

In This Issue

- Child, Youth and Family Mental Health
- Transitions in Care
- Kamloops Healthy Weights for Children
- Important Updates & Participation Opportunity
- Upcoming Meetings

Visit Us Online

Thompson Region Division of Family Practice website
Check in regularly for upcoming events and information

Contact Us

<http://www.divisionsbc.ca/thompson-region>

Phone: 250-372-1621

Fax: 250-372-1610

thompsonregion@divisionsbc.ca

Child, Youth & Family Mental Health & Substance use collaborative

The CYMH & SU Collaborative is underway with the purpose of increasing the number of children, youth and their families receiving timely access to integrated mental health and substance services and supports. We have established a Local Action Team and a number of working groups to achieve specific objectives. Specifically, we are looking at simplifying and enhancing access, creating a more integrated team approach, communication across providers and capacity building and education for MHSU. Recently, Tara Mochizuki has been hired by the Division to take on a Project Lead role. She is looking to create a physician reference group to gather physician input on the various activities of the working groups and Local Action Teams.

For more information, or if you are interested in contributing your input to this initiative, please contact Tara Mochizuki, Project Lead at tara.mochizuki@interiorhealth.ca or (250) 320-9204 for more information.

Transitions in Care -Frail Elderly

With the opening of 4 North later October, we have the opportunity to co-design a discharge algorithm and related documents with family physicians and the interdisciplinary team for testing on the new unit. This is a wonderful opportunity for us to PDSA discharge standards with a new unit and new team members. **We need you!** We are looking for physicians who are interested in participating during October and November on this initiative. Your ideas are critical to the successful discharge for your elderly patients transitioning from acute to home.

Please contact Lisa Fuller at lfuller@divisionsbc.ca or 250.574.8885 for more information by **October 28**.

Kamloops Healthy Weights for Children: Shapedown BC

A new program that offers support for obese children and youth in Kamloops, rates of overweight and obesity are rising among children. Within B.C., the prevalence of childhood obesity has risen to seven per cent. Research indicates that as many as 50 per cent of obese five year olds and 85 per cent of obese 15 year olds will become obese adults.

Interior Health's new Shapedown program brings families together for fun and interactive group activities twice a week over a ten week period. A team of health care professionals and exercise specialists will work to build on the strengths of families so everyone becomes healthier and happier. Families can achieve a more active lifestyle and healthier family eating, as well as increased self-esteem. The group treatment program operates in partnership with the Kamloops Community YMCA-

Divisions of Family Practice

An initiative of the General Practice Services Committee

www.divisionsbc.ca

Board Members

- Shirley Sze
- Chip Bantock
- Graham Dodd
- Krista Bradley
- Miranda du Preez
- Bruce Newmarch
- Lennard Pretorius

Support Staff

- Chris Hollstedt Executive Director
- Lisa Fuller, Transitions in Care Project Lead
- Vivian Van Dorne, Office Administrator

Newsletter Production Team

- Shirley Sze
- Vivian Van Dorne

Submissions for the October newsletter must be provided to vvandorne@divisionsbc.ca by November 15, 2013

As always, please email the Division at thompsonregion@divisionsbc.ca if you need more information on any particular topic or wish to volunteer for something, anything!

YWCA. Free YMCA Family Fit Passes will be provided and on-going follow-up is offered after the group sessions end.

Eligibility Criteria: aged 6-17 years, BMI >97th % or >85th% with co-morbidities, child/teen and his/her parents and/or caregivers are interested and able to participate in the four hour initial assessment and ten week group sessions

Referral to the program is through a physician or nurse practitioner: [Referral Form](#)

For additional information contact the Kamloops Public Health Unit at 250-851-7300, or refer to our [program brochure](#), and [web page](#).

Important Updates & Participation Opportunity

Check out these important updates and more on the [Division website](#).

King Street Patient Criteria As a result of the success in attaching patients to King Street, the GP capacity is reaching its limits and wait-times to access services is getting long. Rather than closing the clinic to any further new patients, criteria has been developed to ensure those with the highest needs is afforded the best chance to receive services. For the listed criteria, please [click here](#) .

The Integrated Practice Support Initiative (IPSI) is a joint project with the South Okanagan Similkameen (SOS) Division of Family Practice. After focus groups were held in each area in June and August, planning is now underway for a second focus group that will aim to create a draft COPD template to be tested by the focus group participants. Members of PSP and PITO have also formed a working group to review and determine a new model of coordinated support for family physicians. The group will be seeking input on how QI and EMR support services can be improved and tested for this initiative. For more information about the project or if you are interested in participating in upcoming IPSI activities please contact Ron Gorospe, Project Manager, at (250) 319-2527 or ron.gorospe@interiorhealth.ca .

The Recruitment and Retention Committee is looking for physicians that are interested in participating on the committee. For more information please contact Dr. Wayne Dong wdlexan@hotmail.com.

A GP for Me and In Patient Care

A reminder that video presentations are available on the GPSC website to help you learn more about A GP for Me and In-Patient Care fee codes that became available for billing April 1, 2013. [Click to view](#).

Based on member support, the Division has secured funding to pursue the assessment and planning phase of the GP for Me/Attachment initiative. We're actively recruiting for a Project Lead and member volunteers to sit on the advisory committee. For more information contact Chris Hollstedt at 250-372-1621 or chollstedt@divisionsbc.ca.

Integrated Primary Community Care (IPCC) to view the October update please [click here](#).

Upcoming Meetings

Division Board of Directors Your Division Directors meets monthly to review progress and develop strategies to address emerging opportunities. If you'd like to attend or present an information item for any of the upcoming meetings please send an email to thompsonregion@divisionsbc.ca and we'll do our best to accommodate.

2013 scheduled meetings are; December 2, January 13, February 3 .

Thompson Collaborative Services Committee The Thompson Collaborative Services Committee (CSC) is a forum where the Division, Interior Health Authority, Ministry of Health and the General Practices Services Committee present clinical issues of concern for patient care outcomes, co-determine priorities and co-design solutions, calling on additional voices from patients and the community as needed. The CSC is an innovative way of co-generating solutions to the complex, serious and interconnected issues facing the health care system, the delivery of care and the experience of care.

If you have information or issues you'd like to bring to the attention of the CSC please contact us at thompsonregion@divisionsbc.ca .

2013 scheduled CSC meetings are: November 14, and December 12.