

Community Wellness/Wellbeing Initiative Forum

Thursday, October 13, 2016

1:00 p.m. – 4:30 p.m.

Doors open at 12:30; forum starts promptly at 1 p.m.
Waterloo Memorial Recreation Complex - Hauser Haus

Participant Information Package



Welcome to our first Community Forum for the Community Wellness/Wellbeing* Initiative!

All of us, across sectors and disciplines, are working to improve the wellbeing and quality of life in our community. We are excited to be on this journey with you. Your participation, your time, commitment and insights are much appreciated.



*The title of the initiative will be determined later in the process. Therefore wellness/wellbeing will both be used until a name is identified.

Why a collective Community Wellness/Wellbeing Initiative?

Community wellness is shaped by a wide variety of conditions and systems in which individuals and communities are born, grow, work, live, and age. The reason we are pursuing a community wellness initiative – the “WHY” – could be summarized as follows:

We are trying to do together what no organization has accomplished or can accomplish on its own. In order to create new, significant and impactful solutions, we wish to work together to identify and address collective priorities that will improve community wellness so that everyone in our community is able to thrive, and no one is left behind.

Goals of the Community Wellness/Wellbeing Initiative

The main goals of the Community Wellness initiative are as follows:

- **Engage in a collaborative process:** Create a process that brings community partners together to develop a shared vision of community wellness.
- **Develop a shared vision and collective plan for community wellness:** Develop a shared vision and collective aspirations related to community wellness, based on a desired future state. Based on the shared vision and analysis of the data, a limited number of priority areas for initial collective action will be developed.
- **Develop a coordinated measuring and monitoring approach to measure community wellness in Waterloo Region:** A commonly agreed upon set of indicators of community wellness will be identified to provide regular reports on the state of community wellness in Waterloo Region through a collaborative process.
- **Strengthen community capacity:** A series of development opportunities will be hosted in order to build community capacity.
- **Foster community engagement and communication:** A plan to engage and inform the community in the Community Wellness Initiative will be supported throughout the process.

Our Objectives for the community wellness forum #1

- Engage and involve the community in ways that enhance collaboration and community partnerships.
- Discuss the factors that contribute to community wellness/wellbeing in Waterloo region.
- Identify what is already being done to support community wellness/wellbeing.
- Learn about “collective impact” and gauge interest and importance in developing a common agenda for community wellness/wellbeing in Waterloo Region.
- Begin to identify areas of common focus.

Our Agenda

Agenda item

A bit about our presenters

1. Overview & agenda

Glenn Pothier- Facilitator for the forum GLPi Consulting

Glenn Pothier is the founder and president of GLPi - a strategy, facilitation and research-consulting firm focused on helping clients to operate successfully and communicate effectively in complex environments. GLPi develops and executes powerful, compelling strategies, and provides a full-range of consultation and qualitative/quantitative research services. For over two decades, he has helped countless organizations from the private, public and not-for-profit sectors to develop new approaches, nurture ideas, and reposition themselves (and/or their initiatives) to meet the challenges of a changing operating environment.



2. Background – our journey to date

Mike Murray - Chief Administrative Officer Region of Waterloo

Mike Murray is currently the Chief Administrative Officer with the Regional Municipality of Waterloo where he has overall responsibility for all of the Region's functions including Community Services; Public Health and Emergency Services; Transportation and Environmental Services; Planning, Development and Legislative Services; Corporate Services; and Human Resources and Citizen Service, and all related corporate support functions. Mike has been with the Region of Waterloo since 1992, in a variety of positions, including Director of Water Services and Commissioner of Transportation and Environmental Services.



3. Factors that contribute to community wellness/ wellbeing:

The Social Determinants of Health

Stephanie Lefebvre Manager, Service Collaboration Canadian Mental Health Association Sudbury/Manitoulin

Stephanie has 15 years of experience in public health, community-based health promotion, and leadership of community partnerships. During that time she has contributed to action on the social determinants of health at the local, provincial, and national levels; including as Manager, Health Equity with the Sudbury & District Health Unit, Knowledge Translation Specialist with the National Collaborating Centre for Determinants of Health and currently as Manager, Service Collaboration with the Canadian Mental Health Association-Sudbury/Manitoulin. Stephanie's efforts to influence and

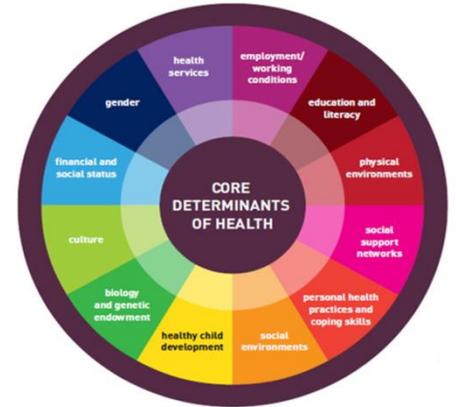


build healthy communities for all began as a student in Waterloo Region. She credits much of her current passion to the experiences and knowledge she gained from Waterloo area community partners.

4. What we are already doing to support community wellness/ wellbeing in Waterloo Region

Small group discussion

- Write the name of your organization or collaborative next to the social determinant(s) of health in the wheel that are impacted by your work.
- Discuss what you notice about the wheel in your groups



Rapid report back

Networking Break

5. Collective impact approach to community wellness/ wellbeing

**Sylvia Cheuy
Director, Deepening Community
Tamarack Institute**

Sylvia is the Director of the Tamarack Institute’s Deepening Community Practice area, focusing on the role that citizens play in creating dynamic and well-connected neighbourhoods and communities. She is a seasoned facilitator who designs and delivers learning opportunities that profile Tamarack’s resources, tools and experiences to a vast network of learners. Community engagement, multi-sector collaboration, and collective impact are all areas in which she specializes.



6. What keeps you up at night? The top areas of focus to improve community wellbeing

Small group discussion

- From the perspective of SDOH – discuss what keeps you up at night?
- Given what you know and your experience, what are your top three areas of focus for the community wellness/wellbeing initiative?

Rapid report back



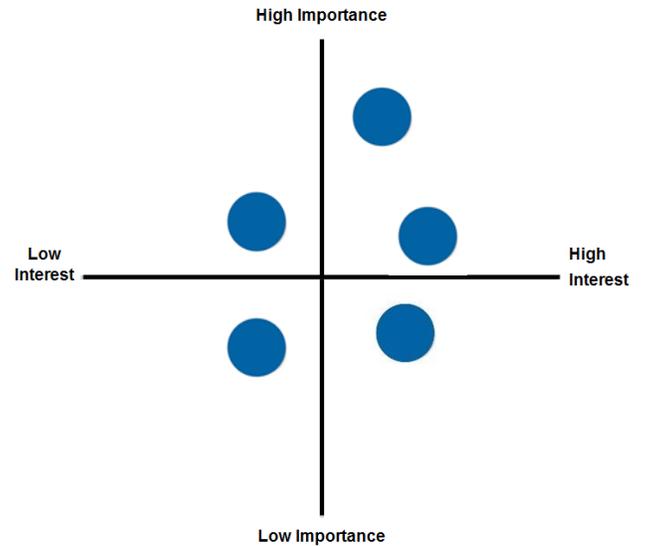
7. Importance and Interest moving forward

Walk and Place

With all of the discussion and information from today, use a dot to rate your interest in the wellness/wellbeing initiative and how important you think it is.

Small group discussion

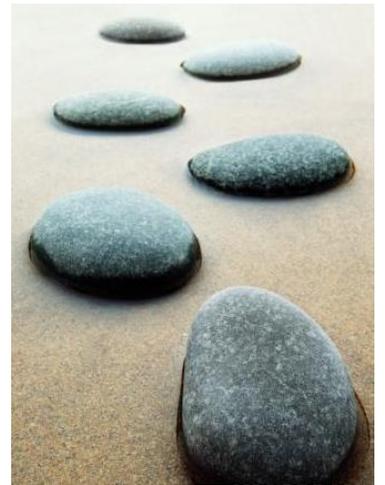
Discussions of reasons for your rating.



8. Next steps and closing

Mike Murray - Chief Administrative Officer Region of Waterloo

- Follow-up email to invite you to get involved.
- Capacity building series: enhance skills, shape direction (overview of sessions are found on page 8 of the participant package).
- Community forum #2 – (tentative date) February 16th – 1:00 – 4:30 - Hespeler Hall.
- Visit our website for ongoing updates and information at: Bit.ly/wrwellness-wellbeing



Overview of the Community Wellness/Wellbeing Initiative

Community wellness/wellbeing is shaped by a wide variety of conditions and systems in which individuals and communities are born, grow, work, live, and age. Waterloo Region is a community that has a number of partnerships which have made significant progress towards dealing with complex issues of community wellness/wellbeing. Over the past several years there have been many conversations that have identified some urgency to collaborate across these partnerships to further advance a more integrated, holistic approach to community wellness/wellbeing. This is premised on the belief that together can we create significant solutions to impact community wellness as there are so many factors and systems that interconnect and influence the wellbeing of the community.

The Framework for Wellness/Wellbeing

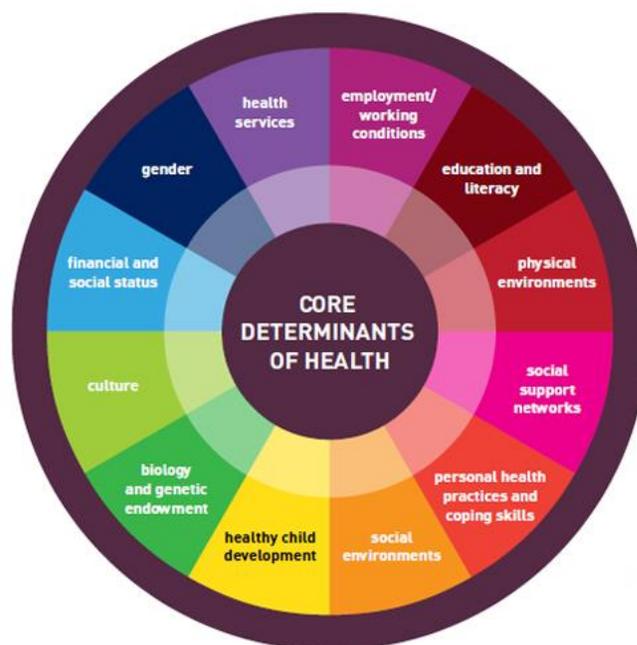
A common idea that was identified by numerous stakeholders was to adopt a broad framework to anchor this work. The Social Determinants of Health (SDOH) were seen as the appropriate framework to use as a starting point, as they help to define the multi-dimensional factors that connect and interact to impact community wellness.

The SDOH are the living conditions that surround us. They control our health in ways that not even the best health care systems or healthy choices can. They are bigger than our genetics and often affect a large group of people. We need to work together as a community to recognize, address and solve them in order to improve community wellbeing/wellness. The Social Determinants of Health as defined by the Public Health Agency of Canada are found in diagram 1.

Please note that this framework may change or be expanded on as our process unfolds.



Diagram 1: Social Determinants of Health



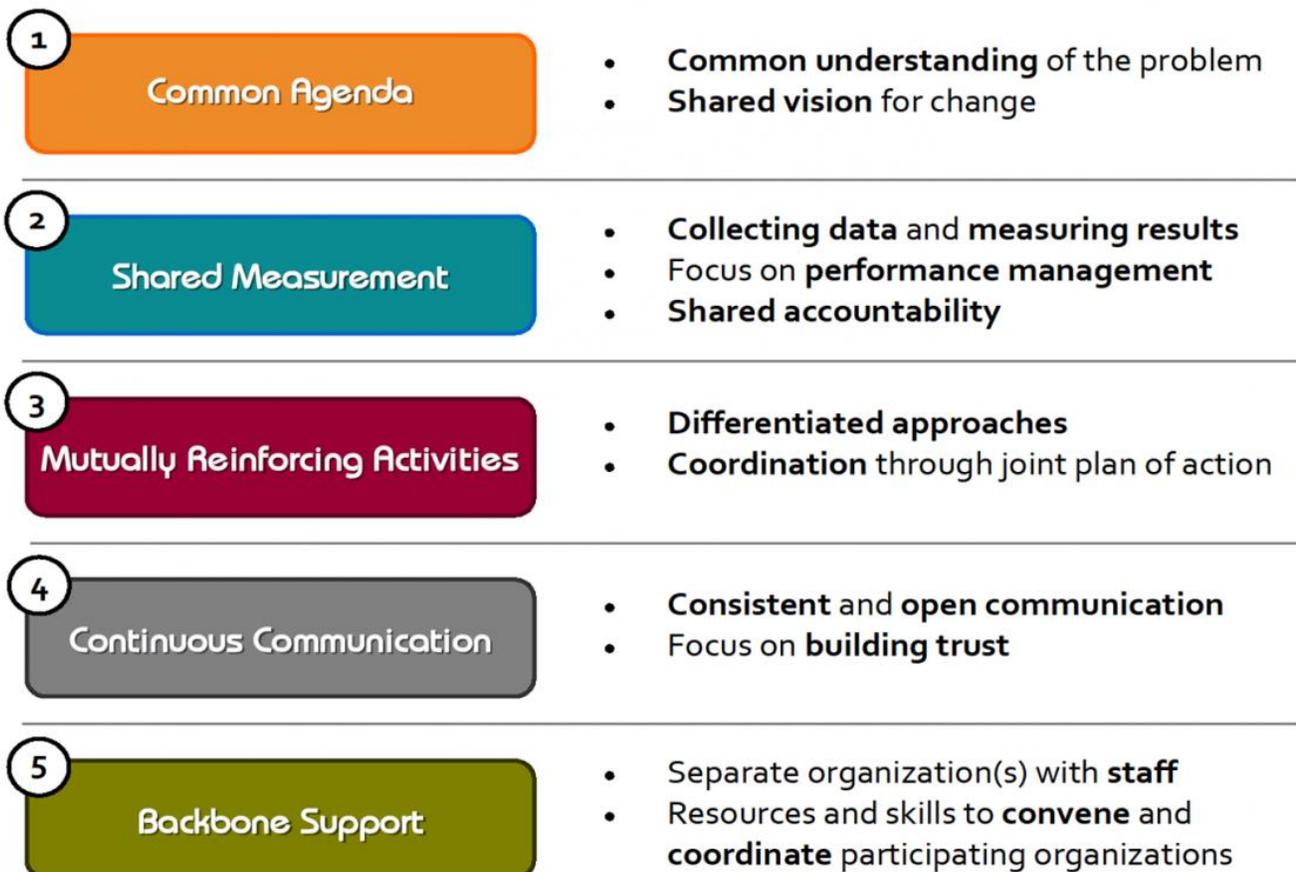
Planning Approach Used

Collective Impact has been used as the approach to develop the Community Wellness Initiative model found within this document as it meets some of the needs from the discussions over the past several years and aligns well with the community discussions conducted to-date.

Collective Impact provides a structured approach to work on complex issues and achieve significant and lasting social change by multiple sectors coming together on a common agenda, shared measurement and alignment of effort. The approach is premised on the belief that no single policy, government department, organization or program can tackle or solve the increasingly complex social problems we face as a society. John Kania & Mark Kramer identified five key conditions for a successful Collective Impact approach (Figure 1) which have been incorporated into the draft approach and process in the subsequent sections.

Figure 1:

The 5 Conditions of Collective Impact



Capacity building series: Enhance skills; Shape direction.

The capacity building series are opportunities that enhance community capacity while at the same time helping to shape the direction of the community wellness initiative. More sessions will be added on an ongoing basis so visit the website or sign up for regular updates.

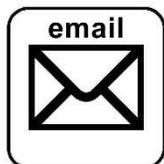
Date	Topic	Presenter and Format	Location
Nov 1, 2016 2:00 – 3:00	FSG Collective impact webinar - The What, the Why, and the How of Building Capacity for Collective Impact No registration required	FSG – webinar	150 Frederick Street Room 217 Kitchener
Nov 4, 2016 9:00 – 1:00	Collective impact approach – building our community engagement process. Registration required at: bit.ly/wrwellness-wellbeing	Lisa Attygalle Tamarack	99 Regina Street Room 508 Waterloo
Nov 29, 2016 2:00 – 3:00	FSG Collective impact webinar - How to Integrate Continuous Learning into Collective Impact No registration required	FSG – webinar	150 Frederick Street Room 110 Kitchener
Feb 16, 2017 1:00 – 4:30	Community Forum number 2 – continuing our conversation Registration required at: bit.ly/wrwellness-wellbeing	Community forum	Hespeler Hall Cambridge
TBD	Lessons learned from other communities wellbeing work	TBD	TBD
TBD	Collaboration in Waterloo Region	TBD	TBD



Thank you!

Your participation – your time, commitment and insights are much appreciated. All of us, across sectors and disciplines, are working to improve the wellbeing and quality of life in our community. Thank you for all that you do!

Questions, comments? Need more information?



Lorie Fioze - lfioze@regionofwaterloo.ca

Eve Nadler - ENadler@regionofwaterloo.ca



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For ongoing updates and information visit:
bit.ly/wrwellness-wellbeing