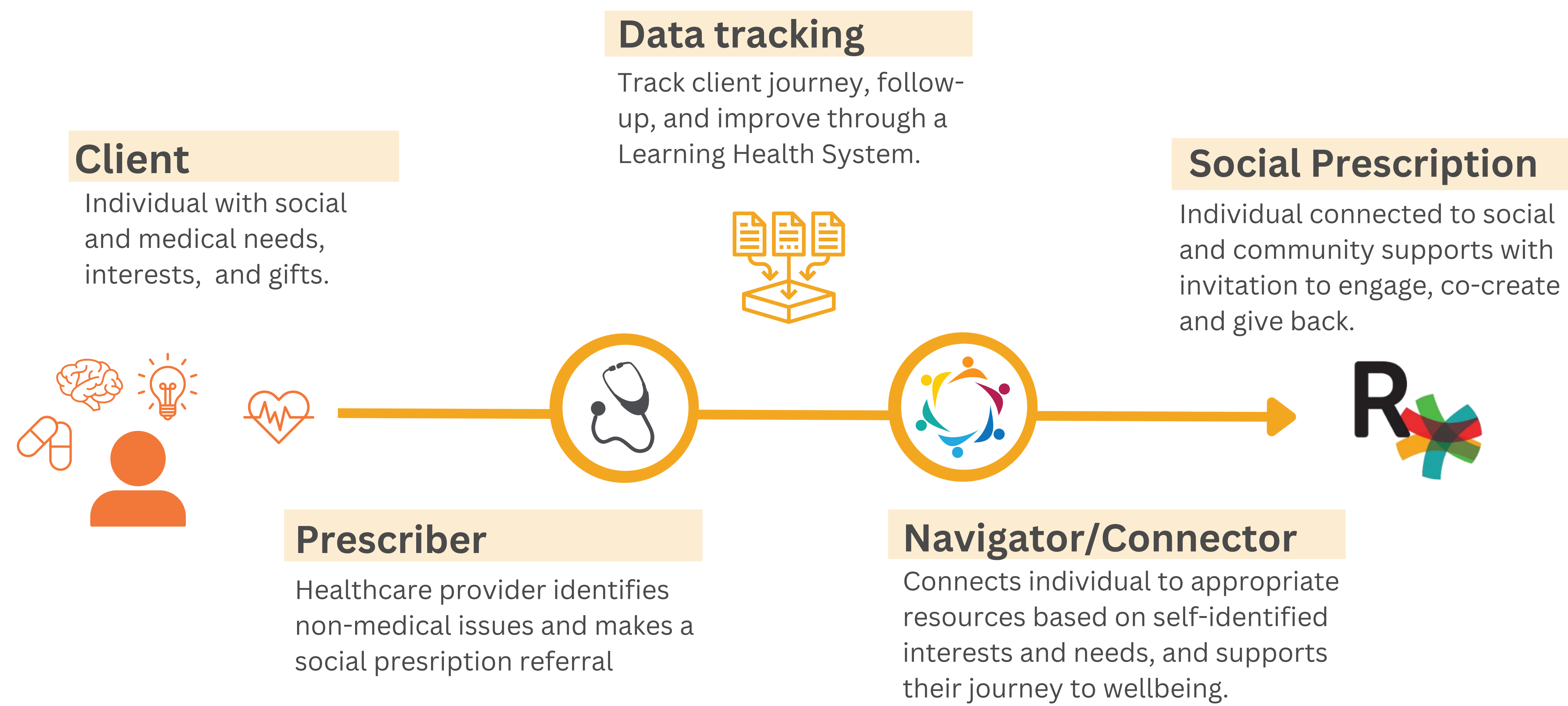




# The Magic of Social Prescribing: Connection

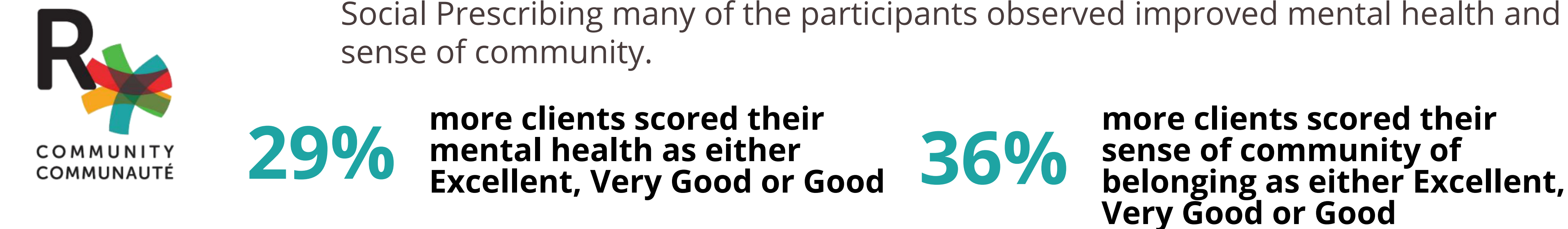
## A PATHWAY TO MORE CONNECTED COMMUNITIES

Social Prescribing supports health and wellbeing by connecting people with non-clinical programs and services. These programs can include social connection, arts, culture, nature, community meal programs, and more. Generally, Social Prescribing is grounded in the role of link worker, navigator or health promoter. The pathway is different in each community depending on local resources, needs and capacity.



## PAST RESULTS

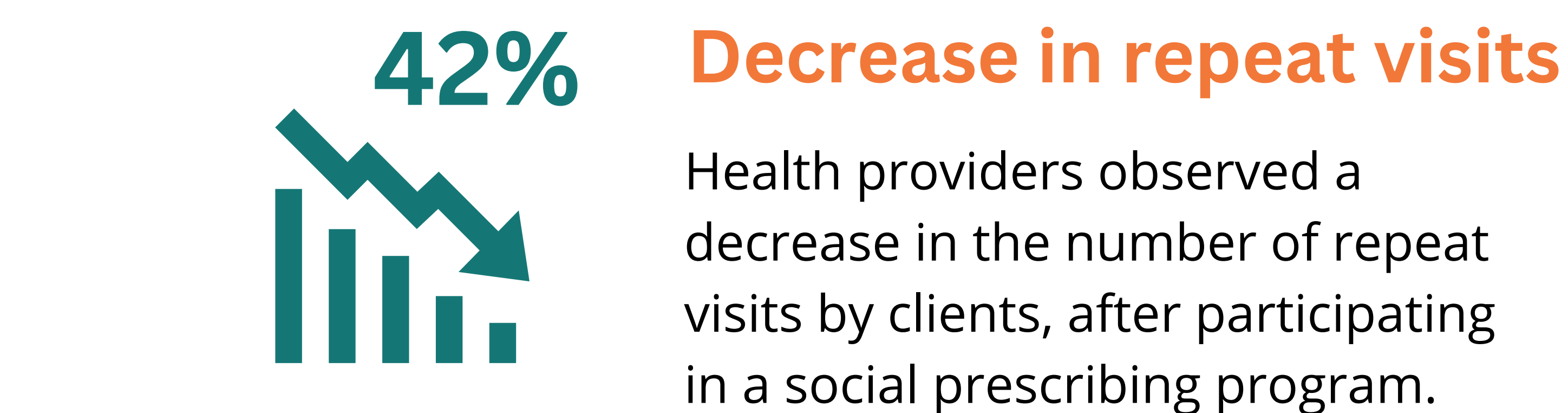
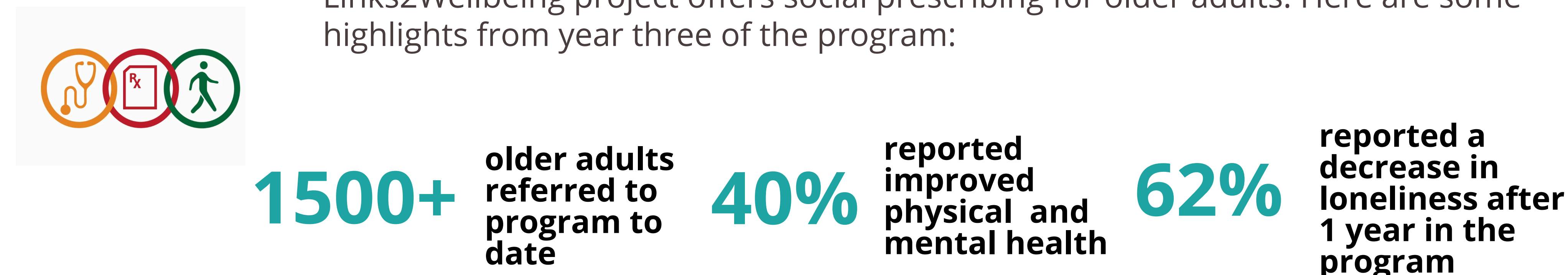
During the Alliance for Healthier Communities' research pilot Rx: Community-Social Prescribing many of the participants observed improved mental health and sense of community.



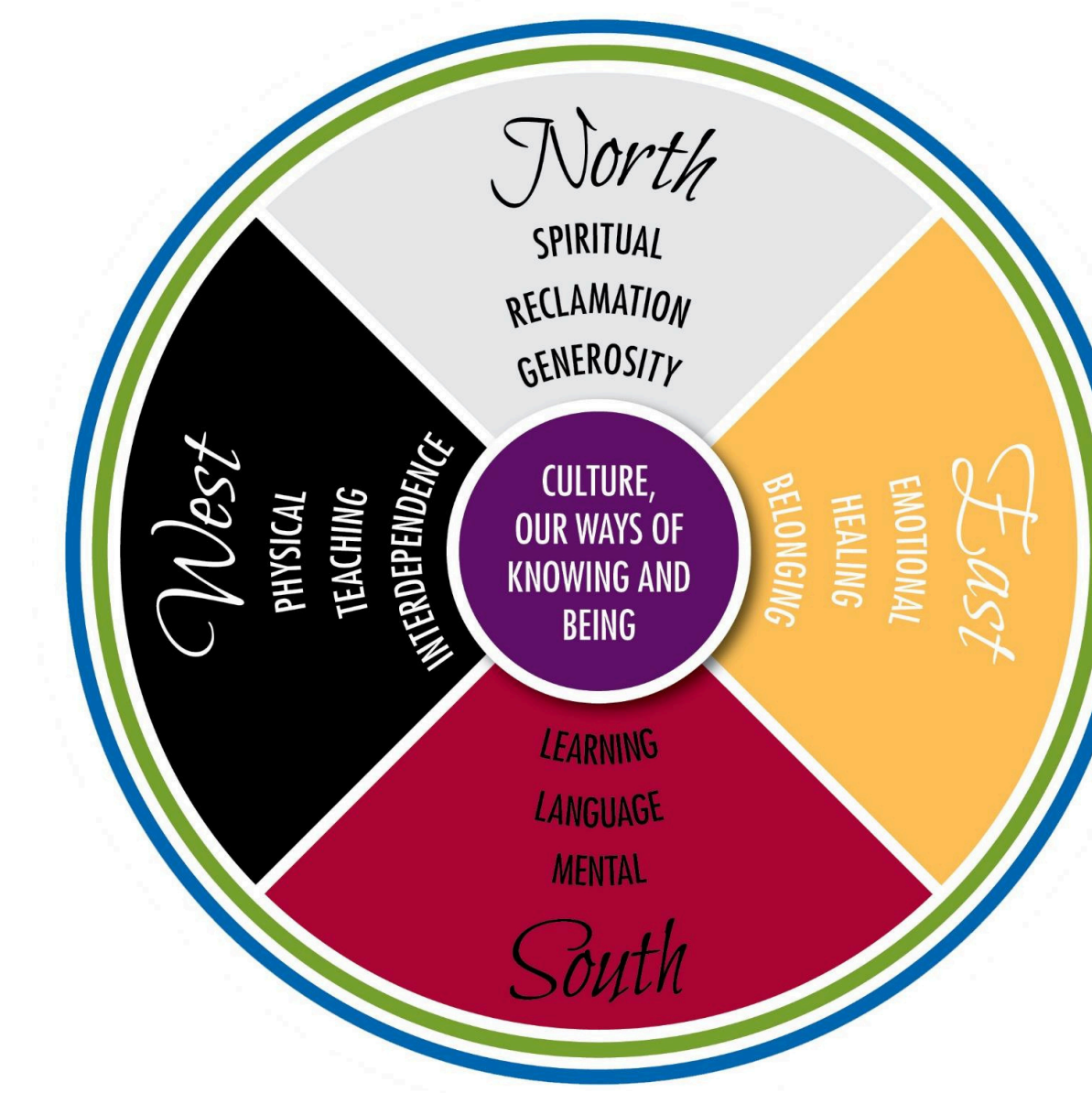
Social Prescribing for Better Mental Health is the newest project with the goal of delivering initiatives to support people whose mental health was most affected by the COVID-19 pandemic.



Partnering with the Older Adults Centres' Association of Ontario, the Links2Wellbeing project offers social prescribing for older adults. Here are some highlights from year three of the program:



## ALLIANCE MODEL OF HEALTH & WELLBEING AND SOCIAL PRESCRIBING



Social Prescribing has been underway in our centres since 2018. For Alliance members, it is grounded by the principles of the Model of Health and Wellbeing and the Model of Wholistic Care to support comprehensive primary care and healthier more connected communities.

Our model distinguishes itself by using **health equity** to inform our approach, working with clients who face the most barriers, in diverse urban and rural settings:

- RACIALIZED & BLACK
- INDIGENOUS
- FRANCOPHONE
- LGBTQ2S+

## INDIVIDUALS, PROVIDERS AND SYSTEM INTEGRATION

### Provider perspective

"It is an amazing program. I've provided primary care to one middle-aged patient, with many psychosocial barriers, for 14 years. At basically every visit he talked about going to University but had no concrete plan and lacked the skills and support to make progress. With social prescribing, he took the first step and is completing some high school classes, improving self-esteem, helping social skills, and giving him a feeling of accomplishment. I hope social prescribing continues!"

-Health Provider

### Client perspective

"The social connections made and a sense of community belonging. This was very important to me since where I worked before I was forced to retire was my community where all of my friends were. Because of the way in which I had to leave that job, I lost my community and all of my friends."

- Better Mental Health Project Participant

## CURRENT PROJECTS

Based on the success of our 2018 pilot, we've launched these three projects:



Black-Focused Social Prescribing provides culturally affirming programs for Black families and their communities. This project works with four community health centres to develop a social prescribing model grounded in Black and Afrocentric values and principles to holistically improve Black health and wellbeing.



The Links2Wellbeing project is a partnership with the Older Adult Centres' Association of Ontario, that connects older adults to community programs and services offered by Senior Active Living Centres and others for social prescribing across Ontario. Older adults are connected through their healthcare provider. We are currently recruiting health care partners for the project.