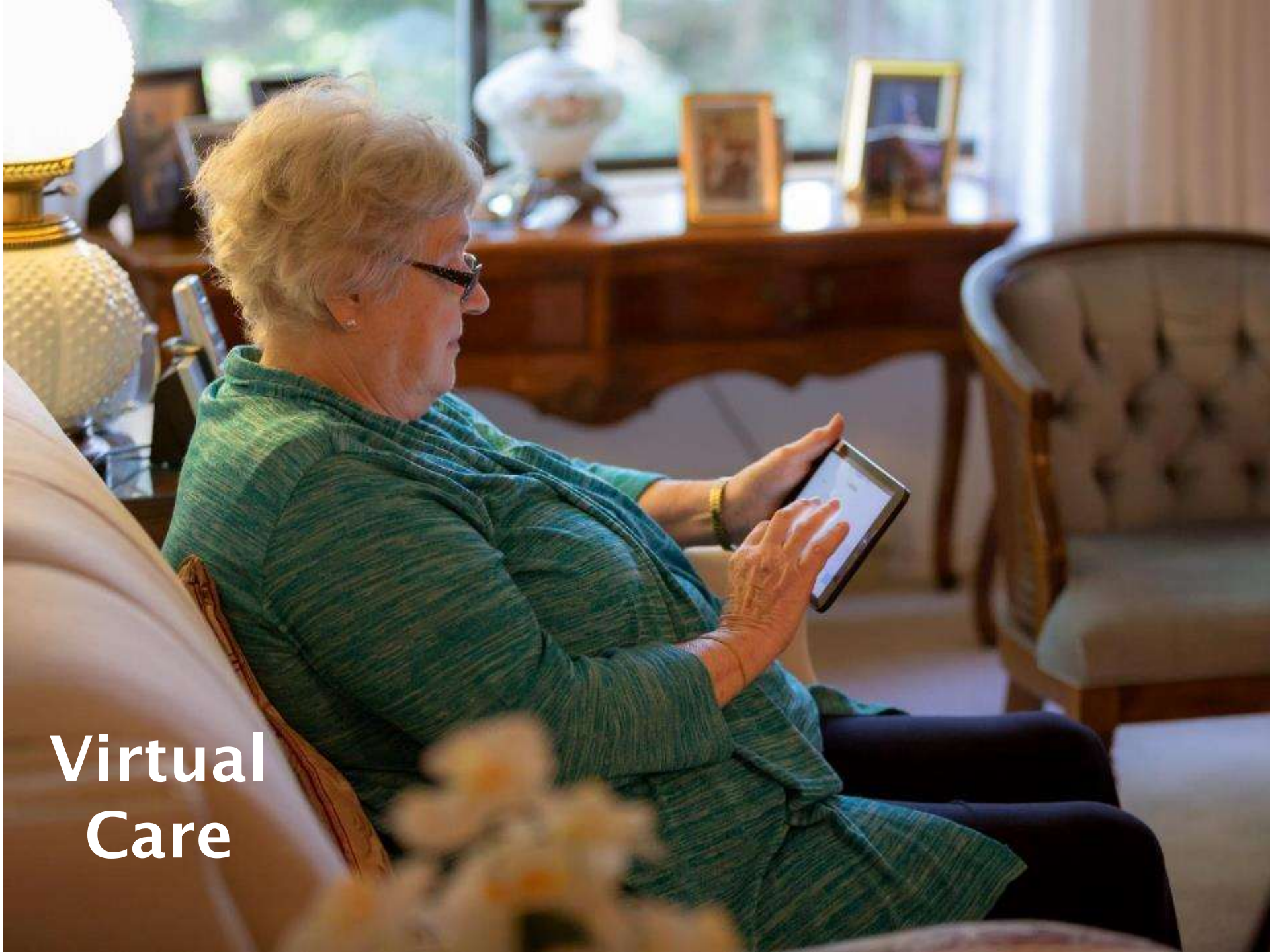


# Patient Experience



**30%**  
**increase in MRI's**





**Virtual  
Care**





zero emission

island health

**Zero emissions**



**Mental health  
substance use**



***“We must learn to treat people with love, as we would our own family members”.***

***Senator Murray Sinclair***



**Poverty, education, employment, housing,  
social connection**

Thank  
you



# Mental Health and Substance Use Salt Spring Island

Public Meeting  
June 27, 2019

Keva Glynn  
Executive Director, MHSU

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# Overview

- Client Profile
- Service Demand
- Provincial Context
- Current Services/Service Enhancements
- Challenges
- Opportunities
- Community Partnerships

# Meet Michael





# MHSU Service Demand

- Increased demand for MHSU
- Increased MHSU presentations at LMH
- Consistent MHSU readmission rates with rest of Island Health
- One MHSU service admission every 20 days

# Common MHSU Presentations

Most common presentations

- Depression and anxiety
- Suicidality
- Substance use (alcohol)
- Youth with mental health and substance use issues are a growing concern

# Salt Spring/Southern Gulf Islands MHSU Outpatient Services

- Referrals: 404 (2018)
  - 73% Counselling
  - 10% Case Management
  - 17% MHSU Primary Care Consultant
- 39% men; 61% women

# Provincial Direction

## Ministry of Mental Health and Addictions Strategic Plan:

- Promotion, Prevention, Early Intervention (children, youth)
- Improved access and quality of services
- Seamless, integrated system of care
- Culturally appropriate services

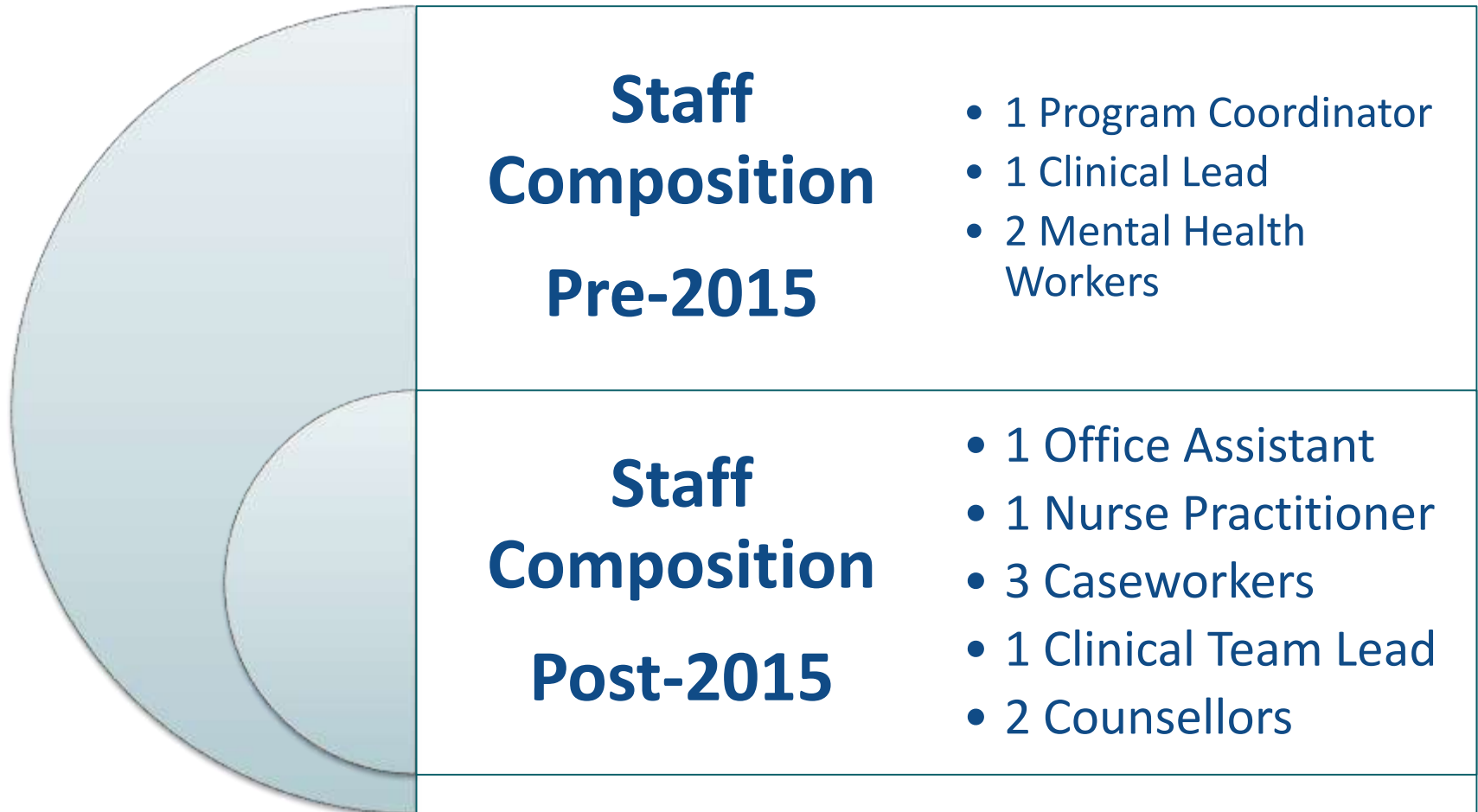
# Services on Salt Spring Island



# Current Services

- Counsellors
- Nurses
- Case Managers
- Social Worker
- Family doctors
- Psychiatrist
- Crisis Peer Support Services (7 days/wk 4-10pm)

# Service Enhancements in 2015



# Additional Service Enhancements

- Social Worker
- 3 new Family Doctors
  - Recent rounds on first line treatment for alcohol misuse, and opiate agonist treatment
- Peer Support for Substance Use (Umbrella Society)
- Shared planning and communication
- Electronic Health Record



# Community Partnerships

- Umbrella Society
- Salt Spring Island Community Services
- Division of Rural/Remote Family Practice
- BC Emergency Health Services
- RCMP
- Ministry of Children and Family Development
- CRD/BC Housing

# Challenges

- Transient and homeless population
- Housing and high cost of living
- Increased service demand for MHSU
- Limited volunteer services
- Recruitment, retention of staff and physicians
- Transportation off island
- Access to treatment for substance use

# Opportunities/Partnerships

- Cognitive Behavioural Therapy groups
- Potential pilots:
  - Home-based withdrawal management
  - ‘Emotion Regulation’ group
- Treatment services for substance use
- Telehealth Technology/Tele-MHSU expansion
- Supported housing
- Services for children and youth

# Client Satisfaction

Topic	Percent Happy/ Very Happy
Access to our services	100%
Our response to your request for service	100%
Treated with dignity and respect	100%
Communication with other care providers/agencies	73%
Treatment care planning	100%
Knowing who to contact if in crisis	100%
Family/significant other support, if desired	72%
Support during service transitions	55%
Overall helpfulness of service	100%

# Michael's Outcomes



# Questions?

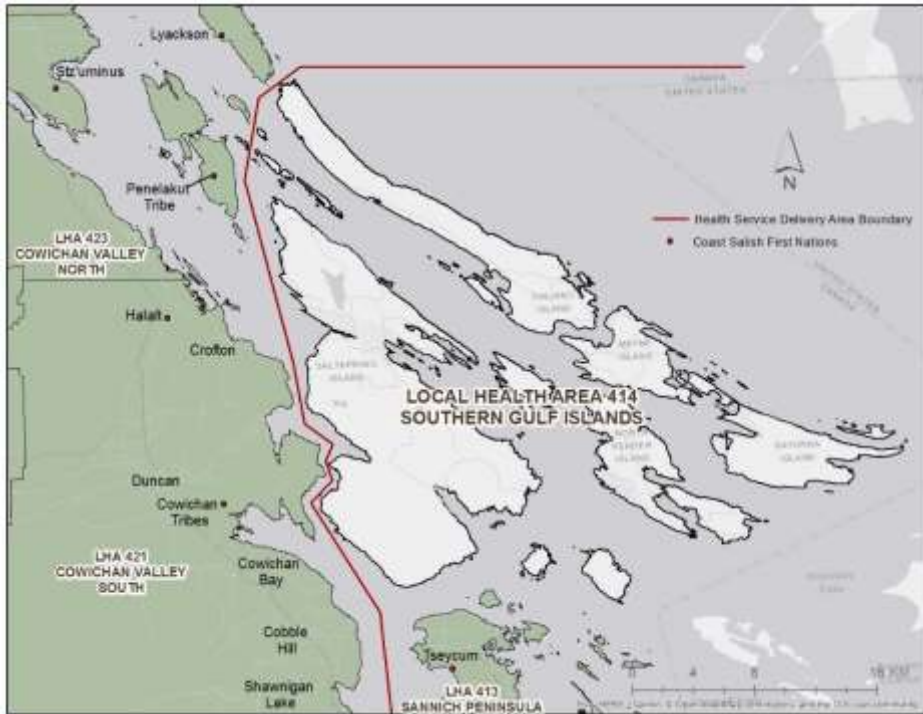


# MHO report: Health of the Southern Gulf Islands Population

Island Health Board Meeting  
June 27, 2019

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# Population Demographics



- Population of 16,862 (2018).
- The overall population of LHA 414 is expected to grow by 7.89% in the next 10 years with most growth expected in the 20-44 and 75+ age groups.
- In the next 20 years the population is expected to reach 19,298 (14.4% increase).
- As of 2017, the average age was much higher (51.6 yrs.) than BC (41.8) and Island Health (44.7).



# Life Expectancy

## Average Age (2017)

BC

41.8

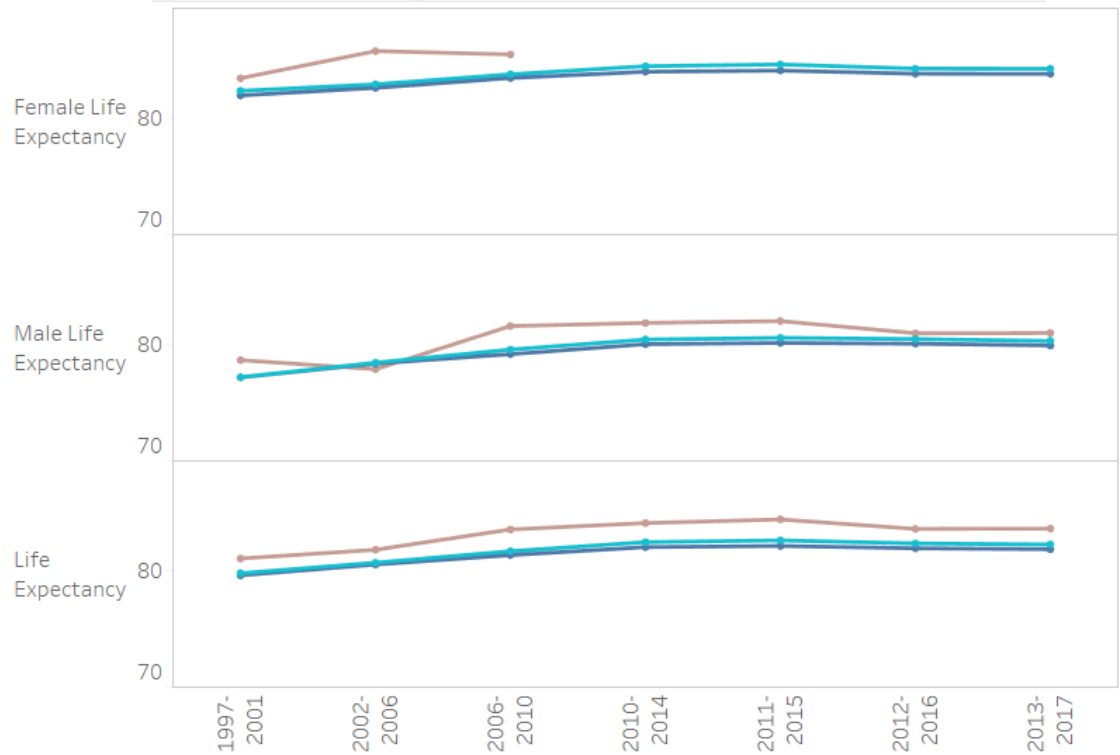
Island Health

44.7

Southern Gulf Islands

51.6

### Life Expectancy



# What Determines Our Health?

- Income, income distribution and social status
- Education and literacy
- Employment/working conditions/job security
- Social support net
- Social environments /social exclusion/social capital
- Housing
- Physical environments including neighbourhood built environment
- Healthy child development (sets the health trajectory for one's life course)
- Personal health practices and coping skills
- Gender
- Culture/Race
- Aboriginal status
- Biology and genetics
- Health services (~15% contribution to an individual's health)



# Income

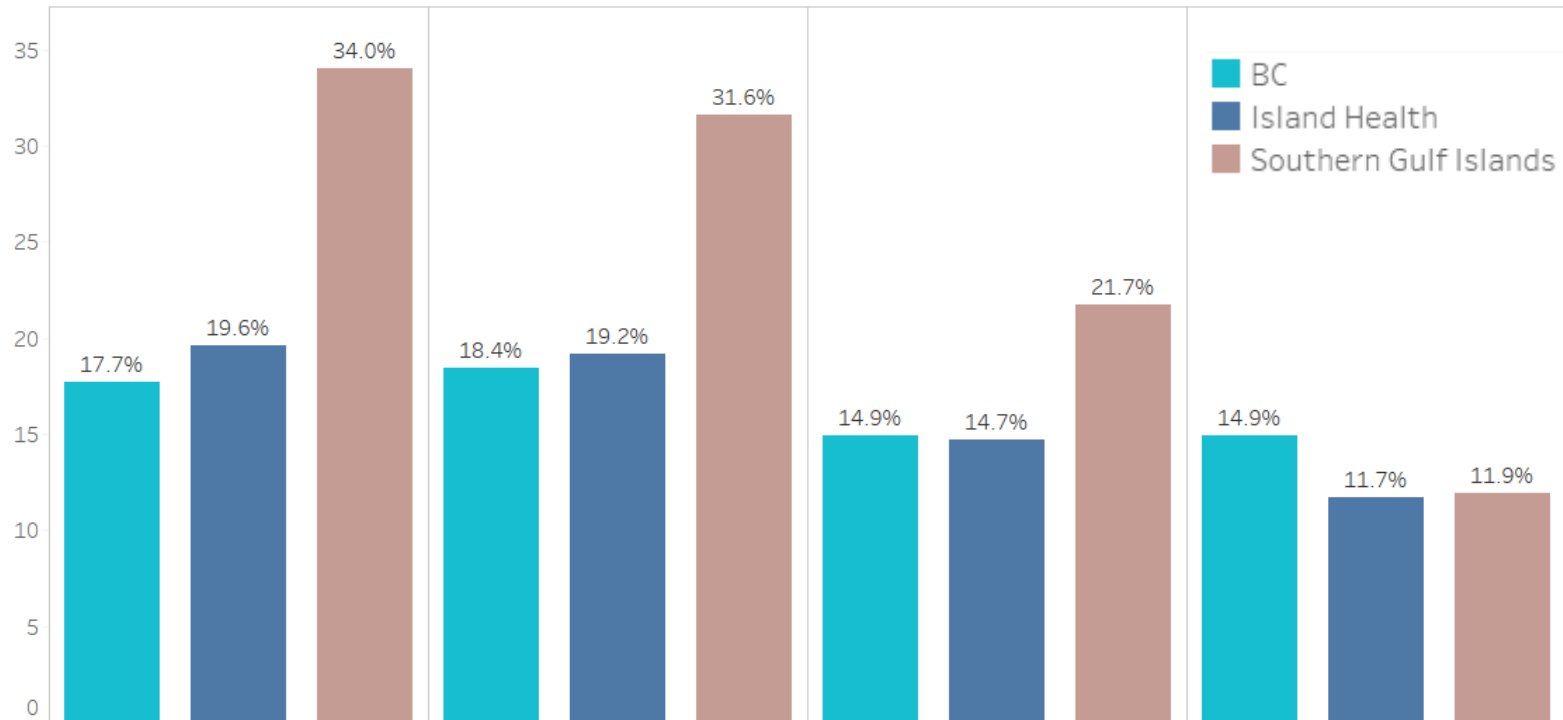
Percent of Population with Low Income in 2015 based on after-tax low-income measure (2016 Census)

Low Income Children (<6 years)

Low Income Children and Youth (<18)

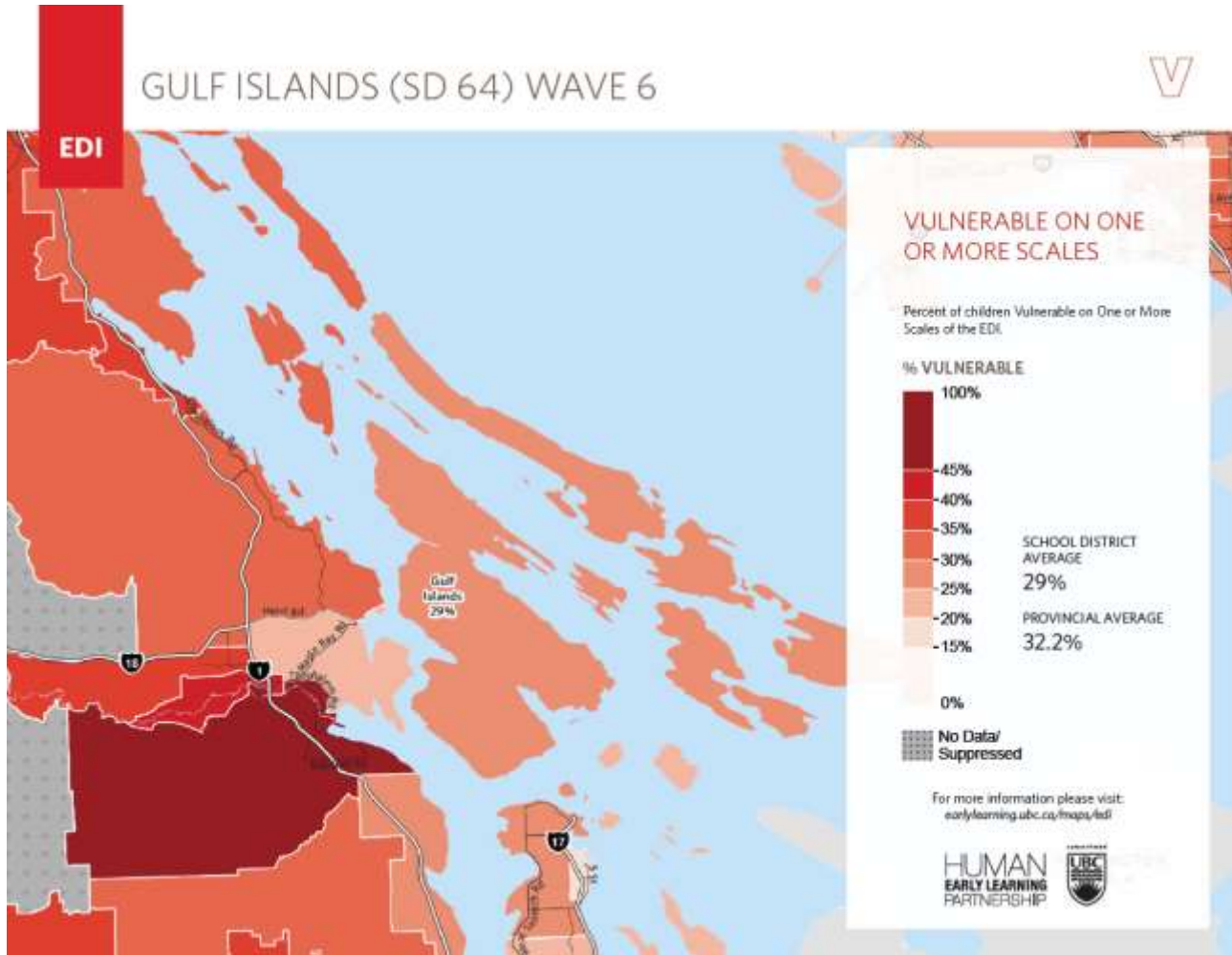
Low Income Adults (18 to 64)

Low Income Seniors (65+)



2016 Census

# Child Development





SCHOOL DISTRICT 64 ■ GULF ISLANDS

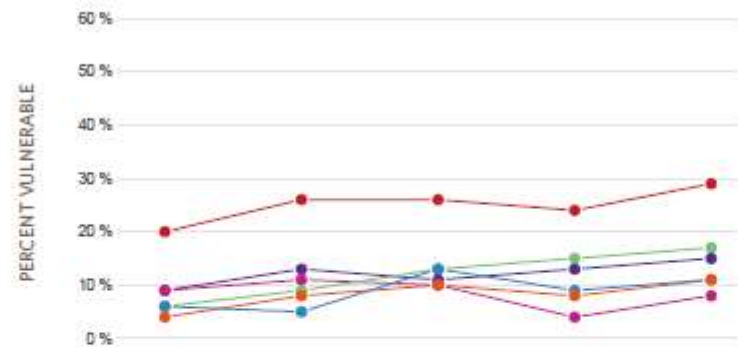
## WAVE 6 COMMUNITY PROFILE



WAVE 6 EDI RESULTS: EDI



Figure 4. Gulf Islands EDI trends from Wave 2 to 6



	WAVE 2 2004-07	WAVE 3 2007-09	WAVE 4 2009-11	WAVE 5 2011-13	WAVE 6 2013-16
Physical	6	9	13	15	17
Social	6	5	13	9	11
Emotional	9	13	11	13	15
Language	9	11	10	4	8
Communication	4	8	10	8	11
One or More Scales	20	26	28	24	29

Note: Data is suppressed for waves when there are fewer than 35 kindergarten children in the school district.

# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

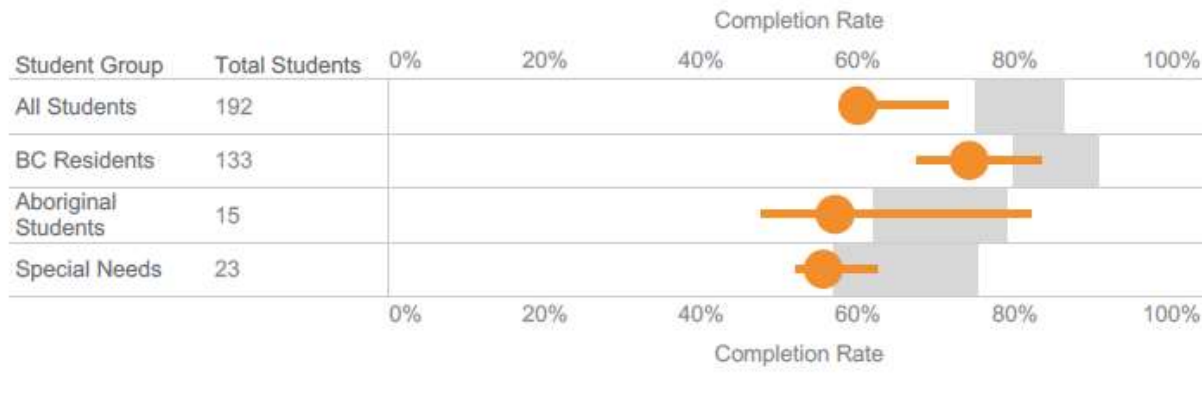
# Education

## Intellectual Development

2019 School District Report | SD 64  
Gulf Islands

### Completion Rates (2017/18)

The Six-Year Completion Rate is the proportion of students who graduate with a B.C. Certificate of Graduation or B.C. Adult Graduation Diploma, within six years from the first time they enrol in Grade 8. Results are adjusted for student migration in and out of British Columbia.





# Housing

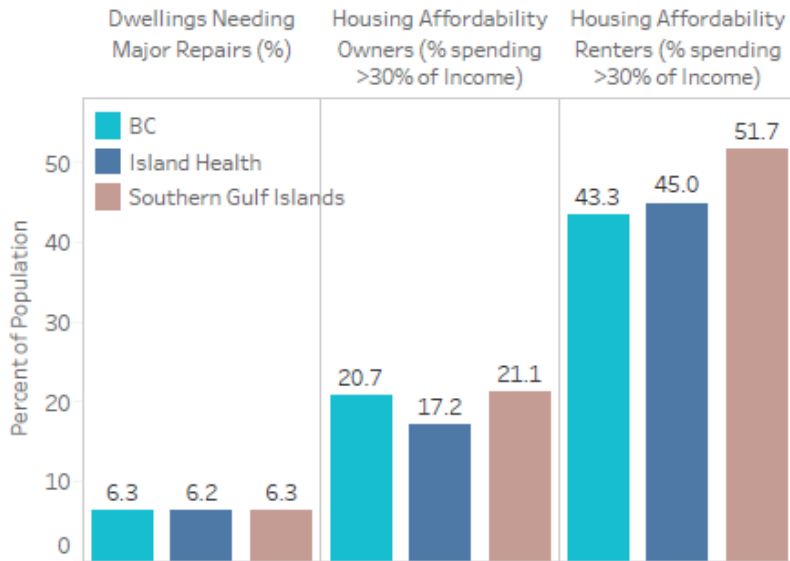


Table 24 – Housing by Structure Type (2016 Census Profile)

Structure Type	SGI		CRD		BC	
	Count	%	Count	%	Count	%
Single-detached house	2,375	96%	70,630	42%	830,660	44%
Apartment, building 5+storeys	0	0%	10,400	6%	177,830	9%
Semi-detached house	10	0%	6,220	4%	57,395	3%
Row house	10	0%	10,380	6%	147,830	8%
Apartment in duplex	15	1%	25,835	15%	230,075	12%
Apartment, building <5 storeys	5	0%	44,375	26%	385,140	20%
Other single-attached house	0	0%	320	0%	3,755	0%
Movable dwelling	60	2%	1,990	1%	49,290	3%
<b>Dwellings of usual residents</b>	<b>2,475</b>	<b>100%</b>	<b>170,150</b>	<b>100%</b>	<b>1,881,975</b>	<b>100%</b>

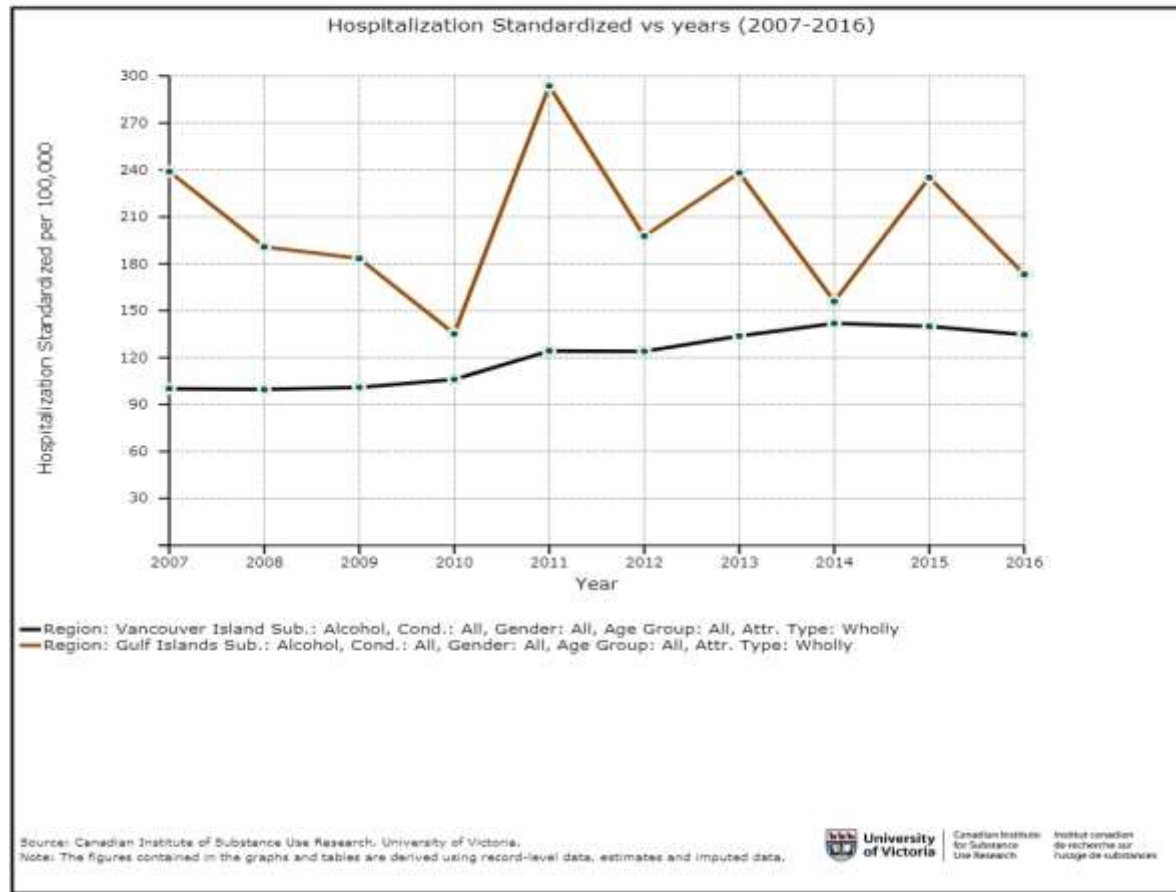
Table 41 – Social Housing by Client Group (BC Housing)

Social Housing by Client group <sup>17</sup>	SGI # 2018	SGI/ 1000 pop.	CRD # 2015	CRD/ 1000 pop.
Homeless shelters	0	0	147	0.4
Homeless housed	0	0	503	1.4
Homeless rent supplements	0	0	467	1.3
Frail seniors	0	0	1,326	3.7
Special needs	0	0	776	2.2
Independent seniors	26	5.6	2,186	6.1
Low income families	0	0	2,422	6.7
Rent supplements families	5	1.1	827	2.3
Rent supplements seniors	11	2.4	1,703	4.7
Women/child. flee violence	0	0	80	0.2
<b>Total Social Housing Units</b>	<b>42</b>	<b>9.0</b>	<b>10,437</b>	<b>29.0</b>
<b>Population</b>	<b>4,760</b>		<b>359,990</b>	

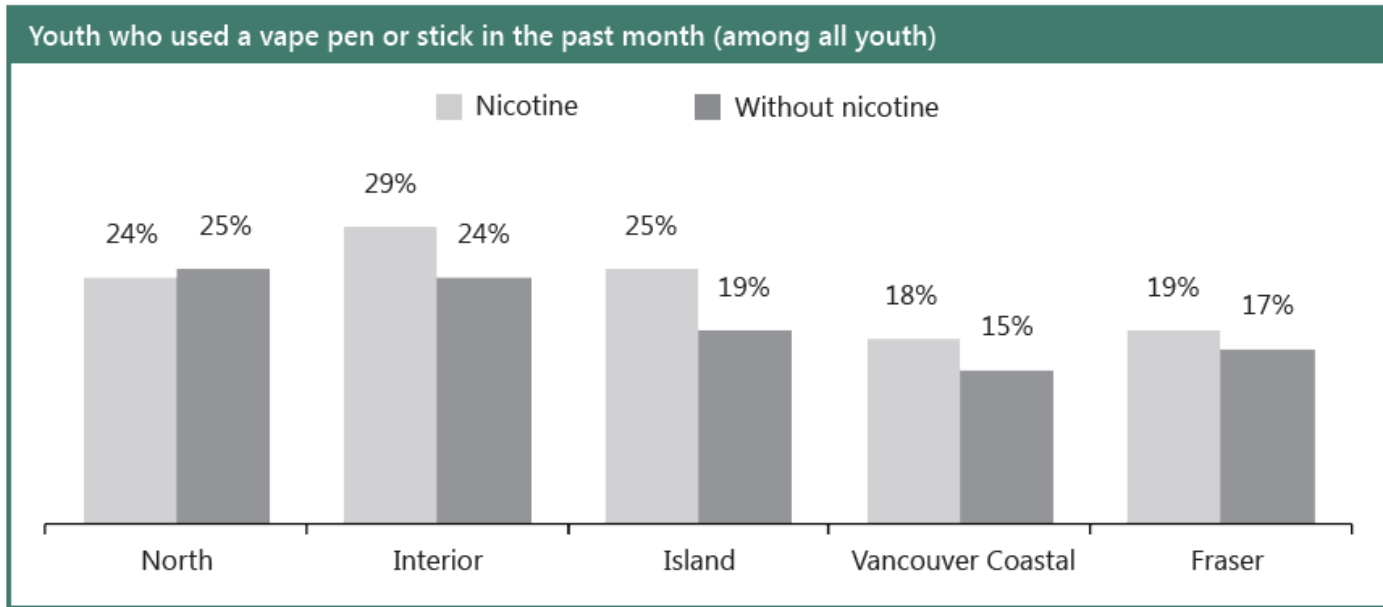
Source: Southern Gulf Islands Housing Needs Assessment, February 2018

# Substances - Alcohol

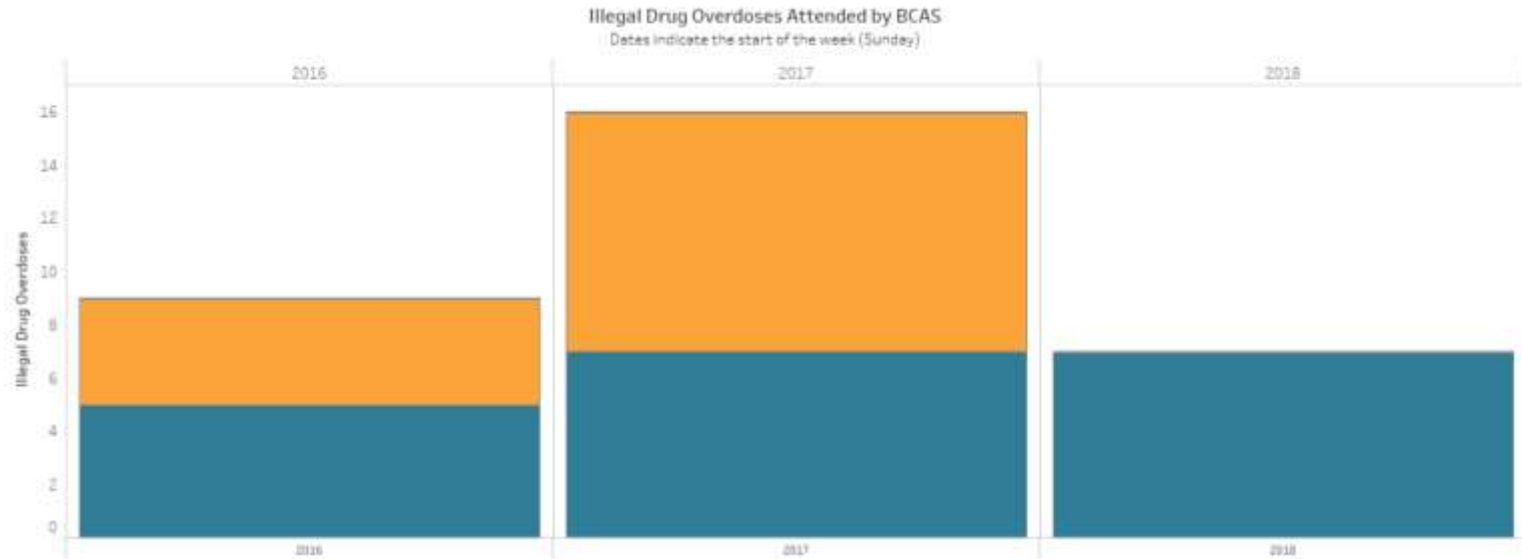
## Hospitalizations: Alcohol



# Substances - Vaping



# Opioid Overdoses Southern Gulf Islands



- 3 illicit drug overdose deaths (overdose occurred in Southern Gulf Islands) between 2016-2019
  - 7 deaths in residents of Southern Gulf Islands 2016-2019

# Physical Environment & Health

- Air Quality
- Drinking water
  - Quality
  - Quantity
- Climate Change

# Drinking Water Quality Boil Water Advisories (BWA)

- Between 2014-15 & 2017-18
  - average of 5 BWA & 54,448 person days affected across Southern Gulf Islands per year
- 2018-19
  - 8 BWA & 138,434 person days affected

# Climate Change and health

	Climate Driver	Hazard	Health Outcome	
 Mental and Social Well-being	Extreme weather events ↑ in frequency and intensity (flooding, wind storms, storm surges)	↑ exposure to events resulting in displacement, infrastructure damage, and injuries	<ul style="list-style-type: none"> <li>↑ stress, and mental health impacts</li> </ul>	★
 Increasing Temperature	↑ annual average temperatures	More frequent, prolonged heat events, ↓ air quality	<ul style="list-style-type: none"> <li>Heat-related illness and mortality</li> </ul>	
 Seasonal Flooding	Accelerating snow melt and ↑ precipitation in the winter	Contaminating drinking water, damaging homes and civic infrastructure	<ul style="list-style-type: none"> <li>Illness from contaminated water</li> <li>stress from displacement and property damage</li> </ul>	★
 Seasonal Drought	↑ temperatures, and ↓ precipitation in the summer	Water scarcity, ↑ risk of wildfires	<ul style="list-style-type: none"> <li>Disruption of quality of life</li> <li>↑ prevalence of respiratory conditions related to poor air quality</li> </ul>	
 Extreme Weather	↑ risk and severity of storm surges, wind storms, and heavy rain	Damage to infrastructure and residences	<ul style="list-style-type: none"> <li>Injuries and fatalities</li> <li>Interruption of services</li> </ul>	★
 Sea Level Rise	Rising sea levels	Contaminating drinking water, loss of land, damage to coastal infrastructure	<ul style="list-style-type: none"> <li>Displacement from sea level</li> <li>Salt water intrusion</li> </ul>	★
 Diseases & Vectors	↑ temperatures, with changing seasonal weather patterns	↑ prevalence and incidence of pathogens	<ul style="list-style-type: none"> <li>↑ infection rates from new and/or re-emergent pathogens</li> </ul>	
 Food Insecurity	↑ temperatures, flooding and drought, sea level rise	Loss of agricultural land and ↓ food output	<ul style="list-style-type: none"> <li>↑ food insecurity</li> </ul>	

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# Public Presentations

# Q & A's

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