

Appendix III: Chart on Results of the 14 Public Health Projects

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
MAGDALEN ISLANDS	
<p>Discussion of the CPHS <i>Drug and Alcohol Awareness Project's</i> objective with officials of the CSSS des Iles.</p> <p><i>November 2007 National Drug & Alcohol Awareness Week</i> held:</p> <ul style="list-style-type: none"> ▪ project was developed and proposed to potential partners; ▪ held at Grosse Ile School for students in Grades 5-11; ▪ partnered with CSSS des Iles health professionals (psychologist, social workers, nurse), Anglican Parish Minister, Leisure Director of the Municipality of Grosse Ile, APADT Committee, and the Sûreté du Quebec; ▪ local businesses solicited for participation prizes; ▪ new information pamphlets developed and existing ones accessed. <p>Community information forum held with two recovering youths from the Fraser Recovery Program; large number of participants.</p> <p>Substance Abuse Survey prepared and conducted with high school students.</p> <p>Met with PEI college professor, two youth workers and Community and Correctional Services on the P.E.I. youth worker strategy, to develop a best practice approach for C.A. M.I. 's proposal the regional Agence.</p> <ul style="list-style-type: none"> ▪ Radio capsules (previously produced by ADAPT) aired on <i>the English hour</i> of local Francophone radio station. ▪ Support letters solicited and received from various partners including two English schools, CSSS des Iles Social worker, Municipality of Grosse Ile , Anglican Parish of the Magdalen Islands and Fraser Recovery Director; ▪ Information tools distributed to the ESC of the Magdalen Islands and placed in highly visible areas, local drug stores, CLSC's, doctor's offices, schools, etc.; ▪ Articles placed to update the ESC on the Public Health Strategy; ▪ Awareness ads placed in the local newspaper, <i>The First Informer</i>; ▪ GI School Principal & Fraser Recovery program created a link on school website as a resource for parents & students; resource materials placed at local high school library for students and parents; ▪ ADAPT awareness placemats used during fundraisers for the church & school breakfasts <p>Parent-Pre-teen Relationship workshop translated and presented to students and parents; facilitated by school psychologist.</p> <p>CAMI, in partnership with ADAPT, forwarded a project proposal (A Community Approach to Drug Prevention) through Health Canada Strategy Anti-Drug Funds.</p> <p>75 Anglophone students & parents attended a Bowling Activity Day, held in collaboration with local Leisure Committee, and were introduced to the new francophone Street worker.</p> <p>Community Radio program, <i>Let's Talk Health</i>, aired public service announcements on substance abuse, in partnership with the Tele-Health programming, to the ESC, via the local Radio station, CFIM.</p> <p>Liaison Officer presented MINA's "We Can Act" strategy at Public Health Conference in Quebec City.</p>	<p><i>Drug and Alcohol Awareness Project</i> Proposal</p> <p><i>Date Rape Drug</i> pamphlet</p> <p><i>ADAPT: Alcohol & Drug Abuse Prevention Team</i> pamphlet</p> <p><i>Drug and Alcohol Awareness</i> placemats (After Each High, There is A Low) and newspaper ads</p> <p>English version of the <i>Parent Pre-teen Relationships Workshop</i></p> <p>Substance Abuse Survey</p> <p>Drug & Alcohol Awareness Week template for an annual event</p> <p>Kit of drug and alcohol awareness materials produced by the Ministère de la Santé et des Services sociaux du Québec</p> <p>Documentary <i>The TEEN Files</i> acquired from the Discovery Channel</p> <p>Radio capsules on substance abuse (produced by ADAPT)</p> <p>Articles on the Public Health Strategy</p> <p>Grosse Ile School website link for parents and teachers to resources on drugs and alcohol</p> <p>Powerpoint presentation on the <i>Drug and Alcohol Awareness Project</i> to the CHSSN Santé publique Forum</p>

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
ROCHER-PERCÉ	
<p>Work group was formed which included the coordinator of the local public health plan, the project coordinator and a former nurse hired to work on the project. Through a series of 7 meetings the local health plan was reviewed in detail and measures to adapt the plan to the ESC were identified.</p> <p>1st meeting was held with a steering committee comprised of representatives from the school, the school board and the local community to outline next steps:</p> <ul style="list-style-type: none"> ▪ a community survey; and ▪ the use of key people in the target community to introduce the project and prioritize needs. <p>CSSS manager responsible for the clinical projects was kept informed of the CPHS project progress.</p> <p>A statistical portrait and socio-economic portrait were completed and sent to partners, including those whose shared jurisdiction over the community has an important impact on the continuity of services for the target population. Meetings held with Enfance Jeunesse Famille managers from the two CSSS involved; joint meeting is planned.</p> <p>Recommendations are being developed for the next public health plan in 2008 to reflect:</p> <ul style="list-style-type: none"> ▪ the needs of the target community; ▪ the needs of two nearby villages which form a contiguous Anglophone community with Marcil. <p>Identified priorities (activities to reduce isolation of women; early stimulation) to be tested in the community survey.</p>	<p><i>Statistical portrait of the Port Daniel and Gascons populations (2001 Census data)</i></p> <p><i>Socio-economic portrait of the English-speaking population of Port Daniel - Gascons</i></p> <p>Public Health approach for the ESC (not yet finalized)</p>
LOWER NORTH SHORE (LNS)	
<p>Established a list of:</p> <ul style="list-style-type: none"> ▪ Public health planners and officials; ▪ Public health and social service programs available in English and French. <p>Organized:</p> <ul style="list-style-type: none"> ▪ Meeting with LNSCH members and assisted in the mobilization of partners to interpret data collected (Document, Extra Regional Report); ▪ Exchanges with CSSSBCN, Agence, CSL and LNSCH to disseminate information gathered; ▪ Meeting/conference call with LNSCH and Public Health Officials to discuss research results. <p>Identified:</p> <ul style="list-style-type: none"> ▪ Health and social service priorities for the English Language Communities. ▪ Public health priorities established by the public health officials. <p>Began planning for a future meeting with LNSCH and public health officials to report on, discuss and compare:</p> <ul style="list-style-type: none"> ▪ Priorities established for the English language community by the LNSCH; ▪ Health and social service activities and services currently being developed or in use by various organizations of the Lower North Shore; ▪ Extra Regional Report recommendations. <p>Produced final report.</p>	<p>Questionnaire for the organizations and schools to identify community public health programs and community public health program needs</p> <p>Distribution List for CPHS</p> <p>Questionnaire on Territory – Lower North Shore</p> <p>Database of 36 organizations & institutions</p> <p>CPHS Grid of results template</p> <p>CPHS Final Report</p>

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
MEGANTIC	
<p>Meetings held with the following public health establishments:</p> <ul style="list-style-type: none"> ▪ CSSS Thetford Mines; CSSS Etchemins; CSSS Grand Littoral; CSSS Beauce ▪ Agence Chaudière-Appalaches; Hôtel-Dieu de Lévis; Montmagny-L'Islet <p>Phone and email contact made with CSSS Arthabaska-Érable; plans being made to meet during the coming year.</p> <p>At each meeting with public health partners:</p> <ul style="list-style-type: none"> ▪ Key issues related to public health were discussed; ▪ Priorities were discussed so as to be able to align ESC priorities with those of the institutions; ▪ Continued to emphasize the importance of keeping the English-community informed of these issues as well as the larger French community. <p>As a result of the public health information gathered, became very interested in the “École en santé” concept. Met with the school counsellor and school Principal to discuss the possibility of implementing the “Écoles en santé” program next year. Reports on this initiative were made at Steering Committee meetings, Partners in Health and MCDC Board meetings.</p> <p>Information on public health disseminated through MCDC’s:</p> <p>“Partners in Health” newsletter and MCDC’s monthly “Down Home News” newsletter;</p> <p>“Public Health-What it is and what you should know about it” flyer, developed and disseminated to all community members.</p> <p>Better knowledge of the organization is generating greater interest in the ESC. Partners very interested in discovering how MCDC can work and partner with public institutions to reach out and provide services to the ESC.</p>	<p>Inventory of information on public health initiatives in the region</p> <p>Autumn flu vaccine campaign promotion through the MCDC website</p> <p><i>Public Health-What it is and what you should know about it</i></p> <p>Display cases for flyers on public health matters for MCDC’s new Community Resources Centre.</p> <p>Minutes of all meetings</p>
EASTERN TOWNSHIP - ESTRIE	
<p>Meetings with public health representatives took place in five MRCs including:</p> <ul style="list-style-type: none"> ▪ CSSS Coaticook, CSSS Haut St. Francois CSSS Memphrémagog, CSSS Sherbrooke and CSSS Val St. Francois. ▪ In attendance were: PI coordinator, Healthy Active Living Coordinators (HAL) 50+ local coordinator, the Directors of the Project Clinic (who in 2 CSSS is also the English-speaking liaison) and the community organizers. ▪ Directors outlined their local action plan for public health programs. ▪ Discussions focused on developing an activity related to a public health issue. <p>Following the meetings, 5 activities and several presentations, all of which fall under one of the public health programs deemed as a local CSSS priority, were coordinated by the HAL coordinators:</p> <ul style="list-style-type: none"> ▪ <u>CSSS Coaticook:</u> General health day around a snowshoeing activity. Snowshoeing was followed by a healthy lunch with a nutritionist and a kinesiologist, both CSSS personnel, speaking about diet and exercise. ▪ <u>CSSS Haut St. Francois:</u> Caregiver’s support group was established to help reduce the sense of isolation felt by caregivers. ▪ <u>CSSS Magog:</u> Participation in the diabetes project and meetings to develop a partnership with the CSSS to do community outreach. A presentation on the profile of the English-speaking community was also given to CSSS personnel. 	

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
<ul style="list-style-type: none"> ▪ <u>CSSS Sherbrook:</u> Five presentations were given to community groups in the region concerning health care services in general and promoting the use of info-santé. ▪ <u>Val St.Francois /Healthy Schools</u> Promotion and help with coordination of a health fair with the English-speaking elementary school. <p>A focus group with English-speaking women held to determine how best to reach the community and encourage the mothers' participation in the parenting program.</p> <p>Participated on the CAL (0- to 5-year-old Intervention Program) Advisory Committee. Members: CSSS healthy schools coordinator, the elementary school principal, Literacy and Action, CAL, CEDEC and CPHS coordinator.</p> <ul style="list-style-type: none"> ▪ The CPHS project permitted the CAL program (0 to 5 year old intervention program) to launch the English-speaking program in the MRC of Memphrémagog. Although recruitment of parents has been a challenge, workshops have been held on a weekly basis at the Princess Elizabeth School. ▪ As a result, CAL has made a commitment to hire a coordinator in September 2008 for 28 hours a week for the English-speaking program given the difficulties experienced in recruiting parents and coordinating the project. <p>Through the CPHS, activities were incorporated into the healthy schools program to reduce violence and make the playground area safe for the children. The school is encouraging parents to bring their children to the school for activities and to attend workshops on parenting skills.</p> <p>The CPHS project has helped to solidify an important partnership between the CSSS Magog and other community groups; CSSS Magog has indicated interest in developing a community outreach program to encourage the English-speaking community to use health care services before a situation reaches a crisis point.</p>	
EASTERN TOWNSHIPS - MONTÉRÉGIE	
<p>Consensus on “We Can Act - Social Theatre” project as a vehicle for Public Health promotion and empowerment of Anglophone community – to make them aware that services are available in THEIR communities for THEM.</p> <ul style="list-style-type: none"> ▪ Meetings held with CSSS representatives and artists; ▪ We Can Act Steering committee formed (Coordinators, CSSS reps, artists); ▪ Show outline produced and circulated for feedback; ▪ Confirmation received for 6 venues and dates booked; ▪ Feedback from the public health partners and involvement in the evolution through face-to-face meetings and follow-up; ▪ Scenarios on a variety of community and public health topics developed, all with a positive message, for delivery using different methods (music, dance, mime, drama); ▪ Communications plan developed; <p>Major marketing and public relations strategies were implemented to attract audiences and media attention. Several articles appeared in local newspapers, and interview on CBC radio.</p> <p>Six scheduled performances – in Granby, Knowlton, Bedford, Waterloo, Sutton and Cowansville - welcomed a total of 475 participants.</p> <p>CSSS personnel on-site at each of the performances to answer questions/disseminate information directly to the target</p>	<p>Communications Plan</p> <p>Advertising Flyers</p> <p>Performance Programs</p> <p>Photos</p> <p>April 11, 2008 Press Release and Photo: <i>We Can Act Cabaret</i></p> <p>WCA Evaluation Results Summary and Comments</p> <p>Powerpoint presentation QC conference: <i>We Can Act Social Theatre: How, What, Why, What Next</i></p>

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
<p>Anglophone audience in attendance.</p> <p>Survey developed and distributed at the performances; 206 respondents to the survey, in 6 locations.</p> <p>Project was highlighted at Quebec City conference; report and sneak-peek performance. Numerous requests received to sustain this project, and provide it to audiences in various locations.</p>	
GASPÉ	
<p>YOUTH PROJECT Knowledge base and strategic information built through the development of a comprehensive Youth Vitality Profile.</p> <p>Ongoing communications with Agence, DSP, Maison des Jeunes, L’escalpe and CSSS. Ongoing efforts with CLC executive and partnership table to ensure community health objectives retain place.</p> <p>Network action plan reviewed by members/h&ss reps; public health approach prioritized in activities for the next 3 years.</p> <p>Presentations made:</p> <ul style="list-style-type: none"> ▪ Necessity of increased public health approach in this area made to CSSS strategic planning consultation group; ▪ Five on youth dependency challenges (from a public health “prevention / promotion perspective”) and available community resources to community and professionals by Network members, Healthy Schools Committee, students, Cegep administration and teachers, Ville de Percé, parents and general community; ▪ Public health strategy on diabetes to all Poly students and grades five and six at two elementary schools (in partnership with Montreal Italian Community Services, funded by Cdn. Public Health Agency); ▪ Diabetes work presented to “Healthy Schools Committee”, to three relevant h&ss professionals and materials shared. ▪ Pedometers distributed (shared budget). <p>Worked with Fraser Recovery Program to develop support group for youth in recovery/with substance abuse concerns</p> <p>Sex Ed Program interviews with the school nurse, and with two Cegep and Poly students.</p> <p>SENIORS PROJECT Knowledge base and strategic information built through the development of a comprehensive Senior Vitality Profile.</p> <p>Frequent communications with CSSS and DSP on Fall Prevention; two meetings with DSP fall prevention staff member.</p> <p>Invited/accepted as member of Table de services intégrés pour les personnes âgées (only English-speaking community rep). Member of CSSS Comité des usagers (only rep. of English-speaking community); elected vice-president.</p> <p>Worked with Seniors’ Network and relevant partners (drawing on Vision ’06 Seniors’ Needs Study) to establish consensus on public health priorities for seniors and present results to regional and local health offices (with New Horizons project).</p> <p>Workshops (3 days) on Alzheimer awareness/understanding, prevention/promotion health issues for care-givers, delivered in partnership with Centre d’action bénévole and Gaspé Alzheimer Society to (in collaboration with New Horizons project).</p>	<p><i>What Parents Need to Know about Teenage Addiction</i> pamphlet</p> <p><i>Youth Vitality Profile</i></p> <p>Pedometers for poly and grade six students</p> <p><i>Senior Vitality Profile</i></p> <p>Pedometers for seniors and community organization representatives</p>

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
<p>Diabetes awareness/prevention sessions to seniors delivered throughout territory in partnership with Montreal Italian Community Services, and with input from “New Horizons” coordinator. Pedometers distributed (shared budget.)</p> <p>Discussions with 2 male community members seeking assistance to develop prostate cancer prevention/awareness sessions.</p>	
DEVELOPMENT FUNDING DEUX MONTAGNES	
<p>Santé Publique representative attended a Feb, 2008 - Laurentian English Services Advisory Network meeting and reported on the programs they offer, none of which are offered in English.</p> <p>A written list of the programs was requested but none has yet been made available; information continues to be requested through phone calls and e-mails.</p> <p>Santé Publique has informed the group that, as an outcome of the meeting, they are preparing an offer of services for the English-speaking people in the Laurentian area.</p> <p>Santé Publique representatives from the area also planned to attend the March 2008 CHSSN Public Health Forum.</p>	<p>Minutes of meeting of Feb, 2008 - Laurentian English Services Advisory Network</p> <p>List of individuals interested in supporting a Laurentian English Services Advisory Network</p>
QUEBEC CITY REGION	
<p>Fraser Recovery coordinators held consultation meetings with coordinators/individuals involved with the Community Public Health Strategy for C.A.M.I. and for Vision in the Magdalen Islands and Gaspé (in conjunction with trips to the area for the NPI projects).</p> <p>Regular conference calls with individuals from both regions regarding their respective Community Public Health Strategy projects.</p>	
LOWER SAINT LAWRENCE	
<p>Through meetings, phone calls and research, compiled a listing of public health needs and existing services for the Anglophone population of the community and the region, specifically for:</p> <ul style="list-style-type: none"> ▪ Les Basques; Rivière-du-Loup; La Mitis; Rimouski-Neigette; ▪ Matane; Kamouraska ; Témiscouata <p>Met with individuals from the CSSS La Mitis, Metis Beach School and the Town Hall of Métis-sur-mer; visited the CSSS La Mitis to obtain educational material on diabetes.</p> <p>Called sale representatives (8) for English documentation and educational material on diabetes and contacted the Société Canadienne du Cancer for English documentation.</p> <p>Called public health specialists to plan meetings on different topics (fight against tobacco, youth health, diabeties, etc).</p> <p>Initiated plans for the CSSS La Mitis bilingual nurses to meet with the Anglophone population (at the school, the Town Hall, etc) to provide information on different topics or to intervene with the students and families of the MRC of La Mitis.</p>	<p><i>Directory of Public Health Services of the Bas-Saint-Laurent</i> including medical clinics, ambulance and pharmacies, health care practitioners, and community organizations</p> <p>Detailed list of Public Health Services contact information including a brief description of the service</p> <p>Listing of public health needs and existing services for the Anglophone population of the community and the region</p>
ROUYN-NORANDA	

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
<p><i>Health Forum</i> held on March 9th, 2008 with 13 speakers for 8 presentations</p> <ul style="list-style-type: none"> ▪ 43 English-speaking community members in attendance; ▪ Planned (developed topic ideas, solicited input, contacted potential speakers, handled all pre and post forum administrative aspects) and hosted by Neighbours; ▪ Presentations given: Canadian Cancer Society; Foot Care; Orthaide (Technical Aid Services Rehabilitation Center); 0-5-30 program; Living Wills – Final Wishes; Parrainage Civic – Listening Line; Les Intrepids (home care services); Acupuncture; ▪ Information distributed on 18 different topics: cancer, heart health, raising children, 0-5-30, Canada Food guide, etc. 	<p>Information pamphlets on health and social services from 18 different organizations and sources</p> <p>Information videos for loan: <i>Living with Arthritis</i> (video) <i>Dare to age well!</i> (DVD - Health Canada)</p>
NORTH SHORE	
<p>Met with Coasters (LNS) to develop partnership and knowledge of past projects.</p> <p>Developed a list of public health programs available through four of the five CSSS in Region 09, indicating the programs and services that are offered in English.</p> <p>Contact list developed for 5 CSSS public health departments.</p> <p>Through meetings and contacts, gained visibility for the NSCA within the CSSS and the Regional Agency.</p> <p>Coordinator organized North Shore Community Association Board discussions to gain knowledge of Board members' involvement and roles in the health sector (eg on committees) and to inform them of the existing programs in the public health sector.</p>	<p>Report on Public Health Programs in the Côte-Nord Region 09</p> <p>Contact list for 5 CSSS public health departments of Region 09</p> <p>List of public health programs available through 4 CSSS in Region 09</p>
QUEBEC CITY REGION	
<p><i>Finding Your Niche (FYN) Information Sessions Linking Isolated English-speaking Newcomers to Existing Community Health and Social Services</i> for newly arrived Anglophones in the Quebec City region.</p> <p>VEQ's Newcomer's Committee (consisting of 6 volunteers plus VEQ's Newcomer's Facilitator) met to review feedback from previous <i>Finding Your Niche</i> activities and organize upcoming sessions :</p> <ul style="list-style-type: none"> ▪ Mass mailing sent to all entry partners (Francophone and Anglophone) in the local community; ▪ Newly printed pamphlets, posters and Newcomers' Registry form were distributed to over 90 entry partners; ▪ Publicity emailed to Newcomers and entry partners alike prior to each event; ▪ Pertinent information about public health and community services in English is provided at each workshop including information on local English-speaking institutions, organizations, and community groups. <p>Invitations were extended to our local Francophone health and social service partners, the Ville de Quebec and four other non-profit organizations assisting immigrants to attend the Winds of Change workshop as participant observers. None were able to attend the actual workshop but the invitation itself helped to increase the visibility of our Newcomers' Services.</p> <p>Organized, publicized and hosted the 4th and 5th Finding Your Niche Newcomers' Information sessions:</p> <ul style="list-style-type: none"> ▪ December 6, 2007 – eight newcomers; 	<p><i>Winds of Change</i> Workshop brochure</p> <p>VEQ Event Evaluation Form Community Partners</p> <p>VEQ Event Evaluation Form Participant</p>

ACTIVITIES ACCOMPLISHED	RESOURCES PRODUCED
<ul style="list-style-type: none"> ▪ January 16, 2008 – nine newcomers. <p>In partnership with the Jeffery Hale Community Services in English, VEQ organized, publicized, and hosted the second edition of the Wind of Changes workshop on March 27, 2008:</p> <ul style="list-style-type: none"> ▪ Twenty-four newcomers attended the session. <p>Evaluations received from newcomers participating in this event indicated that the event itself was a break through in ending their social isolation. Participants took the initiative and began an on-line chat group. They organized social events and continue to organize these events since their initial encounter at the Winds of Change workshop. One of the newcomers (an immigrant from the Netherlands) who participated in this event went on to submit her application as a VEQ board member. Her motivation is to assist VEQ in reaching other newcomers.</p>	