



## The Regional Municipality of Durham

### Health and Social Services Committee Agenda

Thursday, September 7, 2023, 9:30 a.m.

Regional Council Chambers

Regional Headquarters Building

605 Rossland Road East, Whitby

If this information is required in an accessible format, please contact 1-800-372-1102 ext. 2097.

Note: This meeting will be held in a hybrid meeting format with electronic and in-person participation. Committee meetings may be [viewed via live streaming](#).

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<b>2. Declarations of Interest</b>	
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<b>4. Statutory Public Meetings</b>	
There are no statutory public meetings	
<b>5. Presentations</b>	
5.1 Becky Wall, Manager, Population Health Re: School Health	11
5.2 Rachel Hirstwood-Judd, Supervisor, Adult Protective Services, Family Services Durham and Mark Grant, Area Manager, Family Services Durham Re: Adult Protective Services – Innovative Partnerships and Housing Stability	22
<b>6. Delegations</b>	
6.1 James Meloche, CEO, Community Care Durham, and Melissa Rudan, Lead, Community Capital Development, Community Care Durham Re: Community Care Durham’s Vision of Community Health and Wellness Hubs	
<b>7. Health</b>	

- 7.1 Correspondence
  - a. Information Report #2023-INFO-74 of the Commissioner & Medical Officer of Health  
Public Health Services to Support School Health, including Mental Health Promotion and Substance Use Prevention  
**Pulled from September 1, 2023 Council Information Package by Councillor Roy**  
Recommendation: Receive for information

- 7.2 Reports
  - a. Report #2023-MOH-5  
Durham Nuclear Health Committee Membership

**8. Social Services**

8.1 Correspondence

8.2 Reports

There are no Social Services reports to be considered

**9. Advisory Committee Resolutions**

There are no advisory committee resolutions to be considered

**10. Confidential Matters**

There are no confidential matters to be considered

**11. Other Business**

**12. Date of Next Meeting**

Thursday, October 5, 2023 at 9:30 AM

**13. Adjournment**

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## The Regional Municipality of Durham

### MINUTES

#### HEALTH & SOCIAL SERVICES COMMITTEE

Thursday, June 8, 2023

A regular meeting of the Health & Social Services Committee was held on Thursday, June 8, 2023 in the Council Chambers, Regional Headquarters Building, 605 Rossland Road East, Whitby, Ontario at 9:30 AM. Electronic participation was offered for this meeting.

#### 1. Roll Call

Present: Councillor Roy, Chair  
Councillor Dies, Vice-Chair  
Councillor Anderson  
Councillor Brenner\*  
Councillor Jubb  
Regional Chair Henry, attended for part of the meeting due to municipal business

\* **denotes Councillors participating electronically**

Also

Present: Councillor Crawford, attended the meeting at 9:40 AM

Absent: Councillor Carter  
Councillor Foster

Staff

Present: M. Beaucaire, Manager, Directly Operated, Children Services Division  
C. Boyd, Solicitor, Chief Administrative Office – Legal Services  
S. Breurkes, Nurse Practitioner, Long-Term Care and Services for Seniors Division  
T. Cheseboro, Chief, Region of Durham Paramedic Services, Health  
S. Danos-Papaconstantinou, Commissioner of Social Services  
J. Dixon, Director, Business Affairs and Finance Management, Social Services  
S. Foroutani, Manager, Income, Employment and Homelessness Support Division  
E. Gilbert, Social Worker, Long-Term Care and Services for Seniors Division  
R. Inacio, Systems Support Specialist, Corporate Services – IT  
R. Jagoe, Program Manager, Housing Programs, Housing Services Division  
R.J. Kyle, Commissioner and Medical Officer of Health  
M. Laschuk, Director, Family Services, Social Services  
S. Lewis, Acting Director, Health Protection Division  
L. MacDermaid, Director, Long-Term Care and Services for Seniors, Social Services

L. McIntosh, Director, Income & Employment Support, Social Services  
P. McTavish, Associate Medical Officer of Health  
J. Siciliano, Manager, Income, Employment and Homelessness Support  
Division  
S. Surenthiran, Social Worker, Long-Term Care and Services for Seniors  
Division  
C. Taylor, Manager, Budgets & Finance, Social Services  
H. Toll, Registered Dietitian, Long-Term Care and Services for Seniors  
Division  
T. Tyner Cavanagh, Manager, Strategic Initiatives and Partnerships  
E. Valant, Area Manager, Income & Employment Support, Social Services  
N. Prasad, Assistant Secretary to Council, Corporate Services – Legislative  
Services  
K. Smith, Committee Clerk, Corporate Services – Legislative Services

**2. Declarations of Interest**

There were no declarations of interest.

**3. Adoption of Minutes**

Moved by Councillor Anderson, Seconded by Councillor Jubb,  
(31) That the minutes of the regular Health & Social Services Committee  
meeting held on Thursday, May 4, 2023, be adopted.

CARRIED

**4. Statutory Public Meetings**

There were no statutory public meetings.

**5. Presentations**

5.1 Sahar Foroutani, Manager, Income, Employment and Homelessness Support  
Division, and Jocelyn Siciliano, Manager, Income, Employment and  
Homelessness Support Division, re: A Second Update on Durham Region's  
Homelessness Support and Coordinated Access System (2023-SS-9)

Sahar Foroutani, Manager, Income, Employment and Homelessness Support  
Division, and Jocelyn Siciliano, Manager, Income, Employment and  
Homelessness Support Division, provided a PowerPoint presentation with regards  
to A Second Update on Durham Region's Homelessness Support and Coordinated  
Access System.

Highlights of the presentation included:

- Two-Part Report and Presentation
- The Homelessness Initiatives Team

- 2023/2024 Homelessness Funding Investments
- Total Planned Allocations for 2023/24
- 2023/2024 Homelessness Funding Investments
- Bolstering System Capacity
- Increasing Housing Outflow
- Improving and Expanding Durham's Street Outreach Continuum
- Improving System Coordination
- Additional System Capacity Improvements
- Supporting Staff Across the System
- Relationship to Strategic Plan
- Conclusion

Staff responded to questions with regards to whether youth are included on the By Name list; how many youth are on the By Name list; whether youth are entitled to be placed in the Oshawa micro homes and Beaverton Supportive Housing facility; whether there is a separate By Name list for veterans; whether the team is working with organizations such as Royal Canadian Legion to assist with veteran's being added to the By Name list; how the Beaverton Supportive Housing will be prioritized for north Durham residents; how this presentation and report differ from reports previously brought to Council; whether a residential address is required to receive Ontario Works funding; the number of homeless people in 2022 that were transferred into a residence; the percentage of homeless people in Durham Region; the number of homeless people that do not consent to being put on the By Name list; whether the number of people willing to go on the By Name list is increasing throughout Durham Region and those travelling through Durham Region; and whether it would be of assistance to have members of the Health and Social Services Committee be involved with the Strategic Planning Session.

5.2 Erika Gilbert, Social Worker, and Sherin Surenthiran, Social Worker, Long-Term Care and Services for Seniors Division, re: Long-Term Care (LTC) Caregiver Transition Program

Erika Gilbert, Social Worker, and Sherin Surenthiran, Social Worker, Long-Term Care and Services for Seniors Division, provided a PowerPoint presentation with regards to Long-Term Care (LTC) Caregiver Transition Program.

Highlights of the presentation included:

- Program Proposal
- Scope of LTC Social Worker (SW) Role
- LTC Caregiver Transitions
- Partnership with Family Services Department (FSD)
- Program Content
- Caregiver Transitions Program (LTC Social Workers)

- Caregiver Mental Health & Wellness Seminar (Family Services Department)
- Future Goals

5.3 Stephanie Breurkes, Nurse Practitioner, and Heather Toll, Registered Dietitian, Long-Term Care and Services for Seniors Division, re: Palliation in Long-Term Care: A Resident Focused Approach

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Stephanie Breurkes, Nurse Practitioner, and Heather Toll, Registered Dietitian, Long-Term Care and Services for Seniors Division, provided a PowerPoint presentation with regards to Palliation in Long-Term Care: A Resident Focused Approach.

Highlights of the presentation included:

- What is Palliative Care & Why is it Important?
- Current Long-Term Care Population
- Disease Trajectories
- Fixing Long-Term Care Act, 2021
- Divisional Long-Term Care Palliative Care Program
- Positive Outcomes
- Future Goals
- References

Staff responded to a question with regards to the relationship between palliation in long-term care homes and Durham Hospice homes.

5.4 Troy Cheseboro, Chief of Paramedic Services, re: Paramedic Services Update

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Troy Cheseboro, Chief of Paramedic Services, provided a PowerPoint presentation with regards to Paramedic Services Update.

Highlights of the presentation included:

- Call Volume January to April 2023
- Offload Delay
- Seaton Paramedic Response Station
- Primary Care Outreach Program (PCOP) Overview
- PCOP Goals
- Outreach Services
  - Paramedic Services
  - Social Services
- Enhanced Medications
- PCOP Stats October 1 to December 31, 2022
- PCOP Stats January 1 to March 31, 2023
- Success Example

- Future Growth
- Opioid Update

T. Cheseboro responded to questions with regards to the reason for the construction delay with the Seaton Paramedic Response Station and when it will open; whether the new Advanced Care Paramedic positions have been filled; how many code zeros there have been and what has assisted with reducing that number of code zero situations; and whether other emergency response units are administering naloxone.

## 6. Delegations

### 6.1 Lorrie Hagen, CEO, The Charles H. Best Diabetes Centre, re: Campaign Progress Update

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Lorrie Hagen, CEO, The Charles H. Best Diabetes Centre, participating electronically, provided a PowerPoint presentation with regards to Campaign Progress Update.

Highlights of the delegation included:

- The Charles H. Best Diabetes Centre
  - Registered Charity – No Patient Fees
- What is Type 1 Diabetes?
- Growth – Population & Type 1 Diabetes
- Comparison of Current Best Centre and Best Centre Vision
- Financial Progress – Year End March 31, 2023
- Will you endorse our request to the Province?

L. Hagen responded to questions from the Committee.

Chair Roy advised that she would speak with Regional Chair Henry regarding providing a letter of support to The Charles H. Best Diabetes Centre and their request to the Province for funding.

## 7. Health

### 7.1 Correspondence

#### A) Correspondence from Rene Lapierre, Chair, Board of Health Sudbury & Districts, re: Bill 93, Joshua's Law (Lifejackets for Life), 2023

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Moved by Councillor Jubb, Seconded by Councillor Anderson,  
(32) That we recommend to Council:

That the correspondence from Rene Lapierre, Chair, Board of Health Sudbury & Districts, re: Bill 93, Joshua's Law (Lifejackets for Life), 2023, be endorsed.

CARRIED

- B) Information Report #2023-INFO-46 of the Commissioner and Medical Officer of Health, re: Durham Region Opioid Response Plan Status Update

Moved by Councillor Jubb, Seconded by Councillor Anderson,

(33) That Information Report #2023-INFO-46 of the Commissioner and Medical Officer of Health, re: Durham Region Opioid Response Plan Status Update, be received for information.

CARRIED

- C) Information Report #2023-INFO-47 of the Commissioner and Medical Officer of Health, re: Consumption and Treatment Services Application Overview

Moved by Councillor Jubb, Seconded by Councillor Anderson,

(34) That Information Report #2023-INFO-47 of the Commissioner and Medical Officer of Health, re: Consumption and Treatment Services Application Overview, be received for information.

CARRIED

## 7.2 Reports

There were no Health reports to consider.

## 8. **Social Services**

### 8.1 Correspondence

There were no communications to consider.

### 8.2 Reports

- A) A Second Update on Durham Region's Homelessness Support and Coordinated Access System (2023-SS-9)

Report #2023-SS-9 from S. Danos-Papaconstantinou, Commissioner of Social Services, was received.

Moved by Councillor Anderson, Seconded by Councillor Dies,

(35) That Report #2023-SS-9 of the Commissioner of Social Services, be received for information.

CARRIED



B) Advocacy Strategy and Policy Paper to Address Homelessness and Related Challenges (2023-SS-10)

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Report #2023-SS-10 from S. Danos-Papaconstantinou, Commissioner of Social Services, was received.

At the request of the Committee, A. Burgess advised that Report #2023-SS-10 is in response to the motion from the April Health and Social Services Committee to declare homelessness a Federal emergency. She stated that the advocacy positions fall within three themes being homelessness; mental health and addictions; and victimization and criminal behaviour, and within those three pillars and advocacy actions, looking at developing a short term advocacy strategy where we use our government relations, consultants, and strategy core issues to socialize these ideas with the Provincial and Federal Government.

Discussion ensued with regards to the support needed for the EmPATH model to come to Durham Region; and the home care services and community services required as the needs of the community grow.

Moved by Councillor Anderson, Seconded by Councillor Dies,  
(36) That we recommend to Council:

That the Advocacy Strategy and Policy Paper to Address Homelessness and Related Challenges be endorsed.

CARRIED

**9. Advisory Committee Resolutions**

There were no advisory committee resolutions to be considered.

**10. Confidential Matters**

There were no confidential matters to be considered.

**11. Other Business**

**11.1 Safe Consumption and Treatment Sites**

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Councillor Crawford asked staff if the safe consumption and treatment sites are new to Durham Region and whether there is funding provided for the sites.

R.J. Kyle advised that the application guidelines and model were changed in 2018 from strictly consumption sites to include a treatment component and that funding is provided by the Ministry of Health and the Province of Ontario.

**12. Date of Next Meeting**

The next regularly scheduled Health & Social Services Committee meeting will be held on Thursday, September 7, 2023 at 9:30 AM in the Council Chambers, Regional Headquarters Building, 605 Rossland Road East, Whitby.

**13. Adjournment**

Moved by Councillor Anderson, Seconded by Councillor Jubb,  
(37) That the meeting be adjourned.

CARRIED

The meeting adjourned at 11:30 AM

Respectfully submitted,

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E. Roy, Chair

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K. Smith, Committee Clerk



# School Health

Durham Region Health Department  
Health & Social Services Committee  
September 7, 2023



# Ontario Public Health Standards

- The [Ontario Public Health Standards: Requirements for Programs, Services, and Accountability \(OPHS\)](#):
  - Specify the mandatory health programs and services provided by boards of health.
  - Identify the minimum expectations for public health programs and services.
- As per the OPHS, the board of health shall examine the complex interplay between individual, family, school, and community/societal factors to develop programs and services to reduce burdens associated with substance use and mental health.



# Ontario Public Health Standards - Guidelines

- The OPHS and its Guidelines provide direction to boards of health:
  - [Substance Use Prevention and Harm Reduction Guideline.](#)
  - [Tobacco, Vapour and Smoke Guideline.](#)
  - [Mental Health Promotion Guideline.](#)



# What is a Healthy School?

- A comprehensive approach to health in order to affect individual health behaviours and to improve the environments where children, staff and parents live and learn.





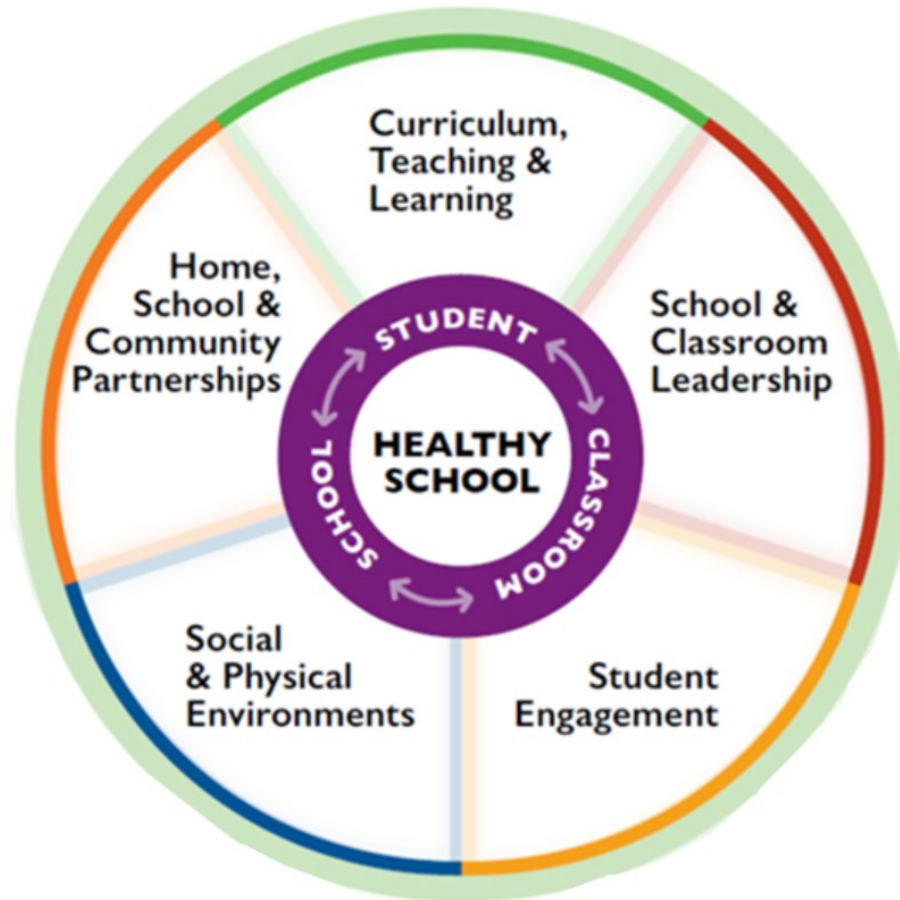


# Comprehensive School Health

- An internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated, and holistic way.
- This whole-school model builds capacity to incorporate well-being as an essential aspect of student achievement. Actions address four distinct but inter-related components that comprise a comprehensive school health approach:
  - Social and physical environment
  - Teaching and learning
  - Healthy school policy
  - Partnerships and services



# Foundations for a Healthy School







# Durham Region Health Department Approach

School Health  
Action Teams

Youth  
Engagement  
Initiatives

Curriculum  
Support

Parent Council  
Meetings

Safe School  
Committees

ISPA  
vaccinations

Vision  
Screening



# Local Trends

- Ontario Student Drug Use and Health Survey (OSDUHS) - a population survey of Ontario students in Grades 7 through 12.
- According to OSDUHS, from 2009 to 2017:
  - There was a significant decrease in the rate of early alcohol use among Durham Region secondary school students.
  - There was no statistical difference in the trend of early alcohol use between Durham Region and the rest of Ontario.
  - There was a significant decrease in the rate of past year alcohol use among Durham Region students.
  - In 2017, Durham Region students reported similar rates of trying alcohol, cannabis, and cigarettes, when compared to Ontario.
  - In 2017, students' daily use of e-cigarettes was lower than provincial rates.



## Local Trends – cont'd

- Between 2017 and 2019, past year e-cigarette use doubled among Ontario students in Grades 7 to 12.
- Among high school students, consuming cannabis edibles increased significantly from 2017 to 2019.
- Since 2009, there was a significant increase in the rate of fair to poor self-reported mental health among Durham Region students.
  - There was no statistical difference in the trend of fair to poor self-reported mental health between Durham Region and the rest of Ontario.
- From 2015 to 2017, there was a significant increase in the rate of fair to poor self-reported mental health in Durham Region students.



# Initiatives in Schools

- Work to address substance use risk and protective factors to prevent substance use or delay the age of initiation of substances.
- [“Not an Experiment”](#) escape room activity.
- Brief Contact Interventions (BCI) for educators.
- [Durham Youth Drug Awareness Conference](#).
- Collaborate with school board mental health leadership teams.
- [School Mental Health Ontario](#) materials and resources.
- Implement TAMI (Talking About Mental Illness).
- Participate on school board mental health and well-being committees.
- Promote and support educators with implementing [School Mental Health Ontario](#) materials and resources.



# Questions

Becky Wall, RN, BScN

Program Manager,  
Population Health Division

Durham Region Health Department

T. 905-441-7711 ext. 3255

[becky.wall@durham.ca](mailto:becky.wall@durham.ca)





# Durham Region Adult Protective Services Innovative Partnerships & Housing Stability





Adult Protective Services provides case management and advocacy services to adults with developmental disabilities living on their own in the community



People receive a service delivery model dependent on their unique needs



# Case Management Services Include:

- Financial management aid
- Medical/dental coordination
  - Housing assistance
  - Education goals
- Access to legal assistance
- Accompaniment and access to individual or family counselling
- Support and assistance for individuals accessing local and specialized community services/resources

# APS Provides Advocacy

- Support for individuals who want to voice concerns to service providers, access supports and services in their community and develop self-advocacy skills to protect and promote their individual rights.



# APS Program Service Philosophy

- Respect the right of individuals to make choices
- Voluntary service
- Advocate for the development of expanded community services



# Who would qualify for the APS program?

Individuals 18 years of age or older who:

- have a diagnosed developmental disability  
are living independently in the community or  
moving towards independence

**Why we're  
developing and  
strengthening our  
partnerships and  
collaborations.**







Primary Care Outreach Program (PCOP) / Mental Health Outreach Program (MHOP)  
**Working together to create a circle of support for individuals.**







# **Region of Durham Housing**

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**Dedicated units,  
Portable Housing  
Benefits and Rent  
Supplements**



# Housing STATS

- From January to August 2023 Adult Protective Services supported **97** vulnerable at risk individuals with developmental disabilities to maintain their housing through homelessness prevention support
- Coordinated support for **31** individuals to secure Canada Ontario Housing Benefits, assisting to make market rent affordable
- Added **2** additional APS rent supplement units
- Assisted **15** individuals to move providing increased life stabilization





# BEAVERTON SUPPORTIVE HOUSING







# Ontario Works

**Access to funding and eligibility for ODSP.**

# Trustee

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**APSW and trustee work together to support client through all transitions in life (moving, having children, going to school, working and reporting income.)**

- **Passport Funding**



# Counselling

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**Assisting clients to generalize skills learned in therapy and supporting clients to build trusting rapport with other professionals.**







## Prompt Access to Single Session (PASS) Case Management



PASS Case Management is an individualized service for anyone with a developmental disability over the age of 18 and/or their family members who live in the Durham Region.

Speak directly with a qualified, experienced, and knowledgeable case manager that can provide guidance on navigating community resources, information on funding and help with application forms.

### From 2pm-3pm On:

Jan 26th	Feb 23rd	Mar 30th
Apr 27th	May 25th	Jun 29th
Jul 27th	Aug 31st	Sep 28th
Oct 26th	Nov 30th	Dec 28th

**Space is limited, call to  
register 905-668-4113**

**Ext. 3945**



# Durham College Research Project

**Collaborating to identify and remove barriers for children, youth and families impacted by Intellectual and Developmental Disabilities.**

<https://vimeo.com/698279209/f4d2934e56>

# Thank you for your interest in our programming and partnerships.

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**Social Services, Family Services Durham (FSD)**

**Adult Protective Services**

[Rachel.HirstwoodJudd@durham.ca](mailto:Rachel.HirstwoodJudd@durham.ca)

[Mark.Grant@durham.ca](mailto:Mark.Grant@durham.ca)







# The Regional Municipality of Durham Report

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From: Commissioner & Medical Officer of Health  
Report: #2023-INFO-74  
Date: September 1, 2023

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**Subject:**

Public Health Services to Support School Health, including Mental Health Promotion and Substance Use Prevention

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**Recommendation:**

Receive for information

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**Report:**

**1. Purpose**

1.1 To provide information on Durham Region Health Department's (DRHD's) school-based health promotion services, including mental health promotion and substance use prevention.

**2. Background**

2.1 The [Ontario Public Health Standards](#): Requirements for Programs, Services, and Accountability (OPHS) are published by the Minister of Health under the authority of section 7 of the *Health Protection and Promotion Act* to specify the mandatory health programs and services provided by boards of health.

2.2 Boards of health are accountable for implementing the OPHS including the protocols and guidelines that are referenced in the standards.

2.3 As per the OPHS, DRHD is required to examine the complex interplay between individual, family, school, and community/societal factors to develop programs and services to reduce burdens associated with substance use and mental health.

2.4 The OPHS and its [Substance Use Prevention and Harm Reduction Guideline](#), [Tobacco, Vapour and Smoke Guideline](#), and [Mental Health Promotion Guideline](#), provide direction to boards of health on:

- a. Required approaches to developing and implementing programs and services that contribute to achieving optimal health of school-aged children and youth through partnerships and collaboration with school boards and schools.
- b. Required approaches and interventions in developing and implementing a program of public health interventions for substance use prevention and harm reduction.
- c. Required approaches and interventions in developing and implementing a program of public health interventions for comprehensive tobacco control.
- d. Considering mental health promotion within their processes for planning, implementing, and evaluating programs of public health interventions.
  - Mental health promotion is the process of enhancing the capacity of individuals and communities to increase control over their lives and improve their mental health. Beyond a focus on risk factors, it is an approach that aims to improve the health of individuals, families, communities, and society by influencing the complex interactions between social and economic factors, the physical environment, and individual behaviours and conditions across the lifespan (i.e., the social determinants of health).

### 3. Local Trends

- 3.1 The [Ontario Student Drug Use and Health Survey](#) (OSDUHS) is a population survey of Ontario students in Grades 7 through 12. OSDUHS began in 1977 and is the longest ongoing school survey in Canada – and one of the longest in the world.
- 3.2 According to OSDUHS, from 2009 to 2017:
  - a. There was a significant decrease in the [rate of early alcohol use](#) among Durham Region secondary school students.
  - b. There was no statistical difference in the [trend of early alcohol use](#) between Durham Region and the rest of Ontario.
  - c. There was a significant decrease in the [rate of past year alcohol use](#) among Durham Region students.
  - d. In 2017, Durham Region students reported similar [rates of trying alcohol, cannabis, and cigarettes](#), when compared to Ontario.
  - e. In 2017 students' daily [use of e-cigarettes was lower than](#) provincial rates.

- f. Between 2009 and 2017 there was a significant decline in youth use of alcohol use (past year), binge drinking (past month), and hazardous harmful drinking (past year).
- 3.3 The [Findings from the 2021 Ontario Student Drug Use and Health Survey](#) indicate an increase in youth prescription opioid use provincially, in Durham Region the increase in opioid poisoning emergency department visits for those ages zero to 19 is not statistically significant.
- 3.4 Between 2017 and 2019, [past year e-cigarette use doubled](#) among Ontario students in Grades 7 to 12.
- 3.5 Among high school students, [consuming cannabis edibles increased significantly](#) from 2017 to 2019.
- 3.6 Since 2009, there was a significant increase in the [rate of fair to poor self-reported mental health](#) among Durham Region students. There was no statistical difference in the trend of fair to poor self-reported mental health between Durham Region and the rest of Ontario.
- 3.7 From 2015 to 2017, there was a significant increase in the [rate of fair to poor self-reported mental health](#) in Durham Region students.

#### **4. DRHD Programs and Services**

- 4.1 [Comprehensive school health](#) is an internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated, and holistic way.
- 4.2 This whole-school model builds capacity to incorporate well-being as an essential aspect of student achievement. Actions address four distinct but inter-related components that comprise a comprehensive school health approach: 1) social and physical environment; 2) teaching and learning; 3) healthy school policy; and 4) partnerships and services.
- 4.3 When actions in all four components are harmonized, students are supported to realize their full potential as learners, and as healthy, productive members of society.
- 4.4 Health and education are interdependent: healthy students are better learners, and better-educated individuals are healthier. Research has shown that comprehensive school health is an effective way to enhance that linkage, improving both health and educational outcomes and encouraging healthy behaviours that last throughout life.
- 4.5 In the classroom, comprehensive school health facilitates improved academic achievement and can lead to fewer behavioural problems. In the broader school environment, it helps students develop the skills they need to be physically and

emotionally healthy for life.

#### 4.6 Comprehensive School Health:

- a. Recognizes that healthy students learn better and achieve more.
- b. Understands that schools can directly influence students' health and behaviours.
- c. Encourages healthy lifestyle choices, and promotes students' health and wellbeing.
- d. Incorporates health into all aspects of school and learning.
- e. Links health and education issues and systems.
- f. Needs the participation and support of families and the community at large.

4.7 In Durham Region, all elementary and secondary schools have an assigned public health nurse (PHN) to deliver health promotion services and support comprehensive school health.

4.8 PHNs assess local school needs, plan and implement strategies in collaboration with the school community and evaluate. PHNs are involved in school health action teams, youth engagement strategies, provide curriculum support, attend parent council meetings and other school related wellness committees.

4.9 Following are some examples of strategies PHNs use in schools related to substance use and mental health:

- a. Work to address substance use risk and protective factors to prevent substance use or delay the age of initiation of substances.
- b. Work with student leaders to deliver health teaching on vaping using the "[Not an Experiment](#)" escape room activity to Grade 7 and Grade 8 peers.
- c. Provide training on Brief Contact Interventions (BCI) to educators for discussions with youth; BCI includes providing opportunistic advice, discussion, negotiation or encouragement on vaping or smoking cessation that takes between 5 to 10 minutes.
- d. [Presentations](#) to parents at school community council meetings in collaboration with Health Protection Division to provide teaching on both health risks and legal risks related to vaping at school.
- e. Host an annual Durham Youth Drug Awareness Conference with community partners and high schools to foster opportunity between school-assigned PHNs and student leaders to deliver comprehensive strategies in school on

mental health, substance use, and vaping.

- f. Collaborate with school board mental health leadership teams to ensure a streamlined consistent approach to mental health promotion in schools and development of evidence-based mental health promotion resources.
- g. Participate on school board mental health and wellbeing committees.
- h. Promote and support educators with implementing [School Mental Health Ontario](#) materials and resources. School Mental Health Ontario supports schools to enhance student mental health through the use of evidence-informed strategies and services.
- i. Collaborate with schools to develop comprehensive plans to address and promote Mental Health within school communities utilizing School Mental Health Ontario resources and tools.
- j. Support the implementation of TAMI (Talking About Mental Illness) anti-stigma initiative in Durham schools. TAMI is a program for youth in schools which aims to raise awareness and increase understanding of mental illness. A primary goal of TAMI is to reduce the stigma surrounding mental illness so that youth are more likely to seek help and/or help others, thereby improving their chances for managing mental health and improving long term outcomes.

4.10 During the 2022/2023 school year, schools consulted their PHN on mental health and vaping in schools as two priority issues.

4.11 Regarding student mental health, and preventing or delaying student substance use, the presence of risk factors and protective factors in a person's life, and their ability to mitigate or strengthen these factors, impacts outcomes. Risk factors make individuals more likely to experience harms related to substance use, whereas protective factors decrease the likelihood of these harms. Both risk and protective factors are present at the individual, family, school, and community/societal level.

4.12 PHNs assess risk and protective factors to inform the development of programs and services across varying substance use patterns in accordance with the OPHS.

4.13 School-based prevention efforts include the development of curriculum support materials, awareness and education strategies, as well as youth engagement activities.

4.14 To ensure environments are conducive to fostering health, DRHD staff informs, develops, and implements healthy public policies that address prevention, harm reduction and risk and protective factors for substance use and mental health, to foster healthy environments where students live, learn, work and play. One example of this work would be the implementation of the School Board Smoking and Vaping policy.

## 5. Relationship to Strategic Plan

5.1 This report aligns with/addresses the following strategic goals and priorities in the Durham Region Strategic Plan:

a. Goal 2: Community Vitality

- 2.2 Enhance community safety and well-being.
- 2.3 Influence the social determinants of health to improve outcomes for vulnerable populations.
- 2.4 Support a high quality of life for all through human services delivery.

b. Goal 5: Service Excellence

- 5.1 Optimize resources and partnerships to deliver exceptional quality services and value.
- 5.2 Collaborate for a seamless service experience.

## 6. Conclusion

6.1 DRHD staff continues to work with school communities to monitor and respond to local trends related to youth mental health and substance use.

Respectfully submitted,

Original signed by

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R.J. Kyle, BSc, MD, MHSc, CCFP, FRCPC, FACPM  
Commissioner & Medical Officer of Health



# The Regional Municipality of Durham Report

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To: Health & Social Services Committee  
From: Commissioner & Medical Officer of  
Report: Health #2023-MOH-05  
Date: September 7, 2023

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**Subject:**

Durham Nuclear Health Committee Membership

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**Recommendations:**

That the Health & Social Services Committee recommends to Regional Council:

That the following individuals be appointed to the Durham Nuclear Health Committee as follows:

- i) Dr. Lubna Nazneen: Public Member – Ajax
  - ii) Dr. Seewoosunkur Gopaul: Public Member – Pickering
  - iii) Madison Kidd: Public Member (youth) – Oshawa
  - iv) Madisen Wood: Public Member (youth) – Whitby
  - v) Adam de Grosbois: Alternate Member – Clarington
  - vi) Bill Rattan: Alternate Member – Whitby
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**Report:**

**1. Purpose**

- 1.1 The purpose of this report is to seek approval to appoint the above individuals to the Durham Nuclear Health Committee (DNHC) to fill public member and alternate member vacancies, effective immediately.

**2. Background**

- 2.1 The DNHC acts as a scientific and technical oriented committee primarily focused on nuclear emissions, nuclear wastes and other related topics by providing a forum for discussing and addressing potential radiation and environmental human health impacts with nuclear industry representatives who will connect directly with

environmental human health experts and members of the public from the nuclear host communities and elsewhere in Durham Region.

- 2.2 As per the [DNHC Terms of Reference](#), composition of the committee includes nine public members who reside in either Ajax, Clarington, Oshawa, Pickering, or Whitby, and if possible, three of whom reside in Ajax/Pickering and three of whom reside in Clarington.
- 2.3 Composition also includes up to three alternate public members who represent absent public members.
- 2.4 Information about the volunteer recruitment process was provided on [durham.ca/dnhc](http://durham.ca/dnhc) from July 5 to 26. Additionally, volunteer members were sought through posts and advertisements on Durham Region Health Department social media platforms throughout July as well as published advertisements in the Orono Weekly Times on July 5 and Metroland (Clarington This Week and Ajax/Pickering News Advertiser) on July 6.
- 2.5 Interested applicants were interviewed in August 2023 by Dr. Robert Kyle, Chair DNHC and Dianne San Juan, Secretary, DNHC. Applicants were selected based on their interest in nuclear energy and human health.
- 2.6 Two of the recommended public members are youth that have expressed a keen interest in the scope and mandate of DNHC. They have the knowledge and ability to function as public members of DNHC and if appointed will have the same responsibilities as all other public members. DNHC will benefit from having the youth perspective as part of discussions.

### **3. Relationship to Strategic Plan**

- 3.1 This report aligns with/addresses the following strategic goal and priority in the Durham Region Strategic Plan:
  - a. Goal 2: Community Vitality: Enhance community safety and well-being.
  - b. Goal 5: Service Excellence: Optimize resources and partnerships to deliver exceptional quality services and value.

### **4. Conclusion**

- 4.1 In summary, it is recommended that the Health & Social Services Committee recommends to Regional Council that the following members be appointed to DNHC:
  - a. Dr. Lubna Nazneen, formerly an Alternate Member (Public Member – Ajax)
  - b. Dr. Seewoosunkur Gopaul (Public Member – Pickering)
  - c. Madison Kidd (Public Member (youth) – Oshawa)
  - d. Madisen Wood (Public Member (youth) – Whitby)



- e. Adam de Grosbois (Alternate Member – Clarington)
- f. Bill Rattan (Alternate Member – Whitby)

Respectfully submitted,

Original signed by

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R.J. Kyle, BSc, MD, MHSc, CCFP, FRCPC, FACPM  
Commissioner & Medical Officer of Health

Recommended for Presentation to Committee

Original signed by

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Elaine C. Baxter-Trahair  
Chief Administrative Officer