



**September 2007**

**OHSSN** serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English. Do you need assistance in finding information or services in English? Give us a call. Our health and social services coordinator is here to help.

Contact **Danielle Lanyi** at (819) 682-9602 or e-mail [dlanyi@magma.ca](mailto:dlanyi@magma.ca).

### How to talk to kids about Alzheimer's

The Alzheimer's Society of Toronto has prepared a list of resource that helps to explain this disease to children and teens. Please visit [www.asmt.org/edu\\_TeensAndChildren.htm](http://www.asmt.org/edu_TeensAndChildren.htm) for more information.

### Report adverse reactions to drugs, vaccines, chemicals, pesticides

Health Canada monitors health and safety risks related to the sale and use of chemicals, drugs and vaccines, food, pesticides, medical devices and certain consumer products. Health professionals and consumers can report adverse reactions to Health Canada and its health partners. Go to [www.hc-sc.gc.ca/ahc-asc/media/reaction/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/media/reaction/index_e.html).

### Assistance for teenage pregnant mothers

The Ministère de l'emploi et de la solidarité offers assistance for teenage mothers without financial resources. To apply for financial assistance go to your local employment centre (CLE). Be sure to take your CLSC follow-up sheet signed by your CLSC case worker. You can access their on-line flyer by visiting [www.mess.gouv.qc.ca/publications/pdf/SR\\_depliant\\_mineures\\_en.pdf](http://www.mess.gouv.qc.ca/publications/pdf/SR_depliant_mineures_en.pdf).

### New Diabetes Manual

The Canadian Diabetes Association has released a new publication entitled "Beyond the Basics: Lifestyle Choices for Diabetes Prevention and Management". This manual explains how people with diabetes and their families can eat well even with budget constraints. Experts have reviewed this manual to ensure that it is accurate and based on solid evidence. You can preview and/or order this manual at the following website [www.diabetes.ca/section\\_about/btb2.asp](http://www.diabetes.ca/section_about/btb2.asp).

### How do I know if my child is depressed?

Clinical depression affects up to 2 percent of children and 15 to 20 percent of adolescents - a rate on par with depression in adults. If you are concerned about your child, you should contact your family physician or pediatrician. If you have concerns about violence, psychosis or suicidal behavior, then you should go to the nearest emergency room. The following website provides useful information on childhood/teen depression, [www.narsad.org/dc/childhood\\_disorders/depression.html](http://www.narsad.org/dc/childhood_disorders/depression.html).

### Don't have access to the internet?

If you don't have access to the internet, but would like more information on any of the sites mentioned above, we would be happy to send you a hard copy. Please contact Danielle Lanyi at (819) 682-9602.

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## Tele-health videoconferences Fall / Winter Schedule

The OHSSN is pleased to announce that it has received more funding from the Community Health and Social Services Network to continue hosting videoconferences on a variety of health related topics. The videoconferences are held at the Western Quebec School Board offices at 170 Principale in Aylmer from 1:00 PM to 3:30 PM. These sessions are very interactive as participants have the opportunity to ask questions during the videoconference. Here is a list of the upcoming videoconferences:

→Tuesday October 9<sup>th</sup>, 2007 – Cancer Awareness

→Tuesday November 6<sup>th</sup>, 2007 – Panel discussion on Self-Esteem, Anger, Addictions and Communication

→Tuesday, December 4<sup>th</sup>, 2007 – Grief and Loss

→Tuesday January 8<sup>th</sup>, 2008 – Bullying

→Tuesday, January 22<sup>nd</sup>, 2008 – Menopause

→Tuesday, February 12<sup>th</sup>, 2008 – Heart Health

These videoconferences are in English. However, comprehensive information packages are also available for each videoconference in both English and French. Please contact Danielle Lanyi at (819) 682-9602 or e-mail at [dlanyi@magma.ca](mailto:dlanyi@magma.ca) for more information or to confirm your attendance.

## Health and Social Services Centres... at the heart of the new organization of health and social services

Health and Social Services Centres were created by Bill 25, which reorganized Quebec's health and social services network. In April 2004, the Agence de la santé et de services sociaux de l'Outaouais proposed to the Government of Québec an organization model based on five health and social service centres in the Outaouais. The five territories are: Gatineau, Papineau, des Collines, Pontiac and Vallée-de-la-Gatineau. By combining the missions of hospitals, the Local Community Services Centres (CLSCs) and residential and long-term care centres (CHSLDs) under one umbrella, the Health and Social Services Centres now have a unique mission within each territory. This mission has four major goals:

- ◆ Understanding the health and well-being situation of the population in its territory and taking the lead in actions aimed at improving that situation
- ◆ Managing and coordinating the use of the general and specialized services placed at the disposal of its territory's population, and taking the appropriate measures to provide case management, assistance and support to users to ensure continuity of service within the health and social service network
- ◆ Ensuring optimal management of the range of services provided, by making certain that they are effective, efficient, relevant and meet users' expectations and the population's needs
- ◆ Informing, consulting and receiving input from the population, and assessing its satisfaction with regard to the services offered and results obtained

## Coming soon! The OHSSN's new and updated website

The OHSSN's website has undergone extensive changes lately in order to facilitate the English-speaking population's access to information on health and social services. We are planning to launch the website with a media campaign later in October so stay tuned.....

## Wanted: Your feedback

Your feedback is very important to us. We encourage and appreciate your comments and questions so that we can better serve you. Contact our Coordinator at (819) 682-9602 or e-mail at [dlanyi@magma.ca](mailto:dlanyi@magma.ca).