



**East Mississauga
Community Health Centre**

A Foundation for Growth

April 30, 2008

www.eastmississaugachc.org

A Foundation for Growth

This prospectus briefly outlines

- ▶ How East Mississauga CHC will be supported through its relationship with LAMP Community Health Centre
- ▶ East Mississauga CHC's community partnerships and community engagement
- ▶ Highlighted information about the social determinants of health in East Mississauga
- ▶ Program priorities for East Mississauga CHC

Table of Contents

<i>A Foundation for Growth</i>	1
Opening Doors	3
LAMP Community Health Centre	5
East Mississauga	6
Immigration, Language and Ethnicity.....	6
Poverty in East Mississauga.....	7
Seniors in East Mississauga	7
Mississauga-Halton Local Health Integration Network.....	7
Services in East Mississauga.....	8
The Infrastructure of East Mississauga CHC	9
Coordinating Council.....	9
Staffing.....	9
Principles of Community Outreach and Engagement	9
East Mississauga CHC Program Development Model	10
Program Priorities for East Mississauga CHC	11
Seniors' Health.....	11
Health & Poverty.....	12
Racism & Health	12
Queer Health.....	13
East Mississauga CHC Partnerships	14
Looking Ahead	14
Appendix: LAMP Community Health Centre	15
Mission	15
Beliefs / Principles	15

Opening Doors

In the spring of 2008, the East Mississauga community will open the doors of the new location of the East Mississauga Community Health Centre (CHC). The development of this satellite builds on:

- ▶ The hard work and research of the East Mississauga CHC Interagency Group who identified the growing need for a local community health centre
- ▶ The insights of participants in the May, 2006 Community Consultation and participants in subsequent opportunities for community input
- ▶ The accomplishments of our Health Promoter and Community Relations Officer in developing a foundation of partnerships, and in engaging the community through health promotion activities since 2006
- ▶ The support of the host organization, LAMP Community Health Centre
- ▶ Funding from the Ministry of Health and Long-Term Care and the Toronto Central Local Health Integration Network

Community health centres provide primary care, health promotion and community capacity building programs and services, especially for people who experience such barriers to care as poverty, discrimination and other forms of social exclusion. New community health centres and satellites are currently being developed across Ontario. This satellite CHC is the first service of its kind in the entire Mississauga-Halton area.

A Timeline for East Mississauga CHC

Coordinating Council Formed	Beginning 2009
Clinical Services Open	May 2008
Permanent Site Ready for Move In	April 2008
Nurse Practitioner Hired	April 2008
QX Trans Training Forum Launched For Human Service Providers in Peel	March 2008
Launch of Peel Parents and Friends / Families of Lesbians and Gays	March 2008
Community Health Worker Hired	October 2007
QXposure Community Forum on Queer Health and Wellness	October 2007
Launch of Website www.eastmississaugachc.org	April 2007
Chiropody Clinic Opens at Mavis Rd Homeless Shelter	March 2007
Chiropody Clinic at Queen Frederica Building Begins	March 2007
Health, Access and Racism Community Consultation	January 2007
U of T at Mississauga Community-Based Research Partnership on Health & Poverty Established	November 2006
10 Week Wellness Together Yoga Program Offered – Funded by Healthy Living Peel Grant	August 2006
Chiropody Clinic at Seniors Life Enhancement Centre Begins	July 2006
East Mississauga Health Promotion Committee Formed	June 2006
Human Services Community Consultation	May 17 2006
Temporary Community Relations Office Opens	February 2006
Health Promoter / Community Relations Officer Hired	November 2005
Ministry of Health Announces Satellite	November 2005

LAMP Community Health Centre



For 32 years, LAMP CHC has served the South-Etobicoke Lakeshore Community. The board, staff and management of LAMP CHC are highly skilled at ensuring values-based consistency and integration across a range of programs.

In hosting this satellite, LAMP CHC will strike a balance between a nurturing and autonomous relationship with East Mississauga CHC.

LAMP CHC Provides...

- ▶ Shared management
- ▶ Consistent mission and beliefs / principles
- ▶ Common board of directors and policies
- ▶ Leadership in the accreditation process
- ▶ Core operational funding via the Toronto Central Local Health Integration Network

East Mississauga CHC Will Develop...

- ▶ Staff reflective of and responsive to East Mississauga
- ▶ A community-based Coordinating Council
- ▶ Unique strategic directions based on local needs and strengths
- ▶ Additional sources of funding

The development of East Mississauga CHC as both responsive to the community and with the required infrastructure and governance processes is a component of LAMP CHC's current strategic plan.

LAMP CHC and East Mississauga CHC recognize that they have very different needs because they are in different stages of development and are responsive to different communities.

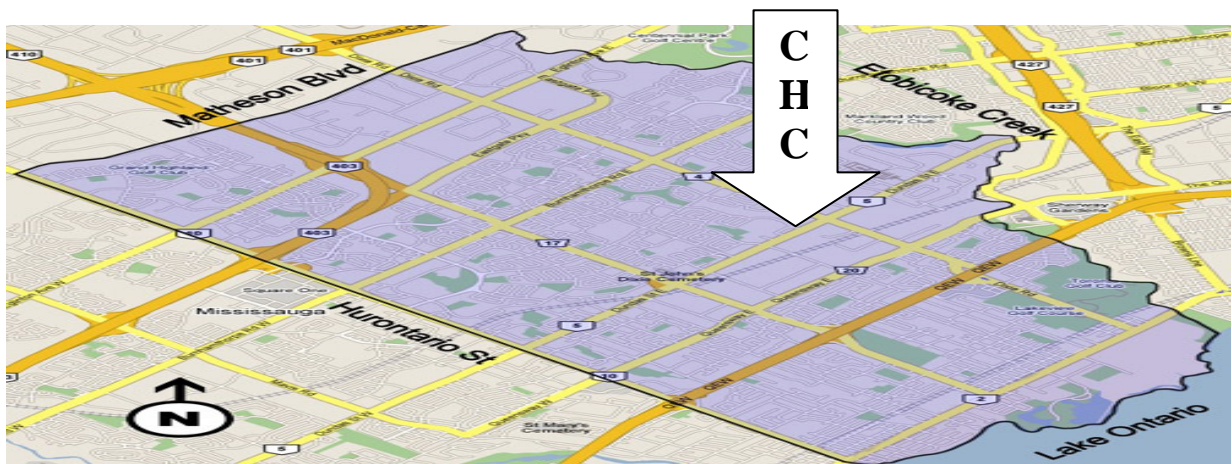
The mission and beliefs / principles of LAMP CHC can be found in the Appendix.

East Mississauga

The boundaries of the client service area of East Mississauga CHC include:

- ▶ Matheson Blvd to the North
- ▶ Etobicoke Creek to the East
- ▶ Lake Ontario to the South
- ▶ Hurontario Street to the West

Approximately forty percent of the population of Mississauga, or 275,000 people, live in East Mississauga.



Immigration, Language and Ethnicity

East Mississauga and surroundings have become remarkably ethnically diverse over the past decade. Over half of Mississauga's residents were not born in Canada. Close to 30% use a language other than French or English at home.¹ 2001-2006 saw an over 20% increase in the size of the Aboriginal population in Mississauga², and an over 50% increase in the number of visible minorities in Peel.³

There is a tremendous range of backgrounds of immigrants in East Mississauga in particular. The largest ethnic groups include immigrants from India, Pakistan, Poland and Vietnam. There is also

¹ Social Planning Council of Peel (2008) Immigration & language, City of Mississauga, 2006. Retrieved from www.spcpeel.com/Mississauga.pdf

² Social Planning Council of Peel (2008) The Aboriginal population in Peel, 2001-2006. Retrieved from www.spcpeel.com/aboriginal.pdf

³ Social Planning Council of peel (2008) Visible minorities: Peel, 2001 and 2006. Retrieved from www.spcpeel.com

rapid growth among immigrant groups from China, Croatia, Jamaica and The Philippines.

Poverty in East Mississauga

East Mississauga CHC will serve part or all of the neighbourhoods of Cooksville / Dixie, Hurontario and Port Credit / Lakeview. The Social Planning Council of Peel identified all of these neighbourhoods as low-socioeconomic status neighbourhoods, with respective rates of low-income families at 14.5%, 11.6% and 10.4%.⁴

Seniors in East Mississauga

As in the rest of Canada, seniors are on the rise in East Mississauga. Cooksville / Dixie is home to 23% of seniors living in Peel. Hurontario saw a 52% increase in its senior population between 1996 and 2001. Port Credit / Lakeview has a region-high 25% of its seniors living alone.⁵

Mississauga-Halton Local Health Integration Network

East Mississauga CHC is funded by the Toronto Central Local Health Integration Network (LHIN), but is located in the boundaries of the Mississauga-Halton LHIN. The 2007-2010 Integrated Health Services Plan for the Mississauga-Halton LHIN identifies the following as priorities for health care change based on extensive public and health provider consultation.

- ▶ Improving health system performance
- ▶ Strengthening primary health care
- ▶ Enhancing seniors' health
- ▶ Managing long-lasting (chronic) conditions
- ▶ Integrating mental health and addictions services⁶

⁴ Social Planning Council of Peel (2006) Socioeconomic status of peel neighbourhoods. Retrieved from http://www.spcpeel.com/infoshare_june2006.pdf

⁵ Social Planning Council of Peel (2006) A social profile of the senior population living in Peel Region, 2001. Retrieved from <http://www.spcpeel.com/Seniors%20Report.pdf>

⁶ Mississauga Halton Local Health Integration Network (2006) Integrated Health Services Plan 2007-2010. Retrieved from http://www.mississaugahaltonlhin.on.ca/uploadedFiles/Home_Page/Integrated_Health_Service_Plan/Mississauga%20Halton%20LHIN%20IHSP%20Report_website.pdf

Services in East Mississauga

East Mississauga is served by a range of health and social services. East Mississauga CHC has some important differences from these other service providers:

- ▶ The majority of other service providers serve all of Peel, while the catchment for the CHC is much smaller. This allows for more focused local issue identification and responsiveness at a neighbourhood level. Issues identified in larger geographies (Peel, Mississauga or the Mississauga-Halton LHIN) require local interpretation and verification.
- ▶ East Mississauga is one of a very few interdisciplinary primary health services.
- ▶ East Mississauga CHC will have the ability to provide some health services to people who do not have OHIP.

The Infrastructure of East Mississauga CHC

Coordinating Council

The work of East Mississauga CHC will be guided by a Coordinating Council. Working groups of the satellite will report to this council. The council will be developed as community engagement proceeds and will be led by people who live and work in East Mississauga.

Staffing

Current core funding for staff is provided by the Toronto Central Local Health Integration Network. The funded positions are expected to include:

- ▶ Chiropracist
- ▶ Community Health Worker
- ▶ Counsellor
- ▶ Dietician
- ▶ Family Physicians
- ▶ Health Promoter and Community Relations Officer
- ▶ Medical Secretaries
- ▶ Nurse Practitioner
- ▶ Registered Practical Nurses

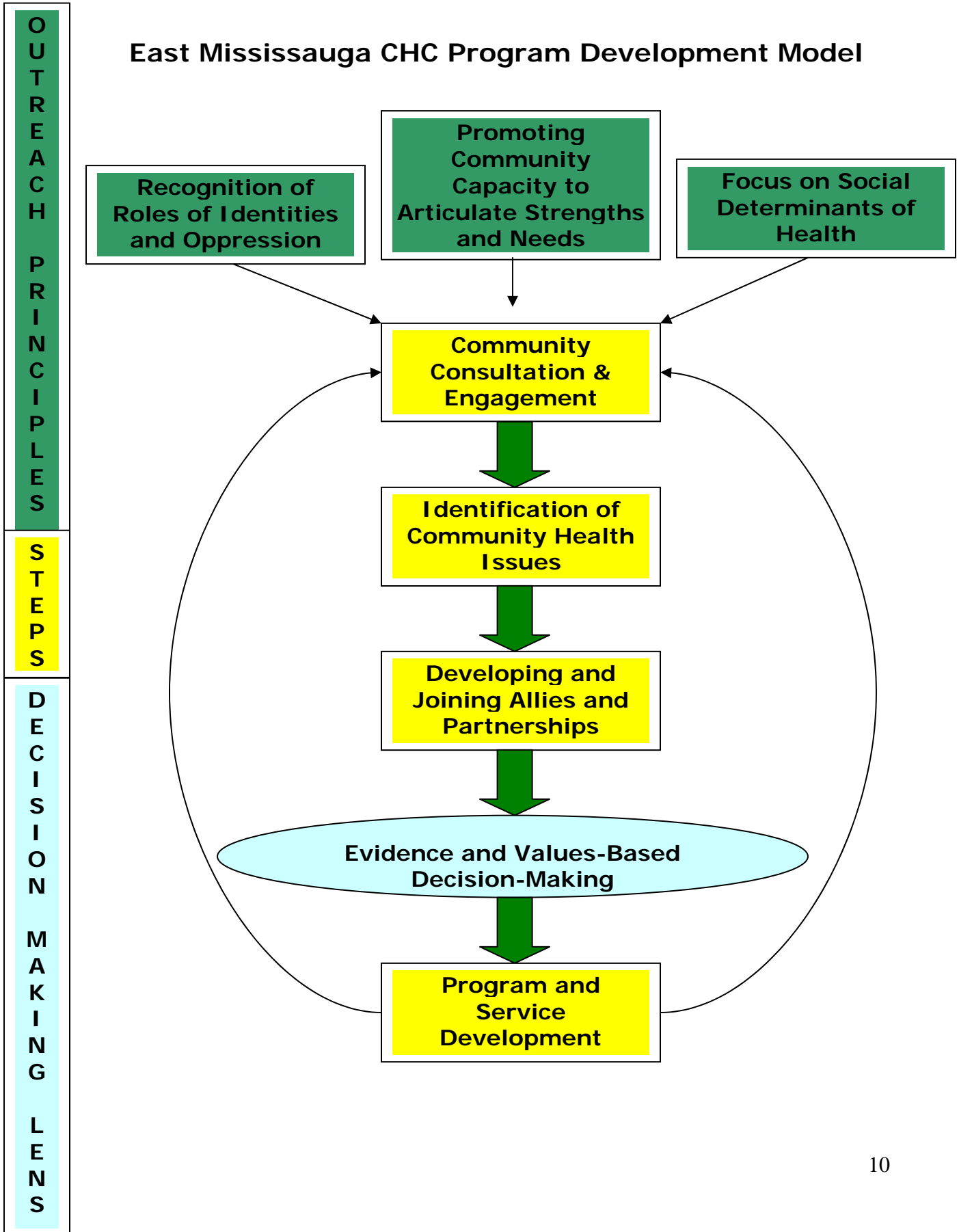
Principles of Community Outreach and Engagement

Along with providing services, an ongoing task for East Mississauga CHC is community outreach and engagement. The centre is committed to outreach that:

- ▶ Recognizes people's diverse identities and systemic oppression as contributors to health and wellness
- ▶ Promotes the community's capacity to speak for itself
- ▶ Is focused on the social determinants of health in East Mississauga

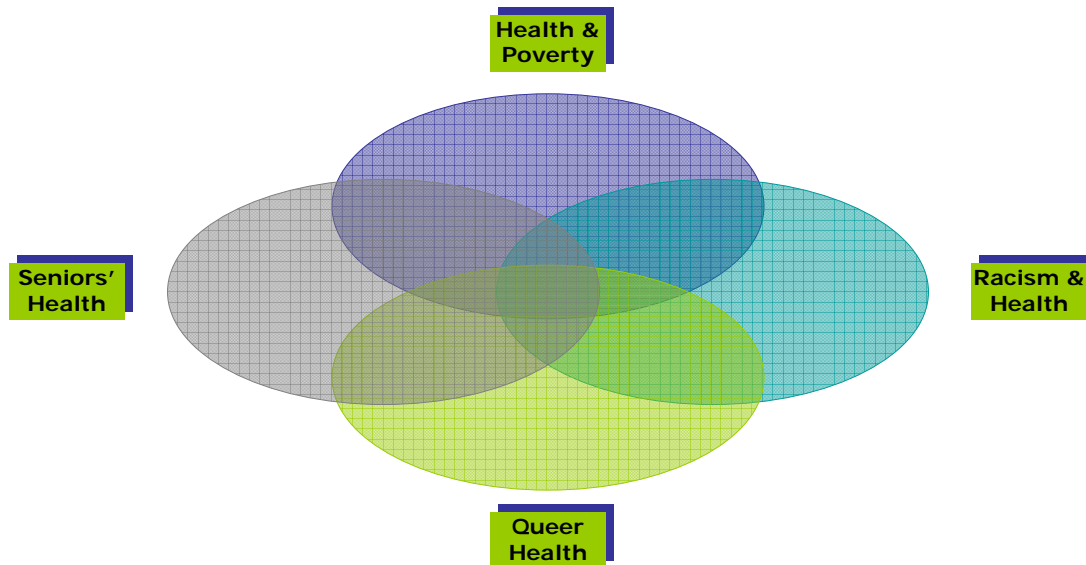
The following page outlines how East Mississauga will use these principles in establishing community-responsive programming.

East Mississauga CHC Program Development Model



Program Priorities for East Mississauga CHC

On May 17, 2006 a community consultation forum based on East Mississauga CHC's principles for community outreach identified important health issues in East Mississauga. Four intersecting program priorities have been selected based on what was articulated in this community consultation, and confirmed through evidence-based decision making, consistency with organizational values, and the success of early initiatives.



The following sections describe early initiatives in each of the four priority areas.

Seniors' Health

Chiropody services are being provided to seniors and others through partnerships with such organizations as:

- ▶ Seniors Life Enhancement Centre
- ▶ Mavis Road and Peel Family Shelters
- ▶ Peel Living Queen Frederica Building

Health & Poverty

In partnership with the University of Toronto at Mississauga and the Social Planning Council of Peel, the East Mississauga CHC is undertaking research on the relationship between health and poverty in East Mississauga.

The East Mississauga Health Promotion Committee is an interdisciplinary partnership among service providers who work with marginalized populations. The Committee has been working on issues of food security and poverty for the past two years. Since its inception, the Committee has stimulated the launch of two Good Food Box programs in the community.

For information on committee members, current activities, please visit our website www.eastmississaugachc.org/hpcommittee.php

Racism & Health

In January, 2007 a community consultation on Health, Access and Racism brought together over 140 participants to launch the Health and Racism Working Group. The group includes community residents, and service providers from Peel Health, Interim Place and Child Resource and Development Centre of Peel. This group will:

- ▶ Advocate for better access to chronic disease prevention and management for racialized communities
- ▶ Advocate for reduction of racist systemic barriers in health care.

To learn about the group's history, current events, and membership, please visit www.healthandracism.blogspot.com

Queer Health



East Mississauga CHC, in partnership with the Peel HIV/AIDS Network and Associated Youth Services of Peel has formed QXposure, a vehicle for the voices of Queer and Trans communities to advocate for improved access to health services and health promoting resources in East Mississauga. Achievements for QXposure have included:

- ▶ Breaking ground with Peel Region's first Queer-focused community forum, which set the foundation for community-driven priorities. A full post-forum report can be found online at www.eastmississaugachc.org/qxposure.php
- ▶ Producing Promoting Healthy Queer and Trans Communities: A Review of the Literature and Promoting Healthy Queer and Trans Communities: Environmental Scan 2007. Together, these documents identify that Queer and Trans communities may be particularly difficult to identify in East Mississauga and socially isolated due to the gaps in appropriate and responsive services for Queer-identifying communities. This increases the importance of community and service provider education and for the building of social support networks for Queer-identifying people.
- ▶ Delivering a *Trans Training* for service providers
- ▶ Launching a Peel Region Parents and Friends of Gays and Lesbians (PFLAG) group
- ▶ Holding monthly social events for Queer-identifying people.

For up to date information on QXposure, please visit www.qxposure.blogspot.com

East Mississauga CHC Partnerships

Partnerships are expected to take various forms as the centre continues to develop. Partnerships will be sought based on:

- ▶ Consistency with the four identified priorities
- ▶ Consistency with organizational beliefs and principles
- ▶ Efficiency and effectiveness given the centre's limited resources

Partnerships will include:

- ▶ Advocacy coalitions and alliances
- ▶ Partnerships in program delivery
- ▶ Co-location of services in East Mississauga CHC facilities

Looking Ahead

East Mississauga CHC has developed a *foundation for growth* by identifying local needs, seeking funding, developing partnerships, meaningfully consulting and engaging the local community, developing infrastructure and providing local services. Building on this foundation will bring important new opportunities for everyone involved with East Mississauga CHC now and into the future.

Appendix: LAMP Community Health Centre

Mission



LAMP Community Health Centre strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community.

Beliefs / Principles

- ▶ We believe that everyone has the right to live in a healthy community.
- ▶ We value and respect people of diverse backgrounds and perspectives, and are committed to providing meaningful opportunities for our community to determine its own needs.
- ▶ We believe that everyone has strengths, and that each person has the right to both contribute to, and be helped by their community.
- ▶ We are committed to fighting oppression in our community. Inclusiveness is a core value at LAMP.
- ▶ We believe that health is more than the absence of disease. It is influenced by social and economic factors.
- ▶ We are committed to helping everyone in our community to get access to the resources and support that they need.
- ▶ We believe that some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy and support. By empowering members, the whole community is strengthened.

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