Health Advocacy Projects



Advocacy Groups

- Covid-19 Women's Health Initiative
 - Group of interdisciplinary students across the country
 - Co-founders: Karlee Seale and Aman Dhaliwal (University of Toronto MD Candidates)
 - https://www.covidwi.com/about
- University of Toronto Health Advocacy Group
 - Emma Skolnik- Resident Advocacy lead with over 40 residents involved in 4 main initiatives.



Initiatives

1. Food Insecurity Initiative

 Raised >\$6000 "#donateyourdatenight" campaign, providing hundreds of warm individually packaged meals (in line with physical distancing) to Toronto women's shelters

2. Intimate Partner Violence

 Created an IPV awareness campaign for patients and healthcare providers, while disseminating an evidence based Healthcare Provider IPV Screening Resource to clinical centres across Toronto

3. Contraception Access

- Created the Sexual and Reproductive Health Services Map; an online patient mapping tool used to access to contraception, abortion and STI screening during the COVID-19 pandemic.
- >1100 hits to the site within the first week of its launch, which led to media coverage by the Canadian Press, CTV and CBC.
- Secured partnership with Acton Canada and planning to release an Open Letter addressed to the Hon. Christine Elliot (MOH) advocating for 100% coverage of contraceptives

4. Maternal Mental Health at Mount Sinai Hospital

- Established a partnership between perinatal psychiatry and Obstetrics at Mount Sinai Hospital to successfully carrying out group counselling sessions for pregnant patients on a virtual platform
- Success demonstrated in attendance of >50 patients weekly



Intimate Partner Violence Awareness

Get a copy of the below posters for your clinic by contacting the COVID-19 Women's Initiative.

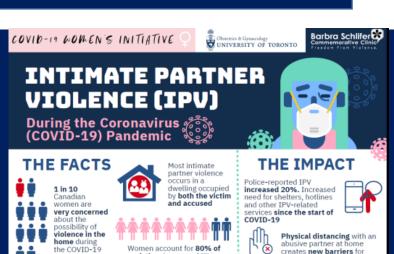
Subcommittee Chair

- Emma Skolnik
- Rebecca Zur

Members

- Rebecca Cherniak
- Sara Porisky
- Elizabeth Miazga
- Anjali Kulkarni
- Marta Cybulsky
- Olga Kciuk

Everyone says to **stay home** but what if home is <u>not safe?</u> 1 in 10 Canadian women are very concerned about the possibility of violence in the home during the COVID-19 pandemic. You are not alone. It's not your fault. There is help. If you feel there is immediate threat to your life or safety, please call 911. **Assaulted Women's** Helpline available 24/7 COVID-11 GONEN'S 1-866-863-0511 INITIATIVE Call #SAFE (#7233) on your Bell, Barbra Schlifer Rogers, Fido or Telus Mobile or Visit:Schliferclinic.com UNIVERSITY OF TORONTO



ASK EVERY PATIENT ABOUT IPV

Within the past year, have you been hit, slapped, kicked or otherwise physically hurt by

GIVE RESOURCES

Assaulted Women's Helpline

Are you in a relationship with a person who threatens or physically

Has anvone forced you to have sexual activities that made you fee uncomfortable?

IF "NO"

TO ALL

IF "YES" TO ANY

available 24/7

• 1-866-863-0511 OR

Your patient to call 911 if

they feel an immediate threat to their safety

. #SAFE (#7233) on a Bell, Rogers, Fido or Telus cell

The Barbra Schlifer Commemorative Clinic

do not disclose IPV the first time asked. Keep the door open for future

conversations

Obstetrics & Gynaecology UNIVERSITY OF TORONTO

If you would like to help support community efforts to help those experiencing IPV, please visit https://www.covidwi.com/donate

Food Insecurity Fundraiser

Subcommittee Chair

- Siddhi Mathur
- Rebecca Zur

Members

- Noora Alshamsi
- Anna Shishkina
- Azra Shivji
- Emma Skolnik









FOOD INSECURITY DURING THE COVID-19 PANDEMIC

FOOD INSECURITY: WHAT AND WHO?



1 in 8 (12.5%) Canadia

Canadian Households



Nearly 1 in 5 (18.5%) Toronto Households



Affects 64% of households receiving Ontario Social Assistance as this does not cover basic costs of living

AFFORDABILITY AND ACCESSABILITY



Cost of nutritious food increased 7.6% between 2018– 2019



A single pregnant woman, 19-30 yrs old, requires a **minimum of** \$54.93/wk for basic nutrition only

+ Add \$12/month if breastfeeding

WHY WE ARE CONCERNED

In Canada, food insecurity affects:

4.4 MILLION PEOPLE including
1.2 MILLION CHILDREN







33% of female-lone parent households experience food insecurity Food insecurity is a **major HEALTH issue** leading to increased rates of:



 Chronic conditions (diabetes, hypertension, obesity, heart disease)



 Mental health conditions (depression, anxiety, mood disorders)



 ADHD, asthma, depression, suicide in children

HOW HAS COVID-19 CHANGED THINGS?

Decreased Supplies

Increased Demand



Challenges with Making/ Distributing Meals



f you would like to help support community efforts to fight food insecurity please visit: www.gofundme.com/covid19-womens-initiative

Maternal Mental Health Awareness

Subcommittee leads:

Shira Gold Kinshuk Kumar

Members:

Emma Skolnik Haniya Khan Michal Sheinis

What are the Baby Blues?

The Baby Blues can happen within hours after delivery and usually go away within 3 weeks.

sadness

· loss of pleasure

· lack of interest

poor concentration

· poor decision making

· changes in sleep and

· low energy

crying

guilt

Symptoms

Tearfulness Irritability Sadness Moodiness Worrying

agitation

· thoughts of not

wanting to live

negative feelings

about parenting or

towards the baby

What are postpartum mood & anxiety disorders? These describe distressing feelings that last beyond "Baby Blues" and include conditions such as depression and anxiety.

These feelings may occur up to I year after giving birth. Postpartum depression is the most common disorder after delivery.

Postpartum Depression

Symptoms

of pregnant and 10% of of women experience postpartum women

When to get Immediate Help

Seek help immediately if you are having thoughts of wanting to harm yourself or your baby or you are feeling confused or out of touch with reality.

postpartum depression

How can you get help?

When Should vou Seek

Seek help if you feel that

your symptoms are

interfering with your day-

to-day activities or that

you could use some

support.

- Talk to your family doctor, midwife, or obstetrician

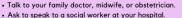
Anxiety Disorder Symptoms

· imagining the worst case scenario

· racing thoughts

· uncontrollable worry · avoiding certain situations · asking for constant reassurance





- · Call your local public health authority.
- · Consider sharing your feelings with a partner of
- friend, if you feel comfortable.



You Are Not Alone!

Perinatal mental health concerns can occur anytime during pregnancy, and up to 12 months postpartum. They are common & treatable.

Don't blame yourself or feel quilty for having these feelings You are not a bad parent. You are strong for asking for help!

General Mental Health Resources

Online peer-to-peer support and interactive groups www.BigWhiteWall.ca

Bounce Back Ontario

Depression and anxiety skill-building program www.bouncebackontario.ca

General anxiety support re: COVID-19 www.virusanxietv.com/

Free online support groups ww.relationalcenter.org/onlinesupport/

> Sleep Health Resource https://mysleepwell.ca/

Toronto-Specific Maternal Mental Health Resources

Toronto Public Health Services: For perinatal health https://bit.ly/2YxQ32I

For postpartum depression www.toronto.ca/health/postpartumdepression

Online prenatal and postnatal classes

https://toronto.welcometoparenting.com/

National Maternal Mental Health Resources

International helpline, online support group 1-800-944-4773 www.postpartum.net

Mother Matters

Online 8-week support group https://bit.ly/2SBB9Vi

Women's Connection Program Individual counselling and support groups https://bit.ly/2zRuXC2

Free online CBT for new moms https://bit.ly/3c5clwO

Mother to Baby

Fact sheets and live counseling https://bit.lv/2SAFesW

Postpartum Progress Peer-to-peer support postpartumprogress.com

Obstetrics & Gynaecology UNIVERSITY OF TORONTO

About us:

COVID-1

WOMEN'S

INITIATIVE



Contraception Access

Subcommittee leads:

Emma Skolnik Marta Cybulski

Members:

Adam Rosen Martha Smith Haniya Khan Alix Murphy

Sexual and Reproductive Health Services (SRHS) Map

This map can be used to find sexual and reproductive health services that are operating through the pandemic, and are located close to you. Some of these services include contraception and emergency IUD insertion, STI screening and treatment, abortion services, and pap testing. This map will be updated to reflect any changes in clinic hours and availability. We are currently in the process of expanding this map to other locations in Canada

Please call clinics to confirm service availability prior to making an appointment.

Please note that some family physicians and OB/GYNs continue to provide essential reproductive healthcare, so please keep in mind that you can contact your physicians and inquire as to whether they are providing these services.

To see a detailed list of the services offered by the clinic, please use the sidebar icon on the top left of the map.

