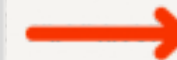
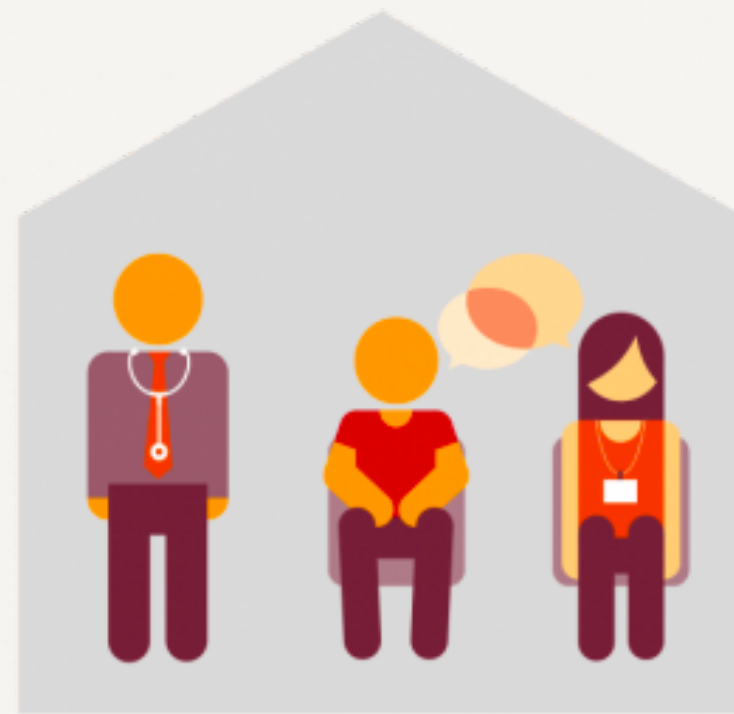


# Social Prescribing Presentation

**2022 Master's of Public Health (MPH)  
Practicum Student Placement  
A Framework for Social Prescribing in  
Newfoundland and Labrador**



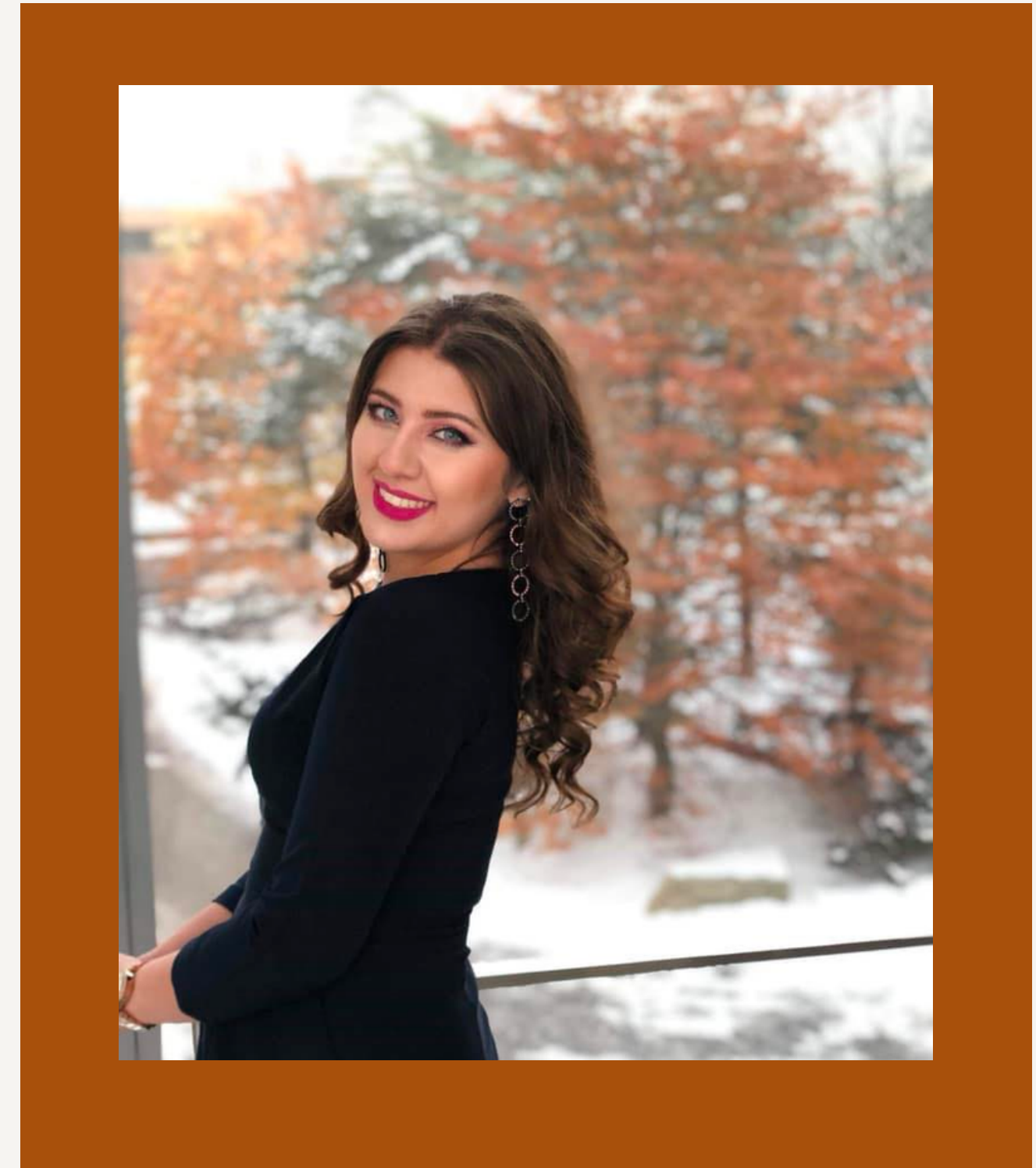
**Siham Sajed  
(B.Sc, MPH)**

welcome to

**RESEARCH EXCHANGE  
GROUP ON ARTS &  
HEALTH PRESENTATION**



# About Me



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# Newfoundland and Labrador Centre for Applied Health Research

Dr. Jane Gosine and Hannah Sparkes

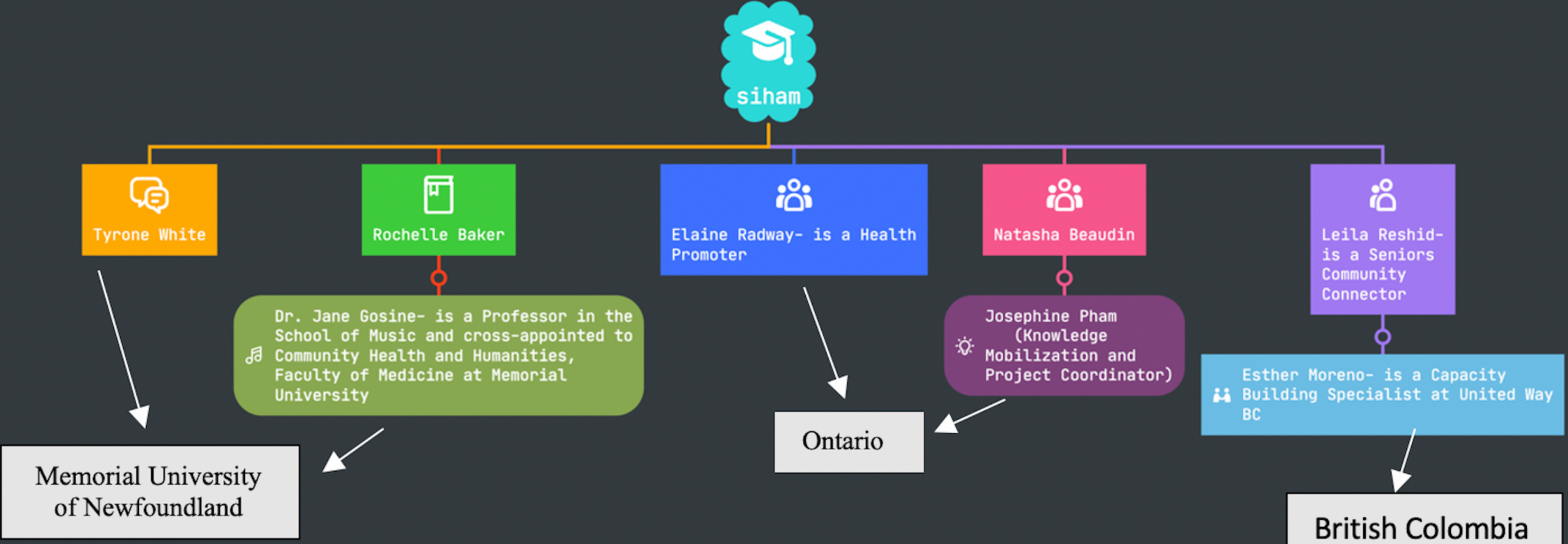
Sarah Mackey

Sama Sajed

Elaine Radway

Natasha Beaudin and Josephine Pham

Leila Reshid and Esther Moreno



**The social and economic factors that influence a person's health and well-being, as well as that of their families and communities, are referred to as social determinants of health. The interplay and influence of these social factors on our physical and mental health are acknowledged by incorporating the social determinants of health into new models for primary healthcare.**



# VISION

**Social prescribing is a form of health promotion, shifting from "what's wrong with you" to "what matters to you." A person-centred, community-based health coaching program that empowers individuals to better understand their needs and take action to improve their health and well-being.**

# MISSION

**Social prescribing is addressing people's needs in a holistic approach by which General Practitioners and other healthcare professionals can refer people to a range of local non-clinical services supported by a link worker.**

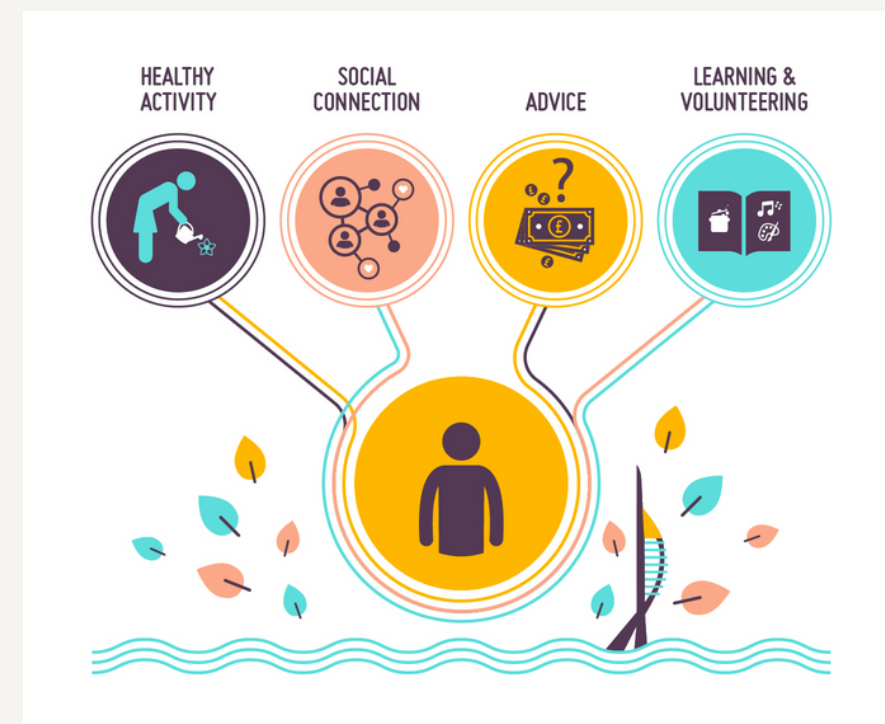


## **A social prescribing service typically consists of the following key elements:**

- a) A referral from a healthcare professional/another professional**
- b) An interaction between a social prescribing link worker and the service user**
- c) Providing the service user with the necessary support to access local community services and organizations**
- d) Measuring the impact of social prescribing at the individual level, the community and the health service**

## **Social prescribing works for all age groups and people from all backgrounds, these include:**

- o Living with one or more long-term conditions**
- o Isolated people**
- o People who need mental health support**
- o People who have complicated social needs that have a huge impact on their well-being**



# Social Prescribing Framework

The patient seeks treatment for non-clinical or psychosocial problems in primary care

Patients are referred by GPs or other primary care providers to the most appropriate program out of those that are available



The patient dials a phone number for the initial assessment and interview



The patient attends the program, followed by reevaluation after a predetermined number of sessions



The patient is directed to similar activities after a reassessment and the feedback is given to the GP

Patients are referred to link workers by primary care providers depending on a primary care practice or charity



The link worker interviews the patient to determine the most suitable activity from the directory

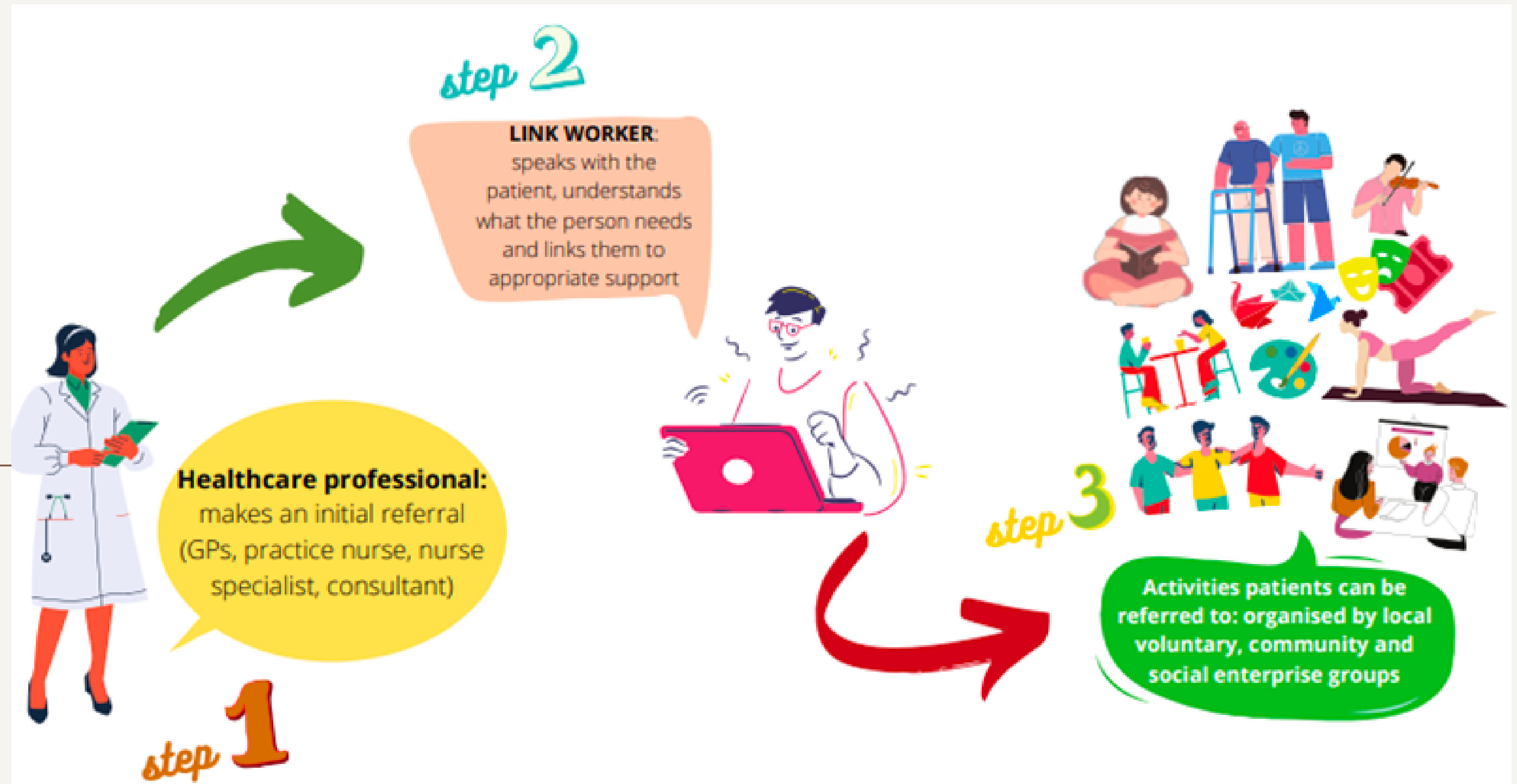


The patient attends the program, followed by reevaluation after a predetermined number of sessions



The link worker receives feedback from the reassessment and directs the patient to similar activities

# SOCIAL PRESCRIBING STRATEGY



# Rx Community: Social Prescribing



Ontario's health ministry has provided funding to the Alliance for Healthier Communities to carry out a one-year trial project based on the UK model. According to Kate Mulligan, director of policy and communications for the alliance, the program focuses on addressing social isolation and loneliness. The Alliance for Healthier Communities has implemented Rx (Community - Social Prescribing), being the first social prescribing research project in Canada that took place from 2018 to 2020. Eleven Alliance member groups from within Ontario have participated in this pilot project.

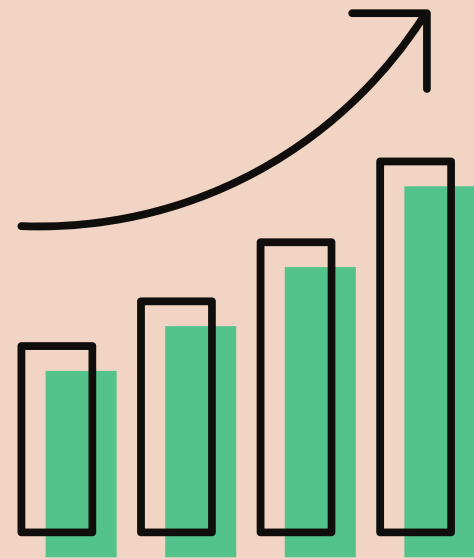
Patients report general improvements in their mental health as well as an increased ability to self-manage their health. The study also suggests that participants experience fewer moments of feeling lonely and a stronger sense of connection and belonging. This pilot study also shows that healthcare professionals perceive social prescribing as a method of engaging well-being and reducing repeated visits.





The Alliance for Healthier Communities has conducted a social prescribing project known as RX: Community, and it is implemented across eleven community health centres.

**12%**  
Increase in  
mental health



**49%**  
Decrease in  
loneliness



**19%**  
Increase in social  
activities



80%

of an individual's health are related to the social determinants of health

47%

of socially disconnected older adults rate themselves as being less healthy overall

14%

decrease in emergency room visits

40%

decrease general physician visits

20.8%

reduction in cost to the healthcare system



# Seniors' Community Connector Social Prescribing Program Referral Form



Please review the *Referral Guide* on back of form for program description, referral criteria and examples of non-clinical services that may benefit your patient. If you have any questions please contact the Seniors' Community Connector at: 778-539-5435 or [reshidl@comserv.bc.ca](mailto:reshidl@comserv.bc.ca)

Referrer Information/Physician Office:  
*Stamp or name, phone and/or fax number*

Patient Information:  
*Name, contact information*

Referral date: \_\_\_\_\_

Please identify the area of support the patient would like help connecting with (examples on back):

- Physical Activity Programs \_\_\_\_\_
- Nutrition/Food Programs \_\_\_\_\_
- Social Programs & Services \_\_\_\_\_
- Caregiver Programs \_\_\_\_\_

**\*\*Are there any restrictions or limitations to be aware of? (please indicate below)**

6-week follow-up report instructions

Physician/Referrer: \_\_\_\_\_

Call to office PH: \_\_\_\_\_

Fax to office FAX: \_\_\_\_\_

Check box if patient has been informed of referral and agrees to undertake social prescription

Physician/Referrer Sign: \_\_\_\_\_

**Email (this side only) to:  
[reshidl@comserv.bc.ca](mailto:reshidl@comserv.bc.ca)**



# Example of Referral Form



## Sample patient assessment form

### Examples of screening questions

West Elgin CHC developed social prescription reminder card to help prompt providers during clinical appointments. These inform the “reasons for social prescribing referral” (below) that are entered into the Electronic Medical Record and passed to the Navigator.



NAME \_\_\_\_\_ DATE \_\_\_\_\_

PLEASE CHECK ONE OF THESE OPTIONS:

- Feeling Lonely
- Bored
- Feeling Disconnected
- Difficulty making ends meet
- Housing problems
- Lack of work opportunities
- Feeling Sad
- No one to rely on
- Getting older
- Other \_\_\_\_\_



Carea CHC's Client Navigation & Support Program includes the following script to help guide providers (questions are to be chosen as appropriate, not that all will be asked within one encounter):

- A. Do you feel you are coping with the current COVID-19 situation?
- B. Are you feeling lonely or isolated?
- C. Are you struggling with your mental health?
- D. Are you struggling to access services?
- E. Do you need help with any of the following:
  - Accommodation / Housing
  - Food Security / Nutrition
  - Social Supports
  - Parenting Supports
  - Quitting Smoking
  - Employment Insecurity
  - Individual or Family Counseling Support
  - Parenting Supports
  - Maintaining Healthy Relationships
- F. Would you like me to connect you with a Health Promotion staff who can call you and see if we can provide some support?

## Sample patient follow-up form

### 4.11 Follow-up appointments (approx. 20 mins) - F2F or by phone

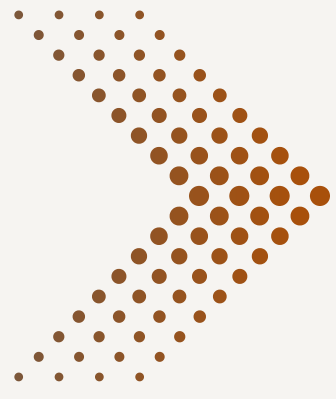
First follow-up to be scheduled around 2 weeks after the first appointment but dependent on availability, person issues, etc. Then aim to space appointments out at increasing lengths of time

#### Review:

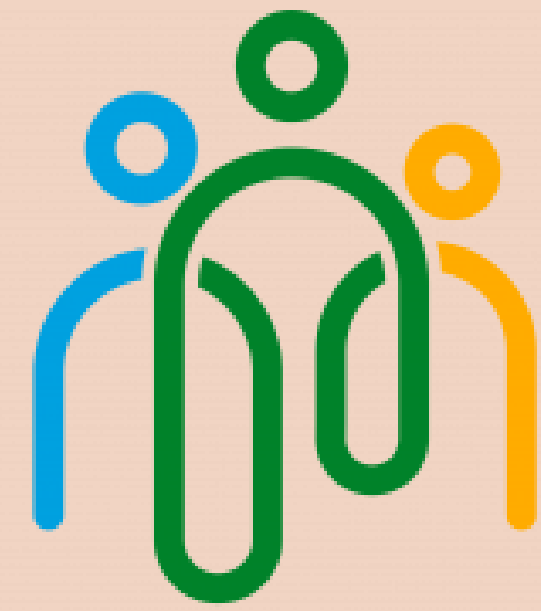
- How are things going?
- What has gone well?
- What has not gone so well?
- What else you need to ensure you meet your goal(s)?
- Provide further information and support as appropriate
- Refer to PAM® for guidance on activation
- Are there any changes to your action plan now? Get person to write in Person Booklet any changes / additional plans

#### Date:

#### Notes:



# Summary of the Jurisdictional scan

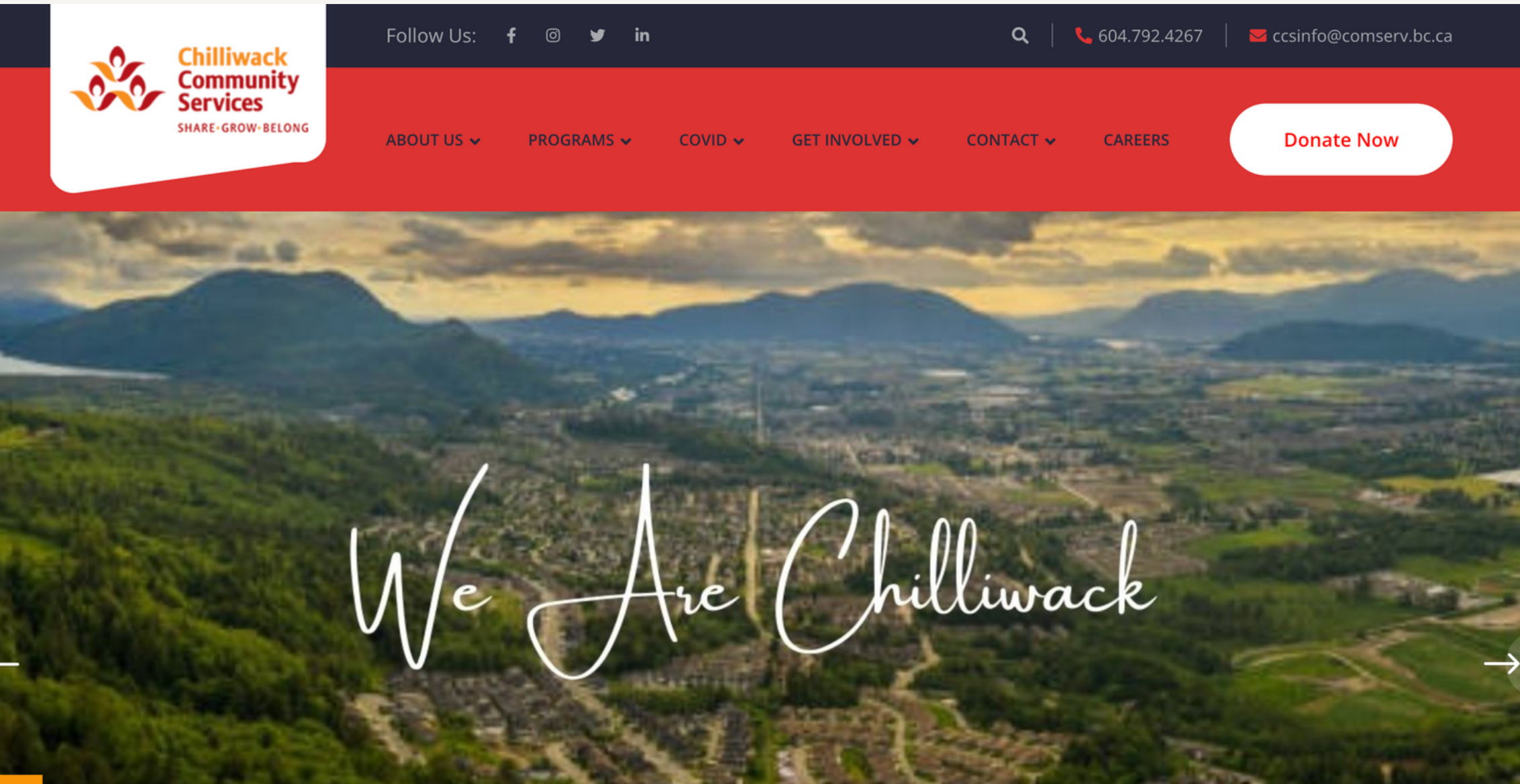


Social Prescribing  
Network





# Chilliwack Community Services



**Leila Reshid is a Seniors Community Connector who works in Chilliwack Community Services in BC and Esther Moreno is a capacity-building specialist, in population health that works in the United Way**

For more information: <https://www.comserv.bc.ca/>



## **Community Profile**

- Supporting people in the areas of exercise, eating well, and social interaction enables them to take charge of their own health and gives them the opportunity to participate in and give back to their community
- Patients in British Columbia who have inadequate access to services

## **Service Providers**

Seniors Community Connector

## **Program Delivery**

The majority of service delivery via telephone

## **Service User**

Older Adults who are suffering from social isolation, depression, anxiety, social needs

## **Financial Considerations**

Social prescribing is funded by the government of BC, Canada and is managed by United Way.

## **Interventions**

- Programs for Physical Activity Exercise programs like Osteofit, walking clubs, chair yoga, lawn bowling, and Move for Life
- Food/Nutrition Programs: Programs for meal preparation, cooking classes, Meals on Wheels, food banks, and food security
- Social Programs & Services Affordable housing, community centres, mental health services, book clubs, coffee shops, knitting circles, taxi saver programs, and assistance with HandyDart applications Caregiver Programs Help groups, educational workshops, and one-on-one support for caregivers

## **Outcome**

- Seniors feel more connected and hopeful
- Improve overall mental well-being
- 6-week follow-up report





# Belleville Quinte West Community Health Centre



Belleville and Quinte West  
Community  
Health Centre

Health care and support  
services for people in our  
community

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Learn more here [about COVID-19 vaccines in the Belleville and Quinte West areas.](#)  
[FREE: Resources for Mental Health. Learn More](#)



< [Social Prescribing at the Centre](#) >  
[» Learn More](#)

**Elaine Radway is a health promoter who works at the Belleville Quinte West Community Health Centre In Ontario.**

For more information: <https://www.bqwchc.com/>



## Community Profile

To improve your health and the health of the communities we share, our team of doctors, nurse practitioners, nurses, dieticians, social workers, and other healthcare professionals collaborate to achieve well-being.



## Program Delivery

Majority of service delivery via telephone or zoom

## Financial Considerations

Funded by the Ontario Ministry of Health and private organizations

## Service Providers

- Family Practitioner
- Registered Nurse
- Nurse Practitioner
- Community Staff

## Service User

Registered members of all ages

## Interventions

- Physical Activity Programs
- Nutrition/Food Programs
- Social Programs & Services
- Caregiver programs



## Outcome

- Patients feel more connected and hopeful
- Improve overall mental well-being and the load on the healthcare system
- Participants reported general gains in their mental health, increased ability to take control of their health, decreased feelings of loneliness, and a deeper sense of connection and belonging
- Social prescribing has been demonstrated to benefit healthcare professionals' patients' well-being and cut down on follow-up visits
- As a result of improved collaboration within the community, social prescribing increased the integration of clinical care, other professional teams, and social assistance





# Centretown Community Health Centre

The image shows a screenshot of the Centretown Community Health Centre website. At the top left is the logo with the text 'CENTRETOWN Community Health Centre'. To the right is a search bar with the placeholder text 'What are you looking for?' and a 'Donate' button. Below the search bar is a large photograph of two women sitting on a wooden bench outdoors, engaged in conversation. The woman on the left is wearing a white polka-dot top and a dark skirt, while the woman on the right is wearing a brown top and light blue pants. The background of the photo is a blurred green lawn and trees. On the right side of the screenshot, there is a large brown text box with white text.

**Centretown Community Health Centre**

What are you looking for? [Donate](#)

## Welcome to Centretown Community Health Centre

Supporting caring, inclusive and connected communities.

[Browse All Services](#)

**Natasha Beaudin is Social Prescribing Project Lead and Josephine Pham is Knowledge Mobilization and Project Coordinator at the Alliance for Healthier Communities**

To find out more about other programs please visit the link below:  
<https://www.centretownchc.org/programs>

## Community Profile

For seniors, LGBTQ+, families, new immigrants, people managing diabetes, and those who are homeless, they prescribe a variety of programs to fit the client's needs and interests



## Outcome

- Counting the number of referrals
- Follow-up calls

## Service Providers

- Family Physician
- Social Worker
- Registered Nurse
- Nurse Practitioner
- Dietitian



## Service User

Addiction & Withdrawal,  
family, Homeless, Immigrants,  
LGBT2SQ+, Seniors

## Interventions

- **1Call1Click.ca- about this program:** Children, teens, and families can use the 1Call1Click.ca initiative to get the appropriate mental health and addiction resources and care when they need it.
- **2SLGBTQIA+ Counselling (16+)- about this program:** Free short-term counselling for people who identify as 2SLGBTQIA+.
- **2SLGBTQIA+ Newcomer-** about this program: a social gathering for 2SLGBTQIA+ Newcomers.
- **2SLGBTQIA+ Rainbow Coffee Group-** about this program: sharing the advantages and disadvantages of aging and being 2SLGBTQIA+.
- **Access Mental Health and Addiction (AccessMHA)- about this program:** Looking for mental health or substance use assistance? It can be difficult to navigate around a complex and confusing healthcare system. We can support it.
- **Baby Prenatal Nutrition Drop-In - Welcome Baby** about this program: helping new parents bring home a new baby.
- **Bill Goodwin Toy Lending Library-** about this program: A variety of toys for infants and kids up to age six are available for families to borrow.
- **Breastfeeding Support-** about this program: Tuesdays from 9:00 a.m. to 5:00 p.m., there are in-person, telephone, and online breastfeeding appointments available.
- **Champlain Diabetes Chiropody Program / Ottawa and Surrounding Areas:** We diagnose and treat conditions affecting the foot and ankle.

## Financial Consideration

Funded by the Ontario Ministry of Health and private organization

## Program Delivery

Online/ in-person



# Bromley By Bow Centre



Search here...



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## Read our impact report

Find out how the Centre charity and its community have fared during a second pandemic year. Read our latest [Impact Report](#).

Image courtesy art partner [Pierre Bureau](#).



For further information please visit the following link: <https://www.bbhc.org.uk/services/>



## Community Profile

We are Social Prescribing Regional Facilitators for London for NHS England and founding members of the National Social Prescribing Network. A crucial component of our training is practitioner-led knowledge exchange about the roles of Social Prescribing Link Workers (SPLWs) and as a service. The Bromley by Bow Social Prescribing scheme is a general practice-based social prescribing program that, as of 2012, has 53,000 patients registered across six GP practices in its primary care network (PCN).

## Program Delivery

Contact us directly in confidence or request a referral from your doctor or practice nurse. For free of charge, support is available Monday to Friday.

## Service User

Anyone over the age of 18 who has registered with a medical facility, including Bromley by Bow, St Andrew's, Stroudley Walk, Merchant Street, St Paul's Way, and XX Place.

## Interventions

The service offers up to six one-on-one, six-hour sessions that aid people in exploring issues that affect their health and well-being. These services include:

- Housing, financial aid, and advice
- Employment, education, and volunteerism
- Education and learning
- Exercise and tips for leading a healthy lifestyle
- Arts, gardening, and creative activities
- Counselling, and groups

## Financial Considerations

The funds will be provided by the Health and Wellbeing Fund, which is a component of a government initiative to invest in the voluntary sector.

## Service Providers

- Link Worker
- Service Manager

## Outcome

Three ways in which our social prescribing team can assist. By giving you the chance to think about what's important to you, assisting you in identifying problems and obstacles you'd like to overcome, and helping you locate resources and activities in your neighbourhood that will support you.



# IPC Health - Australia



For more information: <https://www.ipchealth.com.au/>



## Community Profile

A person-centred approach called social prescribing works alongside your doctor or other healthcare professional to find non-medical strategies to improve your overall well-being. Social prescribing enables people to enhance their quality of life and remain rooted in their neighbourhood

## Service User

Adults in Brimbank or Wyndham who are employed or enrolled in school are eligible for this program. Also, people who:

- Have physical, social or mental health needs that are affecting their daily life
- Want to form social connections
- Want to improve their overall well-being

## Service Providers

- Healthcare professionals
- Link worker
- Community members
- Well-being coordinator

## Interventions

- Group exercise courses
- parental assistance
- Local support clubs
- Legal services
- Financial services

## Financial Considerations

The Department of Health

## Community Profile

Healthcare professionals refer patients. Clients can also self-refer to the program by contacting the number or the email provided on the website

## Outcome

- The Wellbeing Coordinator follows up with the clients to report on how they are feeling
- Improving the feeling of loneliness and isolation
- Improving the health and wellbeing of clients



# Literature Review



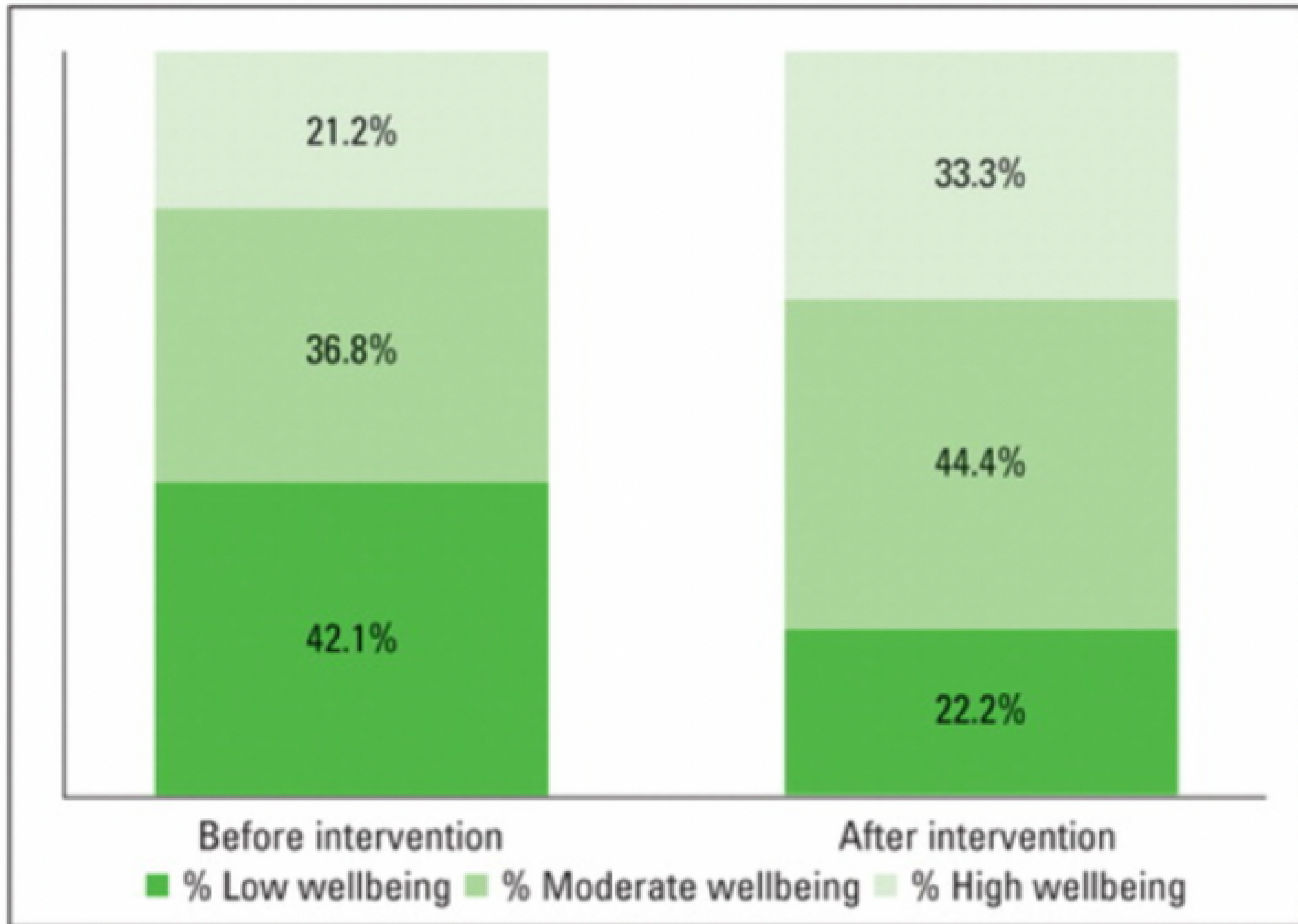
- The study investigates the roots that contribute to the validity of the research question which is can social prescribing be an alternative non-medical approach to treating patients? To answer this call for evidence and the call for research into innovative health-promoting preventive services, we are conducting and presenting a literature review of evaluations of community-based programs that are designed to reduce feelings of loneliness and social isolation, improve health, and well-being, and increase connectivity.
- According to the evidence collected for the literature review, social prescribing has positive effects on one's quality of life including improvement in mental health status, improvement in the management of one's health, decrease in the rates of depression and anxiety along with an increase in a sense of belonging. Additionally, social prescribing improves biopsychosocial well-being and reduces the burden on healthcare services. The findings targeted those individuals with complex social needs, and social isolation, those feeling lonely and depressed, those living with mild and long-term conditions, and those who seek primary and secondary care regularly.
- The majority of the researched studies have viewed social prescribing as an intervention to further improve mental health and well-being, health status, the healthcare system, and improve services at the community level.
- Overall, the literature review paper focuses on examining the concept of social prescribing and its importance as a public health program initiative when it is integrated into general practice.



- The published body of evidence conducted for this literature review suggests that social prescribing can improve the health and well-being of the population and it has great benefits on an individual level, at the community level and at the population level. Thus, leading to reduced usage of healthcare services, improving life satisfaction, and empowering individuals to take care of their mental well-being. In all articles that have been reviewed for this paper, referrals to social prescribing programs are mostly made by healthcare professionals known as general practitioners (GP). In nine articles, a link worker is involved to make the bridge between general practitioners (GP), patients, and the third sector.
- The evidence supports an increase in self-esteem, and confidence, improvement in mental well-being and positive mood, and a decrease in anxiety, depression, and negative mood. Improvements in sociability, communication and relationships with others, reduction of social isolation and loneliness, assistance for those who are difficult to approach, feeling motivated and optimistic, and acquiring new knowledge, interests, and abilities are all more benefits of social prescriptions.
- Increase in self-esteem, and confidence, improvement in mental wellbeing and positive mood, and a decrease in anxiety, depression, and negative mood.
- Social prescribing services engaged individuals to feel more positive and have an optimistic view of their lives, as this has been achieved through participating in various types of hobbies and activities in the local community.
- Evidence shows that over 90% of those who were seen by a "Health Connector" felt better, as they were able to receive social assistance and felt more in control of their health.
- It has been reported that social prescribing initiatives show promising results for boosting physical activity levels, general self-reported health status, and energy and awareness levels in terms of physical health.



# The proportion of clients in each group before and after the Intervention



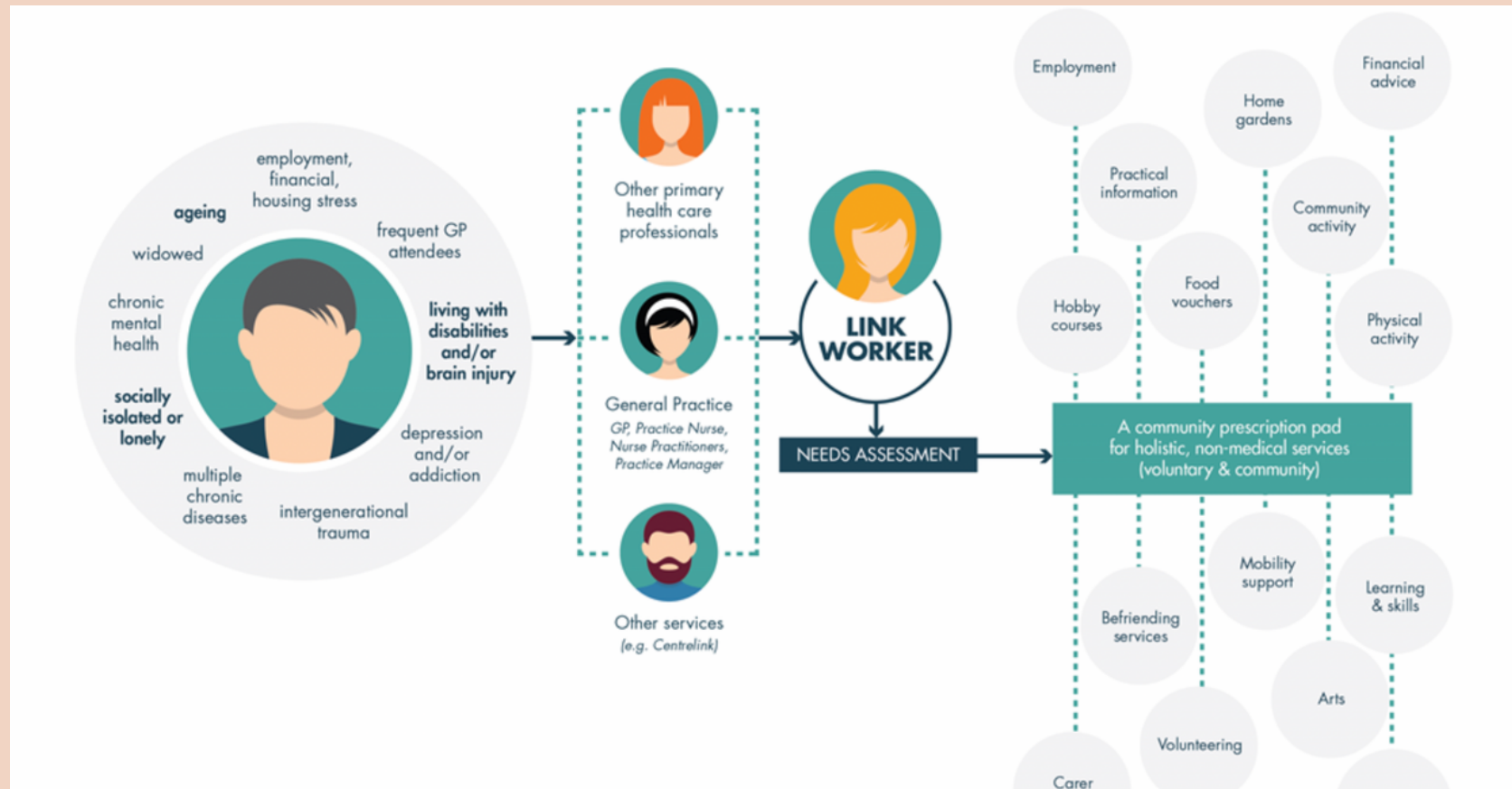
# Evidence Cont'd

**Recent research that is published by Vidovic et al has reported the following:**

- 46-69% of participants felt less lonely as 19% felt less socially isolated, 71-94.7% reported improvements in well-being
- 50.7-95% reported a greater sense of connectedness after participating in a social prescribing program
- 7-68% reduction in the use of the family doctor to a 7-50% reduction in the use of emergency rooms



# CONCLUSION





- The health of individuals, families and communities in Newfoundland and Labrador (NL) is shaped less by personal choices than by the social and economic conditions they experience. There is a tremendous body of evidence demonstrating that social factors and experiences are the predominant determinants of health outcomes.
- There must be an effective and new intervention to address social needs in primary care settings, to reduce the impact of the social need on health. The evidence for social prescribing to lower the demand for primary and secondary care is widely supported by the data however, the evidence is weak and further research is required to establish proof.
- The evidence that social prescribing in reducing expenses for the health system is supportive but it is not fully measured. Social prescribing is a system rather than an intervention, a solid and relevant evidence foundation is necessary for each component of this system. When it comes to activities, this could mean randomized controlled trials or effectiveness reviews, but when it comes to pathway characteristics (like a "link worker" element), it could mean qualitative patient experience descriptions or realistic assessments of pathway portions (for example, enrolment, engagement, and adherence). Social prescription has been linked to patients' lower levels of anxiety and depression, improved social connections, higher levels of optimism and hope, and less depletion of services and products such as medicines, medical appointments, etc.
- The ultimate goal is to address social needs, establish health equity, and change how we deliver person-centred primary care can all be realized through the use of social prescriptions. Family doctors are well-positioned to serve as role models for high-quality social prescribing and lead the way for a healthier Canada.
- Social prescribing depends on a healthy public policy, financial support for the local community and social services, and high-quality medical care. Social prescriptions can transform the lives of patients in our practices whose social environment has an impact on their health by bridging the gaps between different systems. The goal of social prescribing is to enhance health and well-being. It links people with nonclinical services and assistance that prevents social issues such as loneliness, homelessness, and mental health.

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Thank you

Any Questions?