
ALBERNI CLAYQUOT HEALTH NETWORK

2019
ANNUAL
REPORT

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OUR STORY

The Alberni Clayoquot Health Network (ACHN) formed in 2012 through a series of meetings to gauge interest in establishing a health network for the Alberni Valley, Clayoquot and Barclay Sound region. The initial work of the ACHN was supported with a grant from Island Health in February 2012. The Network hired their first Coordinator in June of 2012. At the end of 2013 it became apparent that, in order for the group to be most successful and a governance refresh was initiated. A strong will for the ACHN to reach out and involve the community emerged; to ensure the community at large had an ability to bring forward issues, ideas, and concerns for consideration.

The Network identified that actions are to be informed by:

- Stories, opportunities, planning, and evidence;
- Consultation and collaborative conversations that surface emerging issues;
- The timeliness of opportunities;
- And fit with ACHN's values.

Governance, operating practices and values for the Network were built to facilitate and strengthen these principles while enhancing the community development focus of the Network.



Employing these new practices we have gained momentum. Supporting community based initiatives already flourishing in our region, promoting collaboration, innovation and shared accountability. We support organizations and initiatives which address social determinants of health and take leadership to convene regional partners around emergent regional issues. Our mix of mechanisms and classic community development models has allowed us to remain nimble, learning and adapting our approach as we go.



MISSION~VISION~VALUES

HEALTHY & CONNECTED PEOPLE & PLACES

Our Mission

To speak with a collective voice on regional and local health issues by facilitating dialogue and understanding amongst citizens and stakeholders. The Network is a community driven mechanism that helps to build partnerships and capacity; share concerns, ideas and resources and create innovative solutions that impact the social determinants of health and work towards sustainable healthy communities.

Our Values

1. **Inclusion:** We are open to anyone that wants to be involved and recognize, encourage and value each other's contributions.
2. **Learning:** we share knowledge, listen to each other, explore new ideas and apply information in ways that generate new understanding and solutions.
3. **Compassion and Respect:** We have compassion for all people with whom we interact and are mindful and respectful of differing opinions.
4. **Hishuk ish tswalk:** We embrace the Nuu-Chah-Nulth world view that everything is one and all is interconnected and health is holistic in nature.
5. **Connection, Collaboration and Sharing:** We cultivate relationships, connect people to each other, promote a culture of participation and sharing of resources in order to better serve our communities and advance the common good. Together we are better.
6. **Sustainability:** We are accountable with the resources entrusted to us, strive for cost-effectiveness and efficiencies and aim towards sustainability of solutions and initiatives.
7. **Innovation:** We want to constantly find better and more efficient ways to serve our communities.

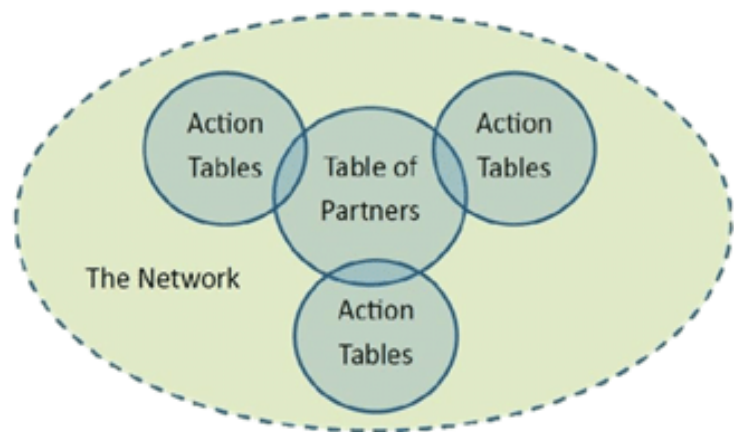
Our Guiding Principles

In all that we do, we:

- A. **Employ** a population health approach that focuses on improving the health and well-being of the entire population of the region and across the lifespan.
- B. **Focus** on the social determinants of health and address policies that impact health inequities.
- C. **Believe** that health is a shared responsibility and that collaboration leads to innovation.
- D. **Are** solution oriented & committed to building on community assets, strengths, efficiencies, social capital and reduce duplication.
- E. **Utilize** approaches that build knowledge, health literacy, capacity and citizenship.
- F. **Acknowledge** that local realities, population demographics, socio-economics and health indicators can vary significantly (remote, rural, and urban).
- G. **Recognize** that the Health Network exists within the ha'houlthee (chiefly territories) of the Nuu-chah-nulth First Nations. We strive to find new, better and culturally appropriate ways to collaborate, plan and work together that legitimize traditional knowledge.



ACHN OPERATIONS



The ACHN utilizes collective impact principles to identify and define their role in social change and regional initiatives. We commit to acting as a supporting resource to leverage assets, information and partnerships for local initiatives, projects and priority areas. When no convening organization is evident we take initiative to convene dialog, planning and facilitate the leadership around priorities influencing social determinants of health and the promotion of upstream health interventions.

To facilitate better community connections with decision makers at the Table of Partners, action tables and local government the ACHN identified the following mechanisms aimed at increasing benefit to network partners and interaction with local communities and organizations.

- Network communications – Community presentations, newsletters, Facebook and updates
- Sponsoring regional education events and quarterly networking gatherings
- Open invitation for community presentations to the Table of Partners
- Partnership on community events and opportunities aligning with strategic priorities
- Other opportunities which align with our strategic direction as they arise




Join us to build as we go – bring forward ideas, proposals, presentations, join an action table, the newsletter or Facebook page... there are so many ways to get involved!

| THE NETWORK | ACTION TABLES | THE TABLE OF PARTNERS |
|--|---|---|
| <ul style="list-style-type: none">• The most important voice in determining priorities and actions• Inclusive of community members, organizations and regional partners• A means to gather and distribute information, stories, and to capture the voices of the communities• To build relationships, helping people and organizations to find commonalities to take action to improve health outcomes in the region.• To connect people with information and resources. | <ul style="list-style-type: none">• Small committees of regional representatives and topical experts tasked with moving work on priorities forward• Utilize a regional lens to approach locally identified actions and needs that advance the ACHN Strategic Plan.• Roles include framing issues in ways that are inclusive, respectful and that bring people together. | <ul style="list-style-type: none">• Made up of regional decision makers and representatives with strong ties to communities and identified priority groups• Exists to support the work and priorities of the ACHN and link with Action Tables.• Look at evidence, facilitate strategic thinking and planning and seek resources as needed.• Ensure feedback is collected from Network members and ensure that work on identified issues and agreed upon actions is moving forward. |



ACHN 2019 TABLE OF PARTNER MEMBERS

The ACHN Table of Partners is the leadership table for the Network. These local decision makers and knowledge holders are charged with enhancing the communications and decision making capacity of the Network for a minimum two year term. The aim of the Network is to engage community in meaningful ways to inform action, our Table of Partners assist to ensure the development of our process is inclusive, decisions are made fairly and in line with our Network capacity.

| | | | |
|---|--|---|--|
|  | Penny Cote (Chair) Alberni-Clayoquot Regional District Sproat Lake Director |  | Dan Schubart Alberni Valley Transition Town Society |
|  | Marie Duperreault Director for Port Alberni/West Coast Communities for Island Health |  | Laurie Bird Instructor at North Island College Board member of the Ucluelet Food Bank |
|  | Josie Osborne Mayor of Tofino Vice chairperson of the Alberni-Clayoquot Regional District |  | Susan Fox Executive Director of Outreach Therapy |
|  | Wes Hewitt Executive Director of the Port Alberni Shelter Society |  | Margaret Morrison Executive Director of the Westcoast Community Resources Society |
|  | Sandra Tate- Se cuk'it'uulth Nuu-chah-nulth Community Engagement Coordinator with First Nations Health Authority (FNHA) |  | Patty Edwards Poverty Law Advocate and Constituency Assistant MLA Scott Fraser's Office |
|  | Anna Lewis Chair of the ACRD Air Quality Council Agricultural Support Worker, ACRD Farm Manager, Hupacasath First Nation |  | Willa Thorpe Director of Parks Recreation and Heritage, City of Port Alberni |
|  | | | |
| Esther Pace Manager of Public Health, Port Alberni, West coast and Parksville/Oceanside Island Health | | | |

2019 HIGHLIGHTS

In 2019 the ACHN got to work implementing their new strategic plan, engaging with community on opportunities which aligned with Network priorities and build capacity within the region. We had the opportunity to engage on topics of accessibility with BC Transit and other transportation topics, health equity, planning with municipal and community stakeholders as well as support some great community building initiatives.

2019 Key Activities

Over the past year the ACHN's capacity was well aligned with its priorities. The Networks role in convening, supporting and moving forward initiatives was highlighted through the strong partnerships between the Table of Partners, Network stakeholders and Coordinator and some great work was accomplished.

Support the development of the Health Network model throughout Vancouver Island via presentations to interested regions, new coordinators and network supports. Information, document and process sharing as well as participation in collaborative projects, learning and networking events.

- Association of Vancouver Island and Coastal Communities Conference
- Creating Health Safe Environments Forum – University of Victoria
- Healthy Built Environment Forum – North Island
- Vancouver Island Community Health Network Forum –planning and co facilitation

Promoting a Health Equity approach to planning through participation in municipal planning and projects

- Climate Change Adaptation planning - Port Alberni and Ucluelet
- Multi modal transportation planning – Tofino
- Health centre planning – Ucluelet and Tofino

Presentations to community partners and leadership tables on ACHN's work and goals

- City of Port Alberni
- District of Ucluelet
- District of Tofino
- Alberni Clayoquot Regional District
- First Nations Health Directors Meeting
- West Coast Seniors Forum

Support the increased service with BC Transit for West Coast Communities and Alberni Valley through community engagement, convening, connections to local partners and ongoing communication with nations and local stakeholders.

Support in planning and coordination of the first Art of Hosting 'Convening Courageous Community' in the Alberni Valley.

Served as a connector of ideas and resources by participation with local initiatives and presentations to the Table of Partners.

Promote a culture of inclusion and collaboration through the Table of Partners, Network model and participation in other local initiatives.



NETWORK DEVELOPMENT

The ACHN aims to 'network the networks', working with local partners to develop a culture of collaboration and mutual accountability. We see this as an integral part of our role as a network and motivator for social change in the region. This includes but is not limited to activities which provide education, capacity development and opportunities to develop shared language and priorities internally to the Network as well as in the region with community partners.

2019 Milestones

Communications

- Six ACHN presentations to regional decision makers, community organizations and networks
- Social Determinants of Health Presentations and communications tool project
- Website updates, briefing notes and research for s

Development of Community Health Network (CHN) Model

- Community Health Network (CHN) booth at Association of Vancouver Island and Coastal Communities
- Support to Health Networks and new Coordinators across Vancouver Island – Oceanside, Nanaimo and Capital Regional District.
- Co-Host the Annual CHN Gathering and Island Wide Learning Day
- Participation in development of CHN Evaluation Framework and Alignment Mapping

Table of Partners Development

- Increased information sharing and building of collaborative culture demonstrated through information sharing and connections created during ten annual monthly meetings
- Joint meeting with Coastal Family Resource Coalition in West Coast communities
- Four presentations from community partners at monthly Table of Partner meeting
- Increased engagement and attendance from community partners and network leads at Table of Partner meetings

BUILDING REGIONAL PROSPERITY

Poverty is a complex issue which cannot be addressed by any one organization or initiative. The ACHN has made the commitment to convene leaders and local stakeholders to discuss, identify opportunities, action and evaluate efforts. Our efforts are aimed to ensure the conversation is building, awareness developed and solutions generated, implemented and evaluated in partnership with regional stakeholders.

While 2019 was a slower year for over all progress tied directly to poverty reduction the ACHN was able to support efforts around building equitable communities through work in health access and supporting local efforts around social determinants reported out in other priority areas.

2019 Milestones

- Participation in BC Communities Reducing Poverty Community of Practice
- Build connections to and work closely with local tables addressing vulnerable populations and key topics of housing, mental health and food security
- Prepare for provincial granting opportunities for action planning
- Review data, keep track of trends and prepare briefing notes



COMMUNITY CONNECTEDNESS

Access to services, community infrastructure and recreation are all key factors in the building of healthy individuals and communities. Our aim is to increase equity in the way individual's access employment, education, healthy food, services and opportunities in the Alberni Clayoquot Region through transportation infrastructure as well as innovative social solutions.

2018 Community Connectedness Milestones

Supporting community transportation champions

- Input and partner information sharing around Port Alberni HandiDart service discussions
- Connecting stakeholders to regional BC Transit conversations ensuring broader community voice

Convene and Participate

- Support west coast communities BC Transit Feasibility Study, linking local Nations into conversation and ensuring information provision to local partners
- Support BC Transit Open Houses in Spring and for Alternate Approval Process
- Convene additional community engagement around West Coast Communities BC Transit planning - additional engagement sessions with regional youth, seniors and Tla-o-qui-aht leadership.
- Vancouver Island Community Health Network Ride Share Node conversations and project exploration

Participation in Projects and Research

- BC Healthy Living Association Active Transportation for Rural and Remote Communities research and tool kit development project
- District of Tofino Multi- Modal Transportation Committee

KNOWLEDGE AND CAPACITY DEVELOPMENT

We recognize a collective need to move forward on emergent regional issues through education, identification and planning. Regional priorities, such as housing, are complex with a wide range of needs depending on community and demographics. To identify and address these emergent issues we require strategies which combine resources, knowledge and capacity through shared learning, planning and implementation.

2019 Milestones

The ACHN aims to Network the Networks. We do this by connecting ideas, initiatives, resources and people. Through relationship building, listening and participation with regional partners we are able to identify areas of mutual need, increase capacity and work collaboratively to address issues of health and social equity. Here are a few of the activities we undertook in order to support this regional network building work.

Convene and support

- Support UBCM Ministry Delegation, prepare briefing notes and ensure local data and priorities are prepared for decision makers.
- Planning partner and contributor to the 2019 Alberni Valley Art of Hosting Courageous Conversations

Participate, support and engage in knowledge exchange with

- Coastal Family Resource Coalition
- Port Alberni Local Action Table for Child and Youth Mental Health
- ACRD Age Friendly Planning
- Alberni Valley Learning Council
- Alberni Children First Network
- Alberni Valley Community Action Table
- West Coast Harm Reduction Table
- Alberni Valley Community Stakeholders to End Homelessness
- Climate Change Adaptation Working Groups in Port Alberni and Ucluelet



ACHN 2019 BUDGET

The Network has been successful in utilizing the initial investment from Island Health to fund operations and project work positioning the Network in an ideal place moving forward with planning, clear community direction and leveragable resources to fund work and support future funding proposals. The ACHN relies on the professional support of the Table of Partners members, community groups and members to create the maximum impact on our shared goals. Our In Kind contribution calculations are a modest estimation of the incredible value we receive from our shared collaborative work.

ACHN Fiscal Year : Calendar Year

| REVENUE | 2019 Actuals | 2020 | 2021 | 2022 | 3 Year Totals |
|--|----------------------|------------------|------------------|------------------|------------------|
| 1 Reserve Opening Balance | \$ 121,837.95 | \$94,074 | \$65,574 | \$37,074 | |
| 2 Island Health Funds | \$ 80,000.00 | \$80,000 | \$80,000 | \$80,000 | |
| 3 Other Grants | \$ 10,000.00 | \$20,000 | \$20,000 | \$20,000 | |
| 4 Total Revenue & Reserve | \$ 211,837.95 | \$194,074 | \$165,574 | \$137,074 | \$544,343 |
| BUDGET EXPENSES | 2019 | 2020 | 2021 | 2022 | 3 Year Budget |
| Operation & Administration | | | | | |
| 5 ACHN Communications Strategy <i>Includes: outreach, engagement protocol, one pagers, ACHN stand alone web site development, newsletter, logo development.</i> | \$ 717.80 | 1,000 | 1,000 | 1,000 | 3,000 |
| 6 Coordination Contract <i>Includes: travel expences, benefits, taxes and business expenses</i> | \$ 80,000.00 | 80,000 | 80,000 | 80,000 | 240,000 |
| 7 ACRD Administrative Support/ Financial Fee | \$ 10,000.00 | 17,000 | 17,000 | 17,000 | 51,000 |
| 8 Operating Expenses <i>Includes: A/V rental, printing, office supplies etc.</i> | \$ 722.36 | 1,000 | 1,000 | 1,000 | 3,000 |
| 9 Advertising <i>Includes: newspaper ads for RFP process, website posts</i> | | 500 | 500 | 500 | 1,500 |
| Capacity Building | | | | | |
| 10 West Coast Capacity Building | \$ 10,000.00 | 10,000 | 10,000 | 10,000 | 30,000 |
| 11 Barkley Sound Capacity Building | \$ 572.40 | 2,000 | 2,000 | 2,000 | 6,000 |
| 12 Network Capacity Building | \$ 751.48 | 2,000 | 2,000 | 2,000 | 6,000 |
| Action Tables & Community Learning Resources | | | | | |
| 13 Action Table Resources | | 5,000 | 5,000 | 5,000 | 15,000 |
| 15 ACHN Priorities and Capacity Building Support | \$ 10,000.00 | 5,000 | 5,000 | 5,000 | 15,000 |
| 16 ACHN Community Engagement, Events & Planning | \$ 5,000.00 | 5,000 | 5,000 | 5,000 | 15,000 |
| Total Expenditures | \$ 117,764.04 | \$128,500 | \$128,500 | \$128,500 | \$385,500 |
| Reserve for Carryforward as of December 31, 2022 | | | | | \$8,574 |

| In-Kind Contributions | 2020 | 2021 | 2022 |
|--|-----------------|-----------------|-----------------|
| Table of Partners Leadership Table | \$30,330 | \$30,330 | \$30,330 |
| 15 Representatives at Table of Partners <i>Partners time = \$35/hr x 5 hrs x 10 months x 15 = \$26,250</i> <i>Travel for outlying communities = \$0.51 x 200 km (average distance for outlying communities by road) x 10 months x 4 partners = \$4,080</i> | | | |
| Staff Support - Island Health <i>Medical Health Officer</i> <i>Island Health Community Managers and Partners</i> <i>Healthy Built Environments Consultant</i> | \$10,000 | \$10,000 | \$10,000 |
| Meeting Support: ACRD & Island Health <i>meeting rooms</i> <i>teleconference</i> <i>videoconference</i> | \$3,000 | \$3,000 | \$3,000 |
| Action Tables, Community Learning Resources <i>staff time, community knowledge holders, content experts, volunteers, meeting support, venues, promotion and knowledge exchange.</i> | \$20,000 | \$20,000 | \$20,000 |
| TOTAL | \$63,330 | \$63,330 | \$63,330 |



COMING UP IN 2020

We look forward to continuing our work with you, your networks and the ACRD communities. We are excited by the progress we as a region have made and will continue moving forward collaborations, projects to increase health equity and work to build healthy resilient communities.

Community Connectedness

- West Coast Communities BC Transit system
- Further community connection work in the ACRD
- Continue to identify opportunities to increase access to services for vulnerable populations

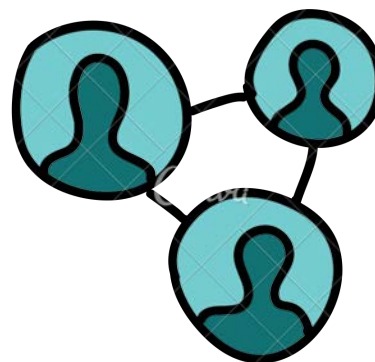


Regional Prosperity

- UBCM Grant for further Poverty Reduction work
- Community Engagement
- Regional Action Plan Development

Knowledge and Capacity Building

- Continued support and collaboration with local Networks, communities and organizations
- Scoping for capacity building opportunities
- Service integration support



**THANK YOU FOR YOUR ONGOING
SUPPORT AND PARTICIPATION,
WE LOOK FORWARD TO OUR
SHARED WORK IN 2020**

