

Vision: To make Northumberland County the safest and healthiest place to live, learn, work and play.



December 2018

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Mission:

Working together to inspire and empower community connections for a safer Northumberland

"Ross Szabo has a true gift for getting through, and *Behind Happy Faces* allows him to communicate beyond the walls of a full school assembly. His book will most certainly reach you, and it will help you reach others. If it is understanding and compassion you seek, look no further."

- Lizzie Simon, author, *DETOUR: My bipolar Road Trip in 4-D* (in praise for *Behind Happy Faces*, by Ross Szabo and Melanie Hall).

EXPO 2018: Inspiring Youth - Educating Service Providers - Connecting Families

... in a word, Community

Expo 2018 was built on the success and recommendations from Expo 2016 where the focus was on making community connections with individuals, families and service providers. Members of Safe Communities formed a smaller working group and began planning for Expo 2018 in mid-2017. Members of the planning committee, including Health Promoters Joanne Brewster and Heather Grundy who are the Coordinators, represented 17 organizations/agencies in Northumberland County. Working together, and with a focus on the topics of positive mental health, leadership and resilience, Safe Communities delivered programs to three separate audiences on October 17th at the Northumberland Mall in Cobourg.



Top right, an original piece of graffiti art by talented artist Ty Godfrey. Above, Ross Szabo, award winning mental health speaker and co-author of the book *Behind Happy Faces*, presented at Expo 2018.

questions from students about career choices in the various services.

The first audience was comprised of approximately 600 grade 10 students, educators and support staff from both the KPR and PVNC school boards. Ross Szabo, an award-winning mental health speaker and Cheryl Pounder, an Olympic gold-medalist, were the presenters.

Our valuable first responder partners set up displays and activities outside and, despite the blustery day, were ready to answer



We welcomed Cheryl Pounder back for Expo 2018. Cheryl first presented at Expo 2016 and was equally engaging and inspirational at our 2018 event.

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Mental Health Engagement and Response Team (MHEART)

A Northumberland Community Mental Health Nurse/Clinical Social Worker partners with Northumberland OPP, Cobourg Police and Port Hope Police. Together they proactively introduce "right door service" to vulnerable individuals in Northumberland County.

Effective mobile crisis intervention decreased escalation of mental health symptoms and mental health crisis.



Did you know that falls are one of the top 4 workplace hazards in Ontario?

Consider the following slip, trip & fall hazards in your workplace:

- Slippery surfaces (oily or greasy)
- Seasonal slip, trip & fall hazards (snow, ice)
- Spills of wet or dry substances
- Changes in walkway levels and slopes
- Unsecured mats
- Unsafe use of ladders
- Poor lighting
- Falls from beds of trucks, trailers or loads
- Debris & cables in walkways
- Smoke, steam or dust obscuring view
- Lack of guardrails on mezzanines & balconies
- Unsuitable footwear
- Poorly maintained equipment (ladders, fall arrest, etc.)

Source: Ontario Ministry of Labour
www.labour.gov.on.ca

Bridging the Gap Sessions in 2018

Working from the success of our 2017 Community Connections series of workshops, we hosted two free workshops in 2018.

Bridging the Gap to Risk Mitigation – Reducing Risks for Better Outcomes, was held in Cobourg on November 1st, and featured several speakers who shared their knowledge and expertise with service providers who work with high risk/vulnerable individuals and families. Of special interest was information about how the Northumberland Situation Table and the Mental Health Engagement and Response Team (MHEART) were developed and how they operate.



Workshop Topics and Highlights

- ✓ Shared experience from Stan Baker- chair of the Durham Situation Table
- ✓ Guest speaker from the Office of the Information and Privacy Commissioner of Ontario
- ✓ Experience a Mock Situation Table Case
- ✓ Introduction to the Mental Health Engagement and Response Team (MHEART)
- ✓ Improving on our Caregiver Crisis- Early Psychosis Intervention Program
- ✓ Strategies for caregivers who care for vulnerable individuals

The outcomes of MHEART:

- Reduce repeat visits to Emergency Departments.
- Reduce police involvement and improve response to vulnerable individuals.
- Reduce involvement with the legal system and incarceration by eliminating barriers to service.

The second workshop was centered on workplace safety, and in recognition and support of November being Fall Prevention Month, focussed on the causes of workplace slips, trips and falls, along with control measures and legislative requirements. Presented by Safe Communities members Hazel Farmer, Ministry of Labour and Beth Harrington, Workplace Safety & Prevention Services (WSPS), the audience learned about hazards, legislation and mitigating risk.

Participants learned that when a hazard has been identified, the employer must take every precaution reasonable in the circumstances to protect workers.

According to the Ministry of Labour, employers must:

- Provide information and instruction to workers on slip, trip and fall hazards.
- Encourage workers to report slip, trip and fall hazards.
- Identify and assess the risk of job-specific slip, trip and fall hazards.
- Establish controls to eliminate or reduce workers' exposure to slip, trip and fall hazards.
- Ensure the control measures are working.



Beth Harrington, from WSPS, shares her expertise about controlling slips, trips and fall hazards in the workplace to a large group on November 21st

Be Safe App

Resources specific for Northumberland County are available through the app - just select Northumberland County as the Region while on the app.

ASIST Training

Studies show that ASIST participants gain:

- ✓ Knowledge about suicide.
- ✓ Skills to reach out.
- ✓ Confidence to help save a life.

ASIST participants will be better able to:

- Identify people who have thoughts of suicide,
- Understand how beliefs and attitudes can affect suicide interventions,
- Listen to the story of a person with thoughts of suicide and recognize turning points that connect a person to life and,
- Conduct a safety assessment, develop a safe plan, and confirm the safety actions to be carried out.

Learn more about ASIST and see the evidence at www.livingworks.net/ASIST

Strategic Plan

2018-2020 Objectives

- Fall Prevention.
- On/Off Road Injuries.
- Self-Harm/Interpersonal Violence.

In order to establish our strategic plan, a gap analysis, SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis and priority discussions were held with our community partners. This process identified what we were doing well, where we could improve and ways that we could approach our work to be more impactful.

Go to our website to read the complete document.

Be Safe App and Promotion

The Be Safe App is an easy to use, accessible tool, available 24/7, to support decision making during a crisis. The Be Safe App is available as an Apple or Android app, and as a paper pocket guide. It is aimed to help youth across Ontario access relevant resources, in their own community, to help in a crisis. The Be Safe App is meant to complement a helping relationship and is not a substitute for professional clinical services. One of the unique features of the app is its portability - which is particularly important for older youth who may be moving to new communities to attend college, university, trade school or to pursue work opportunities. Safe Communities partners continue to educate and promote the Be Safe App at community events and training sessions.



Applied Suicide Intervention Skills Training (ASIST) took place on October 11 – 12 in Brighton. Jennifer Cox, MSW, RSW Integrated Director, Mental Health, Community Programs and Services, Northumberland Hills Hospital and Mark Grant,

MSW, RSW, Area Manager, Regional Municipality of Durham, Social Services Department, Family Services Division presented the two-day suicide first aid workshop to twenty-five attendees. This award-winning workshop was offered at no cost to participants and included a comprehensive workbook, group discussion and skills development and practice. While many professional caregivers use ASIST, anyone over the age of 16 can learn these life-saving skills.

Strategic Plan: 2018-2020

In 2018, we approved and adopted a 3-year strategic plan. The plan identifies 4 pillars that will be reflected in our work:

Pillar 1: Partnering for better outcomes. *Collaboration is key:* activities related to collaboration, including new inter-agency relationships resulting in new training and delivery of information to the community and supporting agencies.

Pillar 2: Preventing Injury. *Promotion of Injury Prevention:* activities (education, training and awareness) will focus on demonstrating and modelling of behaviours that demonstrate better choices and promote behaviours that will foster health and save lives for all in our community.

Pillar 3: Providing barrier free access. *Training, Professional Development and Community Engagement:* activities intended to ensure appropriate initial & ongoing education and training to community, professionals/ para-professionals required to better respond to the needs of our community. This along with ensuring our activities are low or no cost will ensure that we address the barriers through a collaborative response.

Pillar 4: Promote resiliency and well-being. *Knowledge Translation and Exchange:* activities intended to influence our community and reduce harm. Activities include promotion of injury prevention materials and guidelines, promising practices, knowledge translation, knowledge transfer and mentoring.

Thank you to Chief Tim Blake and Inspector Lisa Darling for guiding us through a busy 2018!

Expo 2018: Career Showcase Professions

- Electrician
- Millwright
- Engineer / Business Owner
- Plumber
- Carpenter
- Fitness Instructor / Gym Owner
- Chef / Restaurant Owner
- Realtor
- Social Worker
- Nurse / Nurse Practitioner
- Dental Assistant
- Speech Therapist
- Police Officer
- Firefighter
- Paramedic
- Youth Probation

About Ty Godfrey – Graffiti Artist, Expo 2018

"I have always had a strong interest in art and was blessed with a natural artistic ability. My artwork took a wrong turn in graffiti, resulting in trouble with the law. Using my talents in a desirable manner, I continue to do what I love and grow as an artist." – Ty

Covenant House

Toronto is Canada's largest homeless youth agency.

Their vision is to lead change that challenges at-risk, homeless and trafficked youth to pursue a life of opportunity.

Covenanhousetoronto.ca

Contact Us



A message from the Co-Chairs

Trent Hills Fire Chief Tim Blake became the new Co-Chair of the Leadership Table at the beginning of 2018 and at the end of 2018, we said good-bye to Inspector Lisa Darling of the Northumberland O.P.P. Lisa made a big impact on Safe Communities through her dedication and support of our activities, especially Expo 2016 and 2018. She moves to Peterborough O.P.P. as Detachment Commander and we wish her all the best! At the December Lead Table meeting, Jennifer Cox accepted the nomination as the new Co-Chair, "I am very appreciative of this opportunity to formally support Safe Communities and the important work they do for everyone in the community." Tim commented, "I am so pleased to have Jen in this role and I look forward to a productive and busy 2019."



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Expo 2018 also featured:

- Career showcase panel presentations where youth heard from various professionals in several career areas.
- Over 30 booths and displays set up by social service professionals our first responder and agricultural community members.
- A quiet room staffed by Victim Services and Northumberland Hills Hospital, community mental health that was specifically utilized by two youth who were connected to mental health services/support on the spot.



The second audience at Expo 2018 were service providers. Ross Szabo and Covenant House presenters provided an exclusive session about the links between mental health and substance abuse and human trafficking respectively.

The final segment of the day-long program was open to the community and Ross and Cheryl shared their own personal stories of struggles and successes. Expo 2018 delivered a successful, engaging, and comprehensive program to all involved and those who attended and participated enjoyed the sense of community that it brought to Northumberland.

"Like" us, "Follow" us, JOIN US!

<http://northumberland.safecommunities.parachutecanada.org>

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Parachute Canada, dedicated to preventing injuries and saving lives, officially formed in July 2012, when the former Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada joined together to become one leader in injury prevention. Parachute's vision is an injury-free Canada with Canadians living long lives to the fullest.

