



Couchiching

Ontario Health Team

Annual Report

2025/2026



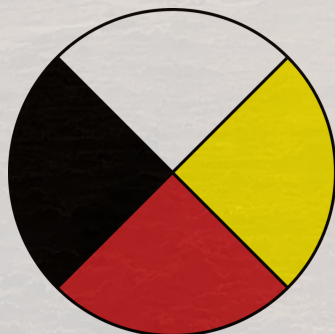
Land Acknowledgement

We would like to acknowledge that the land on which we work, play and enjoy our lives is the traditional territory of the Anishinaabek Nation.

We would also like to acknowledge the enduring presence of the Indigenous Peoples of this region, specifically the Chippewa Tri-Council First Nations comprised of the Beausoleil First Nation, the Chippewas of Rama and the Chippewas of Georgina Island.

We also acknowledge the Moose Deer Point First Nation, the Wahta Mohawks, and the Georgian Bay and Moon River Metis Councils in this region.

It should be noted that the Wendat and the Haudenosaunee Nations have also walked on this territory over time.



Welcome



The Couchiching Ontario Health Team continued to strengthen partnerships and advance a more connected, patient-centred healthcare system across the Couchiching region in 2025/26. Working collaboratively across primary care, community services, hospitals, and health organizations, partners focused on improving access, strengthening coordination, and creating more seamless care experiences for patients and families.

A major priority this year was improving access, connection and attachment to primary care for people living in Couchiching. Through the continued growth of the Couchiching Primary Care Network, expanded digital access tools, and the development of a comprehensive Interprofessional Care Team proposal, the COHT and its partners advanced innovative, locally driven solutions to connect people to care faster and more effectively.

The year also saw continued progress in integrated chronic disease care, caregiver support, patient and family engagement, digital innovation, and Indigenous cultural safety education. Together, these efforts are helping build a more inclusive, coordinated, and sustainable healthcare system for the Couchiching community.

**We're co-designing Health Care
in our region in an
integrated and meaningful way**

Our Anchor Members

COHT Anchor Members play a vital role in the design, implementation, and oversight of integrated care growth in the Couchiching Region.



Huronia
Nurse Practitioner-Led Clinic

**Shared Wisdom.
Better Care.**

COHT

By The Numbers



Number of patients connected to a Primary Care Provider

2,565



Number of providers in the COHT Primary Care Network

180+



Number of appointments at the COHT Unattached Clinic

22,440



Number of appointments at the COHT Chronic Disease Program

1,144



Number of appointments with Couchiching Health at Home

20,054



Facebook Views

43.9% increase in engagement over the previous year

401.6 K



Instagram Views

66.7 K



LinkedIn Views

37 K



Primary Care Network (PCN)

The PCN is made up of physicians, nurse practitioners, midwives, pharmacists, community paramedics, and Indigenous health care providers. Building on the situational assessment completed in late 2024/25, the Couchiching Primary Care Network (PCN) entered 2025/26 with a renewed focus on connection, engagement, and collaboration. Membership grew to more than 180 members, reflecting strong local commitment to shared leadership in primary care.

A major achievement this year was the development and submission of a comprehensive Interprofessional Care Team (IPCT) proposal aimed at attaching more than 9,000 unattached individuals across the Couchiching region, demonstrating locally driven solutions to improve access to team-based care.

The launch of monthly PCN Office Hours strengthened engagement and shared learning across the network, while the PCN continued to provide leadership in key COHT initiatives, including palliative care and mental health work. The PCN also presented at the Integrated Care Action Summit, highlighting Couchiching's unique model and collaborative approach to system change.

Communication and visibility remained strong through the monthly PCN newsletter, the ongoing Where to Get Help in Couchiching initiative, and the launch of the Hoot Hoot Hooray Peer Recognition Awards. The year closed with early planning underway for a future PCN Strategic Action Plan.

Small Shift, Big Impact:

Early Detection of COPD and Diabetes Comorbidity in Couchiching

Through Integrated Care Program funding, the COHT, with the Couchiching Family Health Team (CFHT), expanded its Chronic Disease Hub from congestive heart failure to include COPD. This work quickly highlighted a key issue: the frequent overlap of COPD and Type 2 Diabetes.

Across Ontario, both conditions affect roughly 1 in 10 adults, and about 1 in 5 people with COPD also have diabetes. Shared risk factors include smoking, aging, inactivity, and obesity, with additional clinical links such as systemic inflammation and steroid use affecting blood sugar control.

In response, COHT introduced routine A1C screening for all COPD patients at the Chronic Disease Hub, enabling earlier identification of diabetes and faster connection to supports. In partnership with Orillia Soldiers' Memorial Hospital's Adult Diabetes Education Centre (ADEC), COPD screening was also introduced for patients aged 50+ with a smoking history using the Canadian Lung Health Test. In six months, 59% screened positive and were referred for diagnostic follow-up, including spirometry.

This collaboration demonstrates how small, coordinated changes in screening and practice can improve early detection, strengthen integrated care, and better address multimorbidity in the community.

Advancing Digital Innovation in Care

This year, the Couchiching Ontario Health Team continued to strengthen its digital strategy to improve access, support providers, and build a more connected healthcare system.

Investments in patient-facing tools such as Health811, OCEAN online booking, and Caredove helped simplify access to care and create more equitable entry points for patients and families. At the same time, initiatives including eReferral, AI-assisted documentation, and EMR standardization supported primary care teams by reducing administrative burden and increasing capacity for patient care.

Enhanced dashboards, reporting tools, and Health Care Connect waitlist tracking improved data-driven planning, transparency, and equity monitoring across the system. Continued investments in cybersecurity, network infrastructure, and interoperability also strengthened the region's digital foundation and advanced seamless information sharing between healthcare partners.

Together, these initiatives are helping create a safer, more efficient, and patient-centred healthcare system for the Couchiching region.

Patient, Family, Caregiver Network

The COHT Patient, Family and Caregiver Network (PFCN) continued to build momentum in strengthening patient and caregiver partnerships across the health system. The Network grew and amplified its reach through the launch of a dynamic [promotional video](#) designed to spark awareness and engagement.

PFCN members played an active role at 18 planning tables, bringing lived experience front and centre in system co-design and decision-making. Members also stepped into learning and leadership opportunities, attending the Integrated Care Action Summit and participating in initiatives such as the Waiting Room Revolution Ambassador Program.

This past year, the PFCN led a Simcoe Muskoka-wide Community of Practice, advanced Engagement Capable Environment requirements, and maintained a vibrant community presence through local events and ongoing efforts to connect with diverse populations.

In partnership with North Simcoe Muskoka Specialized Geriatric Services, the PFCN proudly co-hosted the Annual Caregiver Appreciation Day and showcased its work on a provincial stage at the Ontario Caregiver Conference.

Interested in adding your voice to the COHT PFCN?
Find out more at coht.ca/pfcn



Caring Together:

Uniting Caregivers and Service Providers to Transform the Health Care Experience

On March 25, 2026, in partnership with North Simcoe Muskoka Specialized Geriatric Services, COHT hosted its 4th Annual Caregiver Appreciation Event, bringing caregivers and local service providers together to build awareness of caregiver stress and available supports.

Caregivers learned about Ontario Caregiver Organization resources, practiced relaxation techniques, explored home safety, and were introduced to COHT's upcoming Social Prescribing initiative.

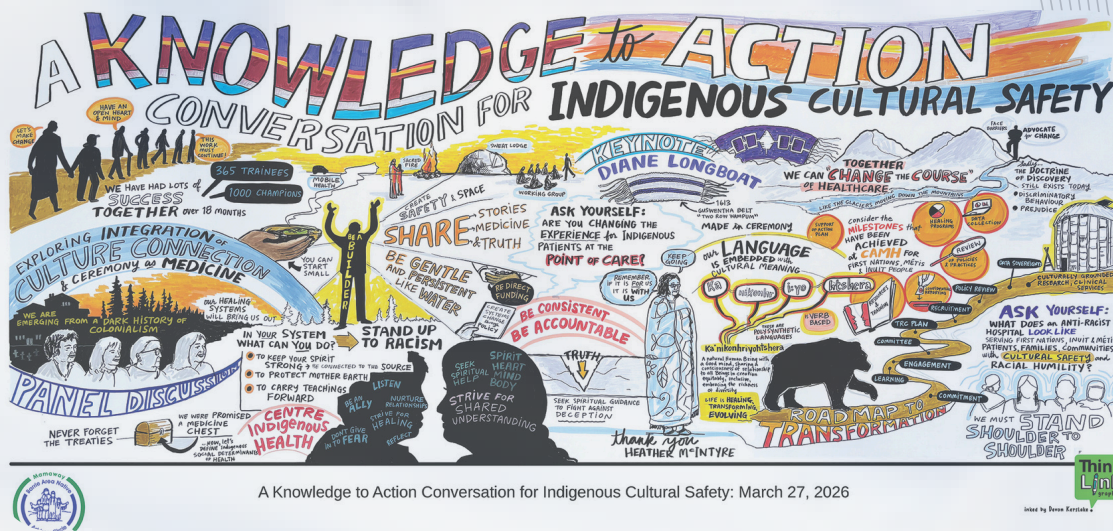
[CLICK HERE](#) to check out the CTV News coverage of the event!



On the day of the caregiver event, a participant's planned care support for her spouse fell through at the last minute. Rather than miss the session, she brought him with her, and he was welcomed and supported to attend. He quickly connected with another participant, sharing conversation, laughter, and common interests in community life and volunteering.

The moment highlighted the unexpected impact of social connection and the value of creating inclusive spaces where participation can adapt to individual needs



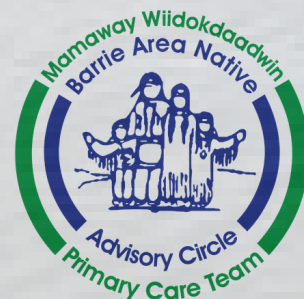


A Knowledge to Action Conversation for Indigenous Cultural Safety: March 27, 2026

The COHT, as a member of the Indigenous Health Circle, was proud to support the continued delivery of Indigenous Cultural Safety Training through the BANAC/Mamaway Knowledge-to-Action Framework.

The training created meaningful opportunities for participants to deepen their understanding of the ongoing impacts of colonization on Indigenous peoples, and to reflect on how these realities continue to shape experiences with mainstream institutions today. Through guided discussion and hands-on learning, participants explored diverse worldviews and cultural teachings, including traditional medicines and healing practices, food and nutrition, social determinants of health, and approaches to physical activity and overall wellbeing.

This training was profoundly impactful for all who attended. It was delivered in a way that continues to build capacity, strengthen relationships, and enhance cultural safety across agencies, organizations, and systems throughout the region—ultimately contributing to more responsive, respectful, and effective services for the communities we serve.



LET'S STAY CONNECTED!



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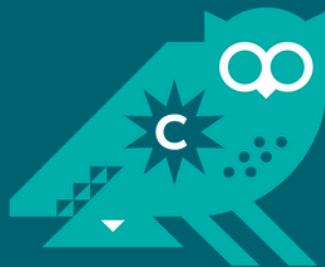
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