



GO BEHIND THE SCENES OF YOUR COMMUNITY HOSPITAL

THURSDAY
OCTOBER 17TH
4:00 - 6:00 PM

Join us for a special **Behind the Scenes** tour of your community hospital, hosted by NHH President and CEO, Linda Davis.

Staff, physicians and volunteers welcome the opportunity to give you a first-hand look at the **advanced technology and design** that supports hospital operations and often works out of sight to ensure the hospital can continue to offer **exceptional patient care**.

Spaces on the tour include the **newly renovated, state-of-the-art operating suite**, and the mechanical space, where all heat, ventilation and air-conditioning are maintained. The IT infrastructure that is vital for keeping the hospital connected will also be highlighted.
Please join us!

Space is limited, kindly RSVP by October 16th to
aburns@nhh.ca or 905-372-6811 ext 3068.
Free parking available!

For further details please visit NHH.CA or NHHFOUNDATION.CA



A story of hope and recovery for Mental Illness Awareness Week

October 6th to 12th is **Mental Illness Awareness Week** in Canada, and the story shared by one very inspiring client—Noah*—demonstrates the importance of community mental health services available in our region, and the impact of one team in-particular, NHH's **Assertive Community Treatment (ACT) Team**. Read Noah's story in the Media Centre on our website, nhh.ca, and learn more about the recovery supported by ACT and other members of NHH's Community Mental Health Services team, like Julia Smith (ACT Team lead) and Laurie Gallagher (Crisis Clinician), right.

The local needs are great but so, too, is the hope and support for mental health, illustrated earlier this month by the very kind and generous act of one local couple, Brian and Kym Read. Learn about the Read Elliott Family Foundation's commitment to support mental health services at NHH through the annual NHH Foundation Gala at nhhfoundation.ca.



Final proposal submitted for formation of Ontario Health Team of Northumberland

Following months of intensive planning and discussion, the Ontario Health Team of Northumberland Collaborative Planning Committee has submitted an application to the province to form the Ontario Health Team of Northumberland (OHT-N).

With participants including patient, caregiver and First Nation representatives, both County hospitals, primary care providers and physician specialists, community health centres and family health teams, long-term care, home and community care support services, EMS, hospice palliative care, housing and mental health representatives, the Northumberland group was one of 31 invited by the province in July to develop a full application, following submission of a self-assessment this past spring.

While the province's vision is to have all care coordinated through Ontario Health Teams (OHTs) in the future, the first OHTs will be expected to test local application of the integrated care concept through targeted projects serving specific populations. The OHT-N aims to focus its work in Year 1 on improving access to comprehensive health care services for rural populations within Northumberland County – specifically those who experience significant barriers to health care. Based on input and data gathered to date, efforts will be focused on three proposed projects:

Volunteer Peer Support: This initiative will match key volunteers with people in our community who require informal support, broadening their social network and assisting them to navigate and access the health care services they need.

Community Paramedicine: Leveraging the skills and training of Northumberland Paramedics, this initiative will provide proactive services for patients who use 9-1-1 services due to system gaps/challenges/access to community care. This will include remote monitoring for appropriate patients.

Rural Outreach Clinics: Multiple partners will bring services and clinicians together to rural community locations to reduce barriers to care experienced by patients in small, rural areas, such as access, transportation and outreach challenges.

It is expected that the first OHTs will be announced this fall, with the province continuing to accept applications and evaluate interested groups over time. For more details please see the OHT-N's joint news release and backgrounder at nhh.ca.

Explore the science and benefits of music therapy

The next Northumberland PACE conversation will take place at NHH on **Wednesday, October 16th at 5:30 PM** with guest speaker **Taelor Dunn** exploring the topic of **Music Therapy – The Science and Benefits**. Lasting an hour in length, each PACE event consists of a talk, a question-and-answer period with the guest speaker and a moderator summary. Held monthly on the third Wednesday of each month, the PACE series rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centre of Northumberland, 99 Toronto Road).

PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Taelor Dunn's October 2019 session today at pacetalks.com, where you'll also find a listing of the 2019/20 line-up along with video highlights from last season's talks. The PACE partners invite you to bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion.

