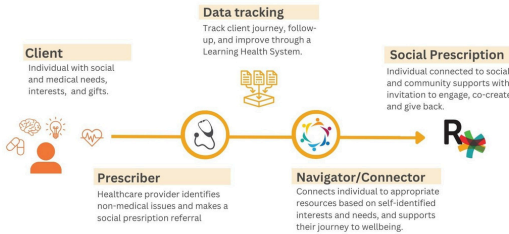




The Magic of Social Prescribing: Connection

A PATHWAY TO MORE CONNECTED COMMUNITIES

Social Prescribing supports health and wellbeing by connecting people with non-clinical programs and services. These programs can include social connection, arts, culture, nature, community meal programs, and more. Generally, Social Prescribing is grounded in the role of link worker, navigator or health promoter. The pathway is different in each community depending on local resources, needs and capacity.



PAST RESULTS



During the Alliance for Healthier Communities' research pilot Rx: Community – Social Prescribing many of the participants observed improved mental health and sense of community.

29% more clients scored their mental health as either Excellent, Very good or Good

36% more clients scored their sense of community of belonging as either Excellent, Very good or Good

Partnering with the Older Adults Centres' Association of Ontario, the Links2Wellbeing project offers social prescribing for older adults. Here are some highlights from 10 months of data year 2 of the program:

753+ older adults referred to program to date

33% reported improved physical and mental health

50% decrease in loneliness



Decrease in repeat visits

Health providers observed a decrease in the number of repeat visits by clients, after participating in a social prescribing program



decrease in perceived loneliness

ALLIANCE MODEL OF HEALTH & WELLBEING AND SOCIAL PRESCRIBING



Social Prescribing has been underway in our centres since 2018. For Alliance members, it is grounded by the principles of the Model of Health and Wellbeing and the Model of Wholistic Care to support comprehensive primary care and healthier more connected communities.

Our model distinguishes itself by using **health equity** to inform our approach, working with clients who face the most barriers, in diverse urban and rural settings:



CURRENT PROJECTS

Based on the success of our 2018 pilot, we've launched these three projects:



Our Black-Focused Social Prescribing project provides culturally competent programs for Black families and their communities.



The Links2Wellbeing project connects older adults to Senior Active Living Centres for social prescribing.



Social Prescribing for Better Mental Health is the newest project with the goal of delivering initiatives to support people whose mental health was most affected by the COVID-19 pandemic.