

West Carleton

Family Health Team

Welcome to the WCFHT March email update where we'll share with you upcoming clinic and community news and events that promote health and well-being. In this issue, we have included community mental health resources for adults, kids and youth. We know it's been a difficult few weeks and want to remind patients that support is available. For a list of Ottawa-area resources, visit:

<https://www.wcfht.ca/covid-19-mental-health-supports.html>

For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, please [visit our website](#).

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COVID-19 and higher-risk patients

Some of you have reached out asking about treatments for COVID-19. Here are the key things to know:

- Most people with COVID-19 symptoms will just need to self-isolate and rest, drink plenty of fluids and take analgesics (as needed) for headaches or muscle aches. This resource (<https://dfcm.utoronto.ca/confused-about-covid>), available in multiple languages, answers many of the most common questions about COVID-

19 – including when to call the doctor's office.

- If you are over a certain age and/or have health problems, treatment may be an option for you based on your risk for severe illness. If you are at higher risk (see below) and have mild to moderate COVID-19 symptoms, please call our office right away so we can determine whether you should be referred for treatment. Depending on the medication, they must be taken within five to seven days of first symptoms. See [If I get COVID, is there a medication I can take?](#)

You can also self-refer to a Clinical Assessment Centre – [list of CACs here](#).

Higher-risk patients are:

- immunocompromised individuals (i.e., you have health conditions or take medications that weaken your immune system) and 18+ years old, regardless of vaccine status
- unvaccinated individuals aged 60 and over
- unvaccinated First Nations, Inuit and Métis individuals aged 50 and over
- unvaccinated individuals age 50 and over with one or more risk factors (e.g., you have diabetes, obesity, serious kidney problems, intellectual disability, cerebral palsy, sickle cell disease, on active cancer treatment, a solid organ or stem cell transplant recipient).

Call 911 if you have severe symptoms, such as: you are short of breath while resting or if you are finding it harder and harder to breathe, have severe chest pain, feeling confused or losing consciousness.

Vaccination

Everyone aged five years or older (on the day of their appointment) are eligible for a COVID-19 vaccination. All individuals ages 12 and older are now eligible to receive a third (booster) dose of the COVID-19 vaccine. For adults 18 and older, at least 84 days (three months) must have passed since the second dose, and for youth 12 and older, at least 168 days (six months) must have passed since the second dose. [Drop-ins are welcome at all Ottawa Public Health clinics.](#)

To schedule an appointment, visit: <https://covid-19.ontario.ca/book-vaccine/>

Share your thoughts about mental health and/or substance use health services in your community

Our organization is a partner of the Ottawa West Four Rivers Ontario Health Team (OHT) and we're helping its Mental Health and Addictions (MHA) Action Team gather community feedback that will help identify opportunities to improve the mental health services and substance use health service system across our OHT.

To this end, we are looking for input from individuals (as well as their family members, friends and/or caregivers) who have experienced difficulties accessing mental health services and/or substance use health services or who have used emergency services (police, ambulance, emergency department) because of real or perceived barriers to using community mental health and/or substance use health services.

The OHT MHA Action Team comprises a range of health and social service organizations that serve our diverse local communities in urban and rural settings. The geography includes parts of West Ottawa, rural South Ottawa, Lanark County, Richmond, Carleton Place, North Grenville, and the Arnprior/McNab/Braeside area. Their goal is to inform priority improvements to MHA services to better support patients in crisis and decrease ED visits where appropriate.

Community input can help us make a difference.

Participation is completely voluntary. All responses will be kept confidential and will only be used for statistical purposes and reported in aggregated form.

The survey will take about 10 minutes to complete.

Please submit your feedback by March 31st, 2022.

Further information regarding the Ottawa West Four Rivers Ontario Health Team can be found at: <https://www.ottawawestfourrivers.ca/>

[Take Survey](#)

Ontario health promotion workshops

The following workshops are hosted online, meaning you can participate from home. The workshops are highly interactive and free to join - without a referral.

[Living a Healthy Life with Chronic Pain](#) *Next group starts March 17*

[Living a Healthy Life with Chronic Conditions](#) *Next group starts March 30*

[Webinar: The Body and Mind Connection: Using Movement to Improve Mental Health & Resiliency](#) *March 31*

[Progress Over Pain \(NEW\)](#) *Next group starts March 25*

Thinking of Quitting Smoking? Join STOP on the Net

STOP on the Net is an online program to help you quit smoking cigarettes. You can join from the comfort of your home and receive free nicotine replacement therapy (NRT) patches and gum/lozenges mailed to your address. To be eligible, you must be 18 years of age or older and a resident of Ontario.

Need more support? Contact us! We have nurses trained in clinical practice guidelines for smoking cessation that can help support you to quit. <https://www.wcfht.ca/stop-smoking.html>

[STOP on the Net](#)

New free program to help youth quit smoking and vaping

Quash is a judgement-free app to help you quit smoking or vaping - the way you want! It's an evidence-based program for youth who want to quit smoking or vaping in a customized way. It includes a mobile app, website and online tools and training. In the app, you can set goals, track cravings, monitor progress, learn about support options, and learn to create healthy habits.

[Quash](#)

Accessing Mental Health Services if you have Benefits

Our mental health team has developed a guide to help patients get the most out of their Employee Assistance Plan (EAP) or Extended Health Benefits. Learn more about how to access mental health services through your benefits and the different types of healthcare providers you may be eligible to see.

[More Info](#)

Mental Health Care for Kids and Youth

Last summer the Kids Come First Health Team launched 1Call1Click.ca, a unique service in Canada that makes it easier for children, youth (up to 21 years) and families of Eastern Ontario to find the care they need for mental health and addiction.

To access services, call 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario) OR complete an online form.

[1Call1Click.ca](#)

Mental Health Care for Adults

AccessMHA makes it easier to find mental health and/or substance use support, services, and care for adults. After contacting the program, you will be paired with a trained mental health and addiction professional who will connect you to the services you need from a network of partner organizations. Services are available for anyone

Research Study on Cancer-Related Fatigue

Have you been feeling tired after completing your cancer treatment? Cancer-related fatigue (CrF) is a common and debilitating symptom that individuals with cancer experience during and post-treatment. Researchers at the University of Ottawa are offering a 4-week virtual group that incorporates cognitive behaviour therapy and physical activity to give you the tools to better manage and reduce your fatigue. Participants will be randomized to either the intervention group or a wait-list group. If you are placed in the wait-list group, you will be offered the next intervention 3 months later. Groups will be in the spring/summer, and fall of 2022.

What will I learn in the group?

- You will learn all the latest information on cancer-related fatigue and what may be contributing to your fatigue.
- How to use relaxation techniques and self-compassion to reduce emotional and physical stress that can contribute to feeling tired.
- The importance of physical activity and how to set achievable goals for yourself.
- How to identify and challenge unhelpful thinking patterns.
- How to improve sleep, your mood, and reach out for social support.

Is this program for me?

- Are you an adult (18+)?
- Have you received a cancer diagnosis and completed your treatment?
- Do you experience cancer-related fatigue?

This is a pilot program being implemented and evaluated as part of a doctoral research study by the University of Ottawa. The study involves completing a questionnaire package before the start of the program, after the completion of the program, and 3 months after completing the program. This is being done to determine if this program does successfully help individuals better manage their cancer-related fatigue. If you decide to participate you will receive a consent form with more information detailing the study. This workshop will be facilitated by our cancer coaches.

Where: Virtual (Computer and internet access required).

When: Contact us for dates

If you are interested or would like more information, contact CRFstudy@uottawa.ca

Thank you for reading this update! If you have any questions or comments about **clinic** events, or are organizing your own (free) community health promotions event, please feel free to contact Talia Ignacy at taliai@wcfht.ca

Connect with us on **Facebook** and **Twitter** for updates on clinic and community programs and events, as well as up-to-date information on local health services.

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119 Langstaff Dr K0A1L0 Carp CA