



# TORONTO BIRTH CENTRE ANNUAL REPORT 2016-17

## Message from the President



Guided by the Indigenous Framework which informs the approach to creating accessible birthing space, the Toronto Birth Centre has had many successes worth celebrating in its third year of operation. One of the strength of TBC lies in the coming together of many diverse communities including the urban Indigenous community, all the clients who choose to birth their babies here, the local community of Regent Park and the midwives providing extraordinary care in this space.

TBC's commitment to reaching out and working to create a welcoming and accessible space for all families is ongoing. This includes being involved in our local community. This is the second spring that TBC has planted and cultivated a garden in a community plot across the street. In addition to this, the TBC saw an increase in community use of the space such as the baby Anishnabemowin language circle and increased efforts in outreach to priority populations.

Much of this work is made possible through the dedicated work of the Indigenous and Community Engagement Coordinator - a position TBC was able to advocate to the Ministry of Health to not only recognize, but to commit to permanent full-time funding.

This year also saw the addition of Midwife Alliance -the 9th midwifery practice group to join the list of credentialed practices.

Another notable practice this year was Community Midwives, which was recognized as the practice with the highest number of client admissions with student involvement. This is a point of pride as we continue to expand and diversify learning opportunities for students midwives in the future.

At the end of TBC's third year of operations 922 births had occurred - included in that number are 34 repeat clients! This growth is a testament to the coming together of the Indigenous, Midwifery and Client communities and the incredible work of the staff to provide powerful birth experiences that are not possible without this collaboration. As a direct result of the success of the TBC's work in the last year the Ministry of Health increased the budget in order to expand the number of births taking place at the TBC.

K'nanskomptin, sincere gratitude for everyone's contributions that made this year a remarkable success.

Kind regards, Cherylee Bourgeois, RM



# Message from the Executive Director



Roberta Pike, MSW

Aanii/Bozhoo! My name is Roberta Pike and I am the Executive Director of the Toronto Birth Centre. This fiscal year's Annual Report represents a new era for TBC and electronic media. We are trying to be more 'green' by providing an electric year in review. Wherever possible, we have used audio clips, pictures and music.

This year represents the fourth year of funding for the TBC and the third full year of operations. We've had an amazing year and we couldn't have done it without the wonderful support of clients, parents, midwives, students, staff, governance folk and not to mention other community partnerships that we have been able to cultivate.

A real concrete success has been the ability to identify 42 clients who, for various reasons did not have adequate pre-natal care. TBC was able to assist them in accessing midwifery care. Each of these individuals were members of one or more priority populations that the TBC is committed to

serving. The TBC Board is well on its way to achieve the targets it has set out in its strategic plan.

After year end, we were absolutely thrilled to hear that the government supported an increase in funding to the Toronto Birth Centre retroactive to the beginning of the 2016-17. We anticipate that we will continue to grow in the coming year. It has been such an honour to work with and for such amazing and beautiful people. Chi-Miigwetch!

# Clinical Program for 2016-17

# Tours at TBC

1716 people accessed a tour at TBC

- **180** were booked tours hosted by Birth Centre Aides
- **136** were unbooked tours offered by another TBC staff member or credentialed midwives very familiar with the development of the birth centre space.

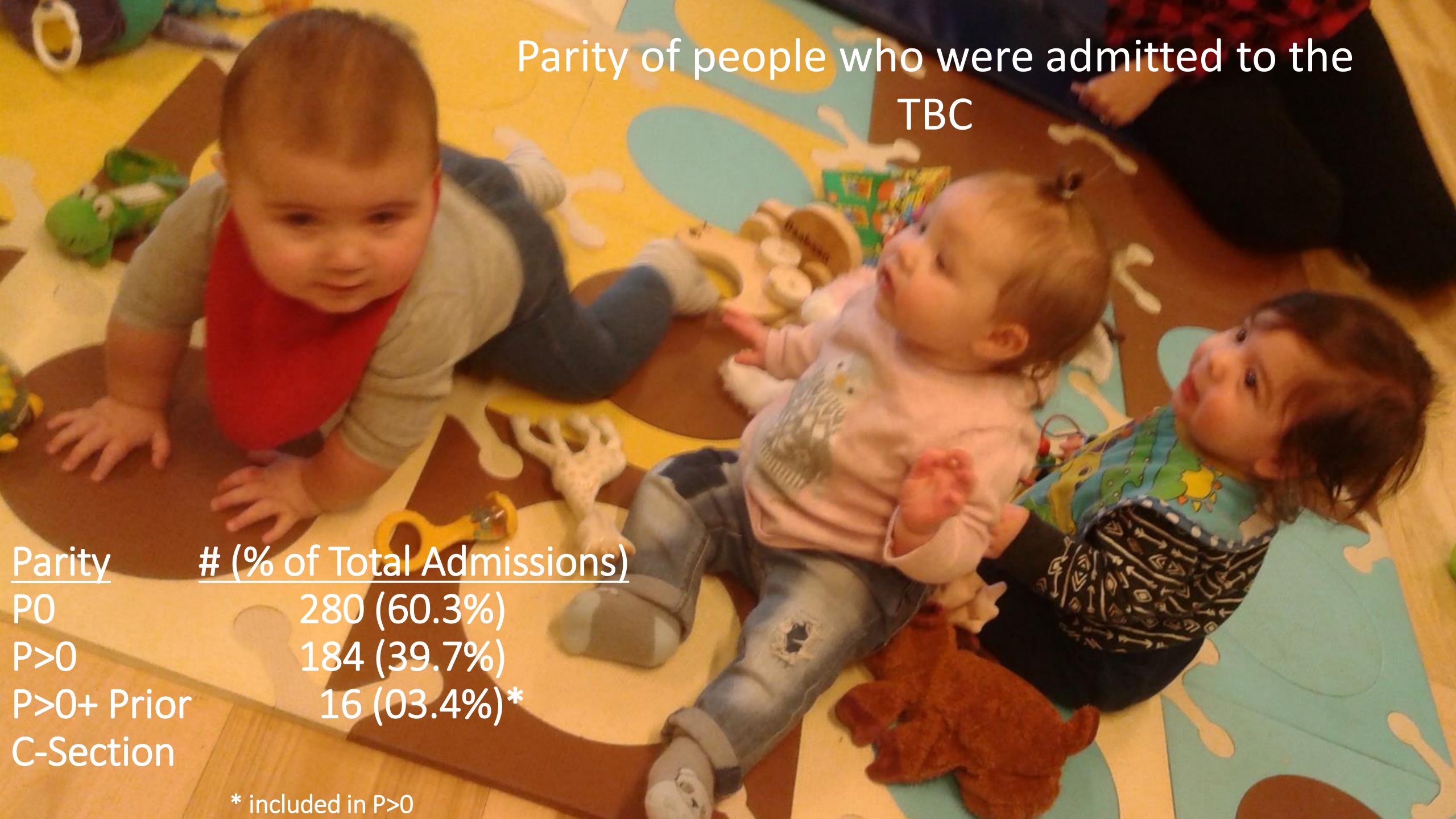






Total Admissions = 464



A photograph of three babies playing on a colorful play mat. The mat has large, abstract shapes in yellow, brown, and teal. Various toys are scattered around, including a green frog, a wooden toy, and a brown stuffed animal. The babies are dressed in casual clothing. One baby is wearing a red bib and a grey long-sleeved shirt. Another is in a light pink sweater and blue jeans. The third is in a blue patterned shirt and dark pants. The text 'Parity of people who were admitted to the TBC' is overlaid in white at the top right.

# Parity of people who were admitted to the TBC

<u>Parity</u>	<u># (% of Total Admissions)</u>
P0	280 (60.3%)
P>0	184 (39.7%)
P>0+ Prior C-Section	16 (03.4%)*

\* included in P>0

345 (74.4%)

total # of  
births at TBC  
(as % of total  
admissions)





Clinical Program

Since Opening...

January 31, 2014-March 31, 2017

986

= total # births



247

# of water  
births at  
TBC (25%  
of all  
births)





34...

is the # persons that gave birth at TBC for second or subsequent time (3.4% of all births)



# Transports from 1305 admissions

905 (69.3%) had no transport

319 (24.4%) intrapartum transports

- 267 (83.7%) by private vehicle
- 52 (16.3%) ambulance

48 (3.7%) postpartum transports

- 10 (20.8%) by private vehicle
- 38 (79.2%) by ambulance

36 (2.8%) newborn transports

- 19 (52.8%) by private vehicle
- 17 (47.2%) by ambulance\*

\*with/without parent

8.2% is our overall ambulance  
transport rate

## MODE OF DELIVERY

January 31, 2014-March 31, 2017

TBC ADMISSIONS	TOTAL	TOTAL NULLIP	TOTAL MULTIP NO PRIOR C/S	TOTAL MULTIP WITH PRIOR C/S
	1305	799	479	27
Spontaneous vaginal births-Total (% of Admissions)	1167 89.4%	676 84.6%	471 98.3%	20 74.1%
Spontaneous vaginal births-at TBC (% of Admissions)	905 69.3%	480 60.1%	409 85.4%	16 59.3%
Spontaneous vaginal births-at hospital (% of Admissions)	181 13.9%	142 17.8%	36 7.5%	3 11.1%
Vacuum Births (% of admissions)	36 2.8%	31 3.9%	5 1%	0 0%
Forceps Births (% of admissions)	20 1.5%	20 2.5%	0 0%	0 0%
Caesarean Births (% of admissions)	78 6.0%	69 8.6%	3 0.6%	6 22.2%
Missing data (% of admissions)	4 0.3%	3 0.4%	0 0%	1 3.7%

The Association of Ontario Midwives has compiled the findings of research on home births in Ontario but the number of birth centre births has not been large enough to support a full study. However, from TBC's own data, we can say that, like home births, planned births in the birth centre carry a lower risk of Caesarean section both for people giving birth for the first time and those that have given birth before than those that planned a birth in hospital. In this way, the outcomes for Birth Centre births are comparable to those of home birth with equal safety and less intervention.



# Arrival of Birth Slings

June 2016



# Education at TBC

# Midwifery Education Programs

- TBC has contracts with Midwifery Education Programs at Ryerson, McMaster and Laurentian Universities to deliver placements to students at TBC.
- TBC takes 2 types of MEP placements:
  - month long placements for students in third year of the MEP program from September to March
  - students in their clerkship year and placed at midwifery practice groups affiliated with the TBC



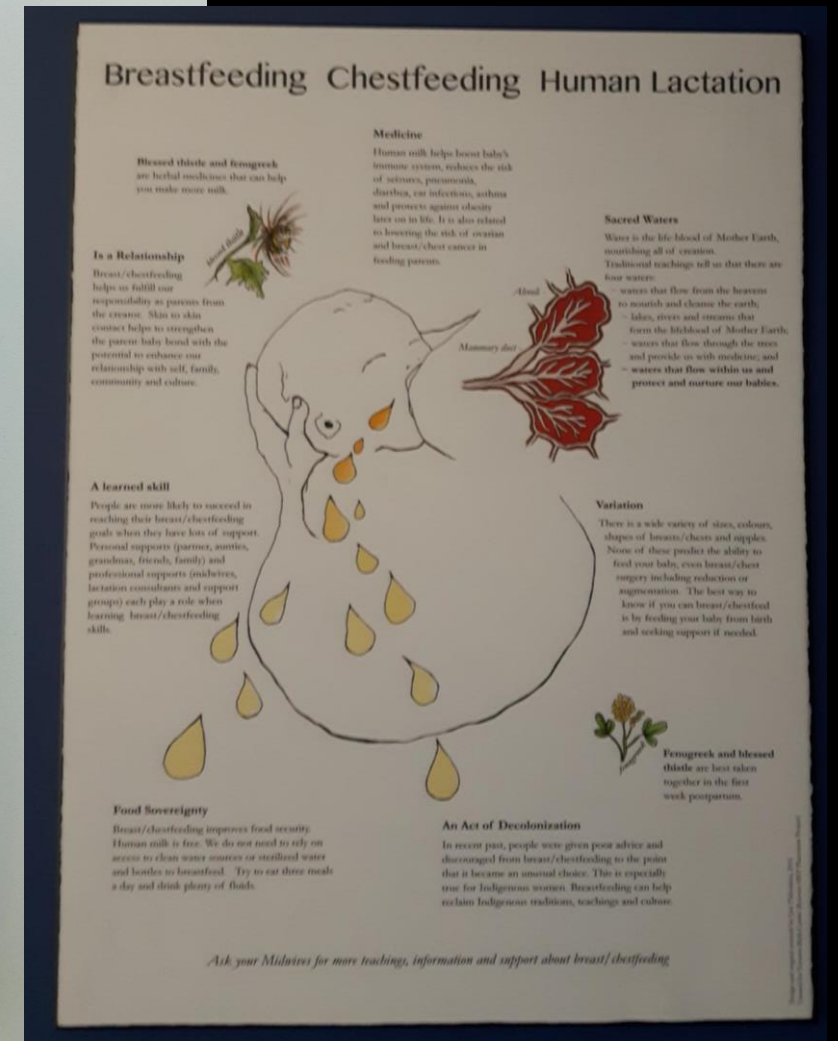
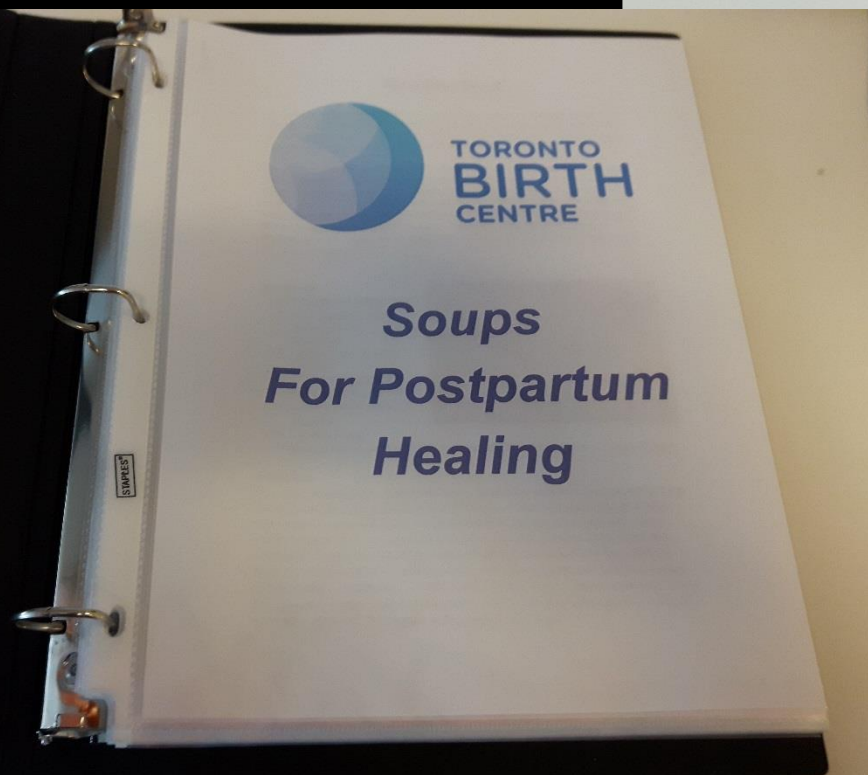
# MEP Experience in Labour and Birth

Of 464 admissions in 2016-17:

- **252** were attended by students
  - 186 by 1 student
  - 66 by >1 student
- **233** admissions were attended by students in **MPG placements** (year-round)
- **25** admissions were attended by **TBC-placed** students (Sept-Nov and Jan-Mar)
- **28** admissions were **attended by Indigenous-identified** students



# Innovative Projects from Students





TBC is a place of valuable learning about the skills involved in low-intervention client care.

Based on the proportion of their TBC client admissions that involved TBC students between January 2014 and May 2016, we recognized Community Midwives of Toronto for their contributions to student learning at TBC.

Going forward, TBC plans to recognize a practice group each academic year for their inclusion of TBC-placed students.



# Moments of Learning

Jody Currie (back centre) from Australia poses with her son ( far right) for a picture with TBC staff, midwives and MEP faculty and students.

We learned about access to health service and support for Aboriginal and Torres Strait Islanders.

Who better to learn from but from other Indigenous peoples that are trailblazers in the study of cultural safety?



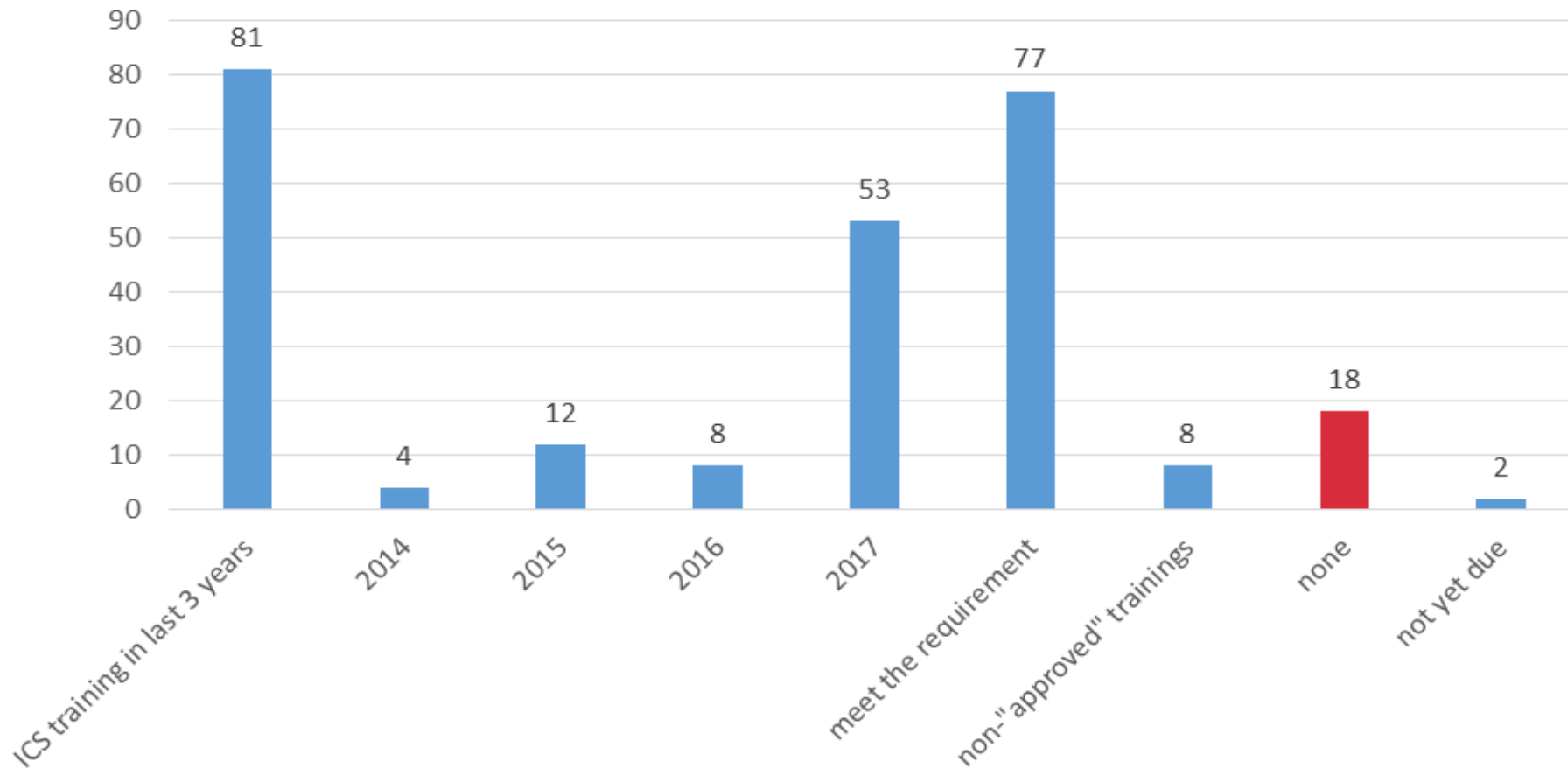


# Cultural Safety



# Indigenous Cultural Safety Training

Midwife Participation in Indigenous Cultural Safety Training



4 = # OFIFC trainings held at TBC in 2016-17

44 = # Attendees

35 = # of TBC funded seats for the San'yas training



# Education about Cultural Safety

In addition to attending 3 rounds at 2 of our MPG's affiliated hospitals, TBC also presented at an Indigenous Health conference hosted by the University of Toronto.

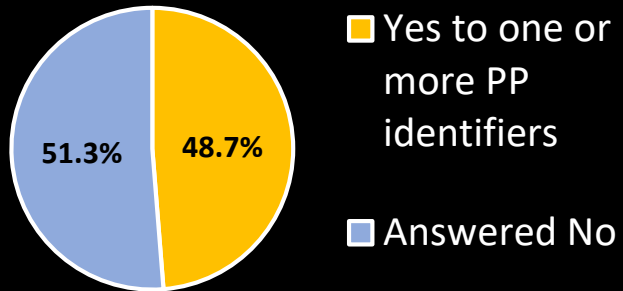




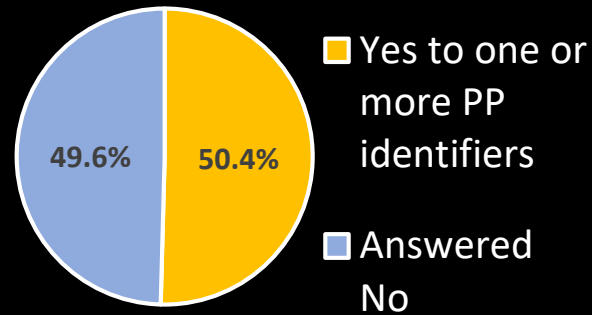
Access And Equity

# Priority Populations

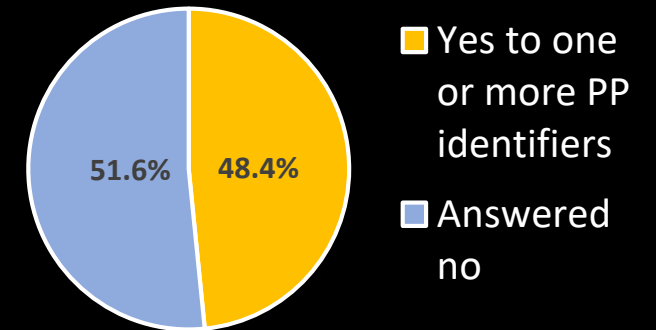
## Bookings



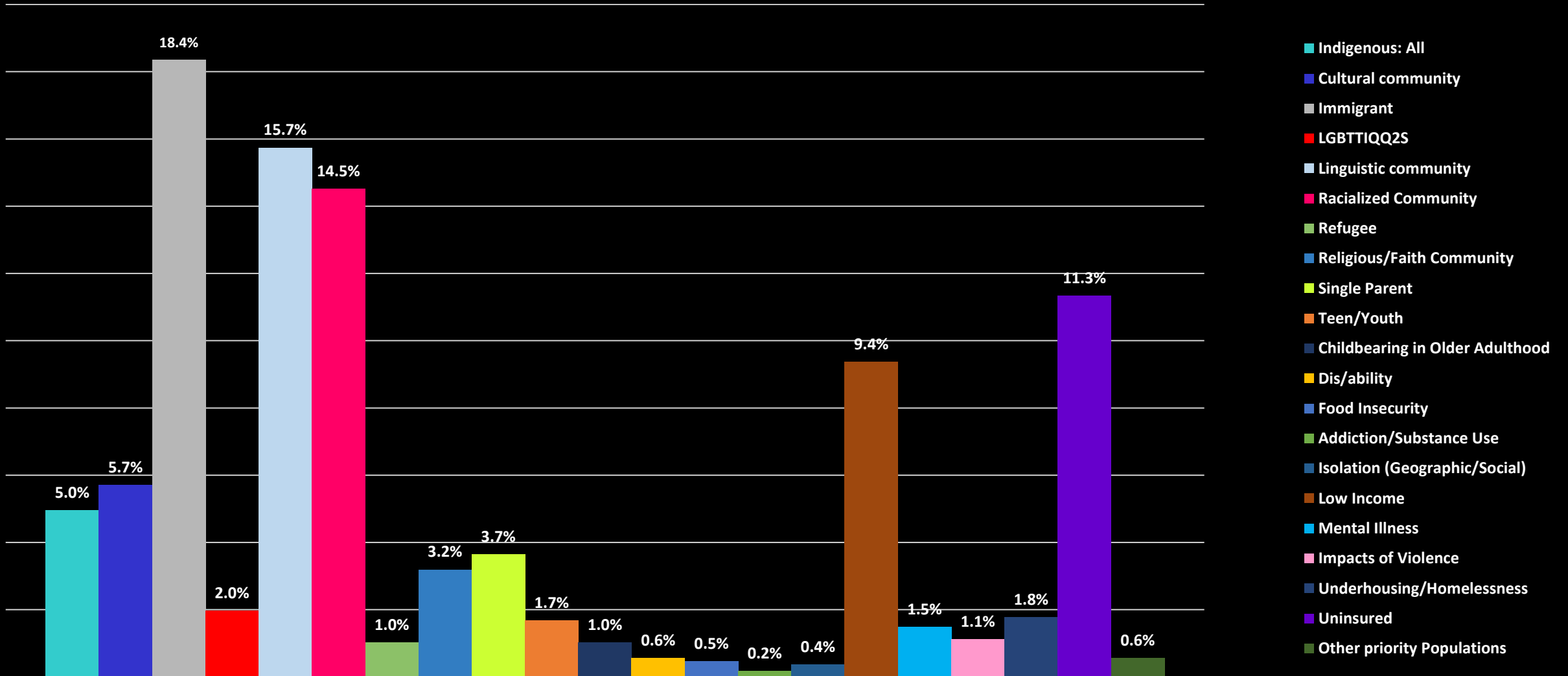
## Admissions



## Births



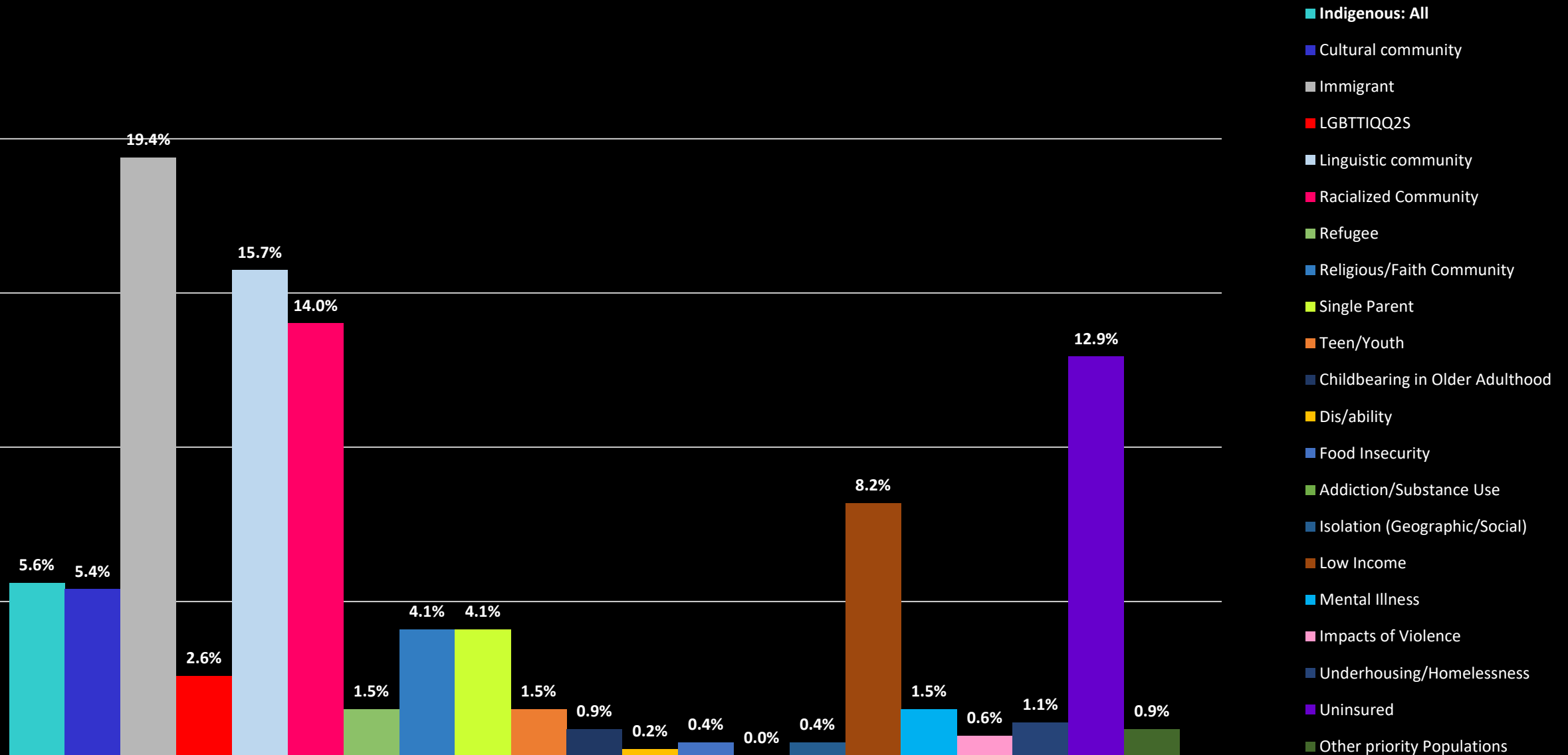
# Priority Populations Bookings N=1067



Note: Due to changes on the TBC booking form, some of the priority population are reported differently as of June 1, 2016



# Priority Populations Admissions



Note: Due to changes on the TBC booking form, some of the priority population are reported differently as of June 1, 2016

# Outreach, Events and Programs at the TBC

# Knowledge Exchange with Traditional Guatemalan Midwives and Health Care Providers from Totonicapán, Guatemala via Partnership with Horizons of Friendship

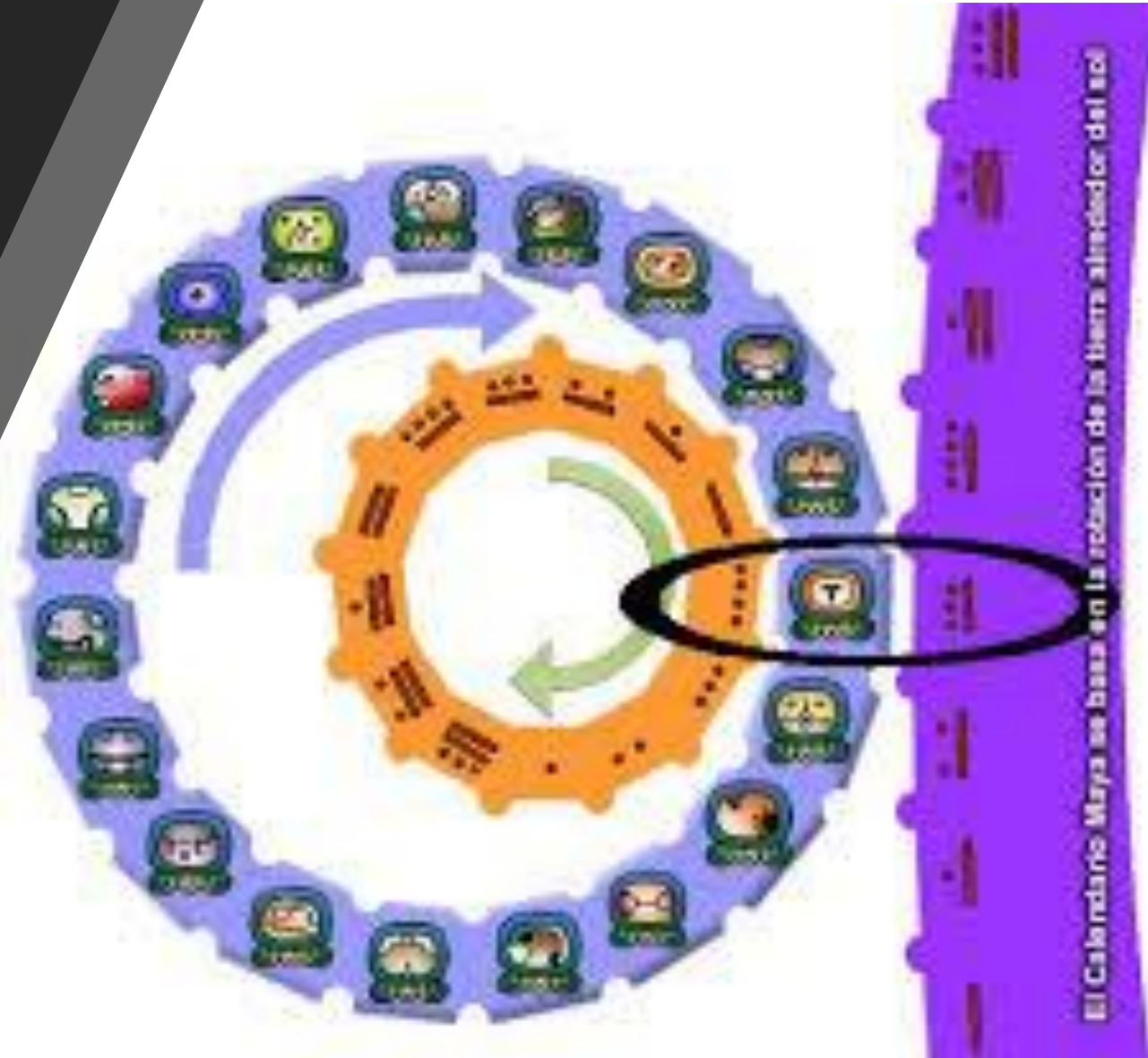




# Women and Midwives Day

August 13<sup>th</sup>-According to the Mayan Sacred Cholq'ij Calendar

TBC partnered with The Waxaq'ib Q'ojoom & Jun Q'anil to learn more about the Mayan peoples and to participate in a ceremony at Dufferin Grove Park honouring the memory of the hundreds women murdered and missing in Canada, Juarez and Ecatepec Mexico, Guatemala and Honduras as well as other countries around the world.





# Spirit of Birth

Screening July 2016 at TBC

<http://muskratmagazine.com/muskrat-presents-spirit-of-birth-a-short-doc-restoring-indigenous-birth-practices/>



# Outreach + Awareness = Success

- 34 outreach activities
- 14 presentations including the Indigenous Health Conference at University of Toronto
- 43 requests for care





SGMT and TBC sharing a booth at EGNABE youth pow-wow at Downsview Park



# Kensington Midwives sharing their booth with TBC at the Baby Time Show




# Baby Food Basics

Throughout the winter months, TBC partnered with Food Share to offer information on infant and toddler nutrition basics

Babyfoodbasics - Windows Photo Viewer

File Print E-mail Burn Open



**TBC Classroom  
2<sup>nd</sup> floor**

To register contact  
**Denise**  
[denise@torontobirthcentre.ca](mailto:denise@torontobirthcentre.ca)

Everyone  
welcome!

This is free event  
is facilitated by  
**Foodshare**  
[www.foodshare.net](http://www.foodshare.net)

**Tuesday November 22, 2016  
1:00pm-3:00pm**

**Foodshare  
Baby and Toddler Food  
Basics Workshop**

**Baby and Toddler Basics**  
This workshop teaches parents/caregivers how and when to introduce nutritious solids to your baby, how to make baby food from regular ingredients and adapt family meals, how to handle and store baby food safely. When to offer small, healthy from a variety of food groups, feeding a picky eater, how to be a good role model and more!

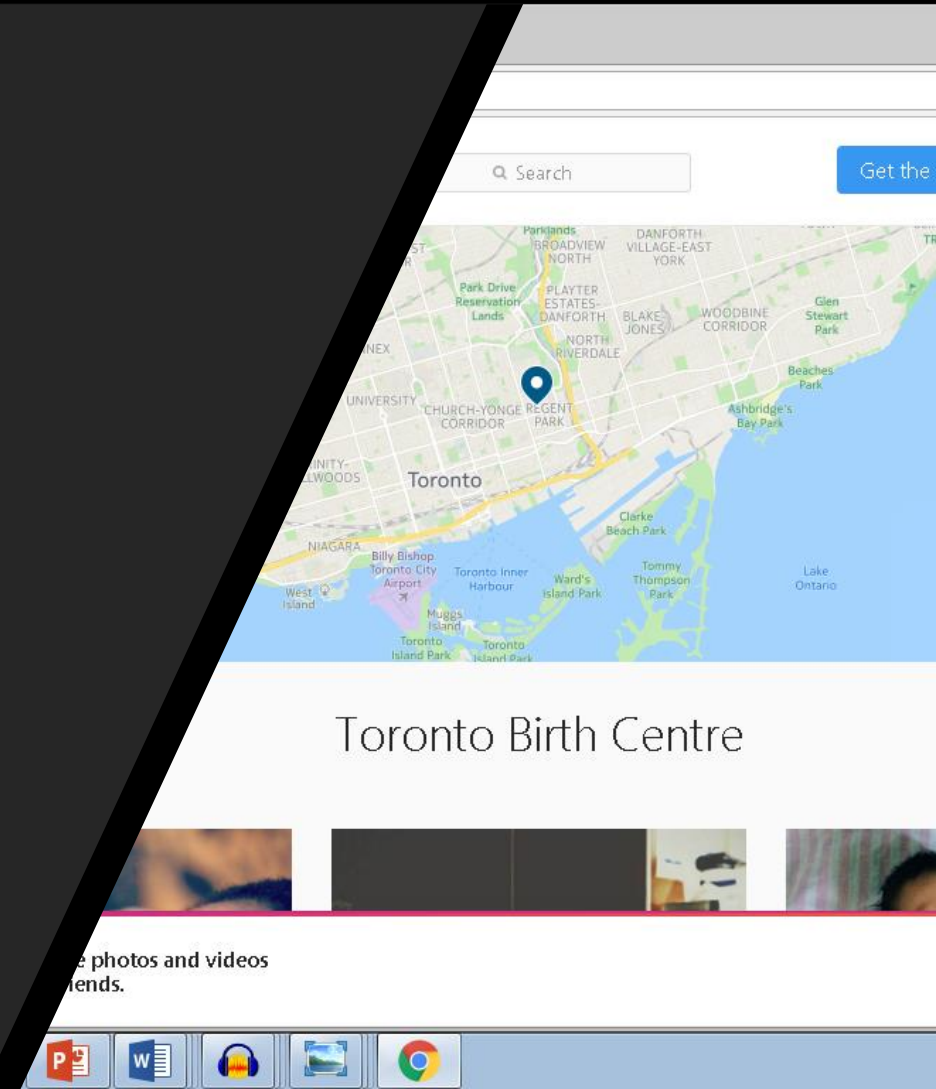
**Toronto Birth Centre**  
525 Dundas Street E  
Toronto, ON  
M5A 2B6  
[www.torontobirthcentre.ca](http://www.torontobirthcentre.ca)

Navigation icons: zoom, print, back, forward, refresh, close

# Social Media

Strengthened social media presence- Launching a new Instagram Account on March 24, 2016

TBC has had a web-site and Facebook account which we use regularly to communicate to the TBC community of goings on at TBC.





# Moon Teachings

The image is a screenshot of a web browser displaying the Facebook page for the Toronto Birth Centre. The browser's address bar shows the URL <https://www.facebook.com/TOBirthCentre/>. The page header includes navigation buttons for 'Like', 'Recommend', and 'Message', along with a 'Call Now' button. The main content area features a post from the Toronto Birth Centre dated March 12, which discusses the 'Ziissbaakdoke Giizis' (Sugar Moon) and its significance to Indigenous communities. The post text reads: 'March is Ziissbaakdoke Giizis (Sugar Moon, Anishnawbe) During this moon the maple sap begins to run, this is also known as the Anishnawbe new year.. Maple sap or syrup is an Important medicine to many Indigenous nations of Turtle Island, this balances our bloods, during this time we are encouraged to balance our lives as we would our blood sugar levels.' The post has received several likes and comments. On the right side of the page, there are several sponsored or recommended links, including 'Public Service', 'Canadian Association of Midwives', 'Medical Centers in Toronto, Ontario', 'Pages liked by this Page', 'Seventh Generation Midwives T...', 'Parents For Better Beginnings', and 'Ontario Midwives'. The left sidebar contains navigation links for 'Home', 'About', 'Reviews', 'Photos', 'Events', and 'Posts'.

Toronto Birth Centre - Home

Secure | <https://www.facebook.com/TOBirthCentre/>

Like Recommend ...

Call Now Message

Public Service

**CAM** **Canadian Association of Midwives**  
ACSF Community Organization

**Medical Centers in Toronto, Ontario**

**Pages liked by this Page**

**Seventh Generation Midwives T...**

**Parents For Better Beginnings**

**Ontario Midwives**

**Toronto Birth Centre** added a post from March 12 to their timeline.  
March 12 · 🌐 · 🌐

March is Ziissbaakdoke Giizis (Sugar Moon, Anishnawbe) During this moon the maple sap begins to run, this is also known as the Anishnawbe new year.. Maple sap or syrup is an Important medicine to many Indigenous nations of Turtle Island, this balances our bloods, during this time we are encouraged to balance our lives as we would our blood sugar levels.

Like Comment

Lita Towers, Ronalda Laird, Libby Frances and 23 others like this.

**Toronto Birth Centre** added a post from March 12 to their timeline.  
March 12 · 🌐 · 🌐

**Toronto Birth Centre**  
@TOBirthCentre

Home

About

Reviews

Photos

Events

Posts

# Gardening at the TBC

- Regent Park CRC donated a plot to the TBC in 2015
- Spring 2016 was the first year of a full planting season.
- Pictured are TBC Staff after turning over the ground to build the nutrient content of the soil.
- TBC was able to grow strawberries, medicines, beans and attempted to grow Indian corn donated from Six Nations!







# Semaa

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Means “Tobacco” in Anishnabemowin.

Tobacco plants were donated by The Stop.

Tobacco was the first medicine to be given to the Anishinabek people. It is a men’s medicine.

Used in small amounts, smoke from traditional tobacco is said to carry prayers, thoughts, and feelings to the spirit world. It is also used as a daily offering to say prayers and give thanks.

Whenever there is a request for guidance, advice, ceremonies or taking from the animal or spirit world, tobacco is always offered first. We always offer tobacco with our left hand as it is closer to our hearts.



# TBC Staff Learning And Development

Staff toured the Maternal and Child Centre and learned about medicine and horticulture at Six Nations of the Grand River Territory



# Ojibwe Language Playgroup





Parent run group.

Supports families and expectant parents incorporate Anishnabemowin in the lives of their young ones.

Popular lullabies, songs, games, stories and ideas in Anishnabemowin are shared.

# Ojibwe Language Playgroup







## Biindige A'Maazo

Means “She/he comes in singing” in Anishnabemowin (Ojibway language).

Is a group that was formed in the fall/winter months to ensure that all Indigenous families that utilize the TBC can access Indigenous ceremony.

Participants are invited to learn and share songs with the intent that Indigenous families who use the TBC can access a welcoming song for their new baby if desired.

All members of the TBC community, including midwives, staff, clients and their children are encouraged to participate.

# Seasonal/Solstice/Equinox Celebrations



# Strategic Plan Accomplishments



# Strategic Direction 1

## Upholding the Indigenous Framework

Performance Measures	Progress/Impact/Outcomes
100% of Midwives affiliated with TBC will have received cultural safety training by March 31 2017	Of 105 Midwives, 81 have received cultural safety training in last 3 years, 4 had prior training. 18 midwives have this year's renewed appointment conditional on completing training by Oct 31 2017.
Toronto Birth Centre will receive its Spirit Name (name in an Indigenous language) by 2020	N/A
At least one Indigenous conference or knowledge exchange event is held per year	-Horizons of Hope-Cultural Exchange between Indigenous Midwives-Canada and Guatemala-March 21, 2017 -University of Toronto -Learning about Mayan Culture and participating in ceremony
At least 4 ceremonies per year are held on site.	Summer and Winter Solstice feasts. Spring and Fall Feasting of Sacred items and TBC bundle. 3 welcoming celebrations in singing a welcome song and smudging ceremony.

# Strategic Direction 2

## Achieve Excellence in Operations

Performance Measures	Progress/Impact/Outcomes
Achieve at least 50% representation of priority population clients from among our total admissions	50.5% for 2016-17
Create 3 key clinical benchmarks, comparable with those for Ontario midwife-attended homebirth, by the end of 2017	TBD
Establish by the end of 2017, appropriate morbidity and mortality benchmarks for parents and babies admitted to TBC	TBD
Achieve a balanced budget within a 5% variance	Towards year end, TBC was tracking a slight surplus within 5%. The Board decided to spend at year end in anticipation of MOHLTC funding.
Average ratings of “adequate” or above on the MPG survey categories on birthing facilities, classroom and clinic space	Cumulative Midwife ratings above 2.5/3 for the suitability of family spaces, the kitchen area, cleanliness, Cultural safety, birthing and clinical equipment, and support for client transports except AV equipment at >2/3
At least 50% of TBC rental space is utilized by/or for the purpose of reaching Indigenous community and priority populations.	N/A Software used to calculate the usage was down at the time of reporting.

# Strategic Direction 3

## Bring TBC to Capacity

Performance Measures	Progress/Impact/Outcomes
Develop partnerships/programming to provide space for knowledge keepers and/or grandparents.	Anishnabemowin Language Playgroup X 6 Sessions with an average of 3 families per session
Develop one new partnership annually within each of the four identified types of partners – Indigenous, non-Indigenous, midwifery and Health Service Providers.	Indigenous, Na Me Res (Pow wow table) Non-Indigenous CRC (Garden) Midwifery , NACM Indigenous Midwifery Event Health Service Providers, RP CHC Parents for Better Beginnings Health Service Providers-Presenting with Claire DF at local hospitals about Culturally Safe Care.
50% of outreach efforts are directed toward respectful and safe community engagement with the Indigenous community.	Tabling at local pow wows and Indigenous community events through out the year. Presentations to NCCT youth group, Anishnawbe Health Toronto, U of T First Nations House and George Brown College Aboriginal Student Services.
Acquire additional funding and be able to provide an increase of 125 additional admissions by the end of 2020.	Additional funding received in April 2017 for 2016-17.

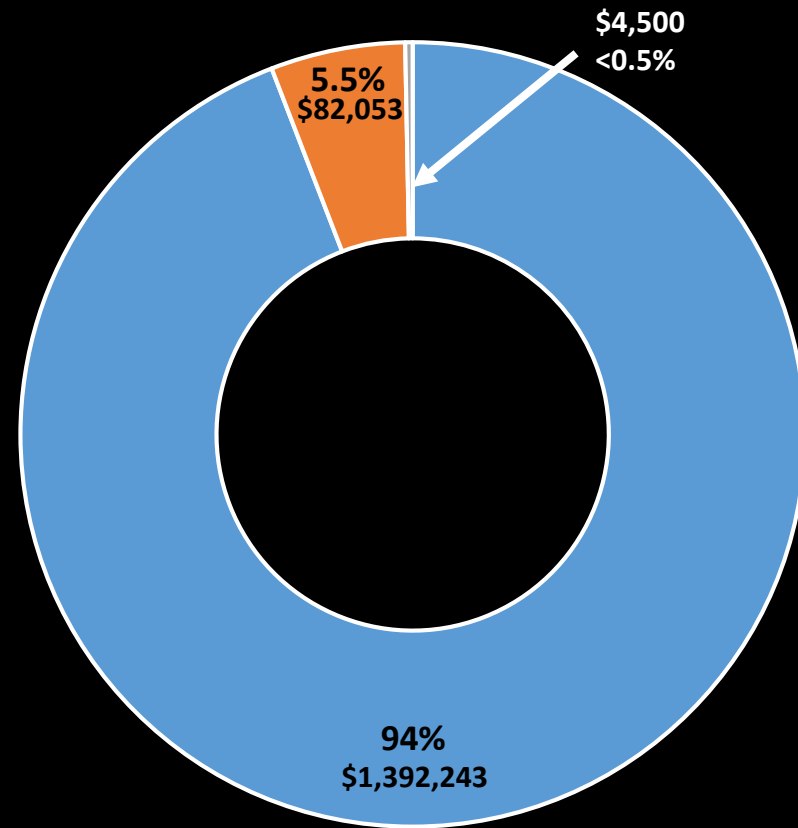


# Financial Summary\*

\*

**Financial Statements for the 2016-17 fiscal year have been audited by Norton McMullen, LLP. The following financial summary is an excerpt from the audited financial statements. If you would like to request a copy of the complete and approved TBC audited financial statements, please contact Cheryl Creighton at [admin@torontobirthcentre.ca](mailto:admin@torontobirthcentre.ca).**

# Where the money comes from



MOHLTC

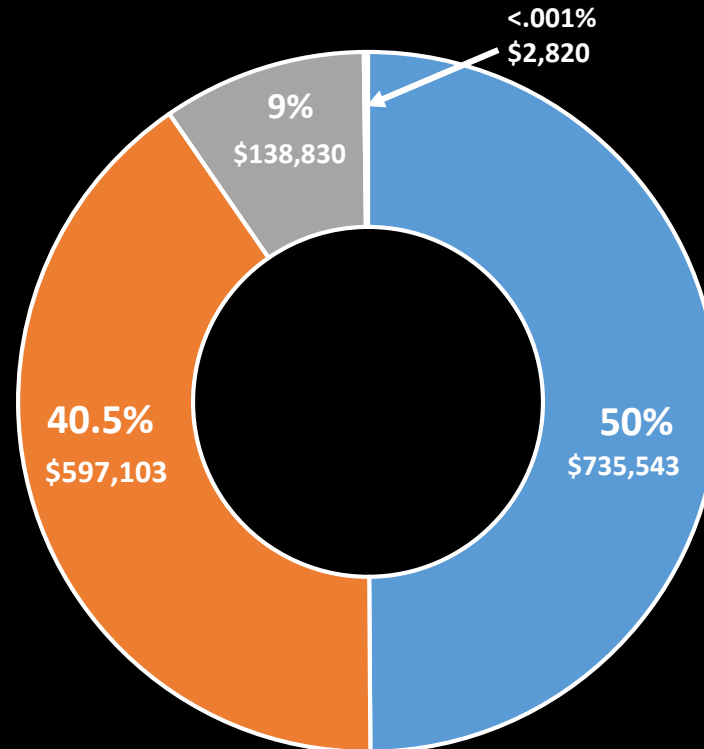


RENTAL



STUDENT PROGRAM

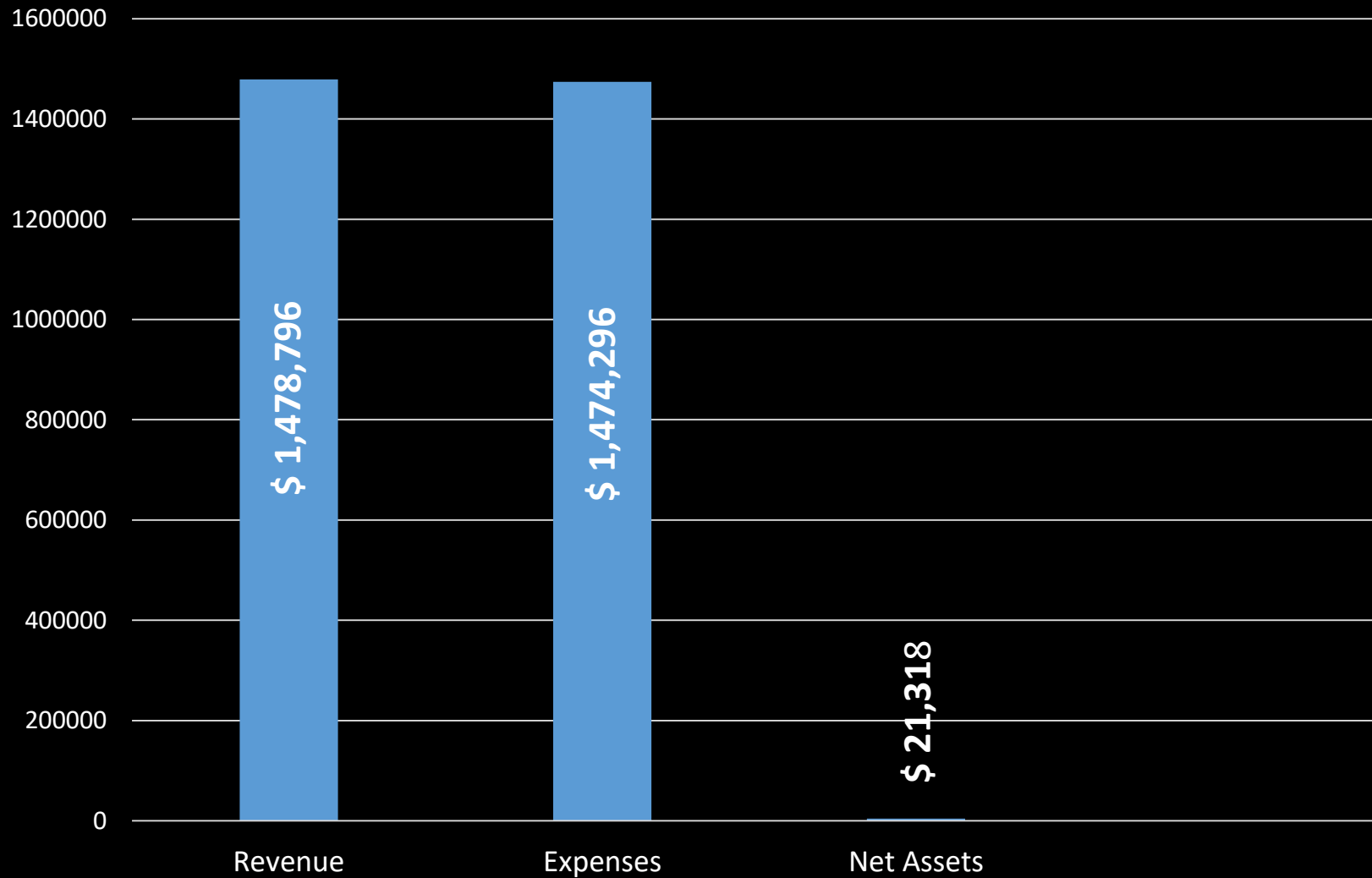
# What the money is spent on



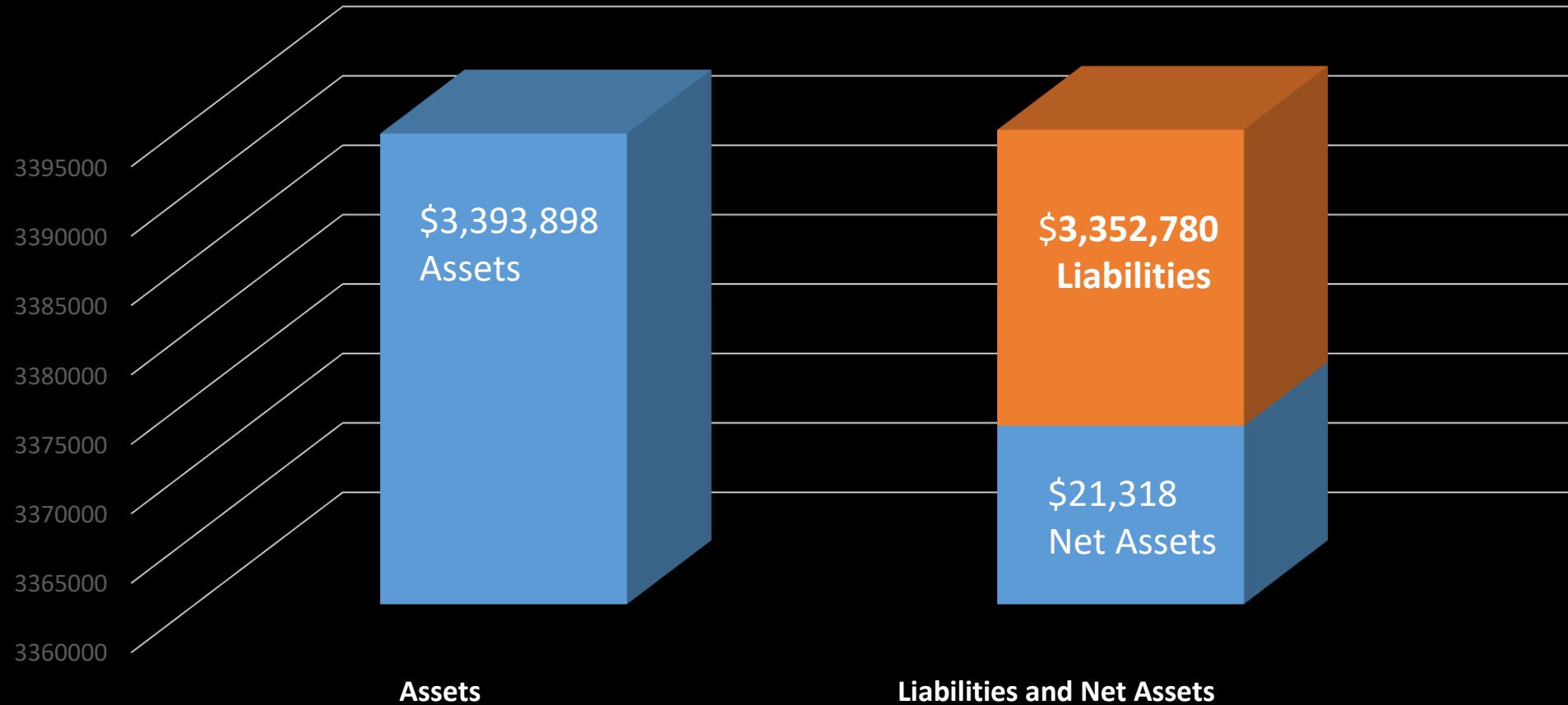
■ Wages & Benefits   ■ General Admin   ■ Direct Costs   ■ Non-Recurring



# Our Financial Performance



# Our Financial Position



# Miigwetch!

A special thank you goes out to  
Art Zone Studios  
for their generous  
donation of:

## “Birth of a Star”

A 3-piece glass artwork  
by Kathryn Irwin



Photo (L to R) : Jane Irwin and Kathryn Irwin



# Governance and Committees

## 2016-17 Board of Directors:

Cherylee Bourgeois, RM (President), Aimée Carbonneau, RM (Secretary/Treasurer), Ellen Blais, Amy Desjarlais (Knowledge Keeper), Kristen Dennis, RM, Jennifer Dockery, RN, BScN, MHSc, Rajvinder Kaur, RM, Samuel Kloestra (Youth Representative), Andrea Luciuk, RM, Monica McKay, and Kimberly Orton, RM.

## Birth Centre Staff

Roberta Pike, MSW-Executive Director; Sara Booth, RM, Clinical Director & Quality Advisor; Cheryl Creighton, Office Manager; Denise Booth, Indigenous and Community Engagement Coordinator; Tamara Sanchez, Head Birth Centre Aide; Celia Su, Clinical Administrative Assistant; Monica Mitchell-Taylor, Clinical Administrative Assistant. Birth Centre Aides: Marixa Alva Roncal, Sara Aguirre, Ashley Kagige (outgoing), Victoria Manitowabi, Sekwaw Iggy Matthew (outgoing), Sarah Martineau (outgoing), Hannah Schreck; and Pei (Cindy) Yang, Bookkeeper.

## Community Council

Claire Dion Fletcher, RM, Co-Chair, Krysta Williams, Co-Chair; Rochelle Allan; Rebecca Beaulne-Stuebing; Nadya Burton, Amy Desjarlais; Samuel Kloestra; Natalie Lucas; Alyssa Luttenberger; Nicole Penak; Shannon Simpson; Emma Stromberg; Melissa Stevenson and Faith Wraith.

# Governance and Committees continued...

## **Midwives' Council:**

**Diversity Midwives:** Alexandra Nikitakis, RM and Tama Cross, RM

**Kensington Midwives:** Noelia Greizerstein, RM and Sara Chambers, RM (Former Co-Chair).

**Community Midwives of Toronto:** Alusha Morris, RM and Elena Ikonomou, RM.

**Midwife Alliance:** Anita Bright, RM and Tara Wodelet, RM; Jinous Shahzamani, RM, (Out-going)

**The Midwives' Clinic of East York Don Mills:** Sarilyn Zimmerman, RM and Sarah Davies, RM (Co-Chair)

**Midwives' Collective of Toronto:** Noushafarin Shamel, RM and Nimerta Kaur Dhani, RM; Zuzana Betkova, RM, (Outgoing and Former Co-Chair) and Carmen Felix, RM (out-going).

**Riverdale Community Midwives:** Tia Sarkar, RM and Sabina Fella, RM

**Seventh Generation Midwives of Toronto:** Leah Crawford, RM and Kathleen Babe, RM.

## **Quality Advisory Committee:**

Dione Amsterdam, RM; Sara Booth, RM, Quality Advisor (Chair); Aimée Carbonneau, RM (outgoing); Claire Dion Fletcher, RM (outgoing); Jennifer Gilbert, BA, MA; Saba Khan, BSc, MPH; Leah Klein, RM; Renée Monchal, MES; Kimberley Orton, RM; Jill Parsons, RM; Dr. Elin Raymond; Elizabeth Redmond; and Sara Wolfe, RM, MBA.

## **Joint Liaison Committee:**

Toronto Birth Centre: Roberta Pike, MSW and Sara Booth, RM.

St. Michael's Hospital: Dr. Douglas Campbell, MD; Dr. Andrea Lausman, MD; Dr. Karen Tessler, MD and Mary Murphy, RN.

**MIIGWETCH, NIA: WEH,  
WACHI-YEH, MARCI,  
THANK YOU!**



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