



Community Health Boards

Guysborough, Antigonish, Strait Richmond
Newsletter, Spring 2017

www.communityhealthboards.ns.ca



No More SILENCE!



Pictured above: Local Jack.org mentors with founder Eric Windeler

In November 2016, the first ever high school **Jack.org Regional Summit** took place in Nova Scotia. 94 youth mental health leaders and their adult supporters and community partners from six different high-school Jack.org chapters came together at the East Antigonish Education Centre/Academy. Participants spent the day learning from their allies and from each other, building skills, and making plans to increase their impact throughout the Strait Area. Since this was the first high school Regional Summit, it created quite an impression with Jack.org nationally and participants had the honor of having Jack.org founder Eric Windeler attend.

A Jack.org Regional Summit has two main components: skill building and collaboration.

- **Skill building** took place during the first half of the day with local speakers helping to strengthen the students understanding of mental health issues, health equity, and health advocacy. A session was facilitated by youth teaching ice breakers and facilitation skills.

- **Collaboration** opportunities made up the second half of the day. This took the form of structured brainstorm sessions where students from different schools discussed their varying school environments and learned from each other. Topics included barriers to student help-seeking, stigma and school culture, tailoring to diverse population groups, and planning strategic outreach activities. The day helped the participants to refine the goals for this year's campaign and sparked some ideas on how to advance them.
- **Reach out** to the broader community, outside the school, connecting with the media and sports teams to draw more people into our campaign.
- **Connect** the laces more intentionally to mental health: have collection jars and handout cards with messages that get people thinking.
- **Amplify** our blue laces campaign across the area: use a dedicated Facebook page to coordinate our media outreach and share events from all over the region; use a unified hashtag to share what they are doing.

Students left the summit feeling better equipped to lead mental health advocacy initiatives back in their schools, as well as feeling fired up by their new sense of connectedness to something bigger than their singular Jack Chapter. In this way, Regional Summits inspire stronger and more impactful work, and also lead to unified efforts across whole regions of schools. Connecting students in this way promotes safer, more supportive school environments for mental health, and serves as a catalyst to begin to change whole communities. (Submitted by Leona Purcell)

Pictured below: Jack.org summit participants



CHB Wellness Funds

Each year, the Nova Scotia Department of Health and Wellness (DHW) designates funds for each CHB in the province to distribute as Wellness Funds (WF). Wellness Funds are available to non-profit groups working to improve health in their communities. Priority for funding is given to community projects that address one or more of the priorities identified in the CHB Community Health Plan or work to advance a health promotion or population health based project. These types of approaches seek to maintain and improve the health of people and the communities in which they live through partnerships, and by addressing those aspects of a person's life that determine their health. This year, there were many worthy applications from various community groups seeking funds and were able to support a diverse group of efforts focused on a wide range of programming such as food security, youth health, mental health, engagement of seniors, physical activity, safety and violence prevention. CHB members acknowledge that it's the community groups implementing the projects that are making our communities healthier places to live and board members would like to thank all applicants this year for the wonderful and important work that they do.

Interested in a Wellness Fund Grant?

Wellness Funds are provided for non-profit groups and organizations that have been together for a minimum of six months and are able to receive, manage and track funding. CHBs will be making a call for applications this coming fall. For more information, visit: www.communityhealthboards.ns.ca or contact Andrea Donovan, CHB Coordinator at 902-867-4500 x 4272 or andrea.donovan@nshealth.ca

Pictured below: Kristel Fleuren-Hunter reads a story to children at last year's Play Packs project launch.



Guysborough County Wellness Funds

The Guysborough County CHB awarded 10 community groups with wellness funding this year to implement the following projects:

- Jack Chapter Guysborough Academy (**Jack.org Regional Summit**)
- Guysborough Academy (**Think Outside the Drink**)
- Guysborough County Older Adult Games Committee (**30th Annual Older Adult Games**)
- St. Mary's Academy Youth Health Centre (**CORE Day**)
- Guysborough County Schools Plus (**ATV Rider Safety Course**)
- Community Links Association. (**Year of Ageing Well Calendar**)
- Highland Touch Football League (**GO! Girls Only Touch Football Jamboree**)
- Antigonish Women's Resources Centre (**Healthy Relationships for Youth**)
- John Howard Society of NS (**Employment Search Support**)
- Red Bear Healing Home Society (**Free Voice Mail**)



Pictured above: St. Mary's Academy HALT (Healthy Active Lifestyle Team) Members with presenter Michelle MacDonald



CORE Day banner

Antigonish Wellness Fund Projects

The Antigonish CHB was pleased to award 16 deserving groups with Wellness Funding this year to implement an array of health-promoting projects:

- Paqtnkek Mi'kwaw Nation (**Expanding TEAM**)
- Pictou-Antigonish Regional Library (**Blocks and Books**)
- Dr. J. H. Gillis Regional High (**Think Outside the Drink**)
- Antigonish Women's Resource Centre & SASA (**Healthy Relationships for Youth**)
- Seniors Getting Involved Association (**Growing the 55+ Pickleball Community**)
- Schools Plus Antigonish (**Salubrious Music Program**)
- Pomquet & Area Cultural, Recreational, Community Development Association (**Pomquet Outdoor Rink**)
- John Howard Society of NS (**Employment Search Support**)
- St. John Ambulance Volunteer Medical Responder Division (**Mental First Aid Training**)
- Jack Chapter Dr. J.H. Gillis Regional (**Jack Chapters Regional Summit**)
- Our Food Store Association (**Our Food Store, Connecting the Community**)
- St. John Ambulance Therapy Dog Program (**Therapy Dog Team Professional Development**)
- Positive Action for Keppoch (**Winter Activities Project Coordinator**)
- School Plus-Ecole Acadienne de Pomquet (**Emergency Fund & Homework Club**)
- Highland Touch Football League (**GO! Girls Touch Football Jamboree**)

- Seniors Take Action Coalition (**2nd Annual Seniors Take Action Conference**)
- Dr. J.H. Gillis Regional High School (**Think Outside the Drink**)
- West Bay Rd. Volunteer Fire Dept. Ladies Auxiliary (**Flexible Seniors**)
- L'Arche Cape Breton (**Ride the Wave Summer Program**)
- Antigonish Women's Resource Centre (**Girls Taking Action: Change Makers**)
- Ecole Beauport Schools Plus (**Emergency Fund**)
- 1st Port Hawkesbury Rangers (Girl Guides of Canada) (**Community Gardens**)
- Strait Area Women's Place (**Seed to Feed**)



Pictured above: Mary Elizabeth Cameron (Strait Richmond CHB member) presents Wellness Fund to "Girls Taking Action"



Pictured above: Antigonish Town and County CHB members with Wellness Fund Recipients for 2016-17

Strait Richmond Wellness Funds

The Strait Richmond CHB awarded 12 community groups with wellness funding this year to implement a variety of exciting projects:

- Strait Area Women's Place (**Community Outreach Support**)
- Helping Hands Community Garden Club (**Year 2 Community Garden**)
- New Dawn Enterprises (**Growing Our Island Food Network**)
- Jack Chapters, SAERC & Richmond Academy (**Jack Chapters Regional Summit**)

Seniors Take Action!

Approximately 100 seniors gathered for the 2nd Annual Seniors Take Action Conference in April, 2017 at Richmond Academy. The day's theme was "Age is Attitude: Celebrating the Contribution of Seniors in Our Communities". Participants had the opportunity to hear from Simon d'Entremont, the Deputy Minister of the Department of Seniors, MLA Michel Samson and keynote speaker Eva Landry. Participants also got to attend their choice of workshops including Conflict is for the Birds, Seniors Health 101, Defying Age and Volunteer Engagement. A big thank you goes out to everyone who was involved in making the conference possible including the Strait Richmond Community Health Board, one of our key funding partners!! (Submitted by Kalen Long)

Seniors Take Action
... for a healthy community

Age is Attitude: Celebrating the Contribution of Seniors in our Communities!
Are you a Senior 50+ or a community member involved in services for seniors?
Join us for the 2nd Annual Seniors Take Action Conference

Space is limited so register today!
Registration is FREE
Deadline is April 24, 2017

Early Bird prizes available to those who register by April 10, 2017
Lunch and Refreshments will be provided

When: Saturday, April 29, 2017 Time: 9:00am – 4:00pm
Where: Richmond Education Centre and Academy – 3238 Whiteside Road, Louisdale, NS
Donate a food item to support our local food banks, and qualify to have your name entered for a special draw

Registration Forms Available Through Your Local Seniors' Club or by calling (902) 833-1800

Libraries and Healthy Communities

Did you know that libraries in Nova Scotia provide a wide array of services that support healthy communities by addressing the social determinants of health? Libraries throughout the region offer many non traditional library services that support individual and community health such as:

- Assist newcomers with the paperwork they need in order to study, work and stay here.
- Train people in computer skills that allow them to apply for work, complete upgrading courses and stay connected with family and friends.
- Offer volunteer income tax appointments for low-income individuals, families, and seniors.
- Provide free internet to those in need.
- Housing non-profits like Antigonish County Adult Learning Association and Health Connections.
- Provide free meeting space for non-profit organizations working in our social, cultural and economic sectors.
- Provide extra-curricular education such as book clubs, reading events and March break programs.
- Play Packs are available for free! Play Packs are kits with books and play equipment that encourage physical activity and literacy.

CHBs – Who We Are & What Do We Do?

Community Health Boards are groups of NSHA volunteers from the local area who work to improve the health and wellness of the community. The role of CHB's is legislated under the Health Authorities Act. We strive to have a membership that reflects the diversity of the community and who have a sincere interest in health and wellness. CHB members must be willing to engage with the community and our partners.

Community Health Boards adhere to the philosophy that health is more than just the absence of disease and have adopted a population health approach in their mandate. This approach aims to improve the health of the population by reducing health inequities among groups and draws attention to the variety of factors that are known to have an impact on individual and community health. These factors are known as the **Social Determinants of Health** (Health Canada, 2004).

“Like” Us on Facebook!

Antigonish Town and County CHB:

<https://www.facebook.com/Antigonishchb>

Strait Richmond CHB:

<https://www.facebook.com/straitrichmondchb/>

Guysborough County CHB:

<https://www.facebook.com/guysboroughchb/>

Community Health Planning

Over the past year, three local CHBs (Guysborough, Antigonish Town and County and Strait Richmond) have been working together to develop a new community health plan. A health plan is a document that uses information that has been gathered from the local community to identify community health priorities and identify recommendations for the improvement of community health. The health plan also identifies a number of local community initiatives that the CHBs will work on over the next three years. The report will soon be released. The four Community Health Priorities are:

1. Reducing Poverty
2. Early Childhood Development
3. Food Security
4. Promoting Inclusion



CHBs in the local area will soon launch their new plan and will be inviting community members and partner organizations out to learn about the plan and to start engaging interested partners. Expect to hear more soon regarding to the official release of the 2017-2019 Health Plan. Stay tuned...

Health Equity Crossword!

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