

The CHANGE Health Community Centre

It is time for CHANGE. Many families in Parkland County are struggling.

Meet Jason. Jason is a high school student in Parkland County, currently in Grade 11. Jason has been talking with the assistant principal due to Jason having problems with his classes. He is missing many classes and not getting his assignments done. Jason admits that there is a lot of stress at home. He is not sleeping well. He has to get up early as Jason spend 45 minutes each morning getting to school on the bus. Jason is overweight just like his mom. Over the past 2 years he has been feeling sad. He has been cutting. Mom doesn't know. It makes him feel better, takes his minds off things. He always wear long pants even in the summer to hide the scars. He has a family doctor but doesn't know his name. He has not seen him in years. "Mom won't take me. She has her own issues."

Meet Abby. Abby is in Grade 10. She lives with her grandmother and her younger brother. Mom lives in the city and has a drinking problem. Dad is out of the picture. A couple months ago her auntie moved in with them. She has six young children. Abby looks after all the kids including her younger brother when she gets home from school. Abby is finding school really hard. She can't concentrate and has a lot of anxiety and often has panic attacks. She has a hard time sleeping because the house is really loud. Her anxiety started when she was seven. Something happened back then. She has never told anybody about that. Abby stops talking. She doesn't want to talk about it.

These are complex situations that need a coordinated approach. Several students like these two are not getting help. Most don't go to the doctors. Some go but don't say anything because mom or dad is there. Others have been referred for counselling but there is a long wait. Often the teenagers that we see are the healthy ones that do not need health care services. By coordinating services and providing programs where families can build skills of strength, resiliency and be connected to a community of support, families like this can do well.

The CHANGE Health is a new program started by Dr. Doug Klein to build life skills among Edmonton area families. Using the camp concept that is familiar to most people, we provide the opportunity for families to develop skills that support healthier living (outdoor play, healthy meal preparation, mental health support and fun family activities) that can be incorporated into daily practice. The program brings together multiple sectors (health care, education, community) that usually work independently to create a unique program. This program is provided by the University of Alberta in partnership with CHANGE Health Alberta, a registered charity created to support families in Alberta. CHANGE Health Alberta is the organization that runs the CHANGE Adventure Camp in Parkland County.

The Proposal

The vision of CHANGE Health is to be one of Canada's leading health protection and improvement program for adults, children and families through collaboration with community members, educators, businesses, health care, and government. By co-designing solutions through authentic partnerships, the CHANGE Centre will support Alberta Families to learn, or for most of us, re-learn healthy living through lifelong healthy nutrition, active lifestyles, and positive social connections.

We propose the creation of the **CHANGE Centre**, a provincial innovation hub located in Parkland County, focusing on a new model of health and education delivery, training, evaluation and research. Located in the countryside on the banks of the North Saskatchewan River, the CHANGE Centre will be a joint-use community space stewarded by those involved in health, education and community. This will create an opportunity for CHANGE Health to expand its current work with the local health care community and Parkland School Division.

Background

Growing numbers of Canadians lead increasingly unhealthy lives. Whether this is because our busy lifestyles require more time sitting in cars and in front of screens, or because of our lack of knowledge about how to purchase and prepare healthy foods, the situation is complex and requires the investment of diverse systems leaders. In the past, children and adults would spend several hours each week outdoors. This is no longer the case. As Richard Louv says, we have a "nature-deficit disorder". For today's generation, nature is found on Youtube or Wikipedia, rather than through actual experience. This disconnection with nature is contributing to increasing rates of mental health problems, chronic disease and the obesity crisis that Canada currently faces.

In Canada, like every other developed economy, we are responding to this crisis by **spending increasing amounts of money on health care; although what we are really buying is disease care.** Something has to change. CHANGE Health is working to create a new collaborative model of health service delivery that supports preventive personalized and community-relevant care to Albertans.

What CHANGE Health Does

CHANGE Health connects community members with programs that build life skills to support lifelong healthy nutrition, active lifestyles, mental wellbeing and positive social connections that move us from disease care to true health care.

To make lasting improvements in health, we help families in four core areas:

- a. Nutrition and meal preparation,
- b. Physical activity and lifelong fitness,
- c. Mental health and wellbeing, and
- d. Strong partner and family relationships and community connections.

CHANGE Health customizes health support with an inter-professional team focusing on families' specific needs. The principles are: 1) customized nutrition and graded exercise intervention (tailored to family preferences and abilities); 2) supervision and implementation of the program in a collaborative fashion between the family and the CHANGE Health Team (family doctor, dietitian, kinesiologist, teacher, social worker and psychologist); 3) focus on mental health, family attachment, and social connection. The program links with community resources including schools, community centres, local family programs, libraries, and local business such as grocery stores and recreation facilities. There is also an embedded evaluation component to capture the CHANGE Health Community Program's real-world impact and to inform future developments to optimize the program's value to families, communities and the Alberta health eco-system.

The Future of CHANGE Health

Recently, the CHANGE Health model has received \$1 million to fund programs for families across Alberta; some of which could be conducted out of the CHANGE Centre. Over the next 4 years an additional \$6 Million in programming funding is expected. We have also secured \$500K for CHANGE Health programing in the workplace. What is currently lacking is the joint use facility to support diverse partners from across systems learn together about how to address complex social issues, a space for multi-disciplinary collaboration, strategies for addressing complex challenges that are co-designed by those with lived experience (i.e. community members, patients, teachers, students and staff).

Building on existing partnerships between health care and education, the CHANGE Centre will support Parkland County by:

- a. Creating multi-partner relationships that authentically bridge perspectives and systems
- b. Empowering the community to design, facilitate and evaluate solutions
- c. Delivering these co-designed solutions with community partners
- d. Demonstrating how family medicine can work collaboratively with communities to create and protect health

The next step is to create the CHANGE Centre. Physically based at a natural retreat space in south Parkland County, the CHANGE Centre is designed to be a hub for many of the activities of CHANGE Health. Functionally, the staff and collaborators of the CHANGE Centre will steward the network of relationships that lead to the community-engaged activities of CHANGE Health throughout Parkland County.

The Ask

The cost of purchasing and renovating is between \$1.8 million and \$2 million. See attached Budget (land purchase and facility improvement only). It should be noted that the programing and evaluation funding has already been secured.

Major Capital Cost Share Funding – Stage One – Project Initiation

1. A substantial part of the municipalities residents or business will benefit or could benefit from it.

- The CHANGE Centre will be a joint use space used by schools and families across Parkland County.
- Parkland School Division will be a major user of this space throughout the school year for specialized program for all students with additional programming designed for students with complex mental, physical or social needs.
- On weekend and in the summer, the CHANGE Centre will host the CHANGE Adventure Camp continuing to provide services for Parkland County residents.
- In addition, field trip type usage for students, the CHANGE Centre will allow schools to support the building of life skills among students and their families.
- Community partners that serve the most vulnerable families and individual will have access to the site. These include Family and Child Support Services, Sunrise Support, Boys and Girls Clubs, local libraries, the food bank and youth support services.
- The CHANGE Centre will be located in an area of Parkland county that has less services than other areas of the region.

2. It is not a duplication of another effort in the region.

A comparative analysis has been conducted to search for similar projects in the region. No comparative project was found. In fact, the true collaboration between health, education and community sectors rarely exists and this would be the first of its kind in the province and likely the country. For example, Memorial Composite High School is the only school in the region and province that has a family doctor co-located at the school.

Certainly, there are different local, municipal, regional and province organizations that are working on these issues, but there are still significant needs and unfortunately gaps in care and inequities are becoming deeper and more complex. There are programs to support nutrition and health promotion as well as cooking classes and community kitchens. Despite these efforts, children are growing up without the skills of meal preparation and healthy eating. Likewise, there are several recreational facilities that provide access to physical activity. Health centres, primary care networks and doctors offices clearly exist in the region. Mental health and community support services also exist. What is unique about the CHANGE Centre will be the co-location of these services to improve access. Currently, the support services are in high demand and waiting lists are growing longer. Many families and youth do not seek care due to difficulty in accessing services.

The Westview PCN is working on the development of Youth Mental Health Hub. This proposed project will align well with the work being done in this area. In fact, funding

that has been allocated for a Youth Mental Health Hub could be leveraged in the process of building and renovating the CHANGE Centre. The funding for CHANGE Health Family Program (\$1 Million in programming funds), will also be leveraged to create a sustainable resource for Parkland County.

3. The private sector does not offer it.

No such joint use facility exists in the private sector. Health care and education are public sector systems and therefore the proposal submitted in partnership with CHANGE Health Alberta, a nationally registered charity, is in a unique position to support these public systems.

Currently, the proposed location of the CHANGE Centre does exist as an operating retreat centre but does not function as a significant resource for Parkland County residents, nor does the facility offer any school or specialized programming for the community. The existing facility is available for rental but these rental costs make it unaffordable for use by school classes and many community groups. The integration of health and social support into the facility will improve access and support of Parkland County's families.

No existing site offer the type of program planned for the CHANGE Centre. The closest comparison include YMCA Programs, City of Edmonton Camps, River Valley Day Camps, University of Alberta Camps, and a few traditional camps (Camp Warwa, camp Yowochas, Camp Caroline, and Birch Bay Ranch.) These programs focus on children and not on the family unit. Below is a brief review of these programs.

The Kids in the Kitchen Program and Events

In comparison, The Kids in the Kitchen aimed at helping Canadians live a healthier lifestyle through meal preparation. Last year, nearly 65 children and youth from BGCBigs clubs participated in the 9th annual Kids in the Kitchen initiative, an event hosted by the Junior League of Edmonton that uses hand-on education to empower the children in our community to adopt healthy eating habits. The annual event and programming is focused on healthy lifestyle, and developing a healthy diet for kids. This is a single event that does not support children and families long term. At the CHANGE Centre these meal preparation programs will occur year round and include the whole family.

City of Edmonton and Summer in the City Camps:

The structure of these programs is similar - focusing on helping kids and youth have fun outdoors during the summer. The closest camp to the CHANGE Adventure Camp programming is the River Valley Day Camps in Edmonton. The River Valley Day Camps includes elements from traditional camp activities and focus on physical fitness, socialization, and personal growth. The River Valley camps focus on creating opportunities for kids to experience outdoor adventures and build positive skills and

habits. These City of Edmonton programs are focused on the summer and are available to children only.

University of Alberta Camps:

In comparison to CHANGE Adventure Camp, the camps currently run by the university are very popular with families, and since the university has abundant resources, the camps are extensive. The main difference between the University summer camps and the CHANGE Adventure Camp is the holistic healthy lifestyle focus (including nutrition and meal preparation) that the Change Camp includes in its operations. Unfortunately, many Parkland County families live too far to participate in University of Alberta programs. In addition, cost is a significant barrier for many families and once again these programs focus only on children.

Traditional Camps:

Camp Warwa, Camp Yowochas, Camp Caroline and Birch Bay Ranch

Many of the camps on this list are members of The Christian Camp and Conference Association (religious based). Many of these traditional camps have been running for many years and focus on outdoor adventure. Unfortunately, these existing camps are too far for regular use by residents of Parkland County. There is a successful family camp program offered in Kananaskis (offered by the YMCA – Chief Hector) but this program has very limited space and does not address the nutrition, meal preparation, mental health and social wellness proposed in the CHANGE Centre.

4. There is a demonstrate need through study or evaluation that is robust and has been agreed upon by Council.

Diet, physical inactivity, alcohol and smoking are the main modifiable risk factors for chronic diseases. While many guidelines and resources, like the Canada's Food Guide and Canada's Physical Activity Guidelines for Adults, have been produced, there has been very limited evidence of any impact at the population level. Suboptimal diet and physical inactivity are common among the Canadian population. Current physical activity guidelines for adults ages 18-64 recommend at least 150 minutes of moderate to vigorous aerobic exercise weekly, completed in intervals of at least 10 minutes, along with at least 2 days per week of resistance training. However, 85% of Canadians fall short of the current physical activity recommendations. In relation to healthy eating, 60% of Canadians report eating less than 5 daily servings of fruits and vegetables. In contrast, on any given day, 25% of Canadians will eat from a fast food outlet. These behaviours have resulted in 66% of adults being overweight or obese, with rising rates of hypertension, DM, and dyslipidemia not to mention the effect on mental health, concentration and quality of life.

In addition, studies show that Albertan children and youth are leading increasingly unhealthy lives. In a study examining the average number of steps per day, 86% of children in Alberta were not achieving the 16 500 steps per day recommended by Canada's Physical Activity Guidelines and 76% were getting over the recommended maximum limit of two hours of screen time. Sedentary time, including screen time, also affects sleep and 31% of school age children and 26% of adolescents in Canada are not getting enough sleep which has implications on diet and weight gain. The lure of increased screen time combined with longer work hours for parents and busier family schedules have created a problem coined by Richard Louv as the "nature-deficit disorder". Children are more active when they are outside. For example, children who play outdoors get 2100 more steps a day and are 3 times more likely to achieve activity recommendations.

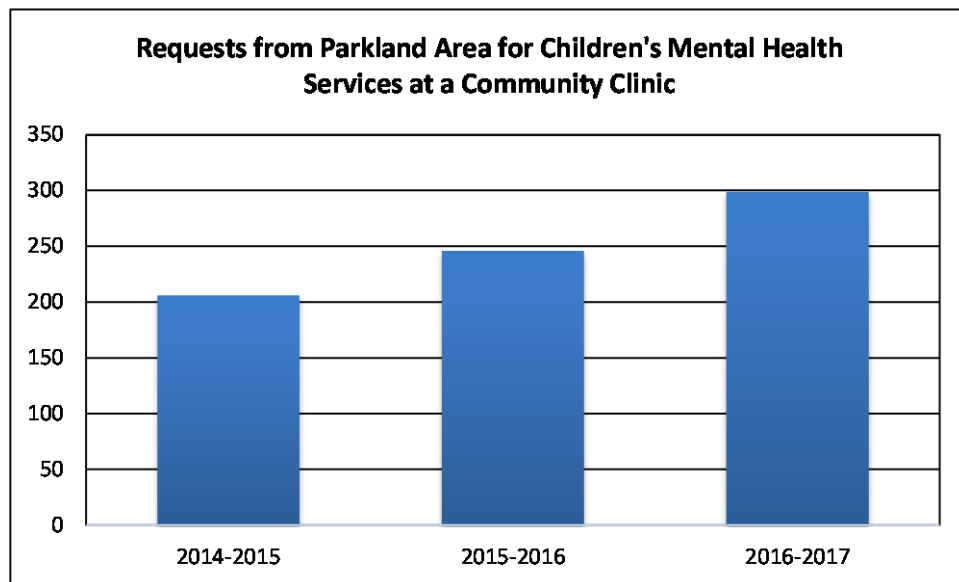
The food choices many Canadian families are making also promote disease instead of health. For example, fruit and vegetable consumption in the Canadian population has been decreasing since 2009, with only 33% of children aged 4-13 eating the recommended 5 servings of fruit and vegetables daily, a trend that further decreases as children age. Sugar sweetened beverages have become dominant in children's diets over the age of 6. Children are growing up without the skills to grow food or cook at home as busy families eat pre-packaged processed and restaurant meals more often. Lack of cooking skills are demonstrated to decrease balanced food choices and increase processed food consumption. Increased screen time and time indoors also influences food intake. Children make food choices based on taste versus health, and children exposed to unhealthy food marketing messages exhibit altered psychological and neurobiological mechanisms impacting food decisions.

In general, many children and their families are disconnected from each other and the outdoors, have low physical activity levels and increased screen time, may not be sleeping enough and are eating more processed and less healthy food. This is contributing to the increased rates of chronic disease, obesity and accompanying mental health problems that Alberta currently faces.

Answers remain elusive. Children have limited ability to increase physical activity, increase healthy food availability and decrease unhealthy food options within the family environment. Family lifestyle choices are a substantial contributing factor to the health of children and interventions are more effective when delivered to children with their families. In fact, the most effective approaches to preventing childhood obesity are combined interventions targeting diet and physical activity delivered as part of a curriculum with both home and community components.

Across Parkland County, additional youth mental health services are needed in the community. (See below)

Spruce Grove Child and Adolescent Mental Health Services Wait Times Data



Demand - Referrals/Requests from the Parkland area have increased by 50% in recent years.

Wait Times

- The average waiting time from receiving referral to first appointment offered has gone up from 10.5 days to 45 days between Oct. 2016 and August 2017.
- The average waiting time from receiving referral to being seen in the Spruce Grove clinic has increased from 34 days to 69 days over the last year.

Spruce Grove Child and Adolescent MH Clinic	Jan-17	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17
Average # of days from referral to the first appointment to be offered at the Spruce Grove MH Clinic	15.38	20.62	15.72	21.63	26.28	33.96	43.83	44.81
Average # of days until seen if Spruce Grove Clinic is their choice	22.41	26.14	28.52	43.52	46.14	61.00	78.83	68.71
Average # of days until seen if another clinic in Edmonton Zone is their choice	32.38	30.13	29.49	38.33	35.84	43.14	51.35	58.35
% Urgent Children Offered an Appointment with 14 days	100%	100%	100%	56%	53%	42%	60%	75%

It should be noted that some of the demand for Spruce Grove has been absorbed by the other clinics in the Edmonton Zone.

5. It is a facility providing services that Parkland County residents expect to have available to them and there is support from Parkland Residents.

Everyone has a right to be happy and healthy. Parkland County is no exception. Families expect to receive high quality health care and high quality social services. Community partners has expressed the concern that the services in Parkland County are insufficient. Others have suggested that more services are needed on the west side of the county. The increased requests for mental health services are an example of the need that Parkland county residents expect.

The CHANGE Centre idea has received letters of support from former MLA Erin Babcock, Parkland School Division, the Westview Primary Care Network, local psychologists, local health providers and members of Paul Band first Nation.

The idea has also received support from the former Medical Officer of Health David Swann, municipal (Councillor Scott McKeen) and provincial representative (MLA David Shepherd) from the Edmonton area, the Institute of Health Economics and the Department of Family Medicine at the University of Alberta.

Summary:

In Parkland County, we can transform a current retreat facility into the CHANGE Centre. Families will have the opportunity to come for weekend and weeklong sessions where they will learn to cook, be active and CHANGE the way they live. The CHANGE Centre will be available for businesses, community groups, schools, families and children. Throughout the summer, the CHANGE Centre will host the CHANGE Adventure Camp children can come to have fun outside while learning about nature, ways to stay active and the importance of good nutrition. The land is available and has been appraised by CHANGE Health Alberta.

The investment in the CHANGE Centre is fundamental. As we create a new model of health delivery we need to safeguard the environment in which CHANGE Health is operating. Security and safety for the children and families involved is paramount.

The investment in the CHANGE Centre will capitalize on current funded projects and create a legacy for the residents of Parkland County. Adapting to the local context at every site and every delivery location of the CHANGE Health Programming takes time, energy and resources that are costly. We can more effectively support many more families at a single site. In addition, different partners who may be willing donate locations for programming each have their own agenda and regulations which limit what we can do an influence the programming.

Examples of CHANGE Health Partnerships:

1. <https://globalnews.ca/video/rd/1217556547817/?jwsourc=em>
2. <https://globalnews.ca/video/3273169/change-adventure-camp-gets-kids-outside-learning-about-healthy-living>
3. <https://globalnews.ca/video/rd/751328835775/?jwsourc=em>

**CHANGE Family Community Program and CHANGE Health Centre of Excellence
Proposed Budget**

		Families Served					
		200	200	200	200	200	
Activity Category	Activity Details	Year 1	Year 2	Year 3	Year 4	Year 5	
CHANGE Health Community Program	Community Facilitator	\$40,000	\$80,000	\$80,000	\$80,000	\$80,000	
	Kinesiologist	\$60,000	\$120,000	\$120,000	\$120,000	\$120,000	
	Dietitian	\$60,000	\$120,000	\$120,000	\$120,000	\$120,000	
	Social Worker	\$50,000	\$100,000	\$100,000	\$100,000	\$100,000	
	Physician Leadership (5 Physicians 1 day per week each; \$50,000 per year per physician)	\$250,000	\$250,000	\$250,000	\$250,000	\$250,000	
	Psychologist	\$90,000	\$180,000	\$180,000	\$180,000	\$180,000	
	Community Program Support	\$50,000	\$55,000	\$60,000	\$65,000	\$70,000	
	Community Program Leadership	\$80,000	\$85,000	\$90,000	\$95,000	\$100,000	
Implementation and Training Costs	Start-Up Costs	\$10,000	\$10,000	\$0	\$0	\$0	
	Training	\$6,000	\$6,000	\$6,000	\$0	\$0	
	Travel costs	\$10,000	\$10,000	\$10,000	\$10,000	\$10,000	
	Site Visits	\$2,000	\$2,000	\$2,000	\$2,000	\$2,000	
Property	Land purchase	\$1,800,000	\$0	\$0	\$0	\$0	
	Facility Improvement	\$100,000	\$200,000	\$100,000	\$100,000	\$100,000	
	Operating Costs	\$100,000	\$100,000	\$100,000	\$100,000	\$100,000	
	Maintenance	\$50,000	\$50,000	\$60,000	\$60,000	\$70,000	
Equipment	Clinical and Exercise Equipment Purchase and Maintenance	\$40,000	\$20,000	\$20,000	\$20,000	\$20,000	
	Supplies and Materials	\$10,000	\$20,000	\$20,000	\$20,000	\$20,000	
	Accelerometers	\$40,000	\$0	\$0	\$0	\$0	
Evaluation and Quality Improvement	Evaluation Lead	\$80,000	\$80,000	\$80,000	\$80,000	\$80,000	
	Data Analyst (from IHE)	\$50,000	\$25,000	\$25,000	\$25,000	\$50,000	
	Data Analyst (EPICORE)	\$25,000	\$25,000	\$25,000	\$25,000	\$25,000	
	Data Management	\$50,000	\$50,000	\$50,000	\$50,000	\$50,000	
	Trainees	\$40,000	\$60,000	\$60,000	\$60,000	\$60,000	
CHANGE Health Centre of Excellence	Clinical Network Support	\$40,000	\$40,000	\$40,000	\$40,000	\$40,000	
	Community Engagement Facilitation	\$10,000	\$10,000	\$10,000	\$10,000	\$10,000	
	Program Implementation Facilitation	\$10,000	\$10,000	\$10,000	\$10,000	\$10,000	
	Resource Development	\$10,000	\$10,000	\$10,000	\$10,000	\$10,000	
	Centre of Excellence Support	\$50,000	\$55,000	\$60,000	\$65,000	\$70,000	
	Centre of Excellence Leadership	\$80,000	\$85,000	\$90,000	\$95,000	\$100,000	
Total Budget		\$3,293,000	\$1,858,000	\$1,778,000	\$1,792,000	\$1,847,000	\$10,568,000