Rx Community: Social Prescribing in Canada

Building a Movement Based on a Model of Health and Well-being

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AIM: ADAPTIVE & BUILT-IN EVALUATION

Ongoing evaluation and communities of practice fuel iterative improvements. We are strengthening the evidence on what works, with whom, and in what circumstances.

Evaluation was built into the design, leveraging existing assets:
- Common Electronic Medical Records system
- Socio-demographic data
- Shared measurement and outcomes framework

FINDINGS: SOCIAL PRESCRIPTIONS AT A GLANCE

- Knitting and crochet
- Addictions support
- Bereavement circle
- Yoga and meditation…

Ottawa & South End

Belleville & Quinte West - Rural

“Before… not a thing would have been done, because I wouldn’t have come out to do it. But they give you such amazing support here that you’re able to go beyond that.”

Centretown – Inner-city Urban

“By meeting other people, and having that opportunity to meet, you see yourself in your society, and that’s empowering in itself.”

Temiskaming – Northern Francophone

“After being laid off, I had lost my pride. By getting involved, I was helping to fight my isolation while helping people in my community fight their loneliness. I am now proud of myself, knowing that I offer others the chance to follow this good ‘prescription’… that of putting life into our lives!”

Temiskaming

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With thanks to mentorship and support from Altogether Better and Herts Valleys Clinical Commissioning Group

Read our interim progress report to learn more! https://www.allianceon.org/Rx-Community-Social-Prescribing

METHODS: EQUITABLE & DIVERSE

Implemented in Community Health Centres – comprehensive primary health care organizations that are:
- Informed by the Model of Health and Wellbeing (MHWB)
- Committed to health equity and social justice
- Focused on marginalized and vulnerable populations
- Grounded in community development and empowerment
- Co-located primary care, allied health, health promotion, social work, and community outreach services