

WE can act - Community public health strategy
2009 - 2010

PROJECT DESCRIPTIONS

11 regions

14 PROJECTS

C H S S N - COMMUNITY HEALTH SOCIAL SERVICES NETWORK

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Region 03: Capitale Nationale (Québec)
Name of organisation: VEQ (Voice of English-Speaking Quebec)
Person responsible for the project Jean-Sébastien J. Gignac, Executive Director, ed@veq.ca
(418) 683-2366 ext. 223

VEQ strongly believes our community must make strategic efforts to help English-speaking newcomers in their challenging and often stressful relocation process. Every five years 25% of our Anglophone population is renewed through newcomers. VEQ currently organizes various activities aimed at facilitating newcomers' integration into our region. Last year's community consultation and newcomer's survey results demonstrated, once again, that both our clients and our partners believe that the work VEQ does is essential for community renewal and vitality. The community consultation results also indicated that newcomers' integration remains a priority of the English-speaking community

In addition, VEQ released in May of this year a major newcomers' study that clearly identifies social isolation as one of the most important challenges newcomers face on a daily basis. Considering that social isolation may potentially lead to more serious mental health issues such as anxiety and depression, our project aimed at alleviating social isolation of English-speaking newcomers. We believe that a healthy newcomer makes for a healthy community. This project is based on the following two components:

1. Creation of a community working group focusing on the development of a local Public Health Action Plan
2. Organization of two Winds of Change workshops

The complementarities of these initiatives will allow us to achieve the four objectives of the Community Public Health Strategy 2009-2010. In addition, our project is directly linked to the objective of *Prévenir l'isolement social et l'exclusion sociale* as stated in the Regional Action Plan 2008-2012 for the Capitale-Nationale region.

The Jeffery Hale Community Services, our privileged public health partner, other partners such as Valcartier Family Centre, Central Quebec School Board, CEGEP Champlain St. Lawrence and local churches will help us in promoting the various components of the project.

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Region 05 / Region 16

Name of organisation:

Person responsible for the project:

Estrie & Montérégie

Townshippers' Association

Shannon Keenan, Coordinator, HSSN sk@townshippers.qc.ca

Kate Murray, km@townshippers.qc.ca

(819) 566-5717 / 1-866-566-5717

Townshippers's Association proposes to create and produce a third show in the *We Can Act* trilogy, a social theatre cabaret. This model has proven effective in getting across messages in a non-threatening, interesting and engaging manner, in bringing service providers and community members together and fostering positive relationships, and in reaching people in rural and isolated areas. It brings artistic expertise to bear on communication public health information, and it is a living example of the health benefits of humour, social contact and cultural stimulation. The 2009-2010 proposal is for the third and final play in the *We Can Act* trilogy: *We can! Act NOW* will focus on engagement. The aim is to bring members of the English-speaking community from being recipients to becoming participants, from being clients to becoming citizens, from feeling excluded to feeling included. In short, the goal is to show audience members how their participation, engagement and mobilization can improve their quality of life and that of members of the community at large, as well. These aims address the objectives of the CHSSN Community Public Health Strategy. The show will be developed in partnership with public health providers, and, we hope, it will set the stage for further development of adapted local and regional public health priorities and programs in the coming years, as community members take initiative in expressing the needs of their communities, suggesting appropriate adaptations, and helping carry them out.

Region 06

Name of organisation:

Person responsible for the project:

Montreal

REISA – East-Island network for English services

Fatiha Gatre Guemiri, coordinator fguemiri@scciq.com

(514) 955-8370 Ext: 2217

Drug Awareness and Prevention:

Establish and maintain role for the community in the public health sector

Provide schools with early drug detection tools

Provide schools with early information to take action for drug prevention

Collaborate with the English Montreal School Board on the program definition

Collaborate with the public health teams of the 4 CSSS in the program implementation (school nurses present at sessions)

Collaborate with drug treatment professionals on site (Foster pavilion counsellors)

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Region 07

Name of organisation:

Person responsible for the project:

Outaouais

ENRICH

**Danielle Lanyi , coordinator d_lanyi@yahoo.ca
(819) 923-8429**

The objectives for the final phase of this project in 2009-2010 are to evaluate and disseminate the Food for Thought program. LEARN has agreed to be a contribution partner.

Collective Kitchen Pilot for the English-speaking population in the CSSS Papineau territory

Promote healthy lifestyle behaviour for the youth sector through the adaptation of programs within a Healthy Schools framework.

Region 08

Name of organisation:

Person responsible for the project:

Abitibi-Témiscamingue

Neighbours Regional Association of Rouyn Noranda

**Sharleen Sullivan, Community coordinator, neighbours@cablevision.qc.ca
(819) 762-0882**

Promote the participation of English-speaking communities in the development of a health strategy directed towards Seniors Neighbours is an active partner on the Table d'action intersectorielle personnes âgées de Rouyn Noranda (Table d'action des aînés). The table was offered project funding from the CRE to support a project they found to be worthy and needed. Develop and support the hiring of a Street Worker for Seniors living within the rural territory of Rouyn-Noranda. Neighbours was asked to join the project to help develop and support the English dimension. The project is designed over a 4 year planning – however Neighbours commitment is only for the first year – with possible (after evaluation) continuation in the 2nd to 4th years.

Reinforce the relationships and exchanges with regional and local public health professionals in the delivery of adapted public health programs in selected regions (Being Rouyn-Noranda) Form a viable partnership with our local hospital. Translations of administrative paperwork at local hospital (ie: admittance forms, menus, etc)

Approval of Developed Plan for the possible translation of “some” of the signage at the local hospital (Last year a draft plan was developed and we now must get CSSS Board approval). Translation and printing of at least one posted sign at the local hospital

Support the delivery of public health program in partnership with the local hospital. To promote opportunities for exchanges between community members and local and regional public health planners and professionals

Strengthen the ESC's active role in Quebec's health and social services system.

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Region 09

Name of organisation:

Person responsible for the project:

Lower North Shore

Coasters Association Inc.

**Kimberly Buffitt, Coordinator, hssnpi@globetrotter.net
(418) 379-2356**

Plan to develop and implement a telephone survey on tobacco use that will aid the CSSSBCN in the development of their clinical project on cancer. Through the formulation of detailed community statistical profiles the CSSSBCN can better answer the needs of the clientele they are serving. This initiative will also provide valuable promotional materials to improve the population's knowledge and access to public health programs in existence. With the help of the CSSBCN and other partners on the Lower North Shore Coalition for Health we will be able to move forward and improve the health and social services system on the Lower North Shore. Community support, input and cooperation are necessary in order to develop and implement the clinical projects at the CSSSBCN. With the community on board we will succeed and create sustainable results and the Community Public Health Strategy is aiding us in making this happen.

Region 09

Name of organisation:

Person responsible for the project:

North Shore

North Shore Community Association (NSCA)

**Jody Lessard, Program Coordinator, jodylessard@globetrotter.net
(418) 296-1545**

In this year's Community Public Health Strategy, we will work towards responding to the needs of the English-speaking communities of the North Shore, by:

- Strengthening our partnership with the community and public health partners serving the English speaking population, and continue networking initiatives that will result towards improving access to English services
- Continuing working with local schools towards encouraging nutrition and healthy active lifestyles for our youths,
- Promoting and increasing awareness of the Regional Access Program, producing a bilingual pamphlet on Access Program and services that are offered in English
- Gathering and compiling information of services and resources available to seniors in Region 09. Work with Regional Agency to developed strategies/actions to produce and distribute a document of the gathered resources for seniors

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Region 11

Name of organisation:

Person responsible for the project:

Gaspésie Iles de la Madeleine

Council for Anglophone Magdalen Islanders (CAMI).

Helena Burke, Executive Director, cam_i_npi@hotmail.com

Lisa Craig, Coordinator, cam_i_npi@hotmail.com

(418) 985-2116

The program "A Family Affair!" proposes is a search process for one's true self, the emotional knowledge of one's history, with a view to breaking the vicious circle of repeating alienating behaviours for oneself and the following generation. It is a supervised process that gradually and gently leads one toward an awareness of the pain experienced in childhood and the present-day implications for oneself and one's children. The group dynamic and climate of security generated by a competent animator will permit participants to access

The aim of the program "A Family Affair!" is to enable the members of families with functioning difficulties to recognize the phenomenon of generational transmission so that they can carry out specific actions to counter it. To realize this objective, a series of eight workshops, directed at members of these families will be executed their childhood realities – freely and at each one's own pace – and, more particularly, to use the knowledge to live instead of just to survive.

The program "A Family Affair!" is intended for adult members of families in which a functioning problem (violence, alcoholism / drug addiction, depression, suicide, etc...) exists in the present or preceding generations (grandparents, parents, spouses, children). An adult clientele is targeted because of the knowledge that the participants must possess of their present family dynamic and that of their families of origin. Children and adolescents do not have this type of comprehension nor the life experience necessary to apprehend the impact of a generational relational dynamic on their lives. The goal of the program being to break the transmission of functioning problems to children, the clientele is composed of parents, or at least adults who have a significant place in the lives of children, notably grandparents who have an important influence on the family. However, experience applying the program shows that any individuals who wish to liberate themselves from their pasts will be interested in the process and can be easily integrated into the group.

This program has already been piloted by the CSSS des Iles within the Francophone community. The results have been favourable; therefore, there has been an interest expressed by the CSSS to pilot this project within the ESC as well. The workshops will be facilitated by a CSSS intervener with assistance from a Coordinator from the English-speaking community as the Intervener is not comfortable animating a group in English without support from a Coordinator. The Coordinator will also be used as a means of reaching members of the ESC. He / she will be responsible for promoting the program within the community as well as recruiting potential participants

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Region 11

Name of organisation:

Person responsible for the project:

Gaspésie Iles de la Madeleine

Committee for Anglophone Social Action (CASA)

Cathy Brown Executive Director, casa75@globetrotter.net

Maria Chatterton, Project Coordinator

(418) 752-5995

With the successful completion of the Health Care Needs amongst the English-speaking people; Hopetown to Port Daniel, CASA is now able to begin the process expanding and developing public health activities in these communities.

A mail out listing potential information sessions, based on the original needs assessment, that could be offered was distributed to the ESC to determine which activities are most important and most needed at this time. These included topics ranging from breastfeeding and early childhood development to vision care and Alzheimer's. Throughout the coming months representatives of the CSSS Baie-des-Chaleurs, CSSS Rocher Percé and our community partners, such as "Centre d'action bénévole, will assist in publicizing, delivering and evaluating the information sessions. Skill sets from all the partners and resources such as Telehealth and the CHSSN Senior's Health Promotions Workshops will be utilized. This activity will ensure the ESC of Hopetown to Port Daniel has greater access to the health care services which will continue to develop and strengthen the relationships among the community partners in delivering services to all the ESC

Region 11

Name of organisation:

Person responsible for the project:

Gaspésie Iles de la Madeleine

Vision Gaspé-Percé Now

Florence Agnesi, fagnesi@vgpn.ca

(418) 368-3212

Partnering with Public Partners to introduce a solid, scientific research component into the current telemedicine project being piloted in Region 11; to encourage the Agence c.a., and, working with regional community group partners CASA and CAMI, to encourage other CSSSs to renew and extend their commitment.

Partner with the CSSS de La Cote-de-Gaspé, three local schools and their governing boards, and community groups to ensure and to make available in the schools sessions on topics students have repeatedly identified in studies as being priorities: sexuality and relationships; stress management, anger management, self esteem the English-speaking users of the health care system have input in the set up and implementation of the projet Clinique rising out of the recent strategic planning process; to ensure also that tools are developed and applied to measure access and usage rate of English-speaking clients. To partner with the Departement Santé publique and the Agence Access Committee to ensure the ESC is included in the 2010 regional health profiles, and to expand health services in the area, especially to Seniors. Work with the CSSS towards an increase in the clinic days of the CLSC point de chute from the current one day per week; monitor and evaluate the impacts of the seniors' day center, with our partners, implement the delivery in English of a Seniors' Fall Prevention program. Will do a thorough inventory of the services, being provided for English-speaking youth

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Region 12

Name of organisation:

Person responsible for the project:

Chaudière Appalaches

Megantic-English-speaking Community Development Corporation (MCDC)

Peter Whitcomb, Coordinator mcdd.teleh@bellnet.ca

(418) 332-3851 1-877-332-3851

Our project is comprised of four components:

- 1. Keeping our community informed:** In order to keep our community members informed and to promote healthy living habits, we will produce for the second time a yearly calendar containing a well of information to promote healthy living habits and prevent illness. Last year, we included all awareness months and weeks in the calendar. This year, we will target 12 health hazards or issues (one per month) and list prevention tips and tools so that community members are aware and understand the issues. This will be done in collaboration with our CSSS partners to make sure that we align our priorities with them. The calendar will be distributed throughout the community (350 homes)
- 2. Discovering new and healthy foods:** In order to promote healthy food and to debunk the myth that healthy food does not taste good and/or is expensive, we will organize two food tasting buffets (one for the English school in Thetford Mines and one for community members living in the Amiante, Lotbinière and L'Érable sub-regions (total English-speaking population estimated at 1040). This idea was inspired by the AGAPE 2008-2009 project. We will partner with the nutritionist at the Thetford CLSC to elaborate a tasting menu, will print the recipes on cards to hand out to participants, will set up the tasting buffets and will invite a nutritionist from the Jeffery Hale Community Services to make a short presentation in English to participants in English (the local nutritionist does not speak English).
- 3. "Bouge bien, Bouffe bien" (Eat well and Get moving):** This is a new program that was recently launched in the Greater Thetford Mines region. It is aimed at schools (students and their parents) to encourage them to eat well and get moving. It is coordinated by a number of local and regional public institutions (CSSS Thetford, Commission scolaire des Appalaches, Cégep de Thetford, governing boards, Table Jeunesse-Famille). The services of a Coordinator have been retained by the Coordination Committee and this person has already established contact with the MCDC to ensure that the English school is not left out. We plan to get involved as much as possible in this program and to partner closely with the Coordination Committee to ensure a meaningful participation of the English school community
- 4. Insuring continuity:** While developing and implementing these activities, we plan to continue what was started in previous years: a) maintaining a meaningful and mutually beneficial collaboration with our public partners; b) write regular "Health capsules" in our monthly newsletter; c) continue to actively support the "Walk to Vancouver" project which involves all students and community members in a collective "walk" to reach Vancouver in times for the Opening Ceremonies of the Olympic Games in Feb. 2010. We also plan to put together an official "telephone chain" so that community members can be reached quickly and efficiently in case of a health emergency.

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Region 13

Name of organisation:

Person responsible for the project:

Laval

Association amicale des jeunes et parents «Agape» inc.

**Elizabeth McLeod, Secretary-Treasurer agape_inc@sympatico.ca
(450) 686-4333**

In 2008-09, we received the approval of l'Agence de la Santé et des Services Sociaux de Laval for a project called Healthy Body, Healthy Mind for Seniors. Following several meetings with the dietician at the Jewish Rehab Hospital in Chomedey, a healthy menu was prepared, together with a kosher menu all of which were approved for use with our seniors

We met with different senior community groups and presented them with a new way of eating healthy. The program was not only well received but they have expressed the wish to follow up with us in 2009-10. Additional large groups of seniors wish to join and receive this program

The presentation also includes small meals already prepared for them to taste and ways to make easy healthy meals at home. We have question and answer periods and give them information documents which were given to us by Health Canada at no charge. There is a need to pursue this program for 2009-10.

Region 15

Name of organisation:

Person responsible for the project:

Laurentian

4 Korner's Family Resource Centre

**Shane Corrigan, Executive Director, shanec4k@videotron.ca
(450) 974-3940**

Caring for you, Caring for me

An information project to provide empowerment and improve support programs for home caregivers in the ESC of the Laurentian Region:

While the intention of this project is to address five key elements for sustaining home caregivers: 1) information, 2) referral, 3) education, 4) support and 5) respite, the primary goal is to provide information about all existing resources and support programs offered in the region, and ensure that information is reaching those for whom it was intended. A secondary but complimentary goal of this project is to ensure that individuals who are acting as caregivers feel that they are able to voice their concerns and needs in an environment where they feel safe and where they will be heard.

The more permanent objectives of the project would be an established comprehensive network of support groups; individual telephone support; greater access to information and referral to healthcare and community resources for care givers in the English language.

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Region 15

Laurentian (4-Korners)

The tools and methods employed in this exercise will include, working with local CSSS's, senior support groups and other organizations, in organizing public information sessions with individuals who are caring for, or who know of, a person in a care giving role. Alternate or creative ways will have to be explored in order to reach many of these individuals who are prohibited from attending public sessions by the very nature of the situation being addressed, or by geographical isolation. As it is not the intention of the project to duplicate information or programs that already exist, a hand book or reference guide of existing programs and services will be compiled which outlines the services being offered in the region. This will be included in an information package containing more general information for home care givers

In addition to mailing and other means of delivery, these packages will be distributed at subsequent education series and workshops which will cover topics ranging from financial, security, respite, abuse and other practical issues that come with the responsibilities and role of being a care giver. In considering the varying degrees of mobility, video conferencing, home demonstrations, and mentoring will be alternative methods used

In dealing with a geographical area the size of the Laurentian region, there is not a single approach or method which can encompass the diversity of needs when considering the economic and social differences of each community. At best, the region can be divided into 4 or 5 sub regions which have varying degrees of access to English-language Health and Social Services in general, but even more disparity when considering "specialized" services. Therefore, it is understood that different methods will be used in approaching each community

Name of organisation:

CLC (Community Learning Centre) Provincial Resource Team

Person responsible for the project:

Paule Langevin, Project Manager plangevin@learnquebec.ca

Benjamin Loomer, Learning Coordinator bloomer@learnquebec.ca

(450) 622-2212

This project is a continuation of 08/09 activities designed to integrate the healthy schools approach into schools. Specifically each CLC will build upon activities that fall under the promotion of health and well being focusing on **safe and healthy behaviour** and **healthy living habits two of the 5 areas within the Healthy school approach**.

A third option or a new component to existing program will be offered this year. If the project is not a continuation of the previous year, there is an opportunity to focus on activities that target **intergenerational links promoting health and wellbeing**

The project will ensure promotion of opportunities for exchanges between community members and local and regional public health planners and professionals to promote partnerships and sustainable opportunities to meet local needs. The programs or activities should be done in collaboration with partners to facilitate the changes needed to implement this approach. To ensure the health system is aware and in support of the project, we will require a letter of support from their partners.

The CLC's and LEARN will ensure that videoconference presentations will be offered based upon needs identified by the school projects.