

NPLC Lens Newsletter

S. Bernier, Creative Director

Fall/Winter 2026/27



Key Changes to Primary Care in Ontario in 2026

1. Major Funding Expansion

Ontario's 2026 Budget adds **\$325 million** to primary care, bringing the four-year investment in the Primary Care Action Plan to **\$3.4 billion**. This funding supports:

- Growth of interprofessional primary care teams
- Expansion of the primary care workforce
- Development of new primary care teaching clinics

The province aims to attach **500,000 more people** to primary care in 2026–27 alone.



2. Rapid Expansion of Team-Based Care

Ontario continues to scale **Interprofessional Primary Care Teams (IPCTs)**, with a 2026–27 call for proposals to create or expand **~75 teams**, expected to attach **500,000 people**.

Team-based care models include:

- Physicians
- Nurse practitioners
- Social workers
- Dietitians
- Pharmacists
- Other allied health professionals

These teams aim to reduce ER visits, improve chronic disease management, and provide more comprehensive care.



3. Workforce Recruitment & Retention Challenges

The changes position primary care as the foundation of a more accessible, equitable, and sustainable health system for Ontarians.

However, despite progress, experts warn that Ontario must invest more in retaining and recruiting primary care staff to meet its ambitious goals. Without sustained workforce support, expanded models may struggle to keep pace with demand.

Resources: [Ontario's Primary Care Action Plan, January 2025 | ontario.ca](https://www.ontario.ca/primary-care-action-plan)



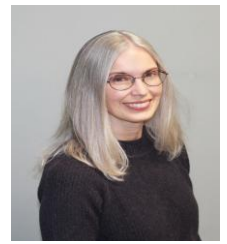
Highlights

- a) Key Changes to Primary Care
- b) Celebrating 15 years of service
 - Dawn Reavie
 - Anita Chard
- c) Community Events:
 - Visit from MPP Tyler Allsopp
 - Shannan Hickey Memorial Golf Tournament
 - Older Adult Fair
- d) Meet our Newest Team and Board Members
- e) Medication Tips and Tricks
- f) Awareness:
 - World Mental Health Day
- g) Dates to Remember
- h) Clinic Closures



Clinic News

BNPLC Registered Nurse Dawn Reavie and Social Worker Anita Chard Celebrates 15 Years of Dedicated Service



The Belleville Nurse Practitioner-Led Clinic (BNPLC) is marking a special milestone this year as two of its long-standing team members—Registered Nurse Dawn Reavie and Social Worker Anita Chard—celebrate 15 years of dedicated service. Their commitment, compassion, and professionalism have helped shape the clinic since its early days, contributing to BNPLC's reputation as a leader in accessible, patient-centered primary care in the Belleville region.

RN Dawn Reavie, BScN: A Pillar of Compassionate Nursing Care

For 15 years, RN Dawn Reavie has been a cornerstone of BNPLC's clinical team. Known for her warm presence, meticulous care, and unwavering dedication to patient well-being, Dawn has played a vital role in supporting the clinic's mission to deliver holistic, team-based primary care.

Her contributions extend beyond clinical excellence. Dawn is celebrated within the BNPLC community for her enthusiasm, creativity, and ability to bring joy to the workplace. Dawn has continually expanded her professional expertise throughout her career. She has completed advanced education in **spirometry** and **smoking cessation**, allowing her to provide specialized respiratory assessments and evidence-based support for patients working to quit smoking. These enhanced skills strengthen BNPLC's ability to deliver comprehensive chronic disease management and preventive care, and Dawn uses them every day to empower patients with clearer understanding of their lung health and practical strategies for long-term wellness.

Over the years, Dawn has supported countless patients through acute care needs, chronic disease management and health education. Her ability to connect with patients, listen deeply, and advocate for their needs has made her a trusted and beloved member of the BNPLC team.

Anita Chard, MSW, RSW: Supporting Mental Health and Wellness with Heart

Social Worker Anita Chard has also reached her 15-year milestone at BNPLC, where she has been instrumental in providing mental health support, counselling, and wellness programming for patients across the region. As one of the clinic's social worker, Anita plays a crucial role in addressing the psychosocial aspects of health—an essential component of BNPLC's holistic care model.

Anita's work includes individual counselling, group programming, and community-based initiatives that help patients build resilience, manage stress, and navigate life's challenges. Her expertise and compassionate approach have made her a trusted resource for patients seeking support with mental health, life transitions, and social determinants of health.

Her leadership extends to health promotion initiatives as well. In 2026, Anita co-led a wellness program focused on building sustainable habits, nutrition, movement, and stress management—reflecting her commitment to empowering patients with practical tools for long-term well-being.

Congratulations, Dawn and Anita, on this remarkable milestone—and thank you for 15 years of exceptional service.

MPP Tyler Allsopp Meets with Belleville Nurse Practitioner-Led Clinic to Discuss Strengthening Primary Care in Bay of Quinte

Belleville, Ontario — Thursday, July 9, 2026



MPP **Tyler Allsopp**, representative for **Bay of Quinte**, met with the administrators and directors of the **Belleville Nurse Practitioner-Led Clinic (BNPLC)** today to discuss expanding access to primary care and addressing ongoing healthcare challenges faced by residents across the region.

During the visit, Allsopp highlighted the essential role Nurse Practitioner-Led Clinics play in Ontario's healthcare system, particularly in communities experiencing significant shortages of family physicians. The BNPLC currently provides comprehensive, team-based primary care to patients who might otherwise be left without regular access to healthcare services.

"I had a productive meeting with the administrators and directors of the Belleville Nurse Practitioner-Led Clinic to discuss ways to support their practitioners in delivering holistic, team-based primary care within our community," Allsopp said.

Clinic leadership shared updates on patient volumes, service innovations, and the ongoing pressures created by rising demand. Discussions focused on long-term funding stability, opportunities to expand clinic capacity, and the need for provincial support to ensure every resident in Bay of Quinte can access a primary care provider.

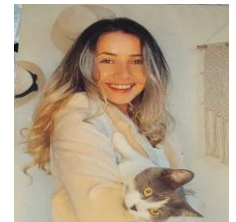
Allsopp reaffirmed his commitment to advocating for stronger public healthcare investments, improved support for nurse practitioners, and expanded access to team-based care across the province.

"People deserve to see a healthcare provider when they need one," Allsopp added. "I'm committed to working with clinics like BNPLC to make sure our community gets the care it deserves."

The Belleville Nurse Practitioner-Led Clinic has served the region since 2010, offering a collaborative model of care that reduces strain on emergency departments and improves health outcomes for unattached patients.

Shannan Hickey Memorial Golf Tournament

On August 29, community members gathered at Nine Golf in Belleville, Ontario, for the Shannan Hickey Memorial Golf Tournament, an event held in memory of Shannan Hickey, a nurse at Belleville General Hospital whose life was tragically lost to domestic violence.



The annual tournament serves as both a tribute to Shannan's memory and a powerful reminder of the importance of raising awareness about domestic violence. It also provides an opportunity for the community to come together in support of survivors and the organizations that offer essential services.

Participants of all skill levels enjoyed a day of golf, camaraderie, and fundraising, united by a shared commitment to making a difference. All proceeds from the tournament will be donated to Three Oaks, helping the organization continue to provide critical support, advocacy, and resources for individuals and families affected by domestic violence.

The Belleville Nurse Practitioner-Led Clinic (BNPLC) was proud to support the event by donating a prize, contributing to the fundraising efforts and demonstrating its ongoing commitment to community partnerships and initiatives that promote health, safety, and well-being.

We are delighted to announce that this year's event raised an impressive \$21,000, surpassing last year's total by \$7,000. This outstanding achievement reflects the incredible generosity and support of everyone who contributed to its success.

The organizers extend their heartfelt thanks to everyone who participated and contributed to the success of this year's tournament. Together, they are helping ensure that Shannan Hickey's legacy lives on while supporting the important work of Three Oaks.

Meet the Newest Team Member

Olivia Garrett, *Registered Nurse*



Olivia graduated in 2023 from the Brock University-Loyalist College Nursing program. She started her career in the Quinte region in the emergency department setting.

In this role, Olivia enjoyed working with individuals across the lifespan and is excited to continue doing so in her new role in primary care. She also enjoys working with and teaching nursing students.

Alongside her career, Olivia is committed to learning about minimizing barriers and improving healthcare delivery in our community.

She is currently pursuing her Masters of Science in Nursing from the University of Ottawa, in her free time, she enjoys running and spending time with her dog.

Older Adult Fair Draws Strong Turnout in Belleville

More than 65 vendors and a strong crowd of older adults came together September 9, 2026 for the Older Adult Fair at the Quinte Wellness Centre.



The event offered attendees a chance to connect with local organizations, discover community resources and learn more about staying healthy and active as they age.

BNPLC topics of discussion:

- How to find a primary care provider.
- Preventative care for the over 60
- Social Connections
- Eating Well at Every Age
- Medication Management

The successful turnout highlighted the strong interest in healthy aging and the value of bringing older adults together with local organizations and resources.

Congratulations to: Wendy Frisk winner of the "Fit and Fresh Lunch Tote"

Welcome Aline Labelle to the BNPLC Board



I am honored to join the BNPLC Board. My professional background is in education, where I have worked as both a teacher and an administrator.

Serving as a primary caregiver for my parents until their passing gave me

valuable firsthand experience navigating and coordinating health and home care services. More recently, volunteering at BGH has provided me with new opportunities to contribute to and learn from the healthcare community.

I look forward to bringing these experiences, skills, and perspectives to the Board and contributing to the continued success of the BNPLC Clinic.

Medication Tips and Tricks

Managing medication for yourself or others can feel intimidating. Remember, you are not alone!

Use the following tools to decrease the risk.

1. Taking medications as directed
 - When possible, link medication times to daily routines (meals, bedtime, etc)
 - Use a pill organizer or blister pack
 - Set alarms, use a calendar, or phone reminder
 - Keep an up-to-date and accessible list of current medication using an easy-to-follow format.
 - Get support from a trusted family member or friend
2. Tracking medication supply and refills
 - Check to see if your pharmacy offers refill reminders
 - Mark the refill date on a calendar or set a reminder
 - Plan refills so they can be delivered or picked up for you.
3. Questions to ask about your medication
 - What is this medication for?
 - Does this medication interact with medications I am already taking
 - What are the common side effects?

World Mental Health Day 2026: Strengthening Ontario's Mental Well-Being Through Awareness and Prevention

World Mental Health Day, observed every year on October 10, is a global call to action to prioritize mental well-being, reduce stigma, and improve access to care. As a medical professional practicing in Ontario, I see firsthand how mental health challenges affect individuals, families, and communities. The 2026 theme— **“Mental Health is a Universal Human Right”**—reminds us that equitable access to support is essential for a healthy society.

The State of Mental Health in Ontario: Key Statistics

Recent data highlight both progress and ongoing challenges in mental health across the province:

- **26.4% of Ontarians report poor or fair mental health**, closely mirroring the national average.
- **Mood and anxiety disorders affect 10.9%** of the population annually.
- **Substance use disorders affect 18.9%** of Ontarians over their lifetime.
- **Suicide remains a critical concern**, with a provincial rate of **9.6 deaths per 100,000 people**.
- **Self-harm hospitalizations occur at a rate of 63 per 100,000**, reflecting significant distress among youth and adults.
- Emergency department visits for intentional self-injury continue to be monitored closely through Ontario's Mental Health Dashboard, which tracks trends up to 2025.
- National surveillance shows that **approximately 13 Canadians die by suicide each day**, underscoring the urgency of prevention efforts across all provinces, including Ontario.

These numbers reflect not only clinical diagnoses but also the broader social determinants of health—housing, income, employment, and community belonging—that shape mental well-being.

A Call to Action for 2026 and Beyond

Ontario's mental health landscape reflects resilience, but also unmet needs. With **7.8% of Ontarians reporting that their mental health needs are unmet or only partially met**, the system must continue evolving toward accessibility, equity, and prevention.

Resources:

[World Mental Health Day 2026](#)

[World Mental Health Day](#)

Dates to Remember

Pap Clinics

Tuesday Oct 13th – 11:30am to 1:00pm
Wednesday Nov 18th – 1:00pm to 2:15pm
Wednesday Dec 9th – 2:00pm to 4:00pm
Thursday Jan 14th – 10:15am to 12:30pm
Thursday Feb 18th – 12:30pm to 3:00pm

Closures

Thanksgiving – Oct 12, 2026-Closed
Admin Day – Nov 25, 2026 – Closed
Christmas/Boxing Day – Dec 25/28, 2026 – Closed
New Years Day – Jan 1, 2026 – Closed
Admin Day – Feb 2, 2026 – Closed
Family Day – Feb 15, 2026-Closed

Contact the clinic to book your next pap. (613) 779-7304