



RURAL ONTARIO
MEDICAL PROGRAM
www.romponline.com

*Discover what the
Rural Ontario Medical Program
can do for you!*

Rural Ontario Medical Program

Developing the Next Generation of Professionals
in your Local Healthcare Ecosystem

Dr. Jeff Golisky

www.romponline.com



Ontario is a land of opportunity.

And there have never been more opportunities for medical professionals.

What can Ontario offer?

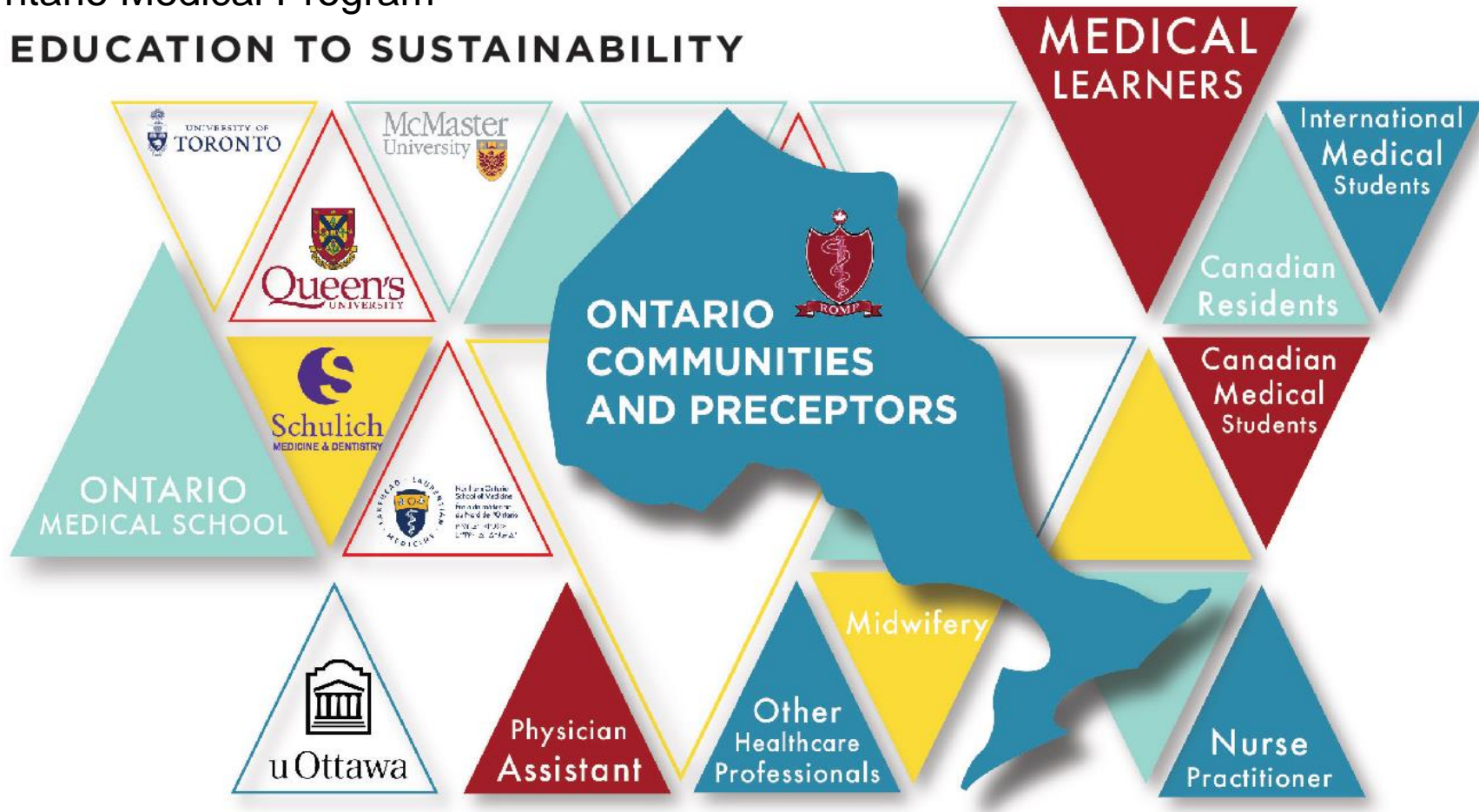
- World-renowned academic health science centres
- Employment opportunities in both rural and regional communities
- A diverse, multicultural society
- Great schools, transportation links, parks and cultural venues
- Spousal employment assistance
- Rewards for doctors who practice in underserved communities, such as:
 - Incentives grants
 - Undergraduate tuition assistance
 - Community visit expense reimbursement



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**Rural Ontario Medical Program
FROM EDUCATION TO SUSTAINABILITY**





WHAT CAN YOU DO AS A MUNICIPALITY?

Support

Support your current practitioners to educate in the community – ask them

Invest

Invest and advocate for rural residency stream – train doctors for 2 years in your town as a generalist

Identify

Identify barriers to learners travelling and living in your community – find accommodations



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High School



Post Secondary



Medical School/
Undergraduate



Residency/
Postgraduate



Preceptorship/
Late Careerist

Rural Ontario Medical Program

To be the partner of choice for inspiring the next
generation of healthcare professionals in Rural Ontario
Dr. Golisky's Journey



Why focus on Primary Care or Family Medicine ?

- A. Generalists in Rural Care – extended skills
- B. #1 Contributor to population health is primary care – Barbara Starfield
- C. New Providers such as Physician Assistants



Primary Care in our Area

- What is that? Family Doctors, NP's and Teams
- Where do they work in Local Healthcare Ecosystem

- Hospital – hospitalist, surgery, anesthesia, ER, outpatient, OB
- After hours, FM Clinics
- Coroner
- Long Term Care

Need to Support Training for the GENERALIST in small communities in all professions



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Your local healthcare ecosystem is a training campus



RURAL ONTARIO MEDICAL PROGRAM

Knowles Family of Collingwood, ON
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2022 SOUTH GEORGIAN BAY AREA

KNOW. and BE STILL. YOUTH MENTAL HEALTH RESOURCE GUIDE

The Mental Health Resources for Youth in South Georgian Bay area was established through the Henry J and Marilyn Knowles Family of Collingwood, ON.

START HERE
Experiencing a mental health emergency or crisis? Please call 911 or visit the emergency department of your nearest hospital
For non-urgent mental health related care, please contact your family doctor

CRISIS / HELPLINES

<p>ATHENA'S SEXUAL ASSAULT LINE Toll-Free: 1-800-987-0799 Book an appointment: 705-737-8884</p> <p>ASSAULTED WOMEN'S HELPLINE Shelter: 1-866-863-7868 For locating nearest shelter: www.sheltersafe.ca</p> <p>BULLYING/CANADA HELPLINE Call or Text: (877) 352-4497</p> <p>GOOD2TALK Free support to post-secondary students Tel: 1-866-925-5454 or text GOOD2TALKON to 686868</p> <p>FEMVAIDE Tel: 1-877-336-2433 TTY: 1-866-860-7082 Support for Francophone women facing gender-based violence</p>	<p>INDIGENOUS CRISIS INTERVENTION AND COUNSELLING Tel: 1-800-668-6868 or text HELP to 686868</p> <p>KIDS HELP PHONE/ TEXT LINE Tel: 1-800-668-6868 or text HELP to 686868</p> <p>MALE SURVIVORS CRISIS LINE Tel: 1-866-889-0015</p> <p>MY FRIEND'S HOUSE Support for women /children who have experienced abuse Tel: 705-444-2511 Toll-Free: 1-800-768-2488</p> <p>PEER SUPPORT WARM LINE Tel: 1-888-768-2488</p> <p>SIMCOE CRISIS LINE FOR ALL AGES 1-888-993-9333</p>	<p>SMOKER'S HELPLINE Tel: 1-877-513-5333 or text IQuit to 123456</p> <p>S.U.C.C.E.S.S HELPLINE Chinese helplines. Available 10am to 10 pm 7 days a week. 604-270-8611</p> <p>TALK SUICIDE Canada Suicide Prevention Service. Tel: 1-833-456-4566 or text 45654 (4pm - midnight)</p> <p>TELE-CARE DISTRESS LINE Tel: 705-235-9524 or 705-726-7922</p> <p>THE CANADIAN HUMAN TRAFFICKING HOTLINE 1-833-900-1010</p>
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NON-URGENT/DIRECT CARE

<p>CONTACT YOUR FAMILY DOCTOR or The Georgian Bay Family Health Team: 705-444-5885</p> <p>BARTIMAEUS Youth experiencing mental health challenges 1-866-246-2565</p> <p>CATHOLIC FAMILY SERVICES OF SIMCOE COUNTY Tel: 1-888-726-2503</p> <p>211 ONTARIO CALL: 211 OR 1-877-330-3213</p> <p>CONNEX ONTARIO Tel: 1-866-531-2600</p> <p>MENTAL HEALTH RESPONSE UNIT (non-emergency number): 1-888-310-1122</p> <p>FARMER WELLNESS INITIATIVE Tel: 1-866-861-6205</p> <p>ALATEEN ELECTRONIC MEETINGS Download: Al-Anon Groups Mobile App</p>	<p>NSM HEALTHLINE 1-888-721-2222</p> <p>NATIONAL EATING DISORDERS INFORMATION Tel: 1-866-633-4220</p> <p>CGMH OUTPATIENT MENTAL HEALTH SERVICES Tel: 705-444-6600</p> <p>CMHA YOUTH ADDICTION COUNSELLING Tel: 705-226-0331</p> <p>COLIBRI COUNSELLING Tel: 705-297-2060</p> <p>SIMCOE COUNTY EATING DISORDER SERVICE Tel: 705-728-9090 ext 57318</p> <p>KINARK CHILD AND FAMILY SERVICES Tel: 1-888-454-6275</p> <p>NEWCOMER'S HEALTH & WELLNESS PROGRAM Tel: 905-841-3977 nhwreferral@cmhayz.on.ca</p>	<p>NEW PATH FAMILY AND YOUTH SERVICES 1-888-721-2222</p> <p>ONE ROOF MIDLAND Tel: 1-866-633-4220</p> <p>RIV CHIL & YOUTH MENTAL HEALTH PROGRAM Tel: 705-444-6600</p> <p>SEXUAL HEALTH COUNSELLING, EDUCATION & CLINIC Tel: 705-226-0331</p> <p>SOUTH GEORGIAN BAY COMMUNITY HEALTH CENTRE Tel: 705-297-2060</p> <p>WAYPOINT CENTRE FOR MENTAL HEALTH CARE Tel: 705-728-9090 ext 57318</p> <p>YOUTH HAVEN Supporting youth in Simcoe County Tel: 705-739-7616</p>
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Available at www.Handouts.ca

2022 KNOW. and BE STILL.

ONLINE RESOURCES AND SUPPORT

<p>ABILITYCBT Free CBT to residents of Ontario www.mycbct.com</p> <p>BOUNCEBACKONTARIO Canadian Mental Health Association. Free guided self-help program www.bouncebackontario.com</p> <p>CALM APP Designed to help with sleep, meditation and relaxation. Helps lead you to mindfulness with guided meditations, peaceful sounds, music etc. Found on Apple Store or Google Play Store</p> <p>CMHA MENTAL HEALTH INFO Simcoe County branch of CMHA provides full care system for those with addictions and mental health issues www.cmhastartalking.ca</p>	<p>EMOTIONAL HEALTH CA Free CBT to residents of Ontario www.mycbct.com</p> <p>GUIDED MIND APP Guided meditations. Found on the Apple Store or Google Play Store.</p> <p>JACK.ORG Online hub of resources pertaining to youth mental health.</p> <p>MINDSHIFT APP Uses scientifically-proven strategies based on Cognitive Behavioural Therapy to help users learn to relax, be mindful, develop more effective ways of thinking, and using active steps to take charge of anxiety. Found on Apple Store or Google Play Store.</p>	<p>MIND YOUR MIND Free CBT to residents of Ontario www.mycbct.com</p> <p>MINDBEACON Digital Mental Health support. Free CBT online sessions for residents of Ontario. Other supports available www.mindbeacon.com</p> <p>TEENMENTALHEALTH.ORG Website contains mental health literacy information, research, education, videos, animations, brochures, e-books, face-to-face training programs, and more.</p> <p>YMCA Y MIND Mental wellness program delivered online Tel: 705-718-0097 ymind@sim.ymca.ca</p>
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COMMUNITY SERVICES

<p>CATULPA 705-233-3227 www.catulpa.on.ca info@catulpa.on.ca</p> <p>BREAKING DOWN BARRIERS COLLINGWOOD Tel: 705-440-9451</p> <p>CLEARVIEW YOUTH CENTRE Tel: 705-448-9300 youthcentre@clearview.ca</p> <p>COLLINGWOOD YOUTH CENTRE Tel: 705-444-9132</p> <p>EATING DISORDERS ANONYMOUS Online meetings for eating disorder recovery www.eatingdisordersanonymous.org</p> <p>HOME HORIZON TRANSITIONAL SUPPORT PROGRAM Tel: 705-445-5428</p> <p>HOSPICE SIMCOE CHILDREN & TEEN BEREAVEMENT Tel: 705-925-9140</p>	<p>KERRY'S PLACE Supports to persons with Autism Spectrum Disorder 1-833-770-2779</p> <p>KIRKMAN CENTRE For people with substance use and housing challenges, and their family/friends 1-888-980-724</p> <p>NORTH SIMCOE YOUTH WELLNESS HUB Tel: 705-427-5639</p> <p>OUT OF THE COLD COLLINGWOOD Tel: 705-606-6589</p> <p>RANDOMS FOR ALL CHILDREN Support program for grief related to divorce, death, & family loss 705-446-3178 kapotts@hotmail.com</p> <p>SALVATION ARMY FOOD BANK Tel: 705-445-9222</p>	<p>SOCIETY OF ST VINCENT DE PAUL Emergency food bank 705-444-0999</p> <p>SOUTH GEORGIAN BAY HOUSING RESOURCE CENTRE Tel: 1-833-726-9082</p> <p>THE GUESTHOUSE Emergency shelter Tel: 705-237-4111 ext 3</p> <p>TRACKS EMPLOYMENT CENTRE Tel: 705-444-9580</p> <p>WASAGA BEACH MINISTERIAL FOOD BANK 705-429-4644 admin@wbfocbank.ca</p> <p>WASAGA BEACH YOUTH CENTRE Tel: 705-222-2424</p> <p>WOMEN & CHILDREN'S SHELTER OF BARRIE Tel: 705-278-2544</p>
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CULTURALLY-SPECIFIC CARE

<p>NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE Tel: 1-866-925-4419</p> <p>ASIAN MENTAL HEALTH COLLECTIVE www.asianmh.org</p> <p>BLACK YOUTH HELPLINE Tel: 813-734-8650</p> <p>CRIGAMIK COMMUNITY HEALTH CENTRE Tel: 705-527-4751 1-855-527-4154</p> <p>EMAHTIG HEALING LODGE Tel: 705-534-3724 admin@emahtig.ca</p>	<p>FINDING POWER TOGETHER Mental Health programming for Indigenous Youth www.findingpowertogogether.com</p> <p>LIBERATE APP A safe space for the Black community to develop a daily meditation habit. Found on the App Store/Google Play Store</p> <p>GEORGIAN BAY NATIVE FRIENDSHIP CENTRE 705-526-5589 gbnfc@gbnfc.com</p>	<p>M'NIKWEDONG (INDIGENOUS FRIENDSHIP CENTRE) 519-375-1142 admin@mnikwedong.com</p> <p>TALK TO BACCO Confidential program offering culturally appropriate support for quitting smoking to Indigenous communities 1-833-998-8255</p> <p>2 SPIRITS IN MOTION SOCIETY www.2spiritsinmotion.com Instagram: 2spiritsinmotion</p>
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LGBTQ2S+ SERVICES

<p>GILBERT CENTRE Services moved online: www.gilbertcentre.ca/Online 705-722-6978 info@gilbertcentre.ca</p> <p>LEGITO YOUTH LINE Provides resources, information and support for LGBTQ2S+ youth</p>	<p>NORTH SIMCOE MUSKOKA TRANS HEALTH SERVICES Services include hormone therapy, surgery planning visits, telehealth promotion, illness/disease prevention, social transition support, mental health services and more 705-329-3649 ext 234</p>	<p>RAINBOW HEALTH ONTARIO Resource directory and education www.ontariohealthontario.ca</p> <p>TRANS LIFELINE 877-330-6366</p>
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Healthcare Learners invest in Local Health Ecosystem

- Work with local patients
- Apply for Grants
- Design quality improvement projects
- Innovative training models to extend skills of practitioners



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Training = Recruitment/Retention of Physicians...Why?

After a community background, the next strongest factor associated with entering community practice is undergraduate and postgraduate clinical experience in that setting.

-World Rural Health Policy on Training



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Health workforce training in your local Healthcare Ecosystem

TRAINING FAMILY DOCTORS: Ontario Evidence

Living and learning for 2 years in your
community

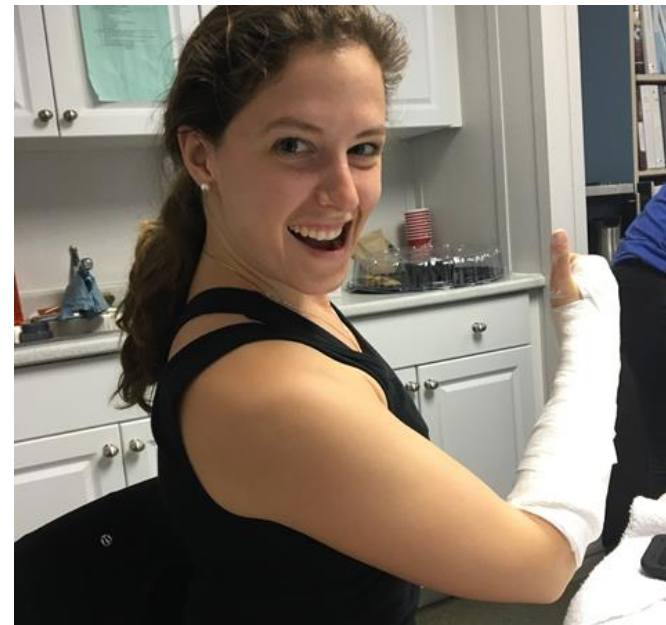
= 70%+ retention rates



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Join Us!





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Welcome learners to the local healthcare ecosystem! Must have accommodations



Housing for
our next
generation of
health care
professionals!





Future Healthcare Professionals

Where will they live in your local ecosystem?

Housing

- Unattainable housing for our current providers
- Models of investment for municipalities
- Integration with community



WHAT CAN YOU DO AS A MUNICIPALITY? JOIN US!

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459 Hume Street
Collingwood, Ontario L9Y 1W9
Phone: (705) 445-7667
Toll Free (877) 445-7667

Dr. Jeff Golisky, MD CCFP

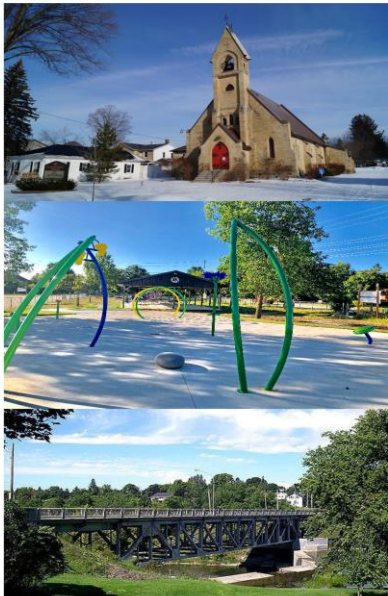
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Each community offers a favourite list;
what is on yours?

Our Town Favourites
Local Physician Verified



Coffee Shops

- Coffee Culture Cafe and Eatery (519) 323-3700 @CoffeeCultureCafe
- Tim Hortons (519) 323-4394 @TimHortons

Restaurants/Bars

- The Spot Restaurant (519) 323-4738 @TheSpotRestaurantMountForest
- Wrap Stars (519) 323-9727 @WrapStarsMountForest
- Sword and Musket (519) 509-1228 @TheSword&MusketRestaurant

Activities

- Mount Forest Bowling Centre (519) 323-4237 @MOUNTForestBowlingCenter
- Mount Forest South Wetlands Trail
- Mount Forest Golf Club @MountForestGolfClub&ClubhouseRestaurant
- Lion's Park (519) 323-9622
- Saugeen Fitness (519) 509-9090 @SaugeenFitness

Events

- Wellington North Farmers' Market Saturdays @WellingtonFarmersMarket
- Holstein Maplefest @HolsteinMaplefest
- Ribfest @MtForestRibfest
- Fireworks Festival @MountForestFireworks
- Symphony in the Barn @SymphonyInTheBarn
- Arthur Fall Fair September @ArthurFallFair

Study Spots

- Coffee Culture Cafe and Eatery (519) 323-3700 @CoffeeCultureCafe
- Wellington County Library (519) 323-4541 @WellingtonCounty

Mount Forest / Wellington North

Our Town Favourites
Local Physician Verified



Midland-
Penetanguishene

Coffee Shops

- Grounded Coffee Company (705) 527-5997 @GroundedCoffeeCo
- Cafe Kittyhawk (705) 355-2233 @CafeKittyHawk

Restaurants/Bars

- Flynn's Irish Pub (705) 355-4782 @FlynnsPublicHouse
- Cellarman's Alehouse (705) 526-8223 @CellarmansMidland
- Lilly's Italian Eatery (705) 245-0909 @LillysItalianEatery
- Maple Canadian Pub (705) 526-3000 @MapleCanadianPub
- Dino's Fresh Food Deli (705) 526-2431 @DinosFreshFoodDeli
- Mom's Restaurant (705) 527-0700 @MomsMidland
- The Boathouse Eatery (705) 527-7480 @TheBoathouseEatery

Activities

- Saint Marie Among the Hurons (705) 526-7838 @SainteMarieAmongTheHurons
- Midland Tours Inc (705) 549-3388
- Penetanguishene Rotary Champlain Wendat Park
- King's Wharf Theatre 1 (855) 372-9866 @DraytonEntertainment
- Quest Art Gallery (705) 529-3355 @QuestArtMidland
- Wye Marsh Wildlife Centre (705) 526-7809 @WyeMarsh
- Boat from Diverse Rentals (705) 549-0683 @DiverseRentalsAndVacations
- Mountain View Ski Centre (705) 526-8149 @MountainViewSkiCentre
- Skating and Hockey (705) 526-9395 @SkatingAndHockey
- Discovery Harbour (705) 549-8064 @DiscoveryHarbour

Events

- Winterama in Penetanguishene February @Winterama
- Sweetwater Harvest Festival March @WyeMarsh
- Butter Tart Festival June @ButterTartFestival
- Northern Heat Rib and Craft Beer Fest July @NorthernHeatRibSeries
- Sainte-Marie Among the Hurons November @SainteMarieAmongTheHurons
- Southern Georgian Bay Farmer's Market Year Round @SGBFarmersMarkets

Study Spots

- Penetanguishene Public Library (705) 549-7164 @Pen_Public_Library
- Midland Public Library (705) 526-4216 @MidlandPublicLibrary
- Little Lake Park
- Cafe Kittyhawk (705) 355-2233 @CafeKittyHawk



ROMP 2021/22



712
Learners



1000+
preceptors



27739
Training days

1049 Rotations
Totalling **1358.5**
training months

35 Communities

33 Family
Health Teams



13 Schools
Served

H **19**
Hospitals