



Prescribing Connection: The Feasibility of Social Prescribing

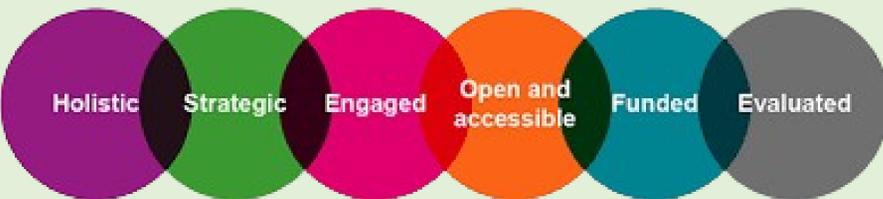
Background

- **Social prescribing** (SP) is a holistic, patient-centered approach to healthcare.
- Encourages interconnectedness, health promotion and empowerment through social activities.
- SP includes prescribing social activities / community involvement but also committing to complete accessibility for all clients, specifically marginalized groups of people.
- NPLC prioritizes preventative measures and health promotion, removing barriers to primary care.

Research Questions

1. What is the need for social prescribing services at the 360 NPLC?
2. How can social prescribing be delivered to clients at the 360 NPLC?
3. How can social prescribing affect clients' quality of life?

NPLC Values



Methods

- Literature Review
- Interviews & Surveys with staff of NPLC
 - Thematic and Content Analysis
- Resource Table for social prescribing activities

Purpose

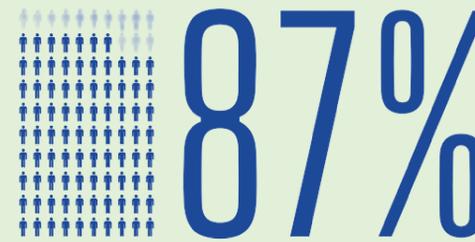
- Explore feasibility of providing **accessible** mental healthcare through social prescribing
- To better understand **unique requirements** of the community
- Determine whether additional **funding** and collaboration with the community would benefit Peterborough's marginalized populations
- Diminish **social isolation** levels in the community
- Enable individuals to take control of their well-being, and foster **community engagement**
- **Promote education** about social determinants of health, belonging and social relationships

"I've seen how a community garden has created a sense of belonging with our clients...they get excited."

"Patients won't go to hospitals...they will be labeled an addict."

Results / Integration

- Staff had various ideas on how social prescribing could be integrated in the future;
- **System Navigators** – according to **37%**
 - Creation of a policy – who can use it, when to use
 - Collaboration of primary care and mental health commission
 - Awareness promotion, case management



...of staff believe Social Prescribing would be beneficial to the NPLC.

Discussion

- The staff members of the NPLC demonstrated substantial support for the future integration and benefits of a social prescribing program at the clinic.
- Staff were able to comprehensively identify a variety of **significant barriers** that may impact the ability to implement this kind of program at the clinic.
- The disparity between enthusiasm for the program and identified barriers underscores the need for strategic planning, resource allocation, and **promotion of awareness** to overcome obstacles before determining the feasibility or proper timing of a social prescribing program at nurse practitioner led clinics.
- Staff felt that social prescribing could **eliminate risk factors for depression**, provide individuals with third spaces they can exist for free, and provide a **sense of responsibility and belonging**.

Staff-Reported Barriers to Mental Healthcare

