

# Community public health strategy 2008 - 2009

## Region 05

## Etrie

### Name of organisation:

**Townshippers' Association**

### Person responsible for the project:

**Rachel Garber, Executive Director [dq@townshippers.qc.ca](mailto:dq@townshippers.qc.ca)  
Shannon Keenan, Coordinator, HSSN [sk@townshippers.qc.ca](mailto:sk@townshippers.qc.ca)  
(819) 566-5717 / 1-866-566-5717**

Princess Elizabeth Healthy Choices Program: Public health funds for 2007-2008 helped to support a program initiated by the Comité Action Locale (CAL) that was geared towards members of the more vulnerable English-speaking families with children aged 0 to 5. The program objectives were to encourage the parents to make better parental decisions including better health choices, exercise, nutrition, etc., thereby creating an environment that was more conducive to their health and welfare. The program already existed in the French-speaking community but was not serving the English-speaking population of the Memphrémagog MRC.

A steering committee consisting of a representative from CEDEC, the local English-speaking school (Princess Elizabeth), the Memphrémagog CSSS and the NPI coordinator was formed to oversee and make recommendations to the program.

The program funds for 2008-2009 will be used to expand the goals and objectives of the original CAL program. However, the program will be working with the parents of at-risk children already attending the elementary school. An elementary school teacher who has established rapport with the parents will be hired to carry out the program. Several members of the committee formed for the CAL project will also join the *Princess Elizabeth Healthy Choices Program steering committee*

Telehealth DVD: Several of the Telehealth DVDs will be used as a teaching tool for the program, as some the topics covered by the Telehealth sessions are very pertinent to the topics that will be covered during the parenting workshops at the Princess Elizabeth School. Some of these topics include Bullying 101, Drugs and Alcohol and Self-Esteem: Anger, Addictions and Communication

Telehealth & Community Radio: Townshippers' Association will be hosting a Telehealth presentation on care-giving. Although the presentation will be geared towards an older age group, parents participating in the program will be invited to the Telehealth presentation. The Telehealth program will also be promoted in the English-speaking community, within the school and through the CSSS. Parents will also have access to the community radio website (CJMQ) while at the school, and will be encouraged to listen to the programs to generate discussion about the relevant topics.

We Can Act 2008-2009 Tour of the Etrie: In the early 2009, the Agence SSS - Etrie plans to organize a tour of the Montérégie social theatre cabaret troupe in the Etrie region, in collaboration with Townshippers' Association. This tour will feature the show developed in the 2007-2008 We Can Act project, which aimed to inform members of the English-speaking population about public health services and programs, and empower them to access these services. The program's messages answer the following questions: "What health and social services are available in my community?" and "Are they for me?"

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## Region 05

### Estrie

The second part of the Estrie 2008-2009 project is to help support a follow-up tour of the Estrie region by the social theatre troupe, featuring the new 2008-2009 show. The messages will be "Building relationships with Health Providers," "Being an Informed Proactive Client", "Looking at Ways Public Health Providers can Adapt Services to Minority Clients" and "Communicating with Empathy, Respect and Dignity."

This will build on previous information sessions, the Telehealth and community radio initiatives, and the work that has been done by social theatre in other parts of the Townships.

## Region 06

### Montreal

**Name of organisation:**

**REISA – East-Island network for English services**

**Person responsible for the project:**

**Fatiha Gatre Guemiri, coordinator [fquemiri@scciq.com](mailto:fquemiri@scciq.com)  
(514) 955-8370 Ext: 2217**

Drug Prevention and Awareness in schools. Establish role for the community in the Public Health sector, establish partnership with schools, school board and Foster Pavilion within the schools. Results of evaluation phase will secure future funding for treatment and awareness programs. Production and adaptation of material (presentations, questionnaires, information on risks).

## Region 07

### Outaouais

**Name of organisation:**

**OHSSN**

**Person responsible for the project:**

**Danielle Lanyi , coordinator [d\\_lanyi@yahoo.ca](mailto:d_lanyi@yahoo.ca) (613) 769-1017  
Brian Gibb, coordinator [bgibb17@yahoo.ca](mailto:bgibb17@yahoo.ca) (819) 772-9289**

Development of the didactic material on healthy eating habits to accompany the Look Good! Feel Great! Video. Presentations delivered to school board administrators to secure workshops in the school. Delivery of the workshops in the schools. Evaluation on results. Layout of web page dedicated to the Look Good! Feel Great! Campaign on the OHSSN website. Promotion of the smart phone and internet sharing within the workshops. Students participating in the workshops will be given daily food journals to record the portions of each food group consumed to establish current eating habits. Journals to be collected and results compiled. Students participating in the workshops will be given daily food journals to record the portions of each food group consumed to implement Canada food Guide recommendations. Journals to be collected and results compiled.

## Community public health strategy 2008 - 2009

### **Region 08**

### **Abitibi-Témiscamingue**

**Name of organisation:**

**Neighbours Regional Association of Rouyn Noranda**

**Person responsible for the project:**

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

In 2007-2008 we started building a strong working relationship with the local CSSS. We are proposing strengthening this partnership by continuing working with the CSSS Liaison to the ESC. Last year we determined that translations of administrative documents were a priority for both the CSSS and the ESC. We were also able to obtain a promise to "look into" the possibility of translating some of the signage within the hospital. These are all projects we would like to continue developing with the CSSS.

The Neighbours Community Coordinator/ED worked extensively with the Liaison person to the ESC from the Agency, in 2007-2008 exploring possible means of aiding the Health Care Institutions in Implementing the Access Plans. One idea that keeps resurfacing is English Encounters with the Health Care Professionals whom are currently enrolled in English Second Language Training. We would like to provide these students with two opportunities to expand their English; 1. Social gathering with English volunteers who each have different accents. 2 invitations to attend the Telehealth Sessions.

In our local Access Plans and as a priority of the CHSSN CPHS, we have both stated that supporting the delivery of public health programs is a must! A huge public awareness campaign has commenced and will continue for many years on the 0-5-30 Program. We are proposing "taking" this program to our local English School and "promoting" this program to our membership.

All in all we would like to build stronger partnerships with our local Agency and CSSS, at the present time we are still in the developmental phase of these partnerships and only by aiding them in their endeavours (which benefit the ESC) can we build trust and viable partnerships.

### **Region 09**

### **North Shore**

**Name of organisation:**

**Coasters Association Inc.**

**Person responsible for the project:**

**Cornella Maurice, Executive Director, cornellamaurice@globetrotter.net  
Kimberly Buffitt, Coordinator, hssnpi@globetrotter.net  
(418) 379-2356**

The work plan that has been developed for the Community Public Health Strategy 2008-2009 is a follow through from 2007-2008. In 2007-2008 we identified public health programs throughout the territory of the Lower North Shore, from that assessment we realized that strategies to improve public health had to be put in place. In the project submission we will look at external (outside region 09) public health programs, identify persons responsible for public health, and work on the development of strategies that will lead to improved access to public health programs.

## Community public health strategy 2008 - 2009

### **Region 09**

### **North Shore**

**Name of organisation:**

**North Shore Community Association (NSCA)**

**Person responsible for the project:**

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

Continue to maintain partnership with regional agency to evaluate identified needs of the ESC of the region. Continue to network ideas with agency and other ESC partners in aiming to improve access to services in English.

Review and revise developed strategies on improving access to health and social services for the ESC of the North Shore.

Conduct a survey within the Anglophone communities to gain a better understanding of the specific health and social services needs.

To work with various English educational institutions to gain a better understanding of the health services offered and to help identify the needs of our youth within the educational system.

To gain knowledge of the level of satisfaction of received public health programs.

Compile a report on the recommendations and results obtained during needs analysis of ESC.

To hold a NSCA board discussion on determining the specific needs of the ESC and to create priorities and recommendations to improve access to health and social services in English.

To update Agency of recommendations and results obtained during needs analysis and board discussions

Work with Agency and other partners to plan strategies and actions in regards to addressing the identified needs of the ESC

### **Region 11**

### **Gaspésie Iles de la Madeleine**

**Name of organisation:**

**Council for Anglophone Magdalen Islanders (CAMI).**

**Person responsible for the project:**

**Helena Burke, Executive Director, cami\_npi@hotmail.com  
Lisa Craig, Coordinator, cami\_npi@hotmail.com  
(418) 985-2116**

In 2007-2008 CAMI, within the framework of the "Community Public Health Strategy" was able to contract a Liaison Officer to work in collaboration with the H&SS Agency of the Gaspé-Magdalen Islands Region to develop a proposal with the goal of obtaining an "Outreach Worker" or "Street Worker" to work especially with the English-speaking youth of the Magdalen Islands in regards to the ever-increasing drug and alcohol abuse problem with the community.

Unfortunately, this request for a pilot project was denied. There is already a "Street Worker" in place to serve the Islands as a whole and is being subsidized by the Agency for Region 11. However, this "Street Worker" is stationed at the other end of the islands in Harve-Aubert and rarely makes an appearance in the ESC unless invited. We realize that drug and alcohol abuse among youth is still a major issue within our community. As a follow up to last year's activities, CAMI plans to continue by making the necessary contacts to ensure that the ESC received the services of this "Street Worker".

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## Region 11

## Gaspésie Iles de la Madeleine (CAMI).....

In addition to this, we will be continuing with annual drug and alcohol prevention, awareness and education activities for youth and will also be incorporating additional programs and activities. As you continue to review our work plan for 2008-2009, you will see in greater details our intentions for this year.

## Region 11

## Gaspésie Iles de la Madeleine

### Name of organisation:

**Committee for Anglophone Social Action (CASA)**

### Person responsible for the project:

**Cathy Brown Executive Director Interim, [casa75@globetrotter.net](mailto:casa75@globetrotter.net)  
(418) 752-5995  
Cynthia Dow, Consultant, [cynthiadow@globetrotter.net](mailto:cynthiadow@globetrotter.net)  
(418) 3925008**

Our goal this year is the development of a public health plan specifically designed to meet the needs of the English-speaking population of Hopetown, Shigawake and Port Daniel, three contiguous villages that form the target community. Besides addressing the issue of poverty, this plan will include activities for a variety of public awareness campaigns during which we will be able to put to use some Telehealth and community radio materials.

Our major partner, the Centre de santé et des services sociaux du Rocher-Percé, has few resources to serve English-speaking people in their language, either in terms of bilingual personnel or in terms of English-language documentation. Their public health program has largely missed the English-speaking community, in particular in the Port Daniel area where a small minority lives on the edge of the CSSS territory.

In order to better serve the target community, it was felt that sharing resources with the neighbouring Centre de santé et des services sociaux de la Baie-des-Chaleurs could both increase the target English-speaking population to the critical mass needed for the development of effective public health programming, and also make more effective use of limited bilingual personnel and materials. Therefore, we are aiming this year to bring the two Centres de santé together in order to explore the possibility of sharing resources to meet the needs of their respective English-speaking populations in a more effective manner.

Last year we reviewed the CSSS du Rocher-Percé's public health plan with them and chose a shared priority: support to poor families, in particular early childhood stimulation and parental workshops to help reduce the impact of poverty on English-speaking families in the area. We prepared a statistical study that highlighted the impact of poverty on the Port Daniel population. We then called in other important partners, such as the local school and school board, to share our concerns by participating in a work group.

We now need to add to our knowledge base by preparing similar portraits on Shigawake and Hopetown, and by undertaking a detailed needs assessment. We intend to involve community members directly in the process of collecting data and identifying priorities, as well as the work groups of partners. This information will then be shared with the two Centres de santé in order to prepare an effective public health plan.

# Community public health strategy 2008 - 2009

## Region 11

## Gaspésie Iles de la Madeleine (CASA).....

Finally, we want the two CSSSs to sign a formal agreement to develop and implement a public health plan that responds to the priorities identified in the needs assessment and that reaches out to the collective community in an effective manner. To that end, we are holding regular joint meetings with the two CSSSs to explore how they can work together to meet this goal

## Region 11

## Gaspésie Iles de la Madeleine

### Name of organisation:

Vision Gaspé-Percé Now

### Person responsible for the project:

Cynthia Patterson Executive Director, [ruraldignity@globetrotter.net](mailto:ruraldignity@globetrotter.net)  
(418) 368-3212

In 2007-2008 Vision Gaspé-Percé Now divided our work and budget between developing community public health strategies for youth and for seniors. We now propose to build on the work accomplished during the last program year to again focus our efforts on these population segments.

In particular we will work even more closely with the DSP partners we met last year, will be active in the Projets Cliniques development at the CSSS which follows upon their Strategic Planning Process in which we participated last year. We will be involved at the regional and CSSS level in Access Implementation Plans.

To all these planning, policy and decision-making structures and processes we shall apply the data compiled last year in our Youth and Senior profiles, which will continue to be updated with new statistics and community as they arise.

Several additional examples of links between last year's and the current proposed program: In the area of youth work, we succeeded last year in having Maison des Jeunes engage an English-speaking outreach worker on a 30-wk Emploi Québec program. This year, we wish to make this worker's position sustainable and seek to broaden the duties from "outreach" to "addiction care worker".

We made excellent contacts with the DSP last year and they are in process of modifying for use in English schools an award-winning sex education tool, that we hope will be delivered to school students this year through the CLSC. We also presented last year survey results showing that almost 50% of youth want sessions on anger and stress management. Again, we wish to see such sessions implemented this year.

We successfully negotiated with the DSP to offer a community-based fall prevention program for seniors and their care-givers. The training program was delivered in February and all CSSSs in the region participate **except ours**. We have a commitment from the CSSS that this will be rectified in the coming year and we shall be closely monitoring this.

# Community public health strategy 2008 - 2009

## Region 11

## Gaspésie Iles de la Madeleine (Vision Gaspé-Percé Now)...

We will linking at every opportunity with the NPI's relevant network clusters (The Gaspé-Percé Community Health Networks; we will be linking with the Telehealth program and the materials and resources it has produced (see project template); we will also link with the New Horizons and Diabetes Phase 2 projects of which Vision is the sponsor.

We will build on our network and relationships with municipalities to press for ESC inclusion in two emerging policies: the Family Plan and "Senior Friendly" municipal designation (a program of Marguerite Blais's ministry). Our community public health strategy combines planning, policy and program in effective ways.

## Region 12

## Chaudière Appalaches

### Name of organisation:

**Megantic-English-speaking Community Development Corporation (MCDC)**

### Person responsible for the project:

**Suzanne Aubre, Executive Director mcdc@bellnet.ca**  
**Peter Whitcomb, Coordinator mcdc.teleh@bellnet.ca**  
**(418) 332-3851 1-877-332-3851**

The funding we received last year for Public Health allowed us to get an understanding of what Public Health is about, to develop new partnerships with health institutions, to raise awareness among our French partners, of the needs of the English-speaking community to be kept informed and to provide easy access to printed material in English on health issues to the members of our community.

Project for this year is two-fold:

- 1) Component no. 1: Calendar of events for public health.** This year's funding will allow us to go a step further and develop true **working** partnerships with health institutions with everything related to public health. What we plan to do is meet all our public health partners to develop a calendar of events concerning upcoming theme weeks or days (for example: suicide prevention week, annual flu shot campaign, smoke-free week, etc...) This will allow MCDC to know ahead of time when special awareness events are happening, to translate material ahead of time, to organize special activities related to these events, to order some promotional and awareness material in English from Health Canada, to broadcast radio capsules available at the CHSSN, ... In short, it will allow us to provide information to our community members in a much more effective way and to join our efforts to those of the public institutions.
- 2) Component no. 2: Working with the school.** In September, we plan to meet with the Principal at St.Patrick Elementary School and the A.S. Johnson High School. The purpose of this meeting will to identify one priority at the school that we can target. Whether it is nutrition, violence, bullying, drugs and alcohol or others, what we plan to do is develop and awareness campaign specifically for the school, with the help of the school community (teachers, students, parents). It could be a combination of a number of events: poster drawing contest for the students (the selected poster will be printed and posted throughout the school), a speaker coming to the school to address the students on the issue, the showing of a Telehealth DVD related to the issue, a special activity to draw attention to the issue, etc..

We plan to pool financial and human resources from the Telehealth and the Public Health programs for this project to maximize results.

## Community public health strategy 2008 - 2009

### Region 13

### Laval

**Name of organisation:**

**Association amicale des jeunes et parents «Agape» inc.**

**Person responsible for the project:**

**Elizabeth McLeod, Secretary-Treasurer [agape\\_inc@sympatico.ca](mailto:agape_inc@sympatico.ca)  
Luigi Morabito, Coordinator [agape\\_inc@sympatico.ca](mailto:agape_inc@sympatico.ca)  
(450) 686-4333**

**“Healthy Body Healthy Mind”** a project for the English speaking seniors of Laval. Set-up program, sensitize our Seniors about the importance of eating well, support our Seniors in their attempts to acquire healthy eating habits, offer our Seniors the opportunity to meet a nutritionist or nurse and to receive information concerning their health. Offer our Seniors food tasting sessions, lessons on to slop “Healthy”, offer flow-up meetings to help Seniors keep up with their new eating habits.

### Region 16

### Montérégie

**Name of organisation:**

**Townshippers’ Association**

**Person responsible for the project:**

**Rachel Garber, Executive Director [dq@townshippers.qc.ca](mailto:dq@townshippers.qc.ca)  
George Courville, Coordinator, [gc@townshippers.qc.ca](mailto:gc@townshippers.qc.ca)  
(450) 263-4422 / 1-866-566-5717**

Following last year’s highly successful performances by a social theatre cabaret troupe, the messages of this year’s production will be “Building relationships with Health Providers,” “Being an Informed Proactive Client,” “Looking at Ways Public Health Providers can Adapt Services to Minority Clients” and “Communicating with Empathy, Respect and Dignity.”

Theses messages will be a sequel to the information that was given in the 2007-2008 We Can Act program, which was intended to inform members of the English-speaking population about public health services and programs, and empower them to access the services they need. The 2007-2008 program’s messages were to answer the following questions: “What health and social services are available in my community?” Are there any in English? And “Are they for me?”

The 2007-2008 program informed the target audience about services, and it also alerted the health care providers that the English-speaking community has needs to be met. This led to ideas for a new program to further empower the English-speaking community, and also to give health and social service providers greater insight into the needs of the English-speaking community.

# Community public health strategy 2008 - 2009

## Region 16

## Montérégie (Townshippers' Association).....

### Touring

It is anticipated that in 2008-2009 the We Can Act theatre Cabaret troupe will also tour the Gaspé and the Estrie region of the Eastern Townships, at the request of community organizations in those locations. The financial support for these tours is to be ensured by the local groups in those areas, and the arrangements made directly between the Sunshine Theatre and the local groups.

### Telehealth DVDs, Telehealth and Community Radio Shows.

These previous projects have produced background information about health and social service issues that are available to be integrated, as needed, into the content of the current script as it is written.

They also enabled the Townships-Montérégie Network to further strengthen its network of partners in both the public and community sectors. This network is instrumental in providing such in-kind contributions as venues and promotion for the current project. Many of the audience members who took part in Telehealth, the Telehealth DVDs and community radio shows will be better prepared to attend the We Can Act shows and take in the important messages it provides.