

CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

Community Health Education Program (CHEP) 2009-2010

In collaboration with
McGill University Health Center

 communityhealtheducation@ymail.com
Web site: www.chssn.org

A community member attends a videoconferencing session on Cancer Awareness. There, he meets a community nurse who then puts him in touch with an array of resources. Consequently, the participants of this session see the need for and decide to start a cancer support group. Community radio is used to promote this initiative. Now, imagine improving access in your community to a range of English-language health and social information via a variety of mediums...

THE COMMUNITY HEALTH EDUCATION PROGRAM makes this possible! This dynamic program facilitates distance community learning of English health and social information in remote Quebec communities via 5 different mediums:

- Videoconferencing
- Telephone conferencing
- DVD's
- Community radio (Internet access)
- Follow-up activities

COMMUNITY INVOLVEMENT

Communities select an area of focus based on need. The aim is to raise awareness and provide information to individuals and their communities where there is a gap or a void in health and social information. For example, if the choice is to host a videoconferencing session, then professionals, caregivers and volunteers in education, health and social services, are encouraged to come learn alongside their community members.

EXPERTISE HELPS FILL THE GAP

Dynamic, interactive experts in their respective fields, CHEP presenters have a variety of health and social backgrounds: nursing, counselling, psychology, education and community medicine. Invited guest speakers from organizations representing chosen topics, complement the presenters.

RESOURCES

The CHEP promotes existing resources, linking with organizations whose mission it is to provide English health and social information, tools and support to the public.

IDENTIFIED COMMUNITY HEALTH NEEDS 2009-2010

Care-giving at Home and in Institutions

Parkinson 101

Alzheimer's – Challenges and Support

Prostate Cancer

Seniors Eye Health

FOLLOW-UP ACTIVITIES

An important focus of the CHEP, follow-up activities provide ongoing education, information, resources, and support beyond the initial campaign. For example, following a videoconferencing session participants decide to form a support group or create a resource center, building from the momentum created by the session.

COMMUNITIES

Eight outer-lying English-speaking Quebec communities participate:

- CAMI – Magdalen Islands
- CASA – Gaspé
- COASTERS' Association – Lower North Shore
- MCDC – Thetford Mines
- Neighbours' Association – Rouyn Noranda
- North Shore Community Association (NSCA)
- OHSSN – Outaouais and West Quebec
- Townshippers' Association – Montérégie and Estrie
- Vision Gaspé Percé Now – Gaspé Town

PARTNERSHIPS FOR SUSTAINABILITY

Partnerships serve to enhance access to English-language information, resources, services and support. The communities create important partnerships with many diverse organizations and institutions:

- Local CSSS, hospitals, clinics
- Schools, Community Learning Centers (CLCs) and community centers

- Non-profit organizations
- Community radio stations

The CHEP forges partnerships with many regional and provincial health and social organizations, including:

- Alzheimer Society
- AMI Quebec
- Canadian Cancer Society
- Care-Ring Voice
- Fraser Recovery Program
- Heart and Stroke Foundation of Quebec
- Parkinson Society Quebec
- The Arthritis Society
- The Quebec Learners' Network

What some CHEP participants have learned that is worth remembering for a lifetime...

“Precaution is prevention.” *Fall Prevention*

“When in doubt, ask your pharmacist.”
Medications: Ask an Expert

“Eating healthy and exercise are important.”
Nutrition

“Everything can be controlled, you don't have to live with anything.” *What to do when your plumbing malfunctions: kidneys and bladder.*

“Early detection is crucial.” *Prostate Cancer 101*

THE CHEP TEAM

Brenda Edwards, M. Ed., Project Development Manager, assists communities in building relationships with their public health partners.

Jo Ann Jones, R.N., M. Ed., Community Support Coordinator, plans and coordinates the program.

Kelly Howarth, M. Ed., Dpl. Ad. Ed., Program Evaluator/Consultant, plans and evaluates the program and coordinates community radio.

The CHSSN supports English-speaking communities to participate in distance community health education programs through funding from the McGill University Training and Human Resources Development Project (2005-2010) and the strong partnership of the McGill University Health Centre.

**To learn more about the CHSSN
Community Health Education Program:**

✉ communityhealtheducation@ymail.com

Web site:
http://www.chssn.org/En/Health_Education_Program/index.html