

# NEWSLETTER

Photo: Karin Swift



**In This Issue** – We feature the Black Youth Diverse Learners Research Project: Towards Systemic Change, Thrive’s Youth Counselling Program, our new Navigation Line, the Remote Care Management program expansion, and more!

## Black Youth Diverse Learners Research Project: Towards Systemic Change

### About the Study

This critical community-based research project is facilitated by Black peer researchers with disabilities (16-30 years old) in the Halton-Hamilton region, in collaboration with the ASE Community Foundation for Black Canadians with Disabilities, Centre for Diverse Learners, and Afro-Canadian Caribbean Association of Hamilton. This systems mapping project aims to promote the success of Black youth diverse learners.

Using a “for us, by us” approach, this project centers the lived experiences and voices of Black youth diverse learners (age 15-29) and captures the complex experiences of Black youth diverse learners and the intersectionality of Blackness, disability, age, gender, 2SLGBTQ+, and other identities. These important insights will be captured through virtual and in-person 1-on-1 interviews, focus groups, and photographic data collection.

### Project Objectives

- Identify structural and systemic barriers within the educational systems and community supports; documenting strategies for success and system navigation.
- Inform system-based solutions and approaches that are Black youth-focused, culturally-relevant, and accessible.

Click [HERE](#) for more information





## Remote Care Management Expansion



We are pleased to announce that we are expanding our Remote Care Management program to include diabetes patients! Over the duration of the program, the RCM team will support patients in understanding their diabetes and how to manage it. The program asks questions, shares tips, and encourages simple activities to improve self-management at home.

Each day, patients will be asked to complete a brief self-reporting tool for diabetes management that includes medication information, symptom assessment, foot care, physical activity, and nutrition. Patients on this program will have their vital signs reviewed by a nurse remotely and there is a thoughtful escalation process in place should concerns arise during or after regular program hours. This service is intended to support self-management in the home, promote a shorter hospital length of stay, and ideally, reduce Emergency Department visits and/or readmissions. Click [HERE](#) for more information and the referral form.

## Thrive's Youth Counselling Program



Thrive Counselling has opened registration for their Youth Counselling Program. If you're feeling anxious, depressed, stressed out, or struggling with family, social, school, work, or life, Thrive's experienced counsellors can provide one-on-one sessions and help you navigate life's challenges. Attendance is in person or virtually, whatever works best for you! For more information or to register, click [HERE](#).

## Make the Right Call

### Do you need help navigating health care or community services in Halton?

We are thrilled to announce the launch of the Connected Care Halton Ontario Health Team Navigation Line, a significant milestone in our ongoing efforts to enhance healthcare access in our community.



**1-844-806-3093**

Monday to Friday 8:00am-8:00pm



Community members can now call this number to get information and assistance in navigating the diverse health and social services within Halton. We encourage you to share this information with your networks. Your support in promoting this line is vital in ensuring that it reaches all corners of our community.



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 ONE HEALTH  
 MEDICAL CENTER

[www.onehealthoakville.com](http://www.onehealthoakville.com)

One Health Oakville has 1 female physician accepting new patients, with additional physicians starting in the next few months! Visit their website for more information and to book an appointment.  
 Phone - (289) 497-9979  
 Website - [onehealthoakville.com/book-appointment](http://onehealthoakville.com/book-appointment)



**SAVE THE DATE**

The Halton Physician Association  
**Annual General Meeting**  
 March 20th, 7:00PM - 9:00PM

All physicians practicing in Halton Hills, Milton, and Oakville are welcome!

HPA Registration Required.



The Halton Physician Association is holding their Annual General Meeting on March 20th from 7:00-9:00pm. Physicians practicing in Halton Hills, Milton, and Oakville are welcome to participate in a discussion on the future of healthcare in Halton and how to improve your life as a physician. Please visit the HPA's website ([haltonphysicianassociation.ca](http://haltonphysicianassociation.ca)) or scan the QR code to register!



- **February 26 - March 29, 2024 - An Introduction to Problem Technology Use** (Centre for Addiction and Mental Health). Click [here](#) to register.
- **February 22 & 29, 2024 - Cultural Mindfulness: Foundations of Equity, Diversity, and Inclusion (EDI)** (Regional Learning Centre). Click [here](#) to register.
- **April 16 - June 4, 2024 - Family-to-Family Workshop** (National Alliance on Mental Health). Email [familytofamily@cmhahrb.ca](mailto:familytofamily@cmhahrb.ca) to express interest.

*Contact Us*