



Ontario Injury Prevention Resource Centre

Updates on Provincial Injury Initiatives September 2016

The Ontario Injury Prevention Resource Centre (OIPRC) is pleased to provide an overview of provincial injury initiatives as part of our mandate to facilitate communication and knowledge exchange among practitioners. The content below provides a snapshot of initiatives in the areas of policy and research, as well as updates from provincial work groups.

In addition to this annual newsletter, the OIPRC regularly shares ongoing updates. If you have something you'd like to share with others across the province, please send the information to Stephanie Cowle, scowle@parachutecanada.org.

For more information about OIPRC services and resources, visit oninjuryresources.ca

Policy

Ontario Public Health Unit Collaboration on Cannabis

The Ontario Public Health Unit Collaboration on Cannabis is a group of substance misuse professionals from 27 public health units who have joined together to promote a comprehensive public health approach to the legalization, regulation and restriction of access to marijuana.

The collaborative allows for opportunities to take a unified approach working towards activities, programs and policies for public health and safety to minimize the harms associated with use of recreational marijuana by increasing awareness of its health impacts and risks.

In June of 2016, the Government of Canada announced that they had convened a Task Force that would be focusing on the legalization, regulation and restriction of access to marijuana. The announcement highlighted that this Task Force was seeking input through an online consultation. The Ontario Public Health Unit Collaboration on Cannabis seized this opportunity and pulled together a smaller workgroup comprised of 19 public health units who collaborated on formulating a collective response to the federal task force's call for input.

For more information, please contact the co-chairs:

Elena Hasheminejad, York Region Health Services

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National Building Code Update

To ensure safer homes in our communities, changes need to happen at the Canadian National Model Code level. These codes set the standards for the provincial codes, which, when adopted, are enforced in our local communities.

Due to the coordinated efforts of Public Health advocates, progress was made during the past code cycle to increase the run length of home stairs, but much work remains around the riser height, handrails, bathroom grab bars and more.

New for the 2015-2020 National Building Code cycle, 2 Public Health professionals now have voting membership in the National Model Code process:

- Jim Chauvin (past policy director for the Canadian Public Health Association and past president of the World Federation of Public Health Associations)
 - Member, Canadian Commission on Building and Fire Codes (CCBFC) - the top decision-making body for the Canadian Model Code System
 - Member, CCBFC Executive Committee
- Linda Strobl (City of Hamilton - Public Health Nurse)
 - Member, Standing Committee on Housing and Small Buildings
 - Chair, Grab Bar Task Group

Here is what you can do to support the work:

1. Get Informed - Attend conferences/workshops re the built environment and building codes.
2. Participate - Stay tuned for upcoming opportunities to submit feedback for National Code change proposals.
3. Join in - Visit the [Code Centre website](#) to observe a meeting of interest or apply to be a committee member.
4. Networking - Share information/meeting notices widely with colleagues and add topic to operational plans.

For more information on how to get involved, contact:

Linda Strobl, Hamilton Public Health
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Fentanyl Patch 4 Patch Return Policy

The Fentanyl Patch 4 Patch (P4P) Return Program was first implemented in the District of Nipissing on December 6, 2013. With the identification of the fentanyl issue in the community by the North Bay City Police Crime Unit, and a partnership between the North Bay & Area Drug Strategy Committee, physicians and community pharmacists, the program was developed, implemented and shared throughout the Province of Ontario.

The P4P Program is when a physician, pharmacist and patient work together to promote safe and responsible use of fentanyl patches. The program requires patients to return their

used patches to their pharmacy before they can receive more.

A P4P Return Policy was brought to the Ontario Legislature as a [Private Member's Bill](#) (MPP Vic Fedeli) in October 2014, and achieved Royal Assent on December 10, 2015.

To help communities across Ontario implement the policy, the North Bay & Area Drug Safety Coalition created three documents, including guidelines on procedure and form templates.

[Fentanyl Patch Return Program resources](#)

For more information, contact:

Pat Cliche, OIPRC

Pat17@sympatico.ca

Research

Making fall prevention "everyone's business" - Active partnering to prevent falls among older adults

This project involves conducting a scoping review, where the team hopes to make recommendations for evidence/theory based approaches for mobilizing community partners to prevent falls among community dwelling older adults.

This project builds on the findings of two previous LDCPs that looked at how public health units' community partners have been involved in fall prevention initiatives and the practices used by public health units to collaborate with community partners in successful fall prevention initiatives.

The objectives of this one-year LDCP are to:

1. Explore approaches to community mobilization when addressing a health promotion or injury prevention issue. This will be done by searching the academic and grey literature.
2. Assess which of these approaches to community mobilization are applicable and transferable to Ontario's PHUs working in fall prevention among community-dwelling older adults. This will be done by using a tool published by the National Collaborating Centre for Methods and Tools (NCCMT).

If you are interested in getting involved, contact:

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Angela Andrews, Haliburton, Kawartha, Pine Ridge District Health Unit

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Provincial Groups

Ontario Injury Prevention Practitioners Network (OIPPN)



On June 7- 8, 2016 OIPPN members gathered in Toronto for their annual face-to-face meeting. A number of presentations were delivered and workshops created two working

groups to focus on two key work plan priorities: one group focusing on Distracted Driving (16-24 yrs.) and the second on Concussion in MVCs.

Both groups are utilizing research papers to assist them in developing their work:

[Summary: Concussion and Motor Vehicle Collisions - Exploring roadside options for first responders](#)

[Fact Sheet: Texting While Driving Behaviour among Ontario Youth and Young Adults](#)

Currently, the **Distracted Driving** group are in the process of completing an environmental scan of key provincial social marketing messages; will work with various agencies to develop messages and consider creating a resource page of all available, current information on this topic.

The **Concussion in MVC** group will develop common awareness materials for first responders and medical staff, pilot the resources in pre-determined communities followed by an online evaluation. They will continue to create and promote the directory of researchers for this topic.

For more information, contact:

Sean Wraight: Chair, Distracted Driving WG (SW Ministry of Transportation)

Sean.wraight@ontario.ca

Pat Cliche: Chair, Concussion in MVC WG (OIPRC)

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Ontario Childhood Injury Prevention Committee (OCIPC)

In April 2016, the OCIPC received funding from Public Health Ontario and the Ontario Neurotrauma Foundation to do further knowledge exchange of the findings from the Locally Driven Collaborative Project (LDCP), "Adapting Alberta's A Million Messages for Implementation in Ontario's Health and Social Services Systems", and to facilitate the incorporation of the LDCP resources into daily practice.

The OCIPC determined that the target group for this project is public health staff and staff from other agencies who work with parents of young children, 0 - 36 months of age.

What has been done:

- A [webinar](#) that summarized the LDCP findings and outlined the implementation of the resources
- Prevent Child Injury Needs Survey and summary report completed
- Injury Prevention messages chart, cards and magnet translated into French and posted on the [Prevent Child injury website, preventchildinjury.ca](http://PreventChildInjury.ca)

What is planned:

At least three face-to-face training workshops to further facilitate implementation of injury prevention resources into everyday practice.

For more information, please feel free to contact the co-chairs:

Helene Gagne, Ontario Neurotrauma Foundation

Helene@onf.org

Kelly Vanderhoeven, Oxford County Public Health

Ontario Concussion Prevention Network (OCPN)

The Ontario Concussion Prevention Network (OCPN) provides a forum for networking, information sharing and knowledge exchange. The membership includes 31 health units as well as other local, provincial and federal stakeholders interested in concussion.

The focus of OCPN this past year has been to share resources and strategies to support school boards with the implementation of the Ministry of Education Concussion Policy/Program Memorandum (PPM158) which required all Ontario school boards to have a concussion policy, including communication of this with physicians. We have been collaborating with Dr. Charles Tator and his colleagues at Toronto Western Hospital to support their work around examining policies addressing student concussion.

[An Examination of Student Concussion Policy in the Context of Best Practices for Prevention, Recognition and Management](#)

Most recently Dr. Michael Cusimano (St. Michael's Hospital) and Dr. Ryan Todd (University of Toronto) provided a presentation on their work with youth highlighting the connection between concussion and mental health. Corinne Kagan from the Ontario Neurotrauma Foundation also kindly provided an update on the Guidelines for Concussion document and the upcoming standards of care for concussion clinics across Ontario.

OCPN members have also reviewed and provided feedback on the [CATT \(Concussion Awareness Training Tool\) Educator Toolkit](#). Our interest is in whether this resource, which was created in BC, is appropriate and useful in the Ontario context.

The network continues to provide a vibrant vehicle to share the latest information related to this issue among stakeholders across the province.

For more information contact:

Tracy Dahms Silva, York Region Public Health

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Low Risk Alcohol Drinking Guidelines and Youth Workgroup

The provincial Low Risk Alcohol Drinking Guidelines and Youth (LRADG) workgroup aims to increase awareness of Canada's Low Risk Alcohol Drinking Guidelines amongst parents, youth, and other key stakeholders.

The work group has developed and distributed the following resources:

- Talk to your Child Early about Alcohol: An infographic for parents of 10-14 year olds with a focus on delaying alcohol use.
- Strategies for Parents to Prevent Underage Drinking: A series of tip sheets for parents of 15-18 year olds. The tip sheets expand on the Six Parental Strategies to Prevent Underage Drinking (based on work done by the Hamilton Health Unit). The strategies include:
 - Be in the Know: Parental Monitoring
 - Parent-Child Communication: General Communication
 - Set Clear Expectations: General Discipline

- Be a Positive Role Model: Parental Modelling
- Be Engaged: Parent-Teen Relationship Quality
- Know the Law: When Parents Provide Alcohol

[Access English and French versions of the resources online](#)

The resources were distributed to key stakeholders through a variety of channels, including:

- The Ontario Injury Prevention Resource Centre
- The Canadian Centre on Substance Abuse, Prevention Hub
- The Ontario Public Health Association - Alcohol Workgroup

The LRADG and Youth workgroup is currently conducting the following two evaluations:

- An evaluation of the LRADG and Youth Workgroup Resource Implementation Plan. Evaluation results will be used to inform future resource development, distribution, and evaluation.
- An evaluation to determine how the LRADG and Youth Workgroup met the objectives outlined in their Terms of Reference. Evaluation results will inform future collaboration between health units and local partners.

For more information, contact:

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1-800-660-5853 ext. 2261

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Rethink Your Drinking Provincial Working Group

The purpose of the Rethink Your Drinking Provincial Working Group (RYD PWG) is to develop a coordinated communication/implementation plan for a provincial roll-out of RYD messages by Ontario public health units. The aim is to develop a process that health units can use to implement the RYD at the local health unit level, but at the same time so that it becomes a provincial-wide campaign. This is a time limited working group.

[Project objectives](#)

[Rethink Your Drinking website](#)

When will RYD be implemented provincially?

- Proposed timelines include a start date of December 15, 2016 for the province-wide roll-out.
- The campaign period will span 3 months (i.e. December 15 - March 15) and participating organizations can promote the campaign within that time period. It is not a requirement that the campaign be promoted for the entire time period. However promotions that are a part of this provincial initiative and that are to be included in the evaluation should be started and completed within this timeframe.
- The Rethink Your Drinking French website is being created and will be ready in the fall.

How do you participate?

- If your health unit will be participating, please send us an email to let us know.
- Updates will be sent via email with important information as it becomes available.
- A webinar is planned for later this fall to share the final implementation plan as well as discuss the evaluation.

- A centralized online hub is being created to provide access to all the resources necessary for participation. This includes graphics, social media messages and other community-based ideas for sharing Rethink Your Drinking.

To get involved and for more information, please contact the co-chairs:

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Other Initiatives

Fall Prevention Month

In November 2015, Ontario launched its first ever Fall Prevention Month campaign. A collaborative approach was used to develop and promote coordinated fall prevention messaging and activities throughout the month of November.



These resources were capsulated in a Fall Prevention Month Toolkit.

2015 Outcomes

There were 1,791 unique downloads of the Toolkit by the end of the November campaign. The planning guides we developed for exercise classes and the Check Your Balance activity were popular, as were the bilingual Fall Prevention month logos and the handout "Six Warning Signs of Falls". One person who utilized the Toolkit commented that it was "phenomenal and much appreciated! We know everyone is busy and these resources were inspirational".

109 organizations reported participating in Fall Prevention Month by organizing at least one fall prevention initiative. At least 30 of these organizations partnered with another organization to run their initiative. The majority (94) of the participating organizations were located in Ontario. There were initiatives in all LHIN regions and a particularly strong showing in South West Ontario. There was participation from varied sectors including public health, non-profit, private, government, university and hospital.

157 initiatives during November 2015 had a total reach of over 6,165 individuals. Thanks to a large number of training and education events for staff at health care organizations, over 600 health care workers are more aware of fall prevention best practices. The most common initiatives were handout distribution (87), presentations (70) and information booths (39). Webinars attracted the greatest number of attendees (1,845).

The social media hashtag #PreventFalls2015 was used in 497 tweets and a few dozen Facebook, LinkedIn and Tumblr posts. Fall Prevention Month initiatives garnered interest from local media, too. There were 96 different news pieces related to Fall Prevention Month.

Fall Prevention Month 2016

Fall Prevention Month is back again for November 2016, with a new website and an updated toolkit.

[Visit fallpreventionmonth.ca to see what's new](http://fallpreventionmonth.ca)

If you work with older adults, we want you to join us in promoting Fall Prevention Month. Organize at least one fall prevention initiative for the month of November. Initiatives can be big or small. Launch a social media campaign, host a webinar, run an exercise class, do staff training, hang posters, offer home safety checks, evaluate your current fall prevention practices - everything helps!

Mental Health Promotion: CAMH Health Promotion Resource Centre

CAMH Health Promotion Resource Centre (CAMH HPRC) is currently working to share the report: *Pathways to Promoting Mental Health: A 2015 Survey of Ontario Public Health Units*. The report highlights the findings of a 2015 provincial survey conducted as a partnership between the Ministry of Health and Long-Term Care's Population and Public Health Division and CAMH HPRC. The survey documents current mental health promotion activities in public health being delivered for Ontarians of all ages and stages and identifies specific mental health promotion activities occurring for adults 18 years and older. The findings show that there are a wide array of mental health promotion activities occurring across Ontario's PHUs and that these activities sometimes overlap with activities focused on the prevention of intentional and unintentional injuries.

[Pathways to Promoting Mental Health: A 2015 Survey of Ontario Public Health Units](#)

As some background, CAMH HPRC is situated within [Evidence Exchange Network \(EENet\)](#) in the Provincial System Support Program (PSSP) at CAMH. EENet is a knowledge exchange network that brings together mental health and addictions stakeholders from across Ontario. Within EENet's network of networks, CAMH HPRC works as Ontario's source for health promotion evidence regarding mental health and substance use and builds related capacity in health promotion, public health and allied health professionals.

You can get involved with CAMH HPRC by joining our knowledge exchange events. On Wednesday, October 5, 2016, we will be hosting a webinar to share the recent results of the Ontario Student Drug Use and Health Survey (OSDUHS). The OSDUHS is the longest ongoing student health survey in Canada and is run by CAMH's Institute for Mental Health Policy Research. In the second part of a two-part webinar series presented EENet, presenters will reflect on how the OSDUHS data has been used to inform programming, planning, and policy at the system level around youth substance use and other risk behaviours. Learn more and register here.

For more information contact:

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About the Ontario Injury Prevention Resource Centre

The Ontario Injury Prevention Resource Centre is here to support practitioners like you! Here are some of the services we offer to support Injury Prevention in Ontario:

- **Custom consulting** - We provide resources, tools, and advice to meet your needs.

- **Data requests** - We provide local emergency and hospitalization injury data.
- **Training** - We offer injury prevention curricula and online learning.
- **Knowledge exchange** - Visit our website for news and events, or join our listserv.

[Contact us](#) for more information!

The Ontario Injury Prevention Resource Centre is operated by:

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