

Social Prescribing: Connectedness, Purpose, and Belonging

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What does it take for the healthcare system to fully support the **physical, mental, and social health** and **wellbeing** of each person?

What if instead of asking “**What is the matter with you?**”, we asked “**What matters to you**”

What if, along with medication, health providers can prescribe **art and dance classes, volunteer roles, caregiver supports, and supportive peer networks?**

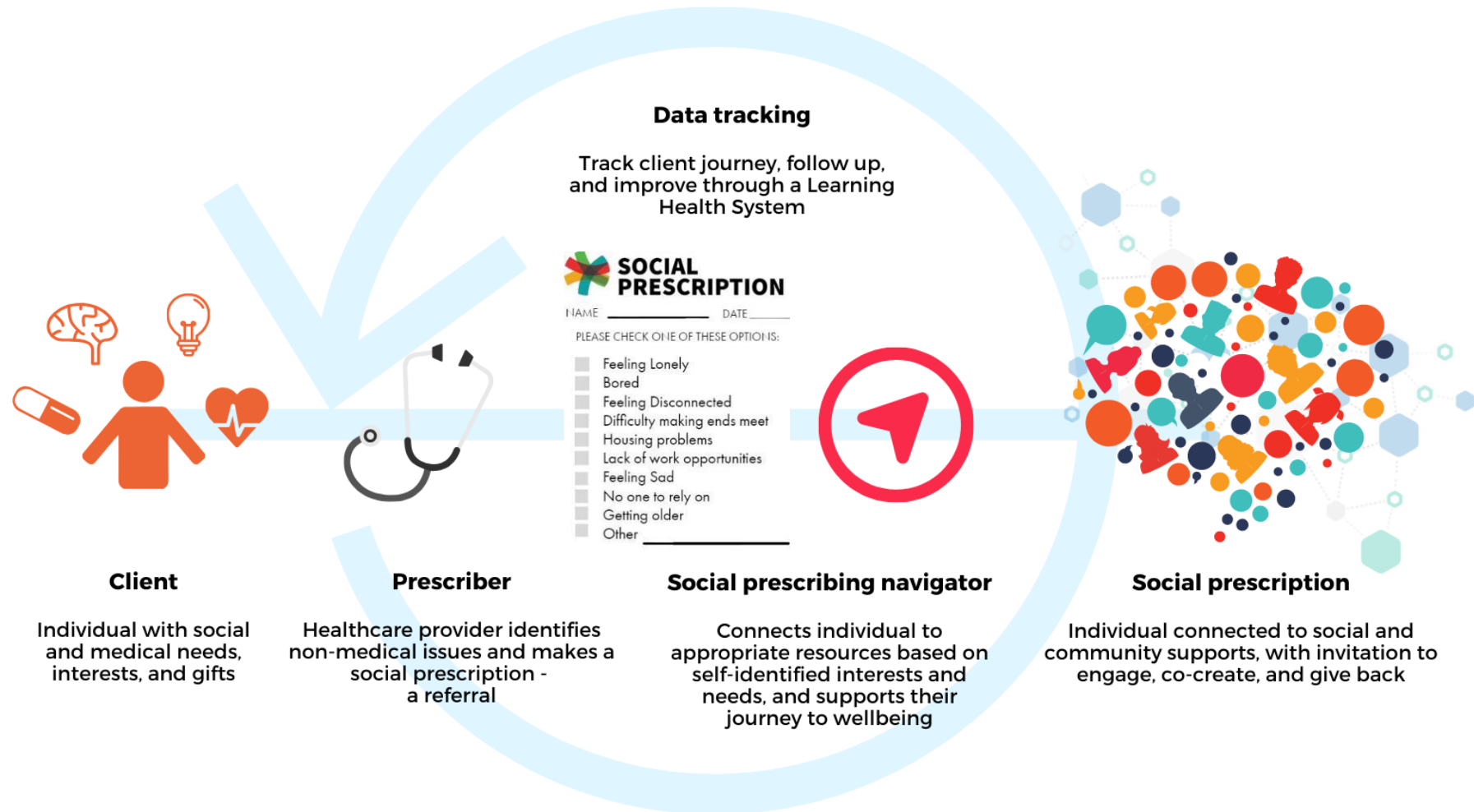




COMMUNITY
COMMUNAUTÉ

SOCIAL PRESCRIBING IN ONTARIO

Social prescribing: a person-centred, integrated care pathway



Why is Social Prescribing Needed?

The effect of social isolation on mortality is comparable to that of other risk factors such as smoking, obesity, and physical inactivity, according to research from the WHO.

Addressing the social determinants of health (political, socioeconomic, cultural factors) is crucial to an individual's well-being.

80% of an individual's health are related to the social determinants of health

47% of socially disconnected older adults rate themselves as being less healthy overall

The echo pandemic of COVID-19 restrictions means that experiences of social isolation are common. Throughout the pandemic, in Canada:

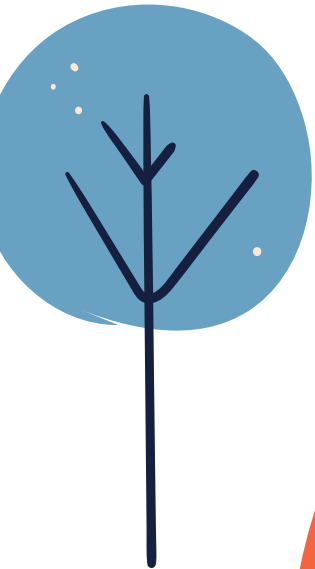


43% showed symptoms of moderate to high depression



54% say their mental health has worsened

Deeper integration: clinical, social, arts and culture, and nature



Result: Positive impact clients and healthcare providers

CLIENTS REPORTED

12%

INCREASE IN
MENTAL HEALTH



49%

DECREASE IN
LONELINESS



19%

INCREASE IN SOCIAL
ACTIVITIES

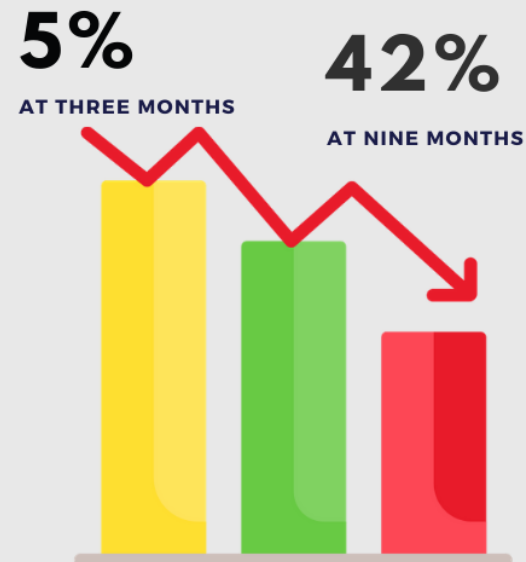
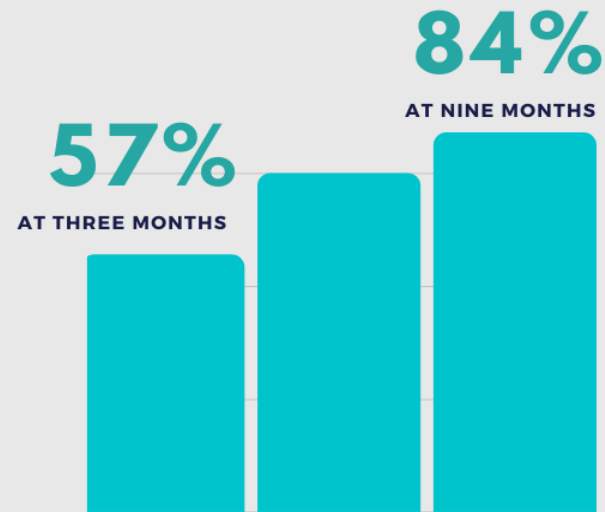


“Going [to the AGO] had positive effects for my mental health, and that was after I first thought I might not be able to go because of anxiety. I spend a lot of time at home. When I’m somewhere that I enjoy -- and especially a place with art, that gives me good emotions.”

For more details, read Rx Community Final Report: allianceon.org/Social-Prescribing

Result: Positive impact clients and healthcare providers

HEALTH PROVIDERS REPORTED SOCIAL PRESCRIBING IMPROVED THE CLIENT'S HEALTH AND WELLBEING



HEALTH PROVIDERS REPORTED SOCIAL PRESCRIBING DECREASED NUMBER OF REPEAT VISITS BY CLIENTS

For more details, read Rx Community Final Report: allianceon.org/Social-Prescribing



Links2Wellbeing
social prescribing for older adults



Alliance for Healthier Communities
Advancing Health Equity in Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



United Way
British Columbia



BHC Black Health
Committee



Canadian Institute
for **Social Prescribing**

BALSAM FOUNDATION

When partnering for wellbeing...

- Consider the equity lens:
 - How are you reducing barriers to participation?
 - Is the 'prescription' appropriate for the person, taking into account culture, language, and historic trauma?
- Who are potential partners in your communities?
- How can the 'prescription' be co-created with participants, people with lived experiences, and community partners?
- How are you capturing impact?





THANK YOU

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