



BURNABY
Primary Care
Networks

Toward Collective Responsibility

**Achieving an Integrated Model for health and
wellbeing in Burnaby — a two day symposium**

November 30, 2023



Sherman Chan, PCN Co-Chair, MOSAIC

K'ana | Deborah Baker, Squamish Nation

Councillor Alison Gu, Acting Mayor, City of Burnaby

OVERVIEW

1. **The Nucleus of a Model – Burnaby’s Journey**
How we got to where we are & where we’re going from here
2. **Learning from Afar:**
Presentation & Panel discussion
3. **The Emerging Framework: What’s next?**





The Nucleus of a Model – Burnaby's Journey

How we got to where we are & Where we're going from here

Jeff Malmgren on behalf of Burnaby PCN
Kimberly Barwich, Burnaby Neighbourhood House
Dr. Jennifer Moore, Burnaby Family Physician

An Integrated Model for Health and Wellbeing in Burnaby

October 2023

The Vision for Burnaby

The Burnaby PCN is strengthening primary care by bringing together the **Burnaby community, its family doctors, and Fraser Health** to collectively drive city-wide health and wellbeing.

Burnaby PCN Community-Wide Vision

Medical Supports

family physicians + community based
allied health and nursing services



Social Supports

community + allied health

We are working towards integrating...

Allied Health Services

Physician Offices

Community NGO Services

FH Community Services

Municipal/Ministry Services

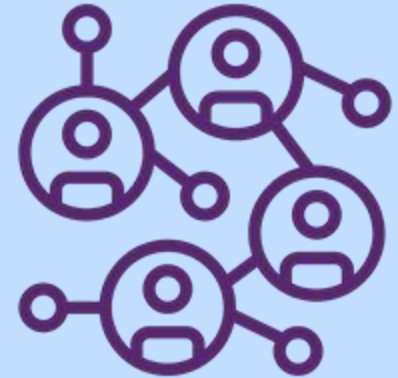
Community Partnerships & Initiatives



**DIGITAL LITERACY
SUPPORTS**



**BURNABY
COMMUNITY FRIDGE**



**COMMUNITY-ENGAGED
RESEARCH**

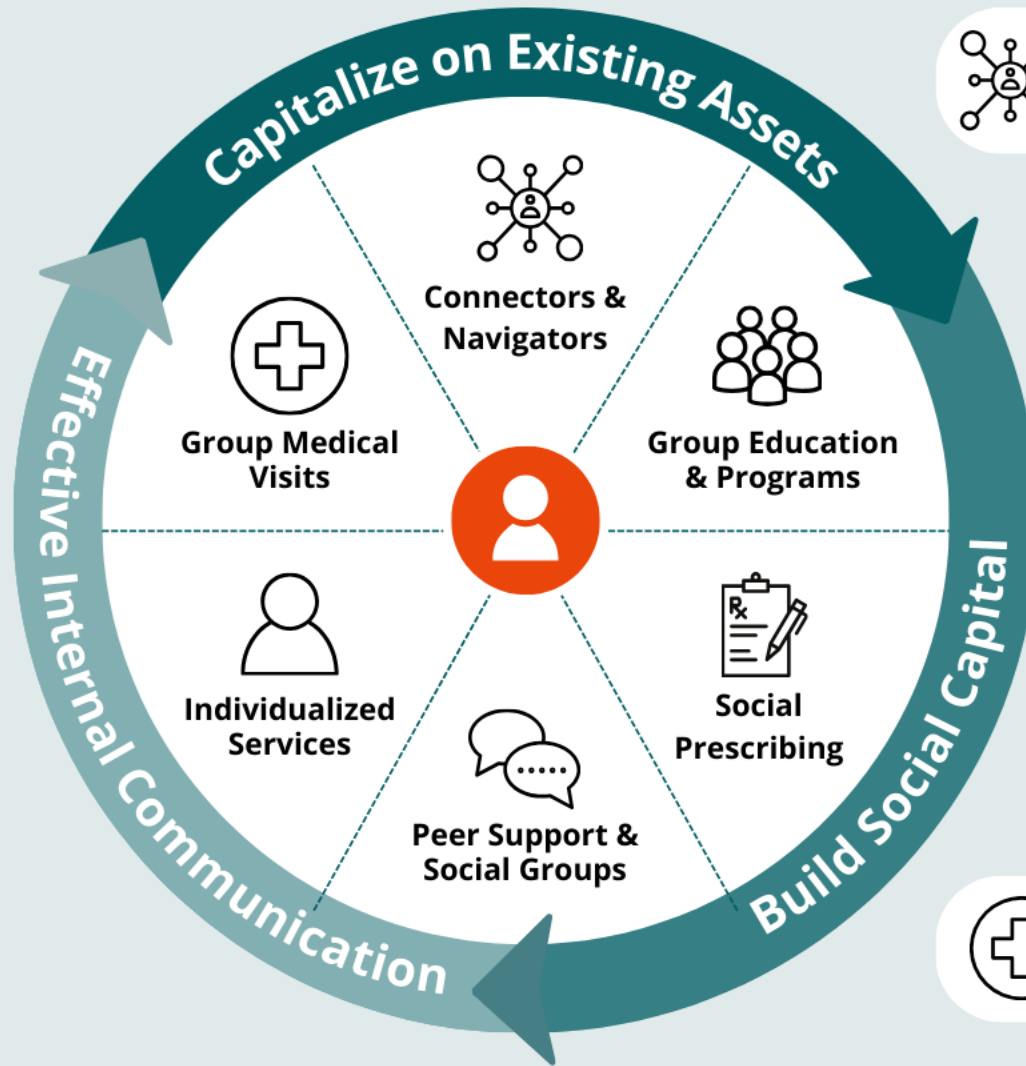


Partnership Infrastructure

*Tripartite PCN
Governance Model*



An Integrated Model for Burnaby



Connectors & Navigators

support and navigation from Active Community Connectors, Active Primary Care Connectors (health navigators).



Group Education & Programs

health and wellness learning events and training opportunities that bring community together



Social Prescribing

holistic approach to health care that brings together the social and medical models of health and wellness



Peer Support & Social Groups

reducing social isolation with peer support networks and opportunities for community members to gather



Individualized Services

increase access to social services and primary care services for individuals



Group Medical Visits

connect with a primary care provider on health topics in a group setting

What can a
formal model
for integrated
health and
wellbeing do
for Burnaby?





Learning from Afar

Presentations & Panel Discussion

Dr. Helen Kingston (Frome Medical) &
Jenny Hartnoll (Frome,
Compassionate Communities)
Dr. Kate Mulligan (Canadian Institute
for Social Prescribing)

Joined by:

Dr. Baldev Sanghera (Burnaby Family
Physician, Edmonds UPCC)

Jonathan Morris (Canadian Mental
Health Association – BC)

Dr. Joshua Greggain (Doctors of BC)

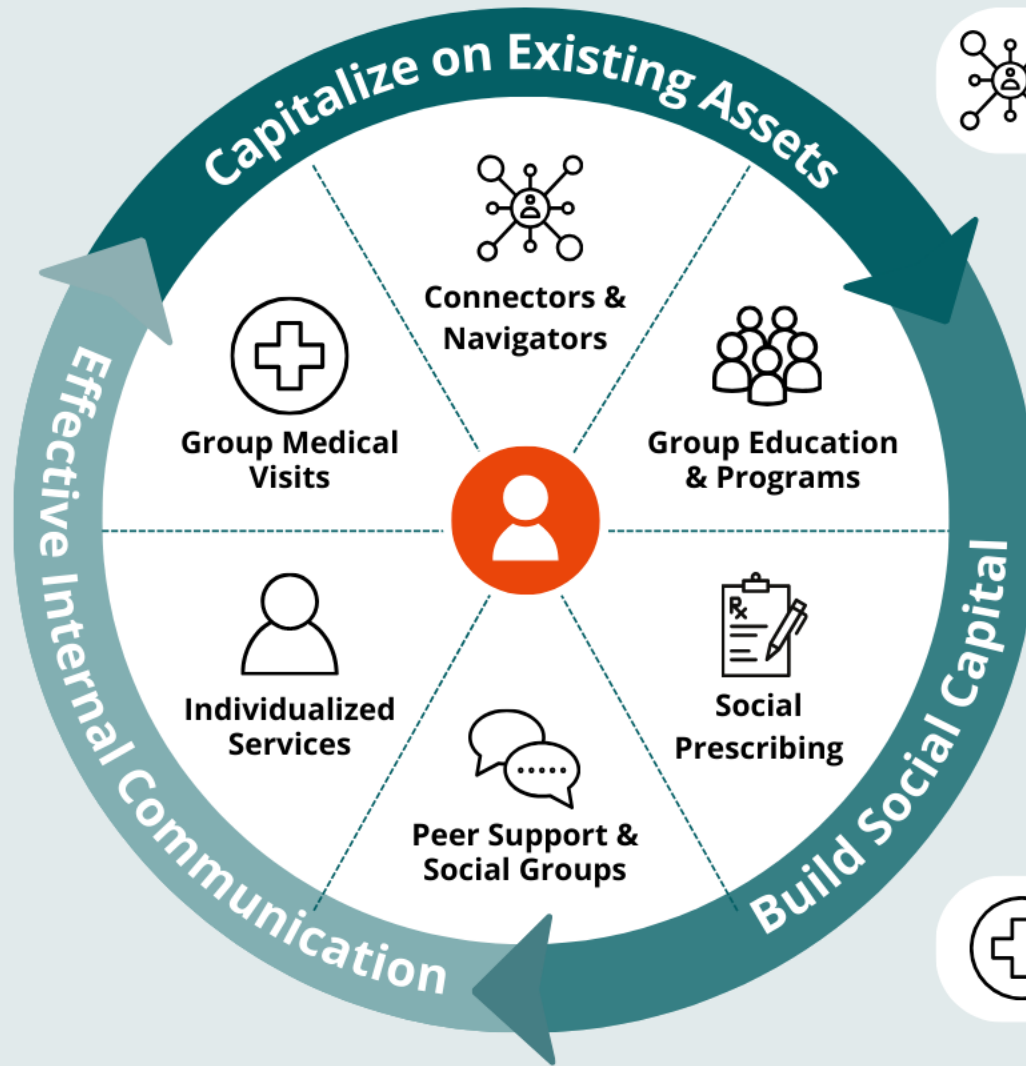
Dr. Ray Markham (Rural Coordination
Centre of BC)

The Emerging Framework:

What's next?



An Integrated Model for Burnaby



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**The Work Starts
January 31, 2024**



Asset Mapping

Delve into data sources

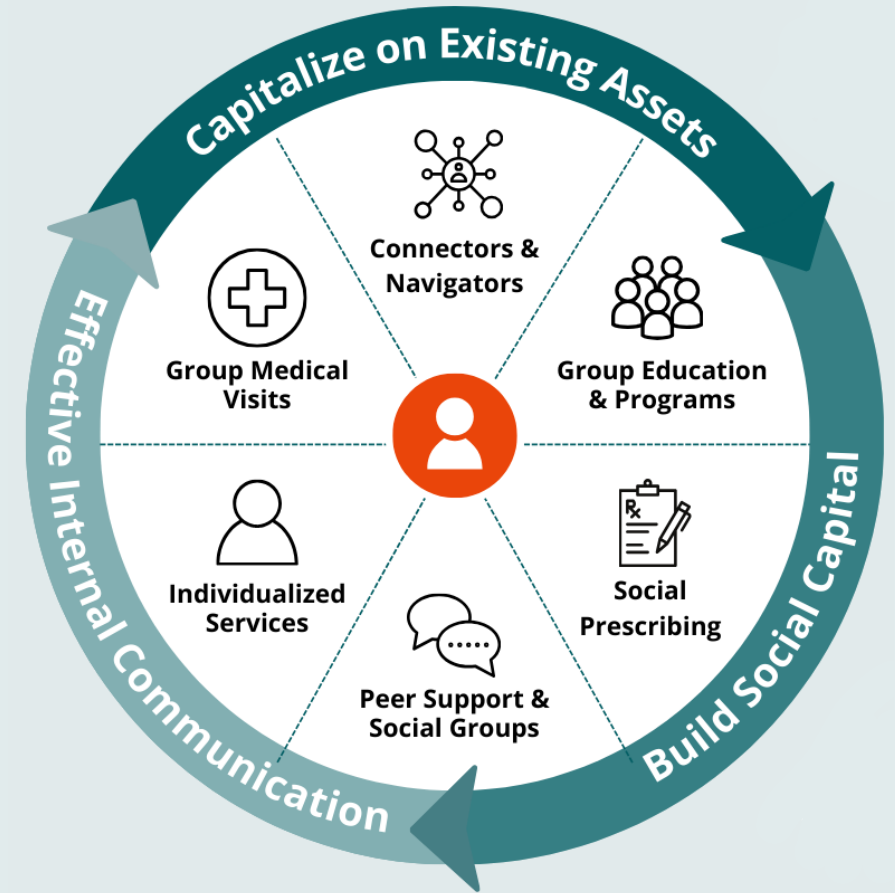
- Health data from FH and MoH
- Health data from community practices
- Social data from Community Agencies
- Social data from City
- Social Data from Provincial Ministries
- Social data from regional, provincial and federal NGOs
- Health and social data from academic sources

Develop a Comprehensive & Integrated Picture of the Work

- Health and primary care activities
 - Programs, services and activities provided through social agencies
 - Programs, services and activities provided through City of Burnaby
 - Parks
 - BPL
 - City Services
 - School District

Understand our current and ongoing integration work

- Review of integration-based projects
- Review of all work for opportunities to integrate
- Identification of opportunities to integrate and/or build on the collaborative partnerships already in place

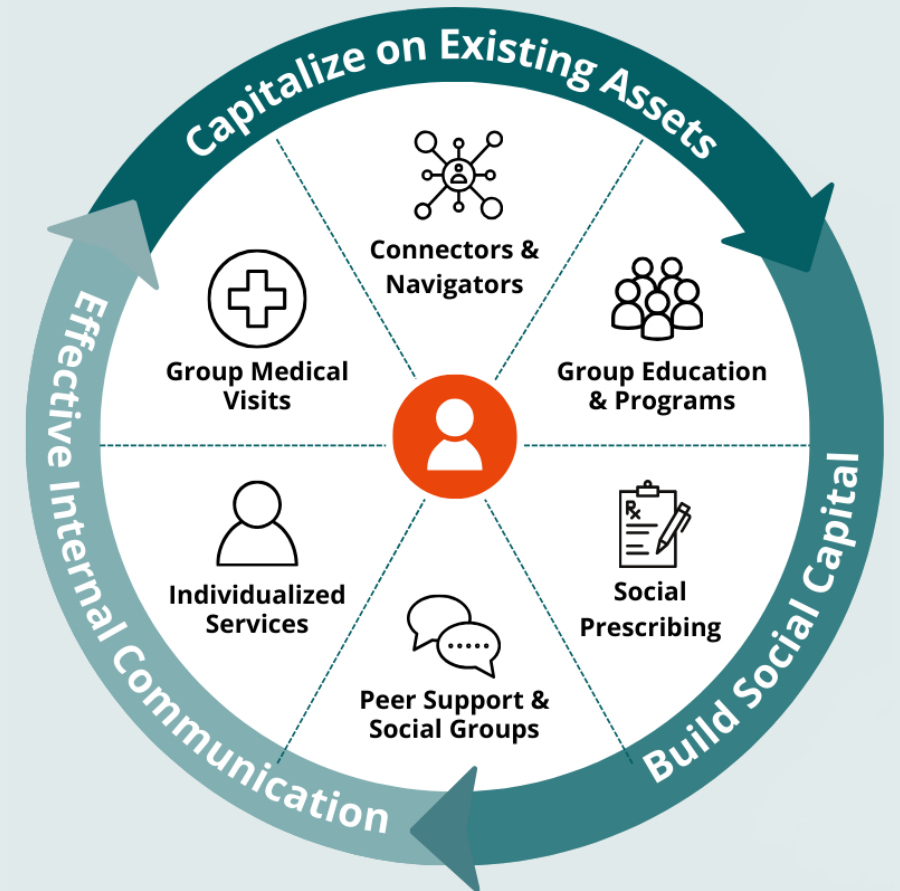


Create a common culture

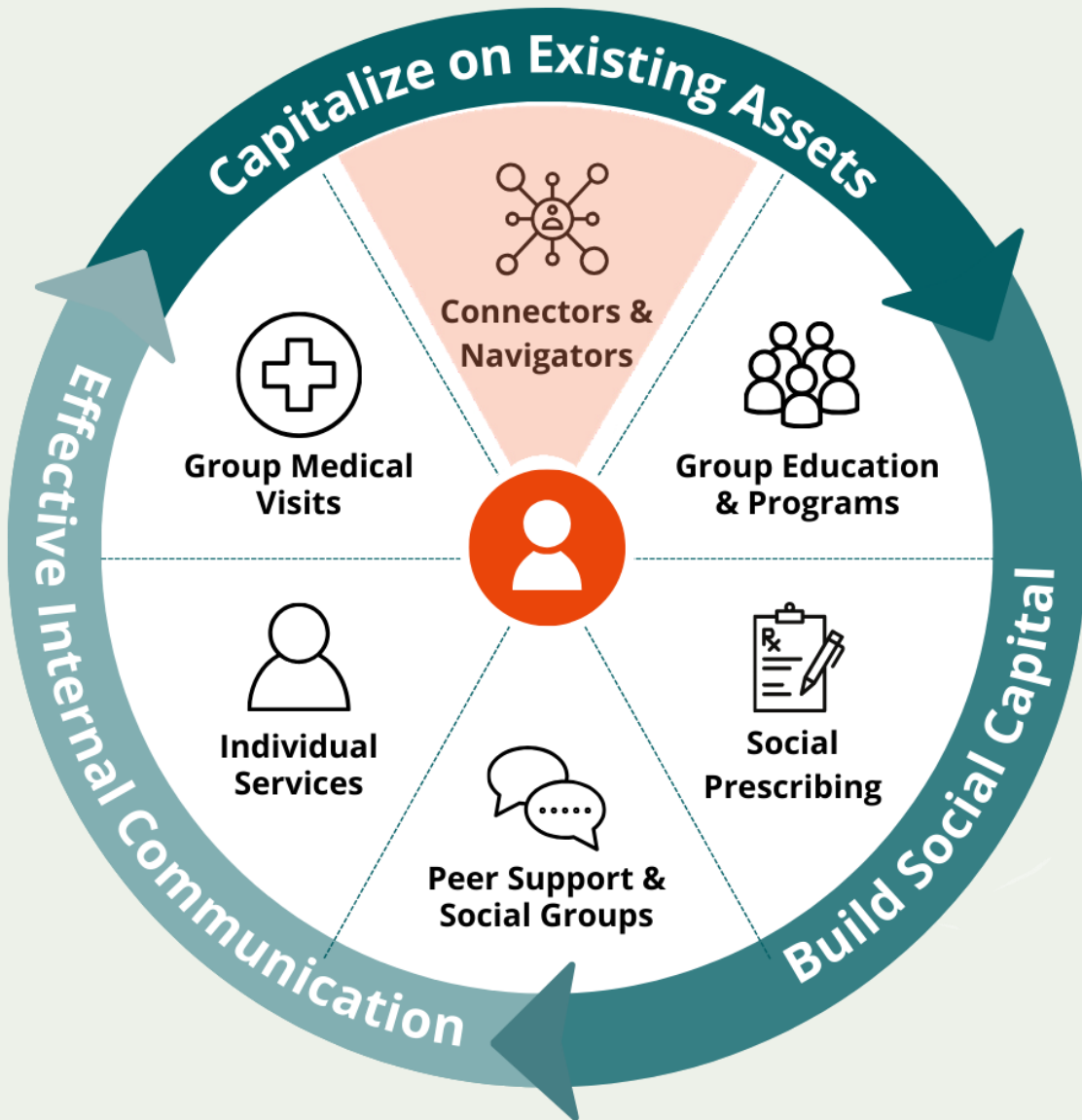
- Seek opportunities to collaborate
- Embed common approaches –
 - Racism and Stigma
- Create common and shared language
- Create ongoing opportunities for connection in community and across sectors

Create a Cohesive Communication Strategy

- A clear 'story'
- A defined, accessible and universally utilized communication backbone (website, social media structure, etc)
- Easy integration with and support of respective partners' communication processes
- Effective mechanisms for communication between services and providers

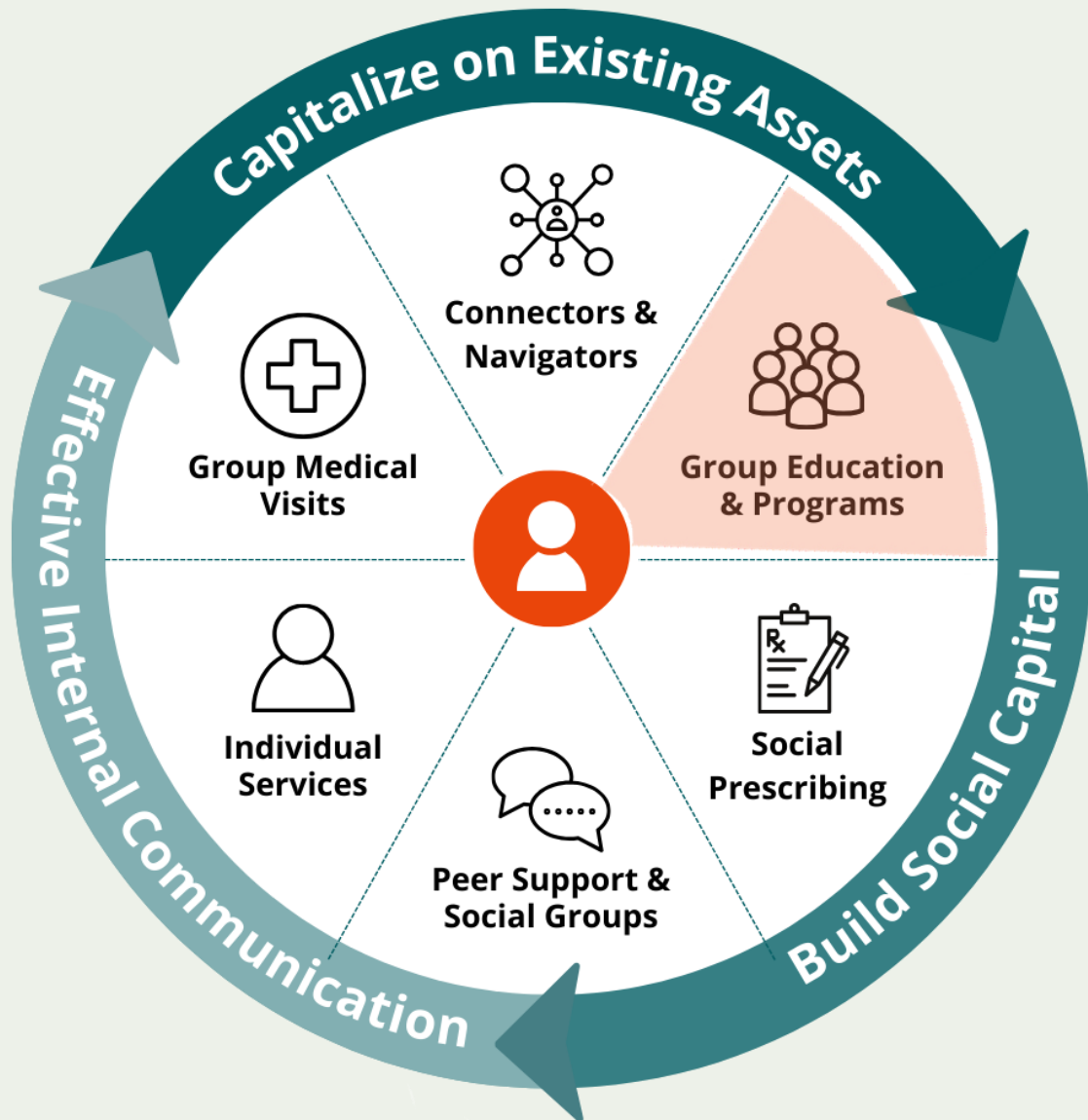


Connectors & Navigators



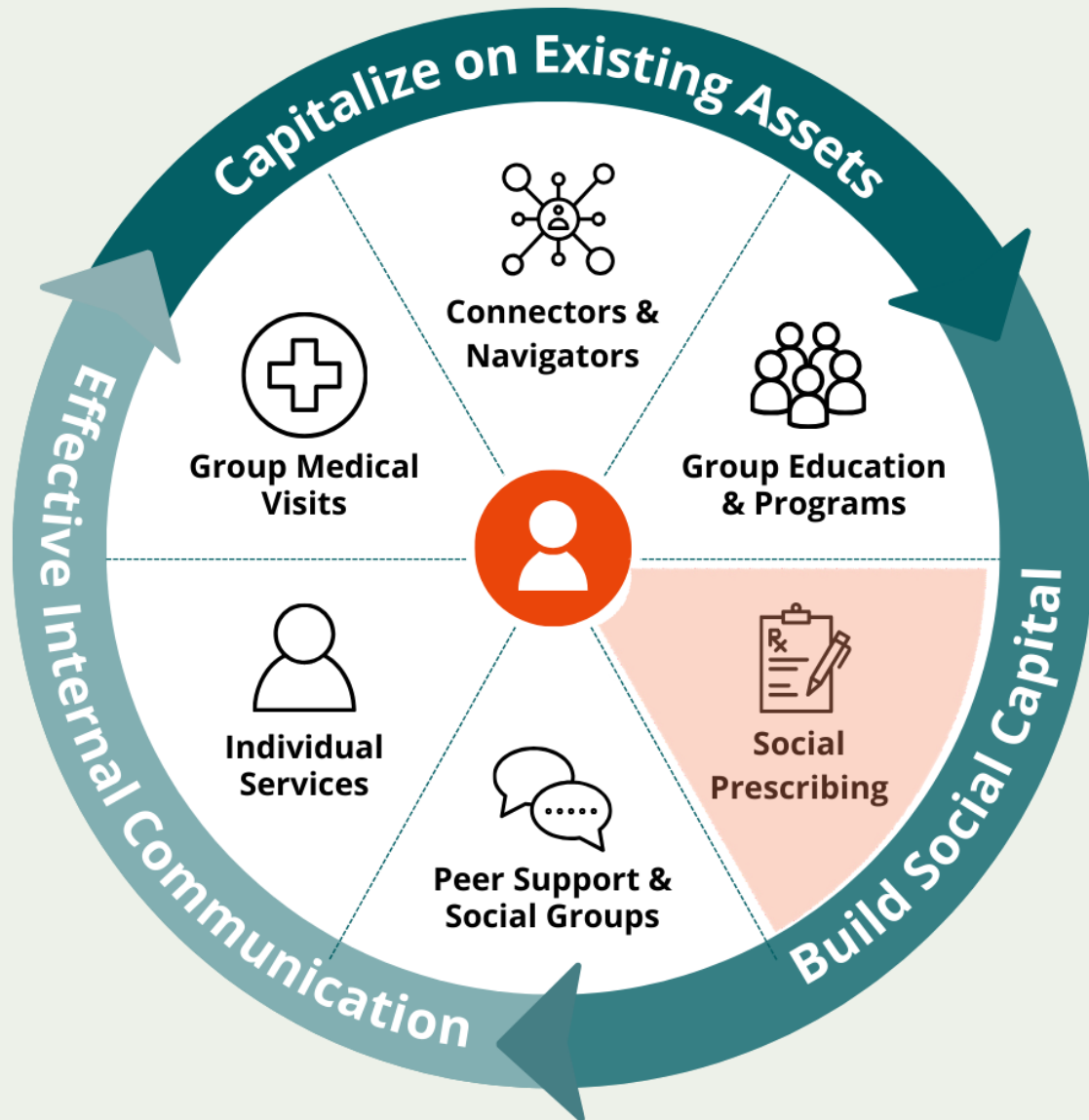
- Community Connector role
- Capitalizing on our growing networks

Group Education & Support



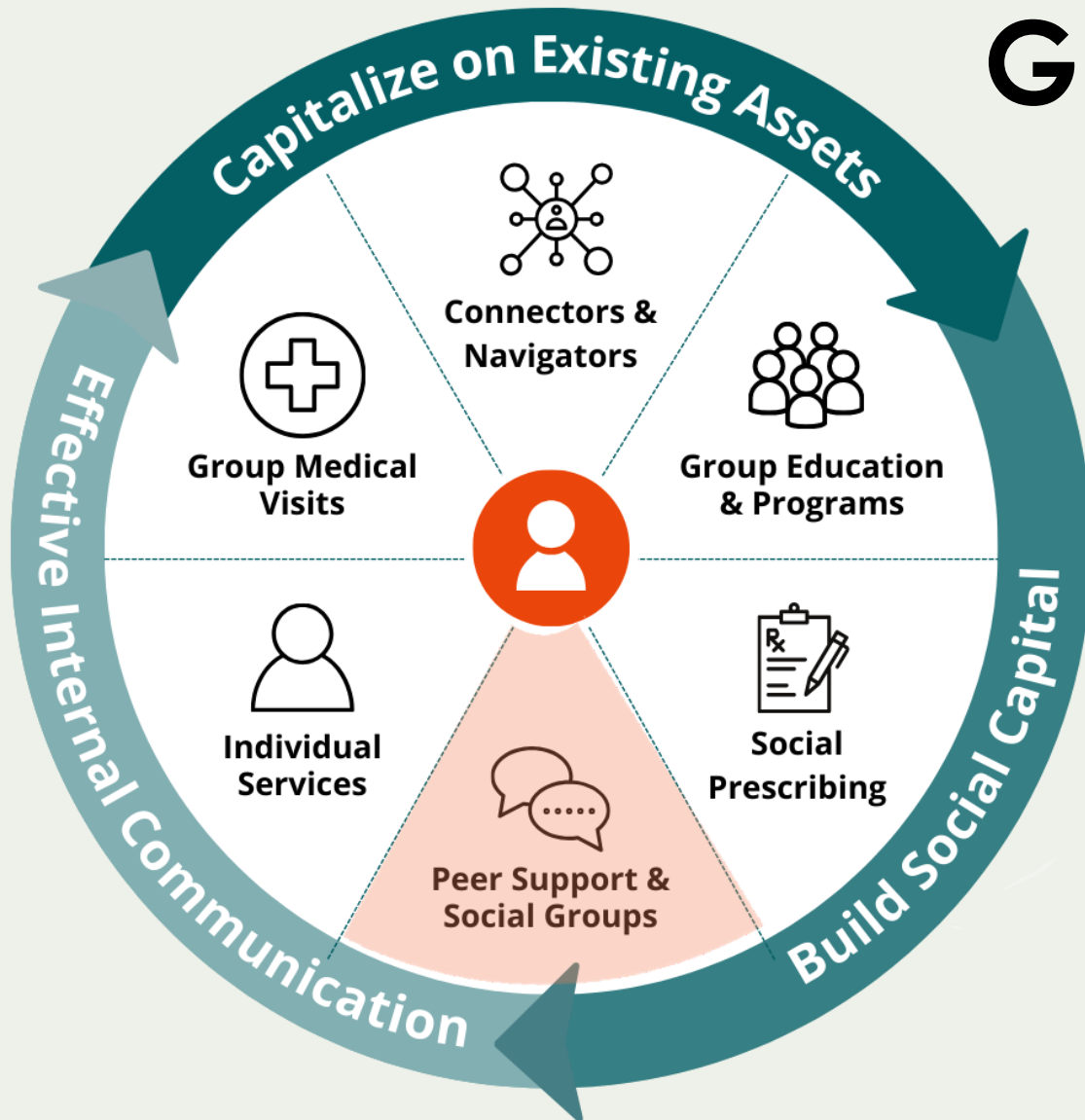
- Build a common curriculum
- Create access to resources across agencies and organizations
- Understand support needs for frontline providers regardless of role or organization

Social Prescribing



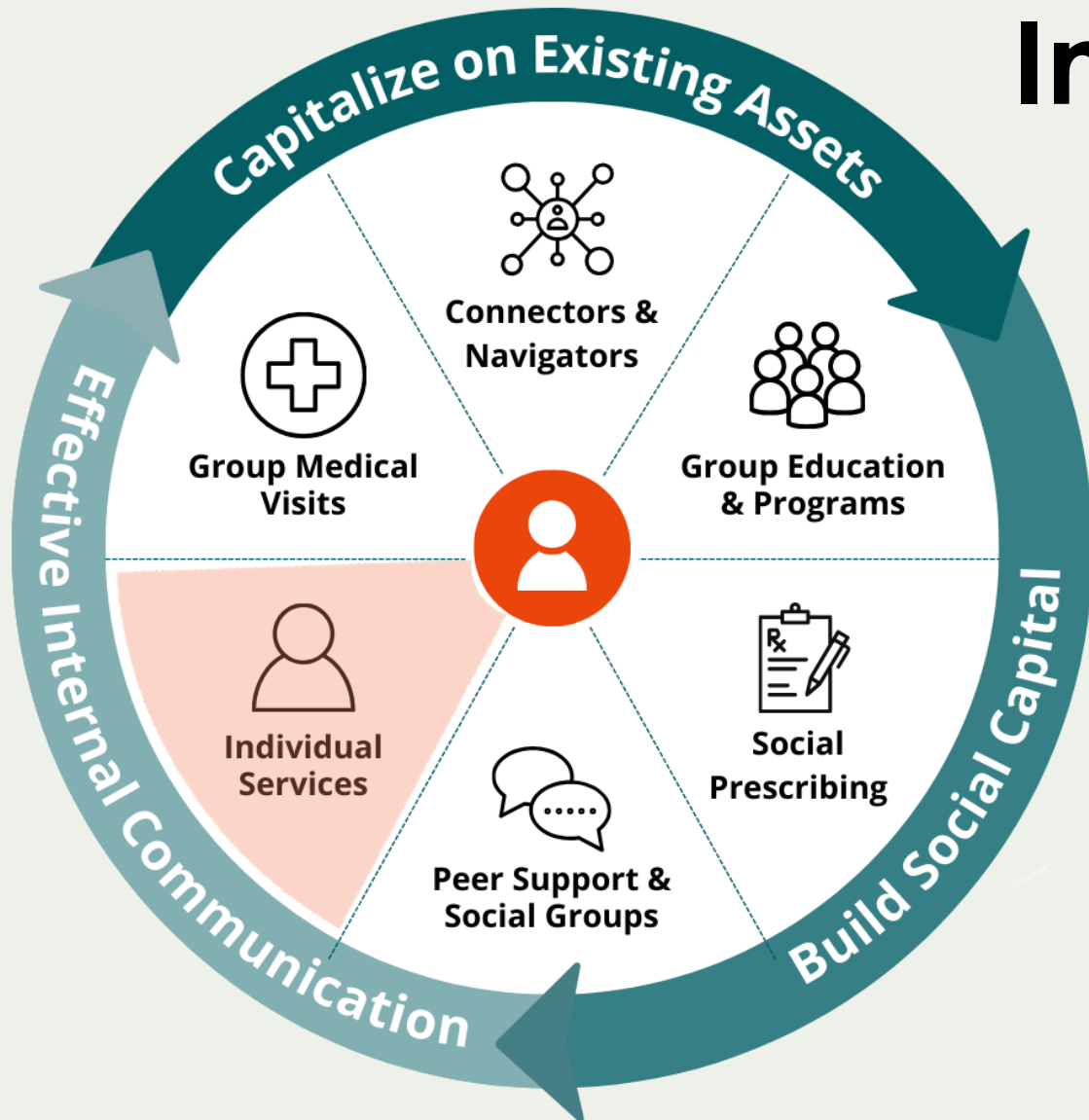
- Move beyond focused population
- Utilize existing and emerging technology
 - Pathways
 - Burnaby VCN

Galvanize Peer Support



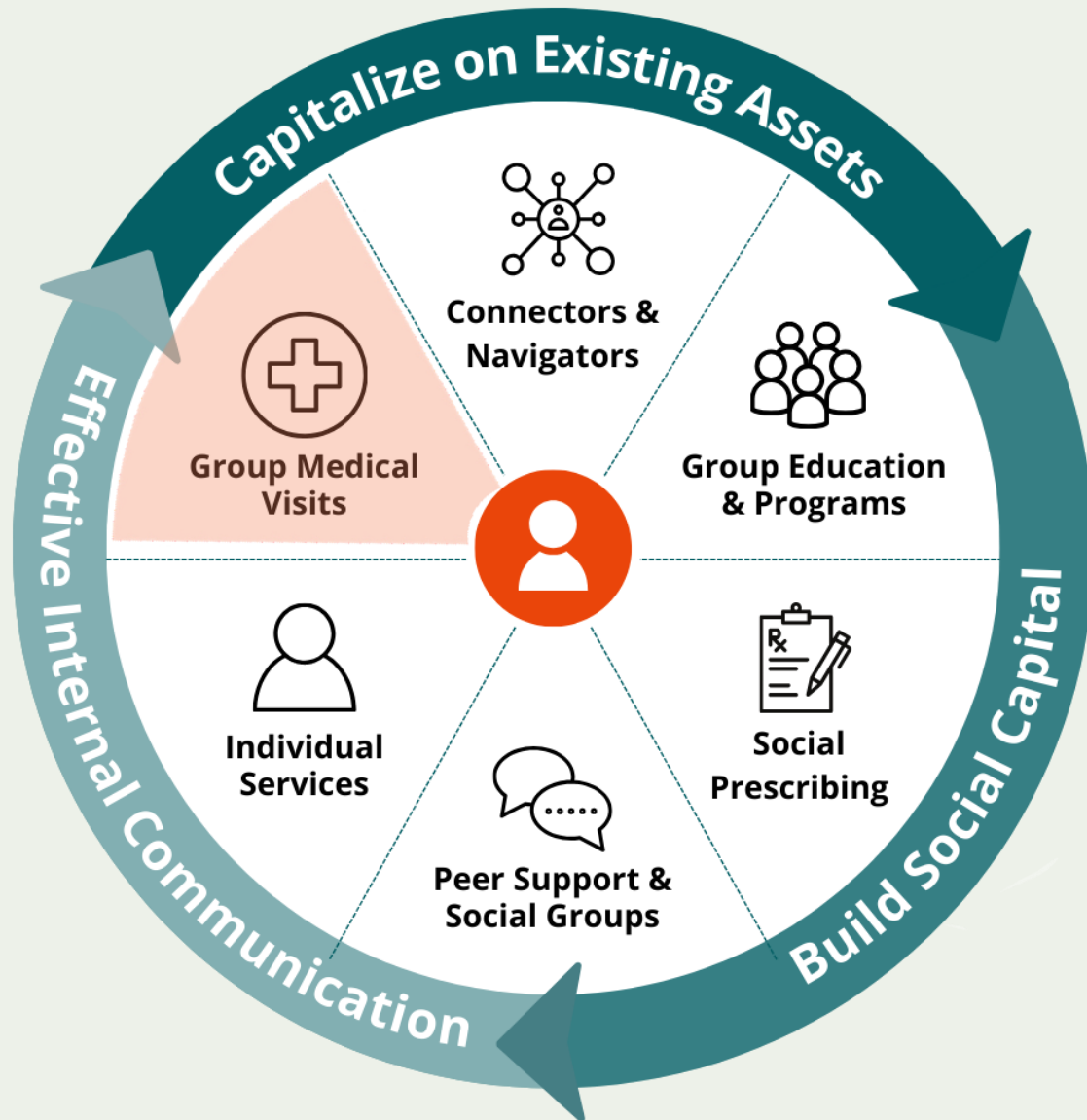
- Understanding Peers as a critical success element
- Support for existing peer networks – such as BCAT
- Ongoing identification of potential peers and peer communities
- Support for emerging peer networks

Individualized Services



- Support service providers and Primary Care Providers in delivering individual appointments to their clients/patients
- Create more opportunities and clear pathways for seeking individualized services — eg. booking appointments, meeting with a Health Navigator or Community Connector

Connect Out from Primary Care



- Shared Learning
- Health Connector role
- Leverage existing initiatives
 - Shared Care
 - BFL Health Connectors
 - Health connector roles funded by MoH
 - As part of existing PCN roles

Build an Achievable Plan

- Defined goals within each element
- One- three- and five-year planning

Find Sustainable Support

- A clear strategy for engagement
- Ongoing efforts to identify and secure resources
 - Focused targets and clear strategy

Engage, Evaluate and Evolve

- Identification of key partners and supporters
- Longitudinal engagement strategy
- Development of developmental evaluation framework
 - Key metrics to support external resourcing and QI





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Toward Collective Responsibility

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January 31, 2024

Registration is OPEN!



Baljinder Narang, Healthier Community Partnership

A group of hands of various skin tones are shown holding small, dark soil pots with green seedlings. The hands are arranged in a circle, with some in the foreground and others in the background, creating a sense of unity and shared effort. The background is softly blurred, focusing attention on the hands and the plants. The overall tone is warm and positive, suggesting themes of growth, care, and appreciation.

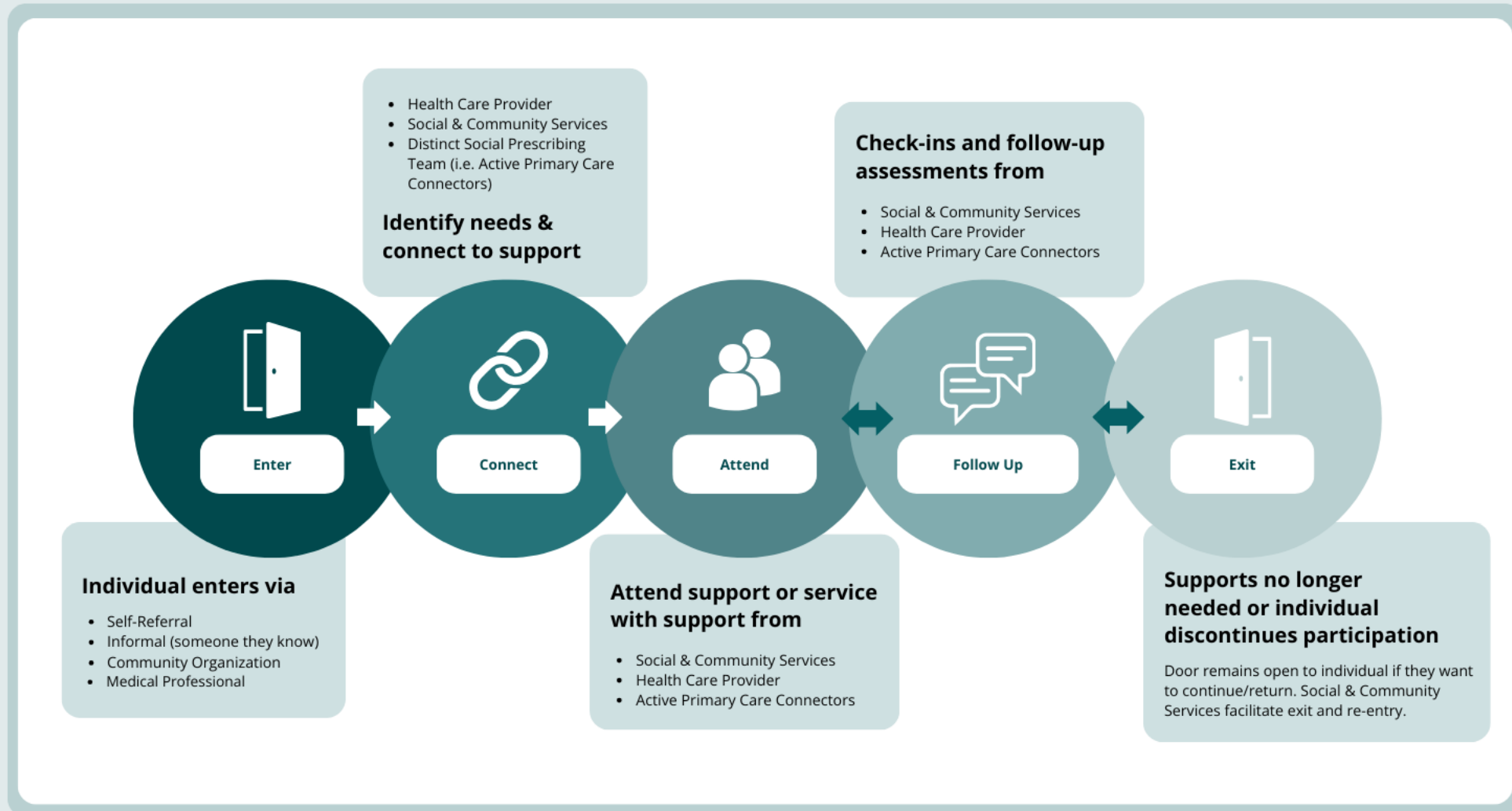
Thank You!

Appendix

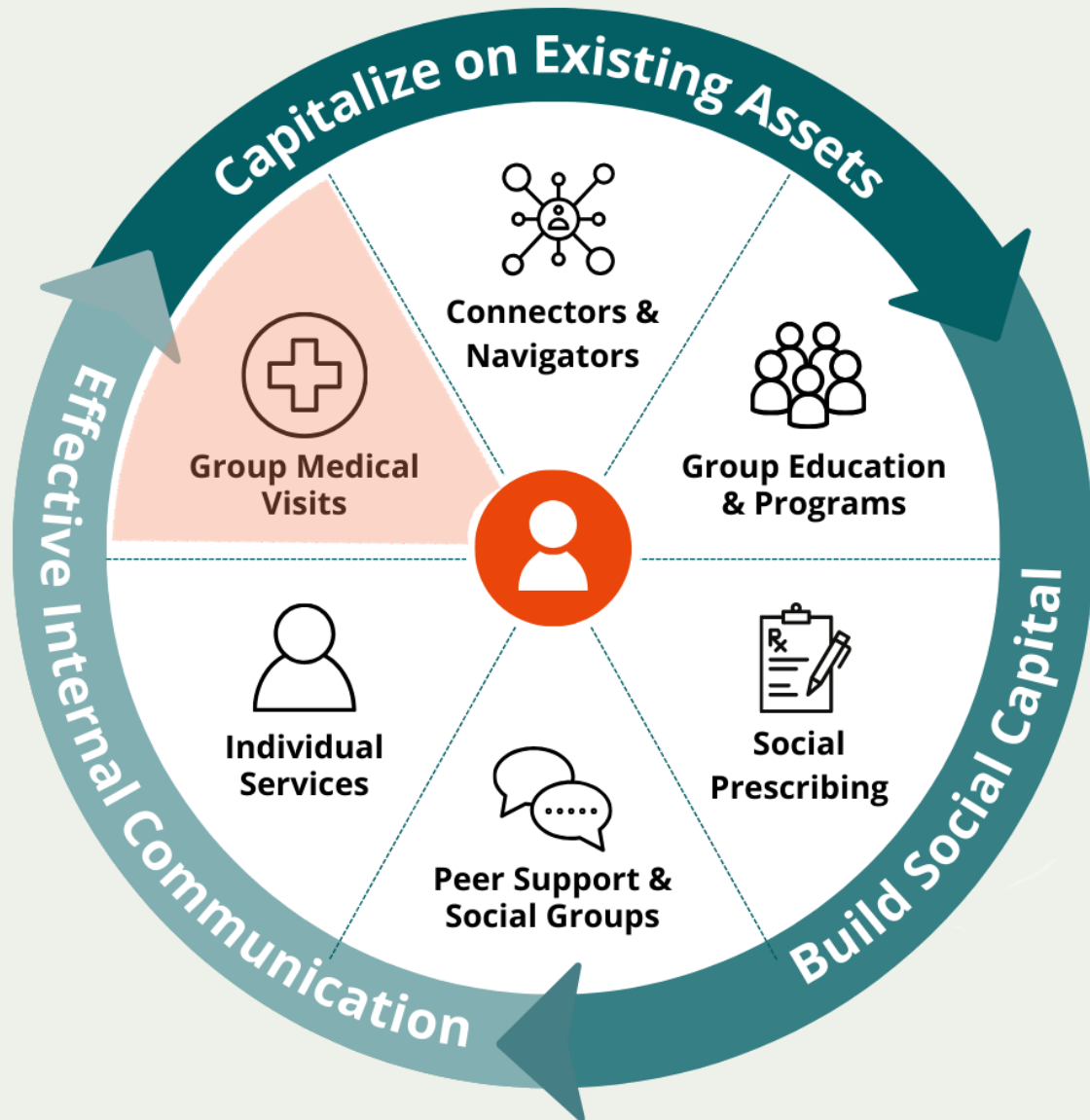
The Work Starts January 31, 2024

- Map our Assets
- Understand our current and ongoing integration work
- Create a common culture
- Create a Cohesive Communication Strategy
- Build Social Capital
- Galvanize Peer Support
- Group Education and Support
- Connect in the community
- Connect out from primary care
- Create an achievable plan
- Find Support
- Engage, Evaluate and Evolve

Social Prescribing Pathway for the Integrated Model



Group Medical Appointments



Connect out from primary care

- Health Connector role
- Leverage existing initiatives
 - Shared Care
 - BFL Health Connectors
 - Health connector roles funded by MoH
 - As part of existing PCN roles