



Prescription: Community

Social Prescribing Project Backgrounder

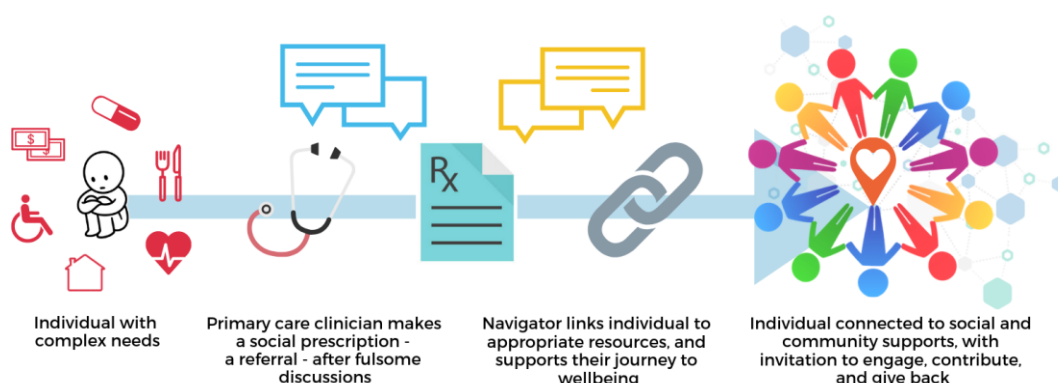
The Alliance for Healthier Communities is bringing Social Prescribing to Ontario. From September 2018 to December 2019, we will be implementing and evaluating social prescribing as a sustainable service innovation rooted in an asset-based, people-centred approach to the front lines of primary health care.

Rx: Community enables healthcare providers to implement, in a systematic and evidence-informed way, what we know anecdotally – that people are healthier when connected to social and community supports. Lessons learned will inform other healthcare providers, and together we will build healthier, more interconnected, more resilient communities.

What is Social Prescribing?

- A structured means of referring people who visit their doctor or nurse practitioner to a range of local, non-clinical services that seek to address people's needs in a holistic way.
- An asset-based approach that goes beyond treating illnesses, recognizing patients as people with gifts.
- A way to support individuals in taking greater control of their own health.
- A pathway to enabling health care clients to engage with and contribute back to the community.

What does Social Prescribing look like in practice?



What are the potential impacts of Social Prescribing?

- Clients experience improved mental health, are less isolated or lonely, and are more physically active.
- Providers are able to use their time more effectively by redirecting non-medical clients to more suitable resources.
- Communities see improvements in sense of connectedness and belonging.

Who is involved in Ontario?

11 participating Community Health Centres (CHC), with diverse mix of urban, rural, Francophone, and northern communities:

Belleville &
Quinte West CHC
Centretown CHC
Country Roads CHC
CSC Témiskaming
Gateway CHC
Guelph CHC
NorWest CHC
Rexdale CHC
South Georgian Bay CHC
Stonegate CHC
West Elgin CHC

Partnership with experts from the National Health Service, Altogether Better, and the Social Prescribing Network in the United Kingdom.

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The views expressed in the publication are the views of the Recipient and do not necessarily reflect those of the Province.

For more information, visit: allianceon.org/Rx-Community-Social-Prescribing