



Women & Children's
Health Network

CENTRAL REGION NORTH

Semi-Annual Report

SUMMER 2024

REPORT OVERVIEW

Perinatal mental healthcare and education have been at the forefront over spring and summer. The Network brought together 32 agencies from across the region and 10 persons with lived or living experience to strategize and learn. An opportunity to operationalize new research-based evidence is on the horizon for the Network (the SUMMIT Trial)

WORK TO CELEBRATE

- ★ Regional Perinatal Mental Health (PMH) Conference & Strategy Day Held May 29th at Waypoint (32 Participating Agencies)
- ★ 2 Additional Little Loss Libraries Launched: Sprucedale and Collingwood (3 Total)
- ★ Abortion Care Pathway Launched (Muskoka Sub-region)
- ★ Direct Surgical D&C Procedure Pathway Launched for Spontaneous, Missed and Therapeutic Abortions (OSMH)
- ★ Regional PMH Strategy and Project Charter Developed

PROGRESS UPDATE

1

New Regional Education Task Force Launched in June; Upcoming Hiring for Fall Includes Regional Clinical Resource

\$5K

Canadian Foundation for Women's Health Dawn Walker Grant Recipient: Allocated to Conference & Education

8

New Emergency Department Champions Identified to Support Improve Pregnancy Loss & Complication Care in Local EDs

1439

Unique Network Website Visits in Year One of Website Launch

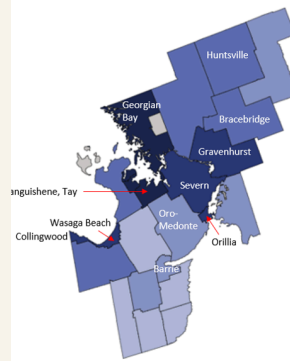
Next up: Exciting work ahead!

- The Network will be improving communication with community members via profiling reputable healthcare resources and services on existing digital signage in Emergency department waiting rooms.

REGIONAL DATA

Our regional rates of PMH concerns have been significantly higher than the provincial average for a decade or longer. Over 30% of pregnant people in Simcoe Muskoka report mental health concerns in the perinatal period (some municipalities as high as 40-50%) compared to a perinatal provincial rate of 22.6% and general adult mental health concern rate of 9-9.5% in Simcoe Muskoka. The regional rate of postpartum depression has been consistently double to triple provincial rates.

Mental Health Concern During Pregnancy among Individuals Who Gave Birth, by Municipality, 2020-2022 (combined)



51.8% - Penetanguishene
48.2% - Midland
42.2% - Tay
43% - Georgian Bay
41.1% - Gravenhurst
40.5% - Orillia
37.5% - Severn
36.8% - Wasaga Beach; Huntsville; Collingwood
35.5% - Tiny
34.8% - Muskoka Lakes
34.3% - Bracebridge
32.6% - Clearview
31.7% - Ramara
29.3% - Barrie

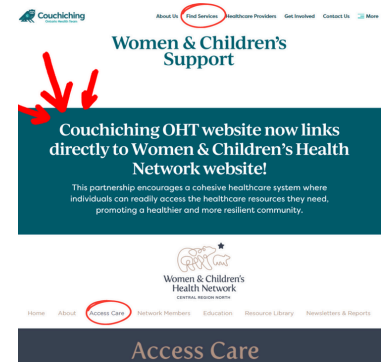
ONTARIO: 22.6%

Source: <https://www.simcoemuskokahealth.org/health-stats/HealthStatsHome/MaternalandInfantHealth/PrenatalHealth>

RESOURCE & SERVICE ACCESS

1) The Network is exploring opportunities to offer Behavioural Activation (BA) training to clinicians in the community to increase access to skilled PMH care providers.

2) In April, the Network met with some of the OHT leads in the region. Connections are being made to link the WCH Network resources and service directories with OHTs. A direct link now exists between the Couchiching and North Simcoe OHTs and the Network. **More to follow!**



Follow us on Social Media!



Check out our new website!

WWW.WCHN.CA