



WINTER 2008

OHSSN serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English. Do you need assistance in finding information or services in English? Give us a call. Our health and social services Network Manager is here to help. Contact **Danielle Lanyi** at (819) 923-8429 or e-mail info@ohssn.org. You can also visit our website at www.ohssn.org.

Healthy Nutrition / Diabetes Awareness Sessions

The OHSSN will be hosting two sessions on Healthy Nutrition / Diabetes Awareness. The first session will be held at the Kazabazua Library on Thursday, February 26th, 2009 from 1:00 PM – 3:00 PM. The second session will take place at the Buckingham CLSC on Sunday, March 8th, 2009 from 1:00 PM – 3:00 PM. If you want to know more about these sessions, or to register, please contact Danielle Lanyi at (819) 923-8429. These sessions are made possible thanks to a grant from the Public Health Agency of Canada and a partnership with the Canadian Italian Community Services of Quebec Inc.

Prevent Carbon Monoxide Poisoning

Carbon Monoxide (CO) is an odourless, colorless toxic gas that can have tragic consequences. Find out how you can prevent CO poisoning, what to do if someone is suffering from CO poisoning, where it comes from and more by visiting <http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2008/08-203-01A.pdf>. This informative brochure is produced by the Ministry of Health and Social Services' Provincial Committee for the prevention of CO poisoning. Be safe!

Not feeling well? Concerned about a loved one? Dial 8-1-1

Dialling **8-1-1** allows you to speak with a health-care professional for **non-urgent** cases. This professional consultation service is accessible by telephone 24 hours a day, 7 days a week and is a major part of first line health care. It offers answers to common health questions and directs users to the right service in the health and social services network. You can also consult the health guide at www.guidesante.gouv.qc.ca.

Caring for kids

www.caringforkids.cps.ca provides a variety of information from pregnancy and babies to teens. This website, developed by the Canadian Paediatrics Society, is designed to provide parents with information about their child's health and well being.

Care-ring Voice Network

Caring-Voice Network is a free, bilingual and confidential program that links caregivers and families to information and support through the use of tele-learning. You can benefit from this learning experience with health care professionals in the comfort of your own home with family and friends. To register for workshops go to www.careringvoice.com/tele-register.php. The next English session will be held on January 28th, 2009 on Psychiatric medications and other treatments: What's behind all the controversy? This session will be hosted by Action on mental illness with guest speaker Dr. David Bloom, Psychiatrist.

Your feedback is important to us

We encourage and appreciate your comments and questions so that we can better serve you. If you have any problems accessing the information in this newsletter, please contact Danielle Lanyi at **(819) 923-8429** or e-mail at info@ohssn.org.



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A Healthy Vision for the Future

Summary of the OHSSN Vision Session, September, 2008

In 2013, the English speaking population of the Outaouais will be able to access a wide range of quality health and social services in the region, which are culturally and linguistically appropriate. This will be achieved through effective communications focused on knowledge and understanding of the needs, and supported by community engagement and ownership through partnerships with the public sector.

After four years, during which the OHSSN has developed its mandate and the scope of its activities, stakeholders from the English-speaking community met to combine ideas and expertise to create a vision for the future.

Several key themes emerged, aimed to increase access to information and to a wide range of health and social services in English.

Key areas of focus included increased communication and networking as well as partnerships with all of our stakeholders.

This will involve developing further partnerships and informing the public and stakeholders about the OHSSN. The effective use of resources and expertise, as well as finding new and creative ways to serve the public, integrated into the health care system, will help us to improve the health outcomes for the English-speaking population.

One initiative already underway involves the creation of a Regional Community Health and Social Services Resource Centre. This venue will provide information about health and social services to the English-speaking population in the Outaouais, link to all available services, and assist individuals who need to access them.

The Regional Community Resource Centre will serve as one-stop shopping for the health and social services information needs of the English-speaking population.

The English-speaking community and stakeholders will be encouraged to participate actively in the development of plans to make access to information and services easier.

Communication is crucial to making this vision a reality. Individuals have to be encouraged to assume greater responsibility for their own health care, to understand what services are already in place and how to access them.

Our vision includes a focus on prevention and outreach, building awareness, sharing knowledge with the public as well as with our partners, and networking effectively to improve the health and social services of all of the English-speaking community.

This exciting five-year plan has already begun and we are all dedicated to achieving our desired vision by the target date of 2013.