

August 20, 2018

Atlantic Community Showcase Presentations

Ten projects have been selected for the Atlantic Community Showcase. Each presenter will have 2 minutes to promote her/his presentation to participants as part of the Forum Opening. Forum participants will mingle and visit each Showcase exhibit during the reception that follows the Opening. Exhibits will remain available for viewing and discussion during the Forum.

1. The Homestead Program

Presenters: Robert Cahill and Sarah Brown

Our presentation will focus on supporting people as a community across sectors, utilizing a whole society/systems approach. We want to highlight the importance and value of experiential expertise in the workforce as well as in all layers of our programming. We will spend some time focusing on resources and information on how to start a non-profit and how our grass-roots micro-programming can be replicated across sectors and communities. We want to show how a network of dedicated community partners can help enact significant change and improvement in the areas of affordable housing, case management, supportive living, ending homelessness, and community support, all of which are necessary in helping youth with complex mental health needs. We developed this organization as a direct result of our involvement in last year's ASI conference and the collaborative efforts to develop and enact the Call to Action.

Connection with the ASI theme:

Through networking and community partnerships, we will help youth create and sustain a large positive support network within the community and navigate all necessary systems to promote mental well-being. We believe that in order to create long term, deeply rooted change we need to be able to provide support in all layers of an individual's life and connect them to appropriate services.

Participants will learn:

- Skills and strategies to support at risk youth with complex mental health needs
- Insight into the benefits of prioritizing lived experience in frontline work as professionals, as well as empowering youth to utilize their own lived experience to better their quality of life
- Resources and knowledge on how to start an innovative organization like this one in your community

Presenter:

Robert Cahill
Executive Director, The Homestead Program
robert@sjhomestead.com

Robert is the Executive Director of the Homestead Program. He has 5 years experience working in supportive living/case management and was the 2017 recipient of the Paul Goering Memorial Scholarship for his work as a Housing First practitioner.

Co-presenter:

Sarah Brown
sarah-brown@hotmail.com

2. Riding the Wave of Handle with Care

Presenter: Alice Taylor, Handle with Care

Handle with Care (HWC) is a set of simple strategies designed to help parents, and those who care for and work with children, promote their Mental Health. The term Mental Health refers to people's social and emotional well-being. HWC is evidence-based, steeped in developmental practice and uses a strength-based approach that assumes every parent and caregiver has problem-solving skills, potential resources and wants what's best for the children in their lives. This spirit of the program is one of celebrating parenting and caregivers and, recognizing the value of every parent, caregiver, and child. HWC differs from other such programs in that it engages the "head and the heart" through activities, discussion, and self-reflection. These activities are then taken home to be used with children. We know that when emotion is attached to information through experience; real learning happens. Through the Showcase, participants will have an opportunity to view videos, and samples of activities from actual programs; talk to facilitators and trainers from all four Atlantic Provinces who will share the innovative ways the program is being delivered, through a community development approach, in their regions.

Connection with the ASI theme:

HWC exemplifies a whole society approach to promoting Child and Youth Mental Health! It brings together those committed to children and families; groups, that formerly worked in silos. Family Violence Prevention; Community Mental Health; Women's Institutes and Aboriginal Women's Associations; First Nation's, Child and Family Services; Health and Wellness, IWK Children's Hospital all use HWC. Early Learning and Childcare Centres, French and English Family Resource Centres, Elementary Schools and Guidance Counsellors are further examples of the capacity of HWC to bring groups together.

Participants will learn:

Participants will learn of the innovative ways HWC is being delivered in communities, large and small, across the region. Representatives from each province will present a "Show and Tell" of their experiences with HWC and the resulting benefits to participants, their children, families, and communities. There will also be the opportunity to discuss logistics of facilitator training, process questions, community involvement, partnerships formed, research findings, etc.

Challenge:

HWC is now being delivered in all four Atlantic Provinces. Our challenge is finding champions to represent community agencies, and Departments of Education and ECD, Health, and Justice, including policymakers. These representatives could work with HWC provincial partners assisting them in program promotion and in gaining sustainable funding for the long-term benefit to children and families.

Presenter:

Alice Taylor
Handle with Care Partner, Atlantic Facilitator, Trainer and Mentor
tayloralice712@gmail.com

Co-presenters:

Marcia Nickerson, Laura McNeil, Jolyne Knockwood

3. Bee Me Kidz- a Community Approach

Presenter: Melissa Bewick,, Bee Me Kidz

Bee Me Kidz (BMK) is an educational non-profit in Saint John, NB that is dedicated to helping at-risk children and their families build the social and emotional skills that will enable them to succeed in school and life. We take a holistic model and working with the school, parents and community to create a common language. The program was developed with leading experts in the fields of SEL, mental health and education. BMK has 4 Saturday programs and we operate in 5 elementary schools. We serve 1,500+ people weekly and have the largest family program in SJ.

University of New Brunswick completed an evaluation on the program and found:

- 89% of parents claimed that their mental health had improved since their child had been in the program
- 93% of parents reported having stronger parenting skills after the program
- 92% of parents felt more connected to their community
- 72% of parents reported an improvement in their relationship with their child
- Almost half of parents reported their children improved their academic performance

Next steps are to expand the program across Atlantic Canada and reach more families. We learned that to improve a child's mental health you need to involve the whole community.

Connection with the ASI theme:

BMK takes a holistic approach of working with the school, parents, child and community to teach children about their emotions. By teaching children to understand and communicate their emotions you are helping improve their mental health and wellness. For this to happen you need to take a "whole society" approach and work with everyone involved in that child's life.

Participants will learn:

From my presentation, others will learn the importance of involving the whole family and taking a holistic approach. If you want to improve a child's mental health you need to support and educate the parents, work with the school and the child to create a common language. BMK has taken a grassroots approach to improving mental health and we want to share it so more children can become resilient.

Challenge:

BMK's challenge is expanding the program outside of SJ. BMK has focused on creating the best program possible, but have done virtually no marketing or publicity. A challenge for us is to market the program and for more people to know about us. Another challenge is not having SEL as part of the curriculum and not having all teachers buy in to the program.

Presenter:

Melissa Bewick
Executive Director, Bee Me Kidz
missybewick@beemekidz.com

Missy is driven to create social change. Led by her heart, she was determined to have a positive impact in her community by starting BMK. Knowing she would need a solid business foundation first, Missy returned to school to complete her MBA. After working with non-profits, she recognized the need for more entrepreneurial spirit and innovation in this sector. She also discovered that children and parents were not being taught emotional intelligence, which is the biggest predictor of success. With big thinking

and entrepreneurial passion, BMK was launched to help families develop the social skills and confidence needed to succeed.

4. Comfort Zone

Presenter: Amélie Montour, Fédération des jeunes francophones du Nouveau-Brunswick
(Francophone youth federation of New Brunswick)

We are involved in a process aimed at creating projects by and for young people related to their schools and communities. At round table discussions held at our events, participants raised concerns about mental health in their schools and mandated us to implement solutions. Those concerns led to the creation of the “Comfort Zone” project, which consists of three components: a school tour, a pilot project supporting the development of wellness committees, and animal therapy sessions and workshops at our events. The tour and pilot project will begin this fall, and the workshops will take place during our *Équinoxe* event in November, our *La Recharge* event in February, and our annual general meeting in May. Participants will be students from the province’s 22 francophone schools. Our aim is to raise mental health awareness among youth, and equip them to find and create the resources they need, in their schools and communities. Through the wellness committees, we are also looking to direct young people to the mental health organizations in their communities so they can volunteer their services. The project will help raise awareness among youth (who will then return home with that knowledge), and lead to a better understanding of the issues and the creation of resources for youth and adults in the province.

Connection with the ASI theme

“Comfort Zone” is a multifaceted initiative that seeks to raise mental health awareness among students in New Brunswick’s francophone schools and equip them to deal with mental health issues. The aim is to provide them with resources to forge ties with mental health organizations in their communities with which they can then get involved, and to set up active wellness committees in their schools.

Participants will learn

Our project will provide an overview of the operation of our organization, which develops projects by and for youth through a steering committee comprised of young people and through round table discussions at our youth events. Acting on suggestions made by youth, we develop projects that include tours, workshops, awareness-building tools, lobbying campaigns, etc. Our model works well and can serve as an example for other organizations.

Challenges

We are still in need of partners and resources to better equip youth. I am therefore looking for additional resources and contacts.

Presenter

Amélie Montour

Creative Development Officer, *Fédération des jeunes francophones du Nouveau-Brunswick*
agentcreatifa@fjfnb.nb.ca

I have been working as the Federation’s Creative Development Officer since the end of May. I am originally from Chicoutimi, Quebec, but also lived in London, Ontario, and have been living in Cap Pelé, New Brunswick, for 15 years now. I have a Bachelor’s degree and a Master’s degree in History from the *Université de Moncton*, having just defended my thesis in May.

5. JCSH Resources Support Child and Youth Mental Health

Presenters: Katherine Kelly; Susan Hornby, Pan-Canadian Joint Consortium for School Health

The Pan-Canadian Joint Consortium for School Health (JCSH) is a partnership that spans the health and education sectors at the ministry level in all provinces and territories, with the exception of Quebec. It is also supported at the federal level by the Public Health Agency of Canada. Thus, 25 government departments of Education and Health/Wellness have committed to the health, well-being, and learning of all children and youth in Canada. The mental well-being of each student is fundamental to the work of the JCSH and positive mental health, youth engagement, and health-education links are at the forefront of all collaborations across ministries; across provinces and territories; and across research, policy, and practice. JCSH has committed to providing resources that reflect the best evidence and the best practices in the country, free of charge and available in English and French. This poster will highlight some of our work with these research and practice teams to show how these tools can work in every school and with every student. As is the case with holistic positive mental health practice, these resources will benefit all students and school communities, regardless of other health, well-being, or learning challenges.

Connection with the ASI theme:

Positive Mental Health is positively correlated with improved student autonomy, competency, and relatedness. Research and experience have demonstrated that youth engagement and youth-adult partnerships can change a young person's life for the better. The Healthy School Planner helps schools build healthy school environments that help students succeed academically and prepare youth to make healthy choices as adults. These resources all work with the evidence-based Comprehensive School Health Framework to improve child and youth mental health.

Participants will learn:

Visitors to the poster will be able to see the variety and depth of these resources, the result of blending research, policy, and practice expertise in order to build tools that benefit children and youth throughout Canada. In addition, the poster will provide participants with a number of practical tips and applications that contribute to improved health and wellness in schools and school communities.

Presenter:

Katherine Kelly
Executive Director, Pan-Canadian Joint Consortium for School Health (JCSH)
kakelly@gov.pe.ca

Katherine Kelly was appointed Executive Director of the Pan-Canadian Joint Consortium for School Health (JCSH) in 2010. Katherine holds an M.Ed in Leadership and Learning from the UPEI, as well as a B.Ed from the University of Regina and a B.A. from the University of Saskatchewan. She has held variety of senior level positions in the health and education systems including Director of Federal/Provincial/Territorial Relations, Chief Executive Officer of a regional health authority, and Director of Child and Family, Mental Health and Addictions. She has also been a lecturer in the UPEI Faculty of Education and a classroom teacher.

Co-presenter:

Susan Hornby
sjhornby@edu.pe.ca

6. Special Olympics Healthy Communities

Co-Presenters: Matthew McNally and Kristen MacDonald, Special Olympics PEI

Special Olympics PEI has been offering Healthy Athletes® programs since 2015, which provide free health assessments to people with Intellectual Disabilities (ID), and similar programs have been offered across the world since 1997. The service provides health education and, for some Special Olympics Programs, connects athletes with follow-up health services and/or professionals. Healthy Athletes also has trained more than 200,000 healthcare professionals globally on how to treat people with ID. However, while Healthy Athletes has successfully served as a tool for educating healthcare professionals and collecting data that call attention to the needs of our athletes, it has only to a limited extent, connected athletes to treatment and health services. This gap highlighted a need to provide quality year-round health care and access to follow up services at the community level. In July 2012, Special Olympics International (SOI) partnered with Tom Golisano and the Centers for Disease Control and Prevention (CDC) to expand health services for people with ID in an effort to reduce the disparities that exist in their health status and access to health services. SOPEI has been selected to a 3-year Healthy Communities Grant through the Golisano support.

Connection with the ASI theme:

Within the Health programs we offer Strong Minds. It is one of the eight official Special Olympics health disciplines. It focuses on Mental Health of our athletes, of all ages, and strategies to train our minds as well as our bodies. Tara Costello, our Strong Minds Clinical Director, after working with many Prov./Nat. teams created a mental skills toolbox for athletes to use in sport as well as everyday life.

Participants will learn:

They will be informed about Special Olympics Health programming, and the Healthy Communities project that SOPEI has finished a 1yr grant for and is now entering a 3yr grant from 2018-2021. The focus of growth is really a society approach, drawing on the Circle of Health.

Challenges:

Environmental Scan; Navigating the Health System; Sustainability of the program; Barriers to participation/attendance for athletes.

Co-presenters:

Matthew McNally
Program Director, Special Olympics PEI
mmcnally@sopei.com

Matthew McNally is a proud husband and father of two young children. He graduated from the University of New Brunswick in 2010 where he completed a Bachelor of Recreation and Sport Studies. He has worked with the Special Olympics PEI team since 2014 and has responsibilities with Coach Education, Athlete Performance Programs, Health and Wellness Programs, Athlete Leadership, and Provincial Team Program Development. In 2015, Matthew worked closely with Island professionals to adopt the Special Olympics Healthy Athletes programs available today in PEI. Most recently, through Matthew's leadership, Special Olympics PEI has become one of four provinces in Canada to be a global leader through the Special Olympics International accredited Healthy Communities project.

Kristen MacDonald
Community Engagement Specialist, Special Olympics PEI
kmacdonald@sopei.com

Kristen MacDonald has recently joined the Special Olympics PEI team as the Community Engagement Specialist. Her Sport Management (honours) degree and passion for sport has provided her with leadership positions across the country. She is regarded for her visionary approach to projects and identifying collaborative opportunities to grow quality sport and wellness programs and services. In 2013, Kristen joined the City of Hamilton as a Sports Specialist where she co-lead the creation of the first community-focused Physical Literacy Summit in Canada. Kristen moved to Prince Edward Island in 2017 with her husband and two boys, and most recently managed the planning and execution of the Special Olympics Canada Bowling Championships held across PEI.

Additional Presenter:

Charity Sheehan
Executive Director, Special Olympics PEI
csheehan@sopei.com

7. Gender Based Violence Prevention Project-YMCA Immigrant Services

Presenters: Kathryn Bates-Khan and Zahra Dhubow

The YMCA Gender-Based Violence Prevention Project has a focus on working with newcomer children, youth and families to build healthy communities. A goal of the project is to provide more information to people who are supporting newcomers who are experiencing GBV or want to engage newcomers in better understanding the issue. The resources we created may also be beneficial to other Service Provider Organizations working in the field of gender-based violence prevention. We hope to generate awareness, discussions and supports with regards to how violence impacts newcomer communities. We are offering workshops and presentations to work together with other community groups and schools in generating solutions for ending gender-based violence. This workshop will include watching a video that was created using forum theatre with newcomer youth that are part of the YMCA Youth Outreach Program at the Centre in Halifax. By sharing their own personal experience or opinion, forum theatre offers people the opportunity to explore, in a safe environment, possibilities and suggest alternative changes in behavior. This medium gives people the tools for self-empowerment and social change, while developing their dramatic skills. We will also facilitate discussions and activities to share more about the issue of gender-based violence and prevention. We will also offer our "Guide for Working with Newcomers on GBVP," along with a report about engaging newcomer boys in our project.

Supporting materials can be located at our website: <http://www.ymcahfx.ca/gender-based-violence-prevention-project-gbvp/>

Connection with the ASI theme:

Realizing individual potential is everyone's right. As individual's we contribute to, and benefit from, being part of healthy communities. Achieving individual potential is related to the social determinants of health and can be encouraged by communities that are supportive, informed and that have accessible resources. Healthy communities are aware of and take an active role in the prevention of gender-based violence.

Participants will learn:

Learning from this presentation will be: more information about gender based violence, prevention strategies, working with newcomer children and youth on issues about violence prevention, what are some barriers that newcomers face in accessing the social determinants of health, how can services in the field of GBVP be more inclusive.

Presenter:

Kathryn Bates-Khan

Manager, Centre for Immigrant Programs, YMCA of Greater Halifax/Dartmouth

kathryn.bateskhan@halifax.ymca.ca

Kathryn Bates Khan, BA (Hons), B.Ed. Kathryn is an educator and lifelong learner committed to social justice and human rights. Working and volunteering both locally and overseas has contributed to an appreciation for diversity and awareness of anti-oppression frameworks. In her career with the YMCA, Kathryn has led International Department programming – travelling to and supporting our relationship with the Bogotá YMCA. She has also led multiple programs for immigrant children and youth with particular experience in advocacy and working with youth at risk. She represents the YMCA on numerous community based boards and organizations including service provider round tables and the Local Immigration Partnership which reflects our approach to working collaboratively with community partners. She is currently leading the YMCA Gender-Based Violence Prevention Project.

Co-presenter:

Zahra Dhubow

zahra.dhubow@halifax.ymca.ca

8. Resisting and preventing sexual violence: Understanding the role of community in developing healthy relationships

Presenter: Linda Liebenberg, Dalhousie University; Daphne Hutt-MacLeod, Eskasoni First Nation

Networks for change (www.changethesilence.org) is a youth-led participatory project exploring the experience of sexual violence by Indigenous youth in Canada and South Africa. This presentation reports on findings from Eskasoni, NS. The research was partnered with *Eskasoni Mental Health Services* (EMHS). Findings emerge from the use of problem trees by a group of 9 young women (18-23 years old) and a separate group of 6 young men (17-23 years old). Youth used the approach to explore what resilience looks like for youth in the face of sexual violence. Findings illustrate what resilience looks like for youth. Additionally, findings highlight what young women need to resist sexualisation and sexual violence as well as what young men need to ensure respectful treatment of others. These findings point to the importance of community-based resources and intergenerational relationships with multiple community members. The presentation will conclude with the outcomes youth envision when supporting youth resilience.

Connection with the ASI theme:

Findings emphasise the need for community collaboration in raising healthy children and youth. Youth highlight the need for enduring relationships with adults that provide children with healthy role-models and spaces within which to talk about personal development. Youth highlight how strains on families can necessitate relational resources outside of immediate kinship networks. These concerns highlight the importance of community networks and teachers in particular, as resources for children facing exceptional contextual challenges.

Participants will learn:

Attendees will gain an understanding of how youth in Eskasoni frame resilience and good outcomes. They will also learn what youth believe is needed to support these outcomes, and the many ways in which

these outcomes are currently prevented. Finally, attendees will learn the consequences for communities that youth envision will result from supporting healthy child and youth development.

Presenter:

Linda Liebenberg
Adjunct Professor, Dalhousie University
Linda.Liebenberg@dal.ca

Linda Liebenberg, PhD., is a researcher and evaluator focused on children and youth with complex needs, and their communities. Her work explores the promotion of positive development and mental health through community development, focusing often on initiatives driven by organizations and service providers. In this work, Linda reviews how best to conduct research and evaluations with children and their communities, including participatory action research using image-based methods; sophisticated longitudinal quantitative designs; and the design of measurement instruments used with children and youth across multiple cultures. Linda has presented internationally and published extensively on these topics of research and youth.

Co-presenter:

Daphne Hutt-MacLeod
Registered Psychologist and Director of Mental Health, Eskasoni First Nation
dhuttmacleod@eskasonihealth.ca

9. RallyForward - Supportive Housing and Case Management

Presenter: Rachel Laracy, Choices for Youth

RallyForward program provides at-risk youth, between the ages of 16-29, access to affordable housing, paired with a system of supports. Based on the Housing First philosophy, RallyForward is one of four housing options offered by Choices for Youth. With sixteen units spread over six houses in the downtown St. John's area, combined with community partners and private landlords, this program provides supportive housing options, focusing on eviction prevention and intensive case management for young people within our community. Choices for Youth is a vibrant and growing organization, who is committed to the research and evidence based practice, in an effort to ensure we are providing quality services and following best practice on both a provincial and national level.

Connection with the ASI theme:

Access to supportive housing options is essential in preventing youth homelessness and at Choices for Youth, getting youth housed is our first priority. Young people in our communities face numerous challenges, including access to safe and affordable housing; mental health, addictions, and developmental issues; a lack of appropriate social and/or family support; and involvement in the criminal justice system. Participants of the RallyForward program, receive access to safe and affordable housing, individualized supports, and group sessions, with an emphasis on youth choice, self-determination, and harm reduction.

Participants will learn:

Our program service delivery model, is based on a three tier system, which highlights the young persons need, and willingness to access supports. Based on this, every young person in the program, has access to individualized support hours, as well as group programming. These supports include but are not limited to, ongoing support with coordinating medical services; managing changes in emotional and mental health, navigating financial systems ie. Employment Insurance and Advanced Education and Skills;

connecting with counselling services; family support, employment and programing support, and many day to day activities to assist with becoming more independent in the community ie. Budgeting, meal preparation and proper nutrition, to name a few. At RallyForward, we recognize there is more to successfully housing young people then just putting a roof over their head, and as a result we operate under a “Housing First” model.

Challenge:

In our province, 30% of the homeless population are youth. Access to supportive housing options is essential in preventing youth homelessness. Finding safe, affordable housing for youth has become very challenging with ever-increasing rental costs and decreasing vacancy rates.

Presenter:

Rachel Laracy

Team Lead, Choices for Youth

rlaracy@choicesforyouth.ca

Rachel Laracy, is a registered social worker within the province of NL. Rachel has been employed with Choices for Youth since June 2009, and is currently a team lead with the RallyForward program. The RallyForward team consists of one Program Coordinator, three Team Leads, a Housing Specialist, and eight community support workers. Rachel is directly responsible for supervising, a staffing team of three and coordinating supports and services for ten program participants. In her position, Rachel is responsible for program implementation, referrals and intakes, housing assessments and ensuring quality service delivery. Rachel is also a field instructor, and has had the opportunity to support many emerging BSW students with meaningful field placements within the RallyForward Program.

10. Socially and Emotionally Aware Kids (SEAK)

Presenters: Matthew Munro, Trish Atlass and Brandi Bell, Young Lives Research Lab, UPEI

This presentation will describe and share the work of the Socially and Emotionally Aware Kids (SEAK) Project. SEAK is a project with multi-stakeholder and inter-provincial collaboration focused on scaling-up Social and Emotional Learning (SEL) in Atlantic Canada. Currently in Phase III (2015-2018), it is a project of the Canadian Mental Health Association Nova Scotia Division, in partnership with the provinces of NB, NL, NS, and PE. Phase III is funded by the Public Health Agency of Canada (PHAC) and two philanthropic foundations. The goal is to engage in and evaluate regional scale-up of SEL, including capacity-building and integration into existing systems and implementing SEL curriculum in pilot schools. Phase III partners include provincial government departments; school districts; Young Lives Research Lab, UPEI; and Canadian Mental Health Associations in Atlantic Canada. In this presentation, we will share research and evaluation findings from the project, focusing on the mobilization of provincial and regional partners to institutionalize SEL in Atlantic Canada and the experiences of SEL implementation in pilot schools. We will also share information about the ongoing development of a framework for scaling-up SEL in Atlantic Canada that has resulted from this project.

Connection with the ASI theme:

The SEAK project is, at its core, a collaborative endeavour that aims to engage a wide range of sectors and groups in child/youth mental health promotion across the region. As stated in the SEAK project vision, “Social and Emotional Learning (SEL) is integral to the educational achievement, health and wellbeing of all children, youth, and adults.”

Participants will learn:

Others will learn about the SEAK project, including how scale-up of SEL has been advanced within and across the Atlantic provinces in recent years. Research and evaluation findings from the project will be shared by project partners and the evaluation team, as well as through printed materials.

Challenge:

A framework for scaling-up SEL in Atlantic Canada is currently in development based on the project research and evaluation. We will seek input from ASI participants on the latest version of the framework.

Presenter:

Matthew Munro

Senior Research Associate, Young Lives Research Lab, UPEI

mmunro@upei.ca

Matthew is currently a Senior Research Associate with Young Lives Research Lab at UPEI, working on research, evaluation, and knowledge translation for the SEAK project and as a graduate researcher for ACCESS-MH. He joined the team in September, 2013 and has worked across projects acting as the Qualitative Lab and Data Manager. His research areas include the history of psychology, youth anxiety services and treatments, and the intersections of youth mental health and digital media.

Co-presenters:

Trish Altass

paltass@upei.ca

Brandi Bell

brbell@upei.ca