



Centre for Health Promotion
UNIVERSITY OF TORONTO

**ONTARIO HEALTH PROMOTION
SUMMER SCHOOL
2005**

«HEALTH PROMOTION IN ACTION»

**WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES**



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PRESCHOOL (OPTIONAL)

WHO PARTICIPATES? PRE-REGISTERED HPSS PARTICIPANTS

PRESCHOOL SESSION (OPTIONAL)	
«Health Promotion 101»	Sunday, June 19, 10:30 a.m.- 12:30
Suzanne Jackson, PhD, Director	Centre for Health Promotion, University of Toronto

SUMMARY: This workshop is designed for those who need a basic introduction to the field of health promotion as it is understood in Canada. The major concepts, definitions, distinguishing features, and strategies will be presented and discussed within an historical context. Examples will be presented that apply to community and agency work in Ontario. In addition handouts and other resources will be available for those who wish more information.

PRESENTER'S BIOGRAPHY: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for almost ten years in Canada and internationally and she has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, and Brazil.



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PRESCHOOL SESSION (OPTIONAL)	
«Evaluation 101»	Sunday, June 19, 1:30 - 5:00 p.m.
Josie d'Avernas, President	Health Promotion Consulting, Inc.

SUMMARY: Designed for newcomers to the field and those who require a refresher, this workshop provides an introduction to general concepts in evaluation in health promotion.

PRESENTER'S BIOGRAPHY: **Josie d'Avernas** is President of Health Promotion Consulting, a Kitchener-based consulting company specializing in training, research and evaluation in health promotion. Josie has worked in various aspects of tobacco control programming and evaluation for over 20 years. One of her major projects is working with the Program Training and Consultation Centre, a resource centre of the Ontario Tobacco Strategy formed in 1993 and funded by the Ontario Ministry of Health and Long-Term Care.

Josie has a Master of Science degree in Health Studies from the University of Waterloo. She has planned and delivered numerous workshops at the community level, and has done presentations and training sessions at the provincial, national and international level.



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PRESCHOOL SESSION (OPTIONAL)	
«Ethics and Research in Health Promotion»	Sunday, June 19, 1:30 - 5:00 p.m.
Suzanne Jackson, Director	Centre for Health Promotion, University of Toronto

SUMMARY: Those working in the health promotion field are sometimes asked to do some research in the community or evaluate a program. In this work, participants need to be aware of what the ethical issues are, when to go through an ethical review and how to address the key issues likely to be faced in health promotion. This session will be hands on workshop about ethical issues and the appropriate responses. This will be done with the particular issues and contexts of health promotion in mind, including key informant processes, participatory research, and working with vulnerable populations.

PRESENTER'S BIOGRAPHY: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for almost ten years in Canada and internationally and she has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, and Brazil.



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OPENING AND CLOSING SESSIONS

WHO PARTICIPATES? ALL HPSS 2005 PARTICIPANTS

ABORIGINAL OPENING AND CLOSING CEREMONIES
Jan Kahehti:io Longboat, Keeper of Indigenous Knowledge, Earth Healing Herb Farm and Retreat Centre
Herbert Nabigon, Associate Professor, Native Human Services, School of Social Work, Laurentian University
Monday, June 20 and Thursday, June 23, 9:00 - 10:30 a.m.

ORIGINAL PEOPLES' CEREMONIES

The Opening and Closing is done in a traditional Anishnawbek manner.

It is Ceremony.

This particular ceremony is as old as time.

All original Nations have their own ways to do this.

It is not acceptable to consider one 'way' better than another.

Instead, all ceremonies are highly regarded and respected for their sacred nature.

Anishnawbek Way brings a holistic approach that integrates spiritual, physical, mental and emotional aspects of ourselves and the world around us.

Through the process of opening and closing, we literally explore what surrounds us and what is inside us.

We want to ensure that we are gathering everything we need to carry out the tasks ahead.

It is to help bring the body, mind and spirit of each of us together.

Ceremony also reminds of us how we are to behave in a balanced manner for the benefit of ourselves and generations that will follow.

We generally have four sacred medicines that are burned: tobacco, cedar, sage and sweet grass.

We welcome everyone to join in ceremony as we open the Health Promotion Summer School.



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BIOGRAPHIES: **Jan Kahehti:io Longboat**-Mohawk Nation, Turtle Clan, Six Nations of the Grand River Territory. She is presently Keeper of Earth Healing Herb Farm and Retreat on Six Nations.

Kahehti:io is a Teacher, Herbalist, Healer, Keeper of the old ways. She travels extensively to share her Indigenous Knowledge of «Now, Now, Now» and how the Now continues to sustain the Severn Generations to come.

Herbert Nabigon's Spiritual Name is Maangiins (which means Little Loon). Herb is from Pic River First Nation. He received his MSW degree in social work from Carleton University, 1977. He has been an elementary and high school teacher and he was a senior policy analyst for the department of Indian Affairs, in Ottawa.

Since 1989 to the present, Herb is an Associate Professor with the Native Human Services BSW Social Work program at Laurentian University in Sudbury, and is currently the coordinator of the program. He was appointed Elder for the Assembly of First Nations (A.F.N.) in May of 1977 where his role is to provide spiritual guidance and was a senior advisor to the research process. He continued with the Assembly of First Nations until June 1998.

In the Native community, an Elder is a Medicine Man and Spiritual Healer. Herb has taken the lead role in working toward healing individuals and communities.



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OPENING AND CLOSING PLENARY SESSIONS:

OPENING PLENARY SESSION	
«A Community Action, Intersectoral Approach to Youth Health Promotion in Ukraine»	Monday, June 20, 11:00 a.m.-12:30 p.m.
Paulette Schatz, Project Director & Regional Program Coordinator	The Canadian Society for International Health

SUMMARY: The main aim of this presentation is to provide an example of a sustainable approach in program design and delivery to working with youth and health promotion through international collaboration. Specific examples of community action and supportive organizational environments will be given. In 1997, the Ukrainian government called on Canadian health promotion expertise to support its efforts to improve the health of its young people; the following year the Youth for Health Ukraine-Canada project was launched, funded by the Canadian International Development Agency and managed by Canadian Society for International Health. The main objective of the seven-year project was to develop a multi-level, intersectoral youth health promotion model that could be adapted to regional, district, city and village settings. The goal of the Model has been to develop regional and local public policies, programs and structures that promote health among Ukrainian children and youth as well as develop a national youth health promotion program. The Ukrainian Institute for Social Research was the lead organization in the development and implementation of the Model. Partners included ministries of health, education, and family and youth, as well as the Kyiv City Government, youth NGOs and regional, district, city and village governments. You will be given an overview of the situation of youth health in Ukraine and a description of how the Model was designed, piloted and adapted. The lessons learned and challenges (including those related to cultural and community differences) will be discussed.

BIOGRAPHY: Paulette Schatz is the Project Director of the very energetic Youth for Health project in Ukraine which is managed by the Canadian Society for International Health and funded by the Canadian International Development Agency (CIDA).

Paulette has over twenty years experience managing large, multi-faceted public health and primary health care projects in Central and Eastern Europe and on community-based projects in Africa. Her publication in the Health Promotion International Journal entitled « *The adolescent sexual world and AIDS prevention: a*



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democratic approach to programme design in Zimbabwe» has been a topic of discussion in other parts of Africa.

Among her many recognitions, in January of 2004 she received a certificate of Gratitude from the Cabinet of Ministers of Ukraine for the "significant personal contribution of developing friendly relations between Ukraine and Canada and the implementation of social and legal protection of youth".

Paulette was the first international guest to address the Parliament of Ukraine in November, 2003. She spoke to over 800 attendees in Ukrainian advocating for the support of a National Youth Health Promotion Action Plan.

She is a member of the Temporary Special Commission of the Verkhovna Rada (Parliament) of Ukraine on issues of HIV/AIDS, Tuberculosis and Drug Addiction with a focus on creating a Centre of Excellence for Children infected with HIV and AIDS in Ukraine. Paulette took the lead in developing a CSIH proposal to CIDA for a Centre for Children with HIV/AIDS in Ukraine project which should begin this summer.

She is from Hafford, Saskatchewan, is married with four daughters.

CLOSING PLENARY SESSION	
«TBA»	Thursday, June 23, 1:30 - 3:00 p.m.
Phil Jackson, Director, Strategic Planning and Implementation Branch	Public Health Division, Ministry of Health and Long-Term Care

SUMMARY: TBA

BIOGRAPHY: TBA



CONCURRENT SERIES 1, 2, 3, 4

WHO PARTICIPATES? ALL HPSS 2005 PARTICIPANTS - PARTICIPANTS' CONCURRENT SERIES WAS SELECTED AT REGISTRATION.

NB: An integrated set of workshops and lectures will be offered within each series. Participants are advised NOT to consider attending workshop within different series.

CONCURRENT SERIES 1: STRENGTHENING COMMUNITY ACTION: THE MEDICINE WHEEL ABORIGINAL CURRICULUM

SERIES 1: CONCURRENT SESSION 1	
«Medicine Wheel»	Monday, June 20, 1:30 - 3:00 p.m.
Ghislaine Goudreau, Health Promoter and member of the Waabishki Mkwaa Singers	Sudbury & District Public Health Unit

SUMMARY: Aboriginal people across North America define health and well-being as physical, mental, emotional and spiritual balance. For centuries, Aboriginal people have used the Medicine Wheel as visual symbol to depict this physical, mental, emotional and spiritual balance. That is why it is used as a holistic model to promote health in the Aboriginal community. This model allows Aboriginal people to practice their cultural ways which incorporate spirituality into their every day lives. Other health models that do not consider spirituality are culturally inappropriate and unbalanced to Aboriginal people. Understanding Aboriginal perspectives on health and well-being is essential to promoting Aboriginal health. In this session, each of the four elements will be examined as a way to strengthen community action and in turn promote health in our communities. The Elders say that we have everything we need in our community to live the good way of life (Mino-Bimaadiziwin). We simply need to look towards the strengths in our cultural practices.



PRESENTER'S BIOGRAPHY: **Ghislaine Goudreau** is a member of the Algonquin of Pikwàkanagàn. She works as a Health Promoter at the Sudbury & District Health Unit and is in the process of completing her Master of Science Degree in Health Promotion from the University of Alberta via distance education. The title of her thesis is "Exploring the Connection between Aboriginal Women's Hand Drumming and Health Promotion (Mino-Bimaadiziwin). Ghislaine believes in building on the strengths in the Aboriginal community. She has been a member of the women's hand drumming circle, the Waabishki Mkwaa Singers, for 7 years. In 2000, Ghislaine had a vision of studying hand drumming with the members of the Waabishki Mkwaa Singers acting as co-researchers. Together, they utilized an Indigenous Research Methodology to collect and analyze the data. One of Ghislaine's proudest accomplishments was being the Aboriginal Committee Chairperson for the 1999 (HPSS) Health Promotion Summer School in Sudbury where an Aboriginal stream was introduced for the first time.

SERIES 1: CONCURRENT SESSION 2	
«Earth Medicines - Earth Wellness»	Tuesday, June 21, 9:00-10:30 a.m.
Jan Kahehti:io Longboat, Keeper of Indigenous Knowledge	Earth Healing Herb Farm and Retreat Centre, Six Nations

SUMMARY: The presenter will share Traditional, Teachings of how the Creator has provided sustainable Medicines, Foods, and Ceremonies for complete well-being from Birth to Death.

PRESENTER'S BIOGRAPHY: **Jan Kahehti:io Longboat** -Mohawk Nation, Turtle Clan, Six Nations of the Grand River Territory. She is presently Keeper of Earth Healing Herb Farm and Retreat on Six Nations.

Kahehti:io is a Teacher, Herbalist, Healer, Keeper of the old ways. She travels extensively to share her Indigenous Knowledge of «Now, Now, Now» and how the Now continues to sustain the Severn Generations to come.



SERIES 1: CONCURRENT SESSION 3	
«Medicine Wheel Teachings for Individuals and Families - Theoretical Overview»	Tuesday, June 21, 11:00 a.m.- 12:30 p.m.
Herbert Nabigon, Associate Professor	Native Human Services, School of Social Work, Laurentian University (Sudbury)

SUMMARY: This presentation will explore community as seen through the Medicine Wheel and the five colours of the spiritual teachings of Cree people - from a theoretical perspective.

PRESENTER'S BIOGRAPHY: **Herbert Nabigon's** Spiritual Name is Maangiins (which means Little Loon). Herb is from Pic River First Nation. He received his MSW degree in social work from Carleton University, 1977. He has been an elementary and high school teacher and he was a senior policy analyst for the department of Indian Affairs, in Ottawa.

Since 1989 to the present, Herb is an Associate Professor with the Native Human Services BSW Social Work program at Laurentian University in Sudbury, and is currently the coordinator of the program. He was appointed Elder for the Assembly of First Nations (A.F.N.) in May of 1977 where his role is to provide spiritual guidance and was a senior advisor to the research process. He continued with the Assembly of First Nations until June 1998.

In the Native community, an Elder is a Medicine Man and Spiritual Healer. Herb has taken the lead role in working toward healing individuals and communities.

SERIES 1: CONCURRENT SESSION 4	
«Promoting Bimaadiziwin (Good Life)»	Wednesday, June 22, 9:00-10:30 a.m.
Dr. Brenda M. Restoule, Psychologist - Mental Health Program	Shkagamik-Kwe Health Centre

SUMMARY: The Anishnabe teaching of bimaadiziwin or good life recognizes the importance of living in balance that considers our mental, emotional, physical and spiritual aspects of life. As workers in our communities we are often confronted with difficult and challenging issues and cases that can sometimes create unbalance for us. It is important for us, as workers, to acknowledge the challenges we face so that we can move back into a state of balance and lead a *good life or bimaadiziwin*. As workers we become the models for the community on how to live a *good life or bimaadiziwin* and we must know how to strengthen our



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internal abilities to manage challenges, create opportunities and foster growth and development. This workshop will explore how the seven grandfather teachings can be applied in our personal and work lives to create *bimaadiziwin* or *good life*. In examining how to incorporate the seven grandfather teachings into our lives we learn valuable lessons on how to strengthen communities and create growth. The presenter will share her own story of recreating balance in her life after dealing with a personal loss.

PRESENTER'S BIOGRAPHY: **Dr. Brenda M. Restoule** is from Dokis First Nation (Ojibwe). Her spirit name is Waub-Zhe-Kwens (Little Swan) and she is from the Eagle Clan. Brenda completed her undergraduate degree from the University of Western Ontario, graduate training from Queen's University and is a Registered Psychologist in Ontario. She presently works with 2 First Nations (Nipissing and Whitefish Lake First Nations) and 1 urban Aboriginal organization (Shkagamik-Kwe Health Center) where she develops evaluation protocols and provides prevention, promotion and intervention services. In her capacity as a psychologist she strives to combine western and Anishnabe teachings to promote positive mental health and wellness in the workplace and the community. Brenda is the Ontario board representative on the Native Mental Health Association of Canada since 1994. In this capacity she has made a presentation to Senator Michael Kirby regarding mental health issues and advocated for a national Aboriginal mental health policy. She has worked with and for Aboriginal people in a number of capacities including research assistant with the Royal Commission of Aboriginal Peoples, Aboriginal counsellor at Kingston's Prison for Women, workshop facilitator on the Dream Catcher Tour and, has developed manuals and delivered training/workshops on a variety of topics to promote best practices in mental health service delivery for First Nations people. Brenda is particularly interested in suicide prevention and intervention. She strongly advocates for strengthening community action by building capacities in our communities that acknowledge and recognize our gifts and teachings.



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SERIES 1: CONCURRENT SESSION 5	
«Focusing and Post-traumatic Stress Disorder»	Thursday, June 23, 9:00-10:30 a.m.
Dennis Windego	Therapist, Consultant and Trainer

SUMMARY: TBA

PRESENTER'S BIOGRAPHY: **Dennis Windego** is a graduate of the Prairie Region Centre for Focusing in Winnipeg Manitoba and a Coordinator on faculty with the International Focusing Institute in New York. He is extensively trained in the therapeutic technique of "Focusing and Complex Posttraumatic Stress Disorders". Dennis is the founding member and Principal Director of the Aboriginal Peoples Training Programs in Thunder Bay, Ontario. He works as a therapist and also facilitates therapeutic healing programs. In this profession he handles many life issues, for example, conflict, childhood trauma, suicide, residential school trauma, intergenerational trauma, sexual abuse, addictions, grief and complex grief and survivors of torture. He also assists communities in evaluating their healing needs and developing and implementing healing and aftercare programs. Dennis designs and facilitates training conferences for frontline workers. He participates as a guest speaker at conferences and healing circles for such organizations involving the judicial, education and health systems.



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SERIES 1: CONCURRENT SESSION 6	
«Dreamcatcher»	Thursday, June 23, 11:00 a.m. - 12:30 p.m.
Ghislaine Goudreau, Health Promoter and member of the Waabishki Mkwaa Singers	Sudbury & District Public Health Unit

SUMMARY: This session will use the Aboriginal Dreamcatcher symbol to show how all the work done in previous sessions is interrelated. Moreover, the gifts and strengths of the group will be acknowledged as part of strengthening community action. Lastly, a small group session discussion will take place to allow the participants to talk about the trends and upcoming directions within the theme of Strengthening Community Action with an Aboriginal focus.

PRESENTER'S BIOGRAPHY: **Ghislaine Goudreau** is a member of the Algonquin of Pikwàkanagàn. She works as a Health Promoter at the Sudbury & District Health Unit and is in the process of completing her Master of Science Degree in Health Promotion from the University of Alberta via distance education. The title of her thesis is "Exploring the Connection between Aboriginal Women's Hand Drumming and Health Promotion (Mino-Bimaadiziwin). Ghislaine believes in building on the strengths in the Aboriginal community. She has been a member of the women's hand drumming circle, the Waabishki Mkwaa Singers, for 7 years. In 2000, Ghislaine had a vision of studying hand drumming with the members of the Waabishki Mkwaa Singers acting as co-researchers. Together, they utilized an Indigenous Research Methodology to collect and analyze the data. One of Ghislaine's proudest accomplishments was being the Aboriginal Committee Chairperson for the 1999 (HPSS) Health Promotion Summer School in Sudbury where an Aboriginal stream was introduced for the first time.



CONCURRENT SERIES 2

STRENGTHENING COMMUNITY ACTION: *GENERAL CURRICULUM*

SERIES 2: CONCURRENT SESSION 1	
«Models and Theories about Community Action»	Monday, June 20, 1:30-3:00 p.m.
Malcolm Shookner, Regional Development Coordinator	Atlantic Health Promotion Research Centre

SUMMARY: This presentation will launch the "Strengthening Community Action" theme of the Ontario Health Promotion Summer School 2005. Malcolm Shookner will present models and theories of community action and change drawn from his own experiences as an activist in the social development, anti-poverty, healthy communities, and human rights movements in Canada and internationally. He will also draw on the best practices and the latest developments to present tools and resources, models of collaboration, and evaluation frameworks. Malcolm will use participatory methods to engage workshop participants in reflecting on their own experiences in relation to these models of community action.

PRESENTER'S BIOGRAPHY: **Malcolm Shookner** has over 30 years of experience in human services, community development, health promotion, and social policy. He has been an active participant in the social development, anti-poverty, human rights and healthy communities movements in Canada and internationally. He is currently the Coordinator for the Rural Communities Impacting Policy (RCIP) Project, a partnership between the Coastal Communities Network (CCN) in Nova Scotia and the Atlantic Health Promotion Research Centre (AHPRC) at Dalhousie University. He is also the Regional Development Coordinator for AHPRC.

SERIES 2: CONCURRENT SESSION 2	
«Using Community-Based Research (CBR) to Design Community Interventions»	Tuesday, June 21, 9:00 - 10:30 a.m.
Sarah Flicker, Chief Research Scientist	Wellesley Central Health Corporation



SUMMARY: So how do you use evidence to design appropriate interventions? This workshop will examine some traditional (e.g. literature reviews) and some innovative (e.g. photography and video) approaches to gathering evidence for intervention design and development. It will then delve into the nuts of bolts of things to consider as you develop new intervention strategies.

Participants will learn:

- different approaches to "gathering the evidence," "needs assessments," and "strengths-based planning"
- how to use 'evidence' to design your intervention
- about developing logic models of practice

PRESENTER'S BIOGRAPHY: **Sarah Flicker** is the Chief Research Scientist and the Wellesley Central Health Corporation. In that capacity, she works with local organizations across the GTA on developing research agendas to answer pressing urban health questions. Sarah is near completion of her PhD in Social Science and Health at the University of Toronto's Department of Public Health Sciences. Her dissertation work focuses on the complexities of research-consumer dynamics in CBR with a specific focus on collaboration with youth. She has been an active member of the TeenNet Research Group throughout her doctoral studies. Her research interests are in the areas of youth health, health promotion, HIV and community-based participatory research. She holds a MPH in Maternal and Child Health and Epidemiology from UC Berkeley and an honours degree in Anthropology from Brown University. Sarah sits on a number of community boards, including Planned Parenthood of Toronto.

SERIES 2: CONCURRENT SESSION 3	
«Implementation Issues and Solutions»	Tuesday, June 21, 11:00 - 12:30 a.m.
Lorna Heidenheim, Executive Director	Ontario Healthy Communities Coalition

SUMMARY: This workshop will focus on how to design a community intervention that engages the community to work towards community goals and the kinds of implementation issues or barriers likely to occur. Examples will be drawn from the experience of members of the Ontario Healthy Communities Coalition. Participants will be encouraged to raise issues that have arisen around community engagement in their own practice for discussion.

PRESENTER'S BIOGRAPHY: **Lorna Heidenheim** has been with the Ontario Healthy Communities Coalition since 1996; first as a Community Animator for the Southwest region of Ontario, then as Executive Director since September 2000. She graduated from Wilfrid Laurier



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University in 1986 with a Master of Social Work degree, with a concentration in Community Development and Social Planning. Previous employment experience includes Executive Director of the London Community Resource Centre (1992-96) and Director of Support Services with Woodstock and District Developmental Services (1979-92). In addition to her employment experience, Lorna has provided training and consultation services to many non-profit organizations and has a long history of volunteering with a variety of community organizations.

SERIES 2: CONCURRENT SESSION 4	
«Orientation to the Circle of Health©»	Wednesday, June 22, 9:00 - 10:30 a.m.
Patsy Beattie-Huggan, Consultant	The Quaich, Inc.
Michelle Everest, Doctor of Naturopathic Medicine and PhD (candidate in Community Psychology)	

SUMMARY: The Circle of Health© (1996) is both a dynamic framework for health promotion and a tangible tool used by educators, planners, researchers, front-line service providers, and community workers to apply the concepts of health promotion to real world scenarios that affect health and well-being. Constructed using the theoretical frameworks of the Ottawa Charter, determinants of health, and the First Nations Medicine Wheel, the Circle of Health has a wide range of applications beyond health promotion. This tool is also readily adaptable to justice, economic, business and environmental issues which intersect with and influence individual and community well-being. Developed in Prince Edward Island in 1996, the Circle of Health continues to gain popularity nationally and internationally. The purpose of this session is to introduce the theoretical basis of the Circle of Health and how it can be applied in diverse ways to strengthen and guide the development of healthy and safe communities.

This workshop will provide a presentation on the background and development of the Circle of Health; Engage participants in analysis of case stories of its application; and discuss the breadth of its potential applications. At the end of the session, participants will have gained familiarity and an introductory level use of the Circle of Health in strengthening community action.



PRESENTERS' BIOGRAPHIES: **Patsy Beattie-Huggan** holds a Bachelor of Nursing from the University of New Brunswick and an MSc in Nursing and Health Studies from the University of Edinburgh, Scotland. She has a broad background in the health sector as an instructor and administrator in nursing education and as Director of Community Development for the PEI Health and Community Services System during health reform of the '90s. During that time Patsy played a key in facilitating the development of the Circle of Health. She is currently principal of The Quaich Inc. a consulting company located in Charlottetown which amongst other things, develops and markets innovative health promotion knowledge products. Patsy and her team are currently enjoying their role of coordinating the 2005 Atlantic Summer Institute on Healthy and Safe Communities at UPEI. She lives in Charlottetown with her husband Lyall, pals Tessa (canine) and Bob (feline), and is only a phone call away from her two adult children in Germany and Newfoundland.

Michelle Everest is a licensed Doctor of Naturopathic Medicine in private practice in Toronto, Ontario. She is a founding member and Director of Research of the Association of Perinatal Naturopathic Doctors (APND).

Michelle is currently completing her PhD studies in Community Psychology at Wilfred Laurier University with a focus on community health. As a partner member of the National Network on Environments and Women's Health (NNEWH), she has recently collaborated on a national consultation pertaining to women's urban health issues. She has been an active conference presenter and workshop facilitator on a variety of health-related research projects throughout her career. Michelle, who is the mother of two young daughters, will be a facilitator at the York University Summer Institute Mothering, Work and the Family in July 2005.

SERIES 2: CONCURRENT SESSION 5	
«The Effectiveness of Community Interventions: a New Framework»	Thursday, June 23, 9:00-10:30 a.m.
Suzanne Jackson, Director	Centre for Health Promotion, University of Toronto

SUMMARY: The Public Health Agency of Canada and the Canadian Consortium for Health Promotion Research have been working together since 2003 to develop a framework to assess the effectiveness of community interventions in the federal government contributions programs. This framework provides a way that community contexts, community engagement, and collaborations in addition to outcome evaluations can be an important part of assessing the effectiveness of community interventions. The



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framework will be presented and participants will be given an opportunity to use it individually and as a group to explore its application. Although this is still a work in progress, it represents some of the latest thinking in this area.

PRESENTER'S BIOGRAPHY: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for ten years in Canada and internationally and she has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, and Brazil.

SERIES 2: CONCURRENT SESSION 6	
«What have we learned about strengthening community action?»	Thursday, June 23, 11:00 a.m. - 12:30 p.m.
Malcolm Shookner, M.A. Regional Development Coordinator	Atlantic Health Promotion Research Centre, Dalhousie University

SUMMARY: In this final session of the "strengthening community action" theme, Malcolm Shookner will help the participants see the connections between all of the sessions in their concurrent theme in relation to the theories and models previously presented.

- Which models work best for participants?
- What can they take home and put to use?

There will be small groups where participants will discuss how to implement the ideas from the speakers in their own workplaces.



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Issues and ideas previously collected at the end of each day will also be discussed.

PRESENTER'S BIOGRAPHY: **Malcolm Shookner** has over 30 years of experience in human services, community development, health promotion, and social policy. He has been an active participant in the social development, anti-poverty, human rights and healthy communities movements in Canada and internationally. He is currently the Coordinator for the Rural Communities Impacting Policy (RCIP) Project, a partnership between the Coastal Communities Network (CCN) in Nova Scotia and the Atlantic Health Promotion Research Centre (AHPRC) at Dalhousie University. He is also the Regional Development Coordinator for AHPRC.

CONCURRENT SERIES 3
CREATING SUPPORTIVE ORGANIZATIONAL ENVIRONMENTS
(GENERAL STREAM CURRICULUM)

SERIES 3: CONCURRENT SESSION 1	
«Navigating the Workplace Health -Productivity Matrix: Concepts and Options»	Monday, June 20, 1:30-3:00 p.m.
Martin Shain, Senior Scientist	Centre for Addiction and Mental Health

SUMMARY: This session will provide an introduction to "The Workplace Health-Productivity Matrix". Developed for Health Canada, this is a map of the various approaches that can be taken when conceptualizing and planning health promotion initiatives in workplace settings. The various approaches differ according to the relative emphasis placed on health and productivity as primary concerns, values or motivating factors. The approaches vary also in terms of their relative emphasis on individual or organizational influences on health and productivity.

As a way of helping potential users choose where they want to enter the Matrix, a "Navigator" in the form of a brief self-scored questionnaire is provided in Part 2 of the session which will be facilitated. Part 2 will also attempt to locate the material to which participants have been exposed during the week within this matrix or framework.

PRESENTER'S BIOGRAPHY: **Dr. Martin Shain** is Founder and Director of the newly formed Neighbour at Work Centre, dedicated to the promotion of fairness and reasonableness in employment and other contractual working relationships. (www.neighbouratwork.com)



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Martin is also

- a Senior Scientist at the Centre for Addiction and Mental Health in Toronto.
- cross-appointed with the Department of Public Health Sciences in the Faculty of Medicine at the University of Toronto.
- Scientific Advisor to the Global Business and Economic Roundtable on Addiction and Mental Health.

His background includes Law, Criminology and Social Sciences. His interests have been focused for the last ten years on ways of modifying the organization and design of working and learning environments to make them both more health promoting and effective. Currently he is working on policy, research, development and evaluation projects with, among others, Weyerhaeuser and the IWA, B.C. Hydro, Health Canada, The Canadian Safe School Network, the Department of National Defence, the Canadian Diabetes Association, the Ontario Physical Health Education Association and the Toronto Police Service. He is also a partner in projects with the National Quality Institute. He writes and speaks extensively on the subject of health, productivity and social capital.

SERIES 3: CONCURRENT SESSION 2	
«Creating Supportive Work Environments»	Tuesday, June 21, 9:00-10:30 a.m.
Nora Spinks, President	Work-Life Harmony Enterprises

SUMMARY: Work-life balance: employees want it, managers need it, and organizations and society can't afford to ignore it! Success and prosperity depends on healthy individuals and healthy communities. People have multiple responsibilities, diverse needs and often conflicting priorities. People need work experiences where they can reach their full potential, be fully engaged, meet their personal and professional goals and objectives and be able to make a contribution to their communities. Exceptional leaders create work environment where people can achieve work-life harmony. Learn how successful organizations around the world are implementing workplace policies, programs and practices, governments are establishing public policies and communities are offering supports to help families achieve work-life harmony.

PRESENTER'S BIOGRAPHY: **Nora Spinks** is President of Work-Life Harmony Enterprises, an international consulting and training firm based in Toronto. For more than 20 years, Nora has been providing leadership to leading corporations, governments, labour



and community groups on work-life issues by focusing on creating supportive work environments, strengthening families and building healthy communities.

An experienced researcher and consultant, Nora has developed and implemented a variety of unique federal, provincial, community and corporate programs focusing on employee health and well-being, family care, workplace flexibility and work-life harmony. She developed Canada's first national Family Care resources and referral program and the first national network of employer-supported short term and seasonal childcare services. She is currently involved in the development of back-up childcare centres in Toronto and advocating for workplace and community supports for families with extraordinary care needs.

As a recognized leading authority on work-life issues Nora is a sought after media contact and is quoted and profiled widely in print and on radio and television nationally. She is the author of The Manager's Work-Family Tool Kit, a frequent contributor to Canadian HR Reporter and HR Professional, and a regular lecturer Rotman School of Management at U. of T., Schulich School of Business at York University, Richard Ivey School of Business at the University of Western Ontario, Queen's School Of Business. Nora's work has recently been included in text books; Advancing Women's Careers, and Managing Human Resources.

Nora has been actively involved in the development of the Centre for Families, Work and Well-being (CFWW) at the University of Guelph. Her other community endeavours have included active involvement with the Centre for Workplace and Community Well-being, Canadian Child Care Federation, The Learning Partnership, Conference Board of Canada, and Eva's Place; North York's Emergency Home for Youth.

SERIES 3: CONCURRENT SESSION 3	
«Implementation Issues: Changing Organizational Culture»	Tuesday, June 21, 11:00-12:30 a.m.
Harvey Skinner, Professor and Chair	Department of Public Health Sciences, Faculty of Medicine, University of Toronto

NB -THIS IS A TWO-PART WORKSHOP - PLEASE SEE TOOLBOX (SERIES A)

SUMMARY: Practitioners working in public health and health care organizations are under increasing pressure to increase quality, put prevention into practice and deal more effectively with the behavioural aspects of chronic diseases such as diabetes. Yet,



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they often face organizational barriers and lack of support. Experience shows that if you put good practitioners into poorly organized settings, then the system will 'win out' over time.

This Workshop presents a Five-Step Model for improving health organizations in prevention and behavioural health care:

- Step 1. Build motivation for organizational change
- Step 2. Strengthen organizational capacity for improvement
- Step 3. Identify strategic directions in prevention and behavioural health care
- Step 4. Conduct a critical functions analysis
- Step 5. Improve performance using rapid cycle change and Quality Improvement tools.

The model integrates improvement initiatives at both the individual (practitioner-client/patient) and organizational levels. It provides direction and practical tools for reorienting health care services, one of the five coordinated actions in the WHO Ottawa Charter for Health Promotion. The model and tools are described in a book by Harvey Skinner entitled **Promoting Health Through Organizational Change** published by Benjamin Cummings, San Francisco, 2002.

In this workshop emphasis will be placed on Step 1: changing the organizational culture and building motivation for change. A related Workshop (Toolbox for Organizational Change: Five-Step Model: June 21, 3:30-5:00pm) will present organizational change tools using active learning methods.

PRESENTER'S BIOGRAPHY: **Harvey Skinner** received his PHD in Psychology from the University of Western Ontario. He is a Registered Psychologist in Ontario and a certified trainer in Motivational Interviewing.

Dr. Skinner has extensive experience in organizational change. He led the merger of three academic departments to form the Department of Public Health Sciences at the University of Toronto. This interdisciplinary department, with over 200 faculty and 200 graduate students, functions in Canada as a leading school of public health. As a member of the Board of the Canadian Public Health Association and Canadian Health Network, Dr. Skinner has a special interest in international health and services as consultant in public health. Dr. Skinner has served as an expert advisor to the World Health Organization as well as the U.S. National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse.



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He is the author or co-author of 7 books, over 020 articles and chapters, and various assessment instruments. Dr. Skinner has been a pioneer in the use of computer technology in health. In the 1999s, Dr. Skinner was one of the first to initiate a major program of research on using the Internet for integrating health care and health promotion. Three of his instruments are widely used internationally for assessment.

Internationally, Dr. Skinner was one of the first to focus on a new area linking organizational improvement and health promotion. His expertise and advice are regularly sought by health organizations, governments, universities and practitioners.

SERIES 3: CONCURRENT SESSION 4	
«Diversity and Inclusion»	Wednesday, June 22, 9:00-10:30 a.m.
Baldev Singh Mutta, Community Development Officer	Health Department, Regional Municipality of Peel

WORKSHOP SUMMARY: The presentation is designed to look at how organizations can create supportive environments at work for the inclusion and managing of diversity. A diversity project undertaken at Peel Health will be shared with the participants. The successes and challenges of this project will be highlighted. A question and answer period will follow the presentation.

The presentation will include:

- creating a culture that embraces diversity
- avoid pitfalls - why diversity programs fail?
- conducting a diversity audit
- recruiting for a diverse workplace
- making room at the top
- sharing "Towards Achieving Equal Access at Peel Health" project

PRESENTER'S BIOGRAPHY: **Baldev Mutta** has been working in the community development field for the last 30 years and his community development projects have received international recognition. At the health department, his main area of work is related to diversity and enhancement of Peel Health's programs and services to the diverse communities. He is a Board Member of several social service organizations in Peel and Toronto. He has several research studies to his credit.



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Mr. Mutta is often sought as a speaker on the issues of diversity, cultural competence, cross-cultural counselling skills, organizational change, and community development.

SERIES 3: CONCURRENT SESSION 5	
«Evaluation strategies and Evidence of Success: One Journey Taken To Create A Healthy Learning Community»	Thursday, June 23, 9:00-10:30 a.m.
Noelle Andrews, Director, Organizational Learning and Development	Ontario Nurses Association
Barbrara Ronson, Consultant	Centre for Health Promotion, University of Toronto

SUMMARY: Participants who attend this session will hear about the journey undertaken by ONA to create a workplace aligned with a clear organizational vision for the future of ONA including broad agreement on that desired future among members and staff. Participants will also hear about the initiatives undertaken to align ONA structures, skills, strategies and culture to produce the following strategic outcomes:

- Well-defined and understood strategies for achieving the organizational vision;
- Redesigned work processes to provide improved and more cost effective services;
- An organizational and governance structure aligned to implement those chosen strategies;
- Clear accountabilities in role relationships in all parts of the organization;
- Skills transfer and development to aid the achievement of ONA's vision; and,
- The definition of a new culture at ONA, and sustaining cultural change.

This session will highlight the tools to measure the organization's achievement of these outcomes.

PRESENTERS' BIOGRAPHIES: **Noelle Andrews** is the Director for Organizational Learning and Development with the Ontario Nurses' Association (ONA). She is a Registered Nurse and holds a Masters degree in Leadership and Training from Royal Roads University.

Prior to joining the staff of ONA in 1988 Noelle practiced her profession in teaching and community hospitals. She became involved in ONA and held seats on the ONA Board of Directors from 1983 to 1987 including two years in provincial office as provincial Secretary Treasurer.



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Since joining the staff of the ONA Noelle has worked in many areas including leading the unions Pay Equity activities, government relations, Director of Research, Education and Union Serves for members.

In 1995 Noelle had the opportunity to lead a major initiative focused on transforming Ontario's Health Care System and the Ontario Nurses' Association. The initial External project commenced in 1995, and its focus was on the empowerment of ONA membership and through them influence and shape the way Health Care is delivered and the quality of service provided. The second phase of the project commenced in 1996 and continues to this time. It focuses on the transformation of the Organization through a shared vision for the future, developing shared strategies with both membership and staff; redesigning work processes to improve services to members; aligning structures to implement the strategies; establishing clear accountabilities and role relationships; and ultimately creating a new culture in the organization.

Noelle's career goal is to fuel the creation of learning organizations and influence the values held in society through her chosen work. Her personal goal is to inspire the creation of kinder and gentler environment, where people thrive and grow

Barbara Ronson has been co-chair of the Centre for Health Promotion's and OPHA's Ontario Healthy Schools Coalition for the past 5 years. She previously served as secretary and co-chair of the Centre for Health Promotion's School Health interest group. She obtained her Ph.D. in Education (program evaluation) in 1994 after working as a teacher of English and E.S.L. and computer applications.

Barbara has managed projects and research as a consultant at the Centre for Health Promotion for the past 7 years. Among her contracts have been a "Youth for Health - Ukraine Canada" project; the "Newmarket Youth Health and Active Living project"; the "Community Mobilization Program" of the National Crime Prevention Centre; and a national literacy and health research project. Barbara conducted an initial literature review and discussion paper for the Ontario Physical Health and Education Association's "Active Healthy School Community"/"Living School" initiative funded by the Diabetes strategy of the Ministry of Health and Long Term Care. She has also contributed to papers and think tanks on reducing health disparities funded by the Canadian Institute for Health Research and to a recent book on *Social Determinants of Health: Canadian Perspectives* edited by Dennis Raphael. She is currently conducting research on Active



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and Healthy Schools for the Ontario Physical and Health Education Association (Ophea) and for the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) and OISE/UT.

Barbara is an experienced facilitator and community organizer. She led a community development project involving a Search Conference in East York/East Toronto in 1997 and 1998, helping to forge a team to address the ongoing needs of infants and young children in that community. She also helped bring together a strong team to address the needs of youth in the Newmarket community in 2000 and succeeded in raising over \$50,000 to launch a youth health initiative there. One of that team's latest successes is the opening of a new youth centre and skateboard park as recommended by youth participating in the Newmarket Youth Health and Active Living Project in 2001. She continues to be a team player on a highly successful CIDA funded project on youth health in Ukraine that she and her colleagues at the Centre for Health Promotion helped the Canadian Society for International Health to launch in 1998. She draws heavily on her knowledge of organizational transformation best practices, concepts and tools which she honed as a consultant at Quantum Solutions Canada Inc., a company that specializes in organizational transformation, as well as her knowledge of health promotion theory and practice gained through her work at the Centre for Health Promotion.

SERIES 3: CONCURRENT SESSION 6	
«Where to From Here?»	Thursday, June 23, 11:00-12:30 a.m.
Martin Shain, Senior Scientist	Centre for Addiction and Mental Health

SUMMARY: This session will integrate the work done in the previous sessions of this Concurrent Series and the Small Group session discussions and go on to talk about the trends and upcoming directions within the theme of Creating Supportive Organizational Environments.

PRESENTER'S BIOGRAPHY: **Dr. Martin Shain** is Founder and Director of the newly formed Neighbour at Work Centre, dedicated to the promotion of fairness and reasonableness in employment and other contractual working relationships. (www.neighbouratwork.com)



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**CONCURRENT SERIES 4:
FRANCOPHONE CURRICULUM**

SÉRIES 2: CONCURRENT SESSION <i>in English</i>	
«Models and Theories about Community Action»	Monday, June 20, 1:30 - 3:00 p.m.
Malcolm Shookner, Regional Development Coordinator	Atlantic Health Promotion Research Centre

SUMMARY: This presentation will launch the "strengthening community action" theme of the Ontario Health Promotion Summer School 2005. Malcolm Shookner will present models and theories of community action and change drawn from his own experiences as an activist in the social development, anti-poverty, healthy communities, and human rights movements in Canada and internationally. He will also draw on the best practices and the latest developments to present tools and resources, models of collaboration, and evaluation frameworks. Malcolm will use participatory methods to engage workshop participants in reflecting on their own experiences in relation to these models of community action.

PRESENTER'S BIOGRAPHY: **Malcolm Shookner** has over 30 years of experience in human services, community development, health promotion, and social policy. He has been an active participant in the social development, anti-poverty, human rights and healthy communities movements in Canada and internationally. He is currently the Coordinator for the Rural Communities Impacting Policy (RCIP) Project, a partnership between the Coastal Communities Network (CCN) in Nova Scotia and the Atlantic Health Promotion Research Centre (AHPRC) at Dalhousie University. He is also the Regional Development Coordinator for AHPRC.



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SÉRIES 4: CONCURRENT SESSION en français	
« L'action communautaire : modèles, pratiques et défis »	Tuesday, June 21, 9:00 - 3:00 p.m.
Sonia Racine, Student, Researcher, Trainer	Université de Montréal et Coopérative de consultation en développement <i>La Clé</i>

SUMMARY:

- Les principes de base et les valeurs de l'action communautaire
- Bref historique de l'organisation communautaire comme méthode d'intervention auprès des collectivités
- Principaux modèles de pratique (développement local [et/ou communautaire], action sociale [socio-politique], planning social)
- Illustrations concrètes des trois modèles
- Processus général d'intervention
- Défis actuels de la pratique

PRESENTER'S BIOGRAPHY: Étudiante au doctorat en service social à l'Université de Montréal sur la mobilisation des personnes en situation de pauvreté dans une perspective d'empowerment, démocratique et citoyenne.

- Chercheure et formatrice à La Clé - coopérative de recherche en consultation et développement.
- Animatrice/formatrice pour l'Association des cuisines collectives et créatives de la région de Québec (AC3RQ).
- Organisatrice communautaire à Moisson Québec de 1994 à 2003 et implication dans divers milieux de lutte à la pauvreté, aux inégalités sociales et à l'insécurité alimentaire.
- Animatrice, formatrice et chercheure dans plusieurs projets de recherche sur les cuisines collectives, l'empowerment et les alternatives au dépannage alimentaire ; et auteure de quelques ouvrages et articles sur ces sujets.
- Chargée de cours à l'École de service social de l'Université Laval en organisation communautaire et superviseuse de stages.



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SÉRIES 4: TOOLBOX SESSION en français	
« Santé pour tous dans le nouveau millénaire »	Tuesday, June 21, 3:30 - 5:00 p.m.
Suzanne Schwenger	Centre ontarien d'information en prévention (OPC)
Christiane Fontaine	

SUMMARY: En s'inspirant d'exemples concrets provenant des communautés francophones, cette présentation se veut un survol du concept d'inclusion qui tient compte des déterminants de la santé et ce, dans une perspective de promotion de la santé. Par le biais d'activités d'apprentissage interactives, les participants pourront se familiariser avec les différentes stratégies qui permettent de développer des interventions inclusives. Des thèmes tels que l'engagement communautaire, le concept derrière le développement du sentiment d'appartenance, les indicateurs d'inclusion sociale seront au coeur de cette présentation.

PRESENTERS' BIOGRAPHIES: **Suzanne** travaille dans le domaine de la promotion de la santé au COIP depuis plus de 13 ans. Suzanne Schwenger est titulaire d'une maîtrise en Travail social et éducation. Parmi ses passions: l'engagement communautaire, le développement de politiques publiques et le dialogue électronique. Elle est présentement consultante en promotion de la santé dans le projet « Prévention des AVC », un projet qui a pour but de prévenir les accidents vasculaires cérébraux.

Consultante bilingue en promotion de la santé, **Christiane Fontaine** a acquis de l'expérience dans l'élaboration de ressources pratiques pour les organismes et communautés francophones. Dans le cadre de son travail au COIP, elle offre des services de consultation, de réseautage et de formation (conception et prestation) et travaille à l'édition du bulletin Le Bloc-Notes. Elle a plusieurs années d'expérience dans le développement organisationnel et communautaire, le développement et l'évaluation de programmes et autres sujets reliés à la promotion de la santé.



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SÉRIES 4: CONCURRENT SESSION en français	
« Désengagement, réactivation et mobilisation des communautés Francophones minoritaires en Ontario »	Wednesday, June 22, 9:00- 10:30 a.m.
Marc Grimard, President	Association des communautés Francophones de l'Ontario à Toronto

SUMMARY: Claudine Moïse conclue sa thèse de Doctorat en sociolinguistique ainsi : « plus les personnes s'engagent dans la communauté francophone, plus elles sont pessimistes vis-à-vis sont avenir, et moins les personnes s'impliquent plus elles voient l'avenir de façon positive. »

Comment peut-on expliquer ce paradoxe identitaire dans les communautés Francophones en Ontario? Quels sont les effets de ce paradoxe sur notre intervention quotidienne dans nos communautés respectives, mais surtout sur notre perception de nos communautés? Toutefois, ce paradoxe identitaire peut-il cacher des problématiques sociolinguistiques beaucoup plus complexes tel que le droit de participation, les processus d'exclusion/inclusion, la notion de pureté linguistique, etc?

Cet atelier visera à outiller le/la participante à comprendre en partie la problématique des communautés Francophones de l'Ontario dans son caractère identitaire. Il vise à faire prendre conscience que notre rôle d'intervenant/e en santé ne s'arrête pas seulement à notre description tâches et que nos attitudes, valeurs et croyances ont des impacts sur comment nos communautés s'épanouissent et se perçoivent.

PRESENTER'S BIOGRAPHY : Marcel Grimard est étudiant au Doctorat en Éducation au programme de Sociologie et d'équité sociale. Il a complété sa résidence. Le titre provisoire de sa thèse est : Le discours identitaire des Queers Francophones de Toronto : de l'acte de l'invisibilité à la reconnaissance de sa contribution dans le discours communautaire. Il a participé à plusieurs recherches dont la Recherche *Prise de parole* qui étudiait le discours identitaire des communautés francophones minoritaires de l'Ontario et de l'Acadie sous la direction de Monica Heller et Normand Labrie du Centre recherche en éducation Franco-Ontarienne, associé avec l'Institut de recherche pédagogique de l'Ontario affilié avec l'Université de Toronto. Il a prononcé et écrit de nombreuses conférences au Canada, aux États-Unis et en Europe sur la question du discours identitaire des Queer Francophones.



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Il est présentement co-chercheur avec André Samson de l'Université d'Ottawa sur une étude portant sur l'implication bénévole des personnes Francophones vivant avec le VIH dans les organismes Francophones de Toronto.

Il est également le président du conseil d'administration de l'Association des communautés Francophones de l'Ontario à Toronto (ACFO-TO.) Il est le parrain du projet « Les amis/es des services en Français, » qui a pour but de développer la prise de conscience des Francophones dans la prise en charge personnel de leur droit linguistique.

SÉRIES 4 : BOÎTE À OUTILS en français	
« L'action communautaire en santé »	Wednesday, June 22, 11:00 - 12:30 a.m. and 1:30 - 3:00 p.m.
Jean-Pierre Girard, coordonnateur de recherche	Centre de recherche sur les innovations sociales (CRISES) & Université du Québec à Montréal

SUMMARY:

- 1-De quoi parle-t-on?
- 2-Situer sur le plan du financement et de la prestation, l'action communautaire en santé
- 3-Typologie des modèles d'entreprises collectives (EC) dans les services de santé
- 4-Quelques modèles d'EC dans les services de santé
- 5-Facteurs de succès et d'échecs dans la mise en place d'une EC dans le domaine de la santé : le cas du Québec

PRESENTER'S BIOGRAPHY: Spécialiste en entreprise collective de type coopérative et association, **Jean-Pierre Girard**, M.A. B.Sc. B.A. partage son temps entre des activités de recherche et d'enseignement universitaire, la consultation en plus de siéger sur de nombreux conseils et comités.

Depuis le milieu des années 1990, s'intéressant en particulier au développement des entreprises collectives dans le domaine de la santé, Jean-Pierre Girard compte à ce sujet des dizaines de publications incluant des guides pratiques et de nombreuses conférences au Canada et à l'étranger, notamment en Haïti, au Royaume-Uni, en Espagne et en Norvège. Il siège entre autres au forum de la population de l'Agence de développement de réseaux locaux de services de santé et de services sociaux de Montréal, au comité santé du Conseil de la coopération du Québec et depuis 2001, à titre de représentant du Conseil Canadien de la



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Coopération, au bureau de direction du *International Health Co-operative Organisation*, organisme spécialisé de l'Alliance coopérative internationale situé à Genève en Suisse.

SÉRIES 4: PERSONAL DEVELOPMENT WORKSHOP en français	
« Chanter pour notre santé »	Wednesday, June 22, 3:30 - 5 :00 p.m.
Annette Chrétien, Professeur and Musician	Wilfrid Laurier University (Brantford campus)

SUMMARY: Cette sessions explore les plusieurs façons dans laquelle la musique peut servie à dis tresser notre vie. Le but sera d'examiner. La musique comme outil social, pratique spirituelle, et personnelle. Nous allons écouter, discuter, et chanter pour développer un sens de la musique comme une activité importante pour la santé.

PRESENTER'S BIOGRAPHY : **Annette Chrétien** est une musicienne et ethnomusicologue. Elle vienne de Sudbury, Ontario. Elle est candidate au Doctorat à l'Université York et professeur à l'Université de Wilfrid Laurier (campus Brantford) où elle enseigne les Études Autochtones et Études contemporaines.

SÉRIES 2: CONCURRENT SESSION 5 en anglais	
«The Effectiveness of Community Interventions: a New Framework»	Thursday, June 23, 9:00 - 10:30 a.m.
Suzanne Jackson, Director	Centre for Health Promotion, University of Toronto

SUMMARY: The Public Health Agency of Canada and the Canadian Consortium for Health Promotion Research have been working together since 2003 to develop a framework to assess the effectiveness of community interventions in the federal government contributions programs. This framework provides a way that community contexts, community engagement, and collaborations in addition to outcome evaluations can be an important part of assessing the effectiveness of community interventions. The framework will be presented and participants will be given an opportunity to use it individually and as a group to explore its application. Although this is still a work in progress, it represents some of the latest thinking in this area.



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PRESENTER'S BIOGRAPHY: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for ten years in Canada and internationally and she has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, and Brazil.

SÉRIES 2: CONCURRENT SESSION 6 en anglais	
«What have we learned about strengthening community action?»	Thursday, June 23, 11:00 a.m. -12:30 p.m.
Malcolm Shookner, M.A. Regional Development Coordinator	Atlantic Health Promotion Research Centre, Dalhousie University

SUMMARY: In this final session of the "strengthening community action" theme, Malcolm Shookner will help the participants see the connections between all of the sessions in their concurrent theme in relation to the theories and models previously presented.

- Which models work best for participants?
- What can they take home and put to use?

There will be small groups where participants will discuss how to implement the ideas from the speakers in their own workplaces. Issues and ideas previously collected at the end of each day will also be discussed.



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PRESENTER'S BIOGRAPHY: **Malcolm Shookner** has over 30 years of experience in human services, community development, health promotion, and social policy. He has been an active participant in the social development, anti-poverty, human rights and healthy communities movements in Canada and internationally. He is currently the Coordinator for the Rural Communities Impacting Policy (RCIP) Project, a partnership between the Coastal Communities Network (CCN) in Nova Scotia and the Atlantic Health Promotion Research Centre (AHPRC) at Dalhousie University. He is also the Regional Development Coordinator for AHPRC.



TOOLBOX SESSIONS

*THERE ARE TWO TOOLBOX SESSSIONS - A AND B
PARTICIPANTS HAVE SELECTED ONE IN EACH SESSION.*

*NB Those attending French-language Concurrent
Series 4 do not attend these sessions.*

SESSIONS A: TUESDAY, JUNE 21, 3:30 - 5:00 P.M.

TOOLBOX A - ABORIGINAL STREAM

«Community-Centred Approach to Suicide Prevention, Intervention and Postvention»	Tuesday, June 21, 3:30 - 5:00 p.m.
Dennis Windego	Therapist, Consultant and Trainer

SUMMARY: This presentation will provide comprehensive information about suicide; facilitate an understanding of community issues relevant to suicide; introduce skills and techniques helpful in counselling individuals and/or families affected by suicide; and provide an opportunity to explore community-centered approaches for suicide prevention, intervention and postvention programs.

PRESENTER'S BIOGRAPHY: **Dennis Windego** is a graduate of the Prairie Region Centre for Focusing in Winnipeg Manitoba and a Coordinator on faculty with the International Focusing Institute in New York. He is extensively trained in the therapeutic technique of "Focusing and Complex Posttraumatic Stress Disorders". Dennis is the founding member and Principal Director of the Aboriginal Peoples Training Programs in Thunder Bay, Ontario. He works as a therapist and also facilitates therapeutic healing programs. In this profession he handles many life issues, for example, conflict, childhood trauma, suicide, residential school trauma, intergenerational trauma, sexual abuse, addictions, grief and complex grief and survivors of torture. He also assists communities in evaluating their healing needs and developing and implementing healing and aftercare programs. Dennis designs and facilitates training conferences for frontline workers. He participates as a guest speaker at conferences and healing circles for such organizations involving the judicial, education and health systems.



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TOOLBOX A - ABORIGINAL STREAM	
«Aboriginal Healing and Wellness Strategy Research and Evaluation Framework»	Tuesday, June 21, 3:30 - 5:00 p.m.
Michèle Harding, Manager	Aboriginal Healing and Wellness Strategy

SUMMARY: The Aboriginal Healing and Wellness Strategy has adopted a new framework to guide all research and evaluation activities, including the monitoring of service performance. The framework is based on the cultural underpinnings of the Strategy.

The presentation will provide an overview of the AHWS framework, as well as current and proposed service performance reporting, research and evaluation tools, and an update on what has been learned to date.

PRESENTER'S BIOGRAPHY: **Michèle Harding** was trained in social work, community organizing, and policy development and planning. Following graduation from the Masters in Environmental Studies Program at York University, she worked as an independent consultant for community, non-profit and labour organizations providing policy analysis, program development and consumer advocacy, and for federal, provincial and municipal government departments to provide policy and legislative analysis and development relating to community health and social services. She joined the Ontario Public Service in 1993 to work with the Ministry of Health and Long-Term Care providing support and training for government appointees to health agencies, boards and commissions, and for several years, she also managed Ontario's health appeal and review tribunals.

Michèle took over management of the Aboriginal Healing and Wellness Strategy in May 1999 and worked with AHWS until December 2001, when she moved to the Ontario Women's Directorate to become its manager for stakeholder relations and policy development. In November 2003, Michele was asked to return to the AHWS Secretariat on secondment to support and facilitate the renewal of the Strategy for a third five-year term. She was confirmed again as the permanent manager in July 2004.



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TOOLBOX A - GENERAL STREAM	
«Toolbox for Organizational Change: Five-Step Model»	Tuesday, June 21, 3:30 - 5:00 p.m.
Harvey Skinner, Professor and Chair	Department of Public Health Sciences, Faculty of Medicine, University of Toronto

NB -THIS IS A TWO-PART WORKSHOP - PARTICIPANTS MUST HAVE ATTENDED THE FIRST PART- CONCURRENT SESSION 3, IN CONCURRENT SERIES 3 (CREATING SUPPORTIVE ORGANIZATIONAL ENVIRONMENTS)

SUMMARY: This toolbox session builds on the author's Workshop "Implementation Issues: Changing Organizational Culture" (June 21, 11:00-12:30) that addressed the challenges of changing organizational culture and building motivation for change. A Five-Step Model is reviewed for improving health organizations in health promotion, prevention and behavioural health care:

- Step 1. Build motivation for organizational change
- Step 2. Strengthen organizational capacity for improvement
- Step 3. Identify strategic directions in prevention and behavioural health care
- Step 4. Conduct a critical functions analysis
- Step 5. Improve performance using rapid cycle change and Quality Improvement tools.

Selected organizational change tools will be presented using active learning methods. The model provides direction and practical tools for reorienting health services, one of the five coordinated actions in the 1986 WHO Ottawa Charter for Health Promotion. The model and tools are described in a book by Harvey Skinner entitled **Promoting Health Through Organizational Change** published by Benjamin Cummings, San Francisco, 2002.

PRESENTER'S BIOGRAPHY: **Harvey Skinner** received his PHD in Psychology from the University of Western Ontario. He is a Registered Psychologist in Ontario and a certified trainer in Motivational Interviewing.

Dr. Skinner has extensive experience in organizational change. He led the merger of three academic departments to form the Department of Public Health Sciences at the University of Toronto. This interdisciplinary department, with over 200 faculty and 200 graduate students, functions in Canada as a leading school of public health. As a member of the Board of the Canadian Public Health Association and Canadian Health Network,



Dr. Skinner has a special interest in international health and services as consultant in public health. Dr. Skinner has served as an expert advisor to the World Health Organization as well as the U.S. National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse.

He is the author or co-author of 7 books, over 020 articles and chapters, and various assessment instruments. Dr. Skinner has been a pioneer in the use of computer technology in health. In the 1999s, Dr. Skinner was one of the first to initiate a major program of research on using the Internet for integrating health care and health promotion. Three of his instruments are widely used internationally for assessment.

Internationally, Dr. Skinner was one of the first to focus on a new area linking organizational improvement and health promotion. His expertise and advice are regularly sought by health organizations, governments, universities and practitioners.

TOOLBOX A -GENERAL STREAM	
«Making a more Food Secure World: Examples from Brazil and Canada»	Tuesday, June 21, 3:30 - 5:00 p.m.
Debbie Field, Executive Director	FoodShare Toronto
Ellen Desjardins, Public Health Community Nutritionist	Waterloo Region Public Health Department

SUMMARY: *The Brazilian Experience: from Sacalo Markets to the Zero Hunger Movement:* The Brazilian anti-hunger movement is the most developed in the world, For over a decade they have implemented some of the world's most innovative programs. Now their new president Lula has committed to ending hunger. Debbie Field will describe the Brazilian Zero Hunger movement and their innovative food security programs. (Debbie Field)

Foodlink Waterloo Region: connecting farmers and consumers: Foodlink Waterloo Region is an example of how civil society takes over the task of creating rural-urban links and promoting localization of the food system. Ellen Desjardins will talk about how public health initiated this organization, and the connection between local seasonal food, public health and community food security.



PRESENTERS' BIOGRAPHIES: **Debbie** has been the Executive Director of FoodShare Toronto for the past thirteen years and has helped to build FoodShare into Canada's largest food security organization, with the mission of working with communities to improve access to affordable, healthy food -- from Field to Table.

Building on the organisation's anti-poverty agenda, FoodShare now also focuses on nutrition concerns and the need for a sustainable agricultural system. Believing in the power of food, they work to change the way our society sees food. Rather than fast food, FoodShare promotes home cooking. Rather than eating on the run, FoodShare promotes meals as opportunities for families, friends and communities for sharing and community building. Rather than any food at all, FoodShare encourages locally grown healthy food. A long standing social movement activist, Debbie has been credited with bringing hope to community organising during tough times of government cutbacks by focussing on grass roots mobilization.

Ellen has a Master's Degree in Community Health from the University of Toronto. She has worked as a public health nutritionist at Toronto Public Health and Region of Waterloo Public Health for 19 years. Her primary focus has always been food security - first at the individual level and later at the population health level. Currently, Ellen is involved with a "health determinants" approach to food, which means gathering data and building community involvement to change public policy in Waterloo Region. As a nutritionist, she works with farmers, politicians, planners, environmentalists, academics, NGOs and other stakeholders to collectively improve the overall food system.

TOOLBOX A -GENERAL STREAM	
«Canadian Health Network»	Tuesday, June 21, 3:30 - 5:00 p.m.
Krissa Fay, Network Development Coordinator	Health Promotion Affiliate, Canadian Health Network
Wendy Pinder, Project Manager	

SUMMARY: This session will provide an overview of the Canadian Health Network (CHN) www.canadian-health-network.ca a bilingual, non-commercial website providing an extensive collection of over 17,000 resources on health promotion, and disease and injury prevention information to all Canadians. The website is supported by a pan-Canadian network of over 26 independent health care organizations, covering a wide range of disease, health issues and population groups working collaboratively to bring a



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health promotion framework to the CHN resource collection and communications. In addition, CHN is now part of the newly created Public Health Agency of Canada (PHAC) and as such is positioned to become the main consumer portal for health information.

This workshop will provide an overview of CHN and what it has to offer, to both consumers and health intermediaries. It will demonstrate how to access the collection of resources, review the range of communications and specially written how-to articles, and provide some examples to show the significant collaboration behind the scenes. The workshop will also provide an opportunity to discuss how health promotion applies to CHN and explore the direction for the future.

PRESENTERS' BIOGRAPHIES: **Krissa Fay** is the Network Development Coordinator for the Health Promotion Affiliate, Canadian Health Network (CHN) Project. Her role is to build and support partnerships and collaborations with the CHN and its affiliates, regional networks, and other health organizations to develop the health promotion capacity of the CHN and its Website. Krissa completed a Master's Degree in Social Work with a concentration in social welfare policy in 2000. Since then she has worked in research, community development and capacity building, and program evaluation with a number of social planning, public health and social services organizations.

Wendy Pinder is Project Manager for the Health Promotion Affiliate, Canadian Health Network (CHN) Project. She holds a Master's degree in Health Policy, Management and Evaluation (MHSc) and brings over 15 years experience in managing and developing community health programs at both the local and provincial levels. More recently, for the past 3 years Wendy launched a Consulting Practice, specializing in strategic planning, program innovation and re-design and project management with a special interest in health promotion, service coordination and in leading systems building and strategic planning activities.

TOOLBOX A - GENERAL STREAM	
«Clear Language and Literacy and Health»	Tuesday, June 21, 3:30 - 5:00 p.m.
Elsie Petch, Consultant	

SUMMARY: The challenge is to reach the largest number of people with a range of literacy and language abilities with relevant health messages in order to facilitate their health decision making. This workshop is intended to increase the awareness of



participants to the links between literacy and health. *Literacy and Health in Canada: What We Have Learned and What Can Help in the Future? A Research Report* will be reviewed as background. The workshop will also introduce the principles and practice of clear language and design. In a hands-on exercise participants will review selected health information materials and make suggestions to improve the readability of the information.

PRESENTER'S BIOGRAPHY: **Elsie Petch** has a MHS in Health Promotion from U of T. She has 15 years of experience working with, and for, community members to produce clear health messages. Their work has received several national and international Best Practices.

More recently, Elsie worked with authors Barbara Ronson and Irving Rootman to produce a clear language edition of *Literacy and Health in Canada*. The paper was translated into French and was made available as pre conference reading for the Canadian Public Health Conference, in Ottawa, October, 2004.

TOOLBOX A - GENERAL STREAM	
«Creating Enabling Environments»	Tuesday, June 21, 3:30 - 5:00 p.m.
Esther Ignani, Researcher	School of Disability Studies, Ryerson University
Fran Odette, Program Coordinator	Education Wife Assault

SUMMARY: This workshop explores how disability is created in work environments. Taking a broad view of 'work', participants will map how the places in which they work not only fail to accommodate physical and mental difference, but exacerbate and fosters a hierarchy among these differences.

PRESENTERS' BIOGRAPHIES: **Esther Ignagni** is a community-based researcher and worker, primarily around disability, youth and community health issues. She lectures on disability and community work at Ryerson University and is currently completing her doctoral thesis in the Department of Public Health Sciences at the University of Toronto.

Fran Odette is the Program Coordinator of the Women with Disabilities and Deaf Women's Program at Education Wife Assault. She has been working in the area of violence prevention for approximately 15 years, with a focus on access to services and service delivery/programming for women living with disabilities



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fleeing violence. She has also co-authored a book with Cory Silverberg and Miriam Kaufman entitled **The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain and Illness** by Cleis Press, 2004.

TOOLBOX A - GENERAL STREAM	
«Health Promotion in Hospitals»	Tuesday, June 21, 3:30 - 5:00 p.m.
Ted Mavor, Coordinator of Health Promotion	Grand River Hospital, Kitchener
Kimberley Meighan, Manager, Health Information	AboutKidsHealth, Family Resource Centre, The Hospital for Sick Children

We will also include variety of potential models or design; Examples will be given on what types of health promotion initiatives have been done in a downtown paediatric hospital, and community hospital, including partnerships with the community, patients, families, and staff. We will share information on evaluating the effectiveness of health promotion initiatives and how we link with the broader community.

SUMMARY: In this workshop, we will review origins of healthy settings and health promoting health care facilities and why hospitals should be involved in health promotion.

We will also include variety of potential models or design; Examples will be given on what types of health promotion initiatives have been done in a downtown paediatric hospital, and community hospital, including partnerships with the community, patients, families, and staff. We will share information on evaluating the effectiveness of health promotion initiatives and how we link with the broader community.

PRESENTERS' BIOGRAPHIES: **Ted Mavor** is the Coordinator of Health Promotion and the Professional Leader, Social Work at the Grand River Hospital. In addition to an affiliation with both the University of Toronto's Centre for Health Promotion and the University of Waterloo's Centre for Applied Health Research, Ted has been a key organizer of Ontario Hospital Association's Annual Convention and Exhibition's first two hospital health promotion sections. Ted coordinates two health promotional newsletters (national and international) which he initiated and has written two books on hospital health promotion for the Canadian Healthcare Association. Ted provides public speaking sessions, and chairs at national and WHO international conferences on



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health promotion hospitals. He is also the Canadian representative to the World Health Organization's International Network of Health Promoting Hospitals.

Kimberley Meighan is a registered nurse at the AboutKidsHealth, Family Resource Centre at The Hospital for Sick Children Toronto, Ont. She completed the "Nursing Care Leadership/Management Program at McMaster University and is continuing in her studies. She currently manages a busy family resource centre and provides families, patients, staff and the community with health and wellness information. She collaborates with partners within the hospital and community and plans, develops and evaluates health promotion initiatives within the hospital. Additionally, she is actively involved with community groups focusing on injury prevention initiatives.

SESSIONS B: WEDNESDAY, JUNE 22, 1:30 - 3:00 P.M.

TOOLBOX SESSION B - ABORIGINAL STREAM	
«Medicine Wheel Teachings for Individuals and Families - practical application»	Wednesday, June 22, 1:30 - 3:00 p.m
Herbert Nabigon, Associate Professor	Native Human Services, School of Social Work, Laurentian University (Sudbury)

SUMMARY: This presentation will explore community as seen through the Medicine Wheel and the five colours of the spiritual teachings of Cree people - from a practical perspective.

PRESENTER'S BIOGRAPHY: **Herbert Nabigon's** Spiritual Name is Maangiins (which means Little Loon). Herb is from Pic River First Nation. He received his MSW degree in social work from Carleton University, 1977. He has been an elementary and high school teacher and he was a senior policy analyst for the department of Indian Affairs, in Ottawa.

Since 1989 to the present, Herb is an Associate Professor with the Native Human Services BSW Social Work program at Laurentian University in Sudbury, and is currently the coordinator of the program. He was appointed Elder for the Assembly of First Nations (A.F.N.) in May of 1977 where his role is to provide spiritual guidance and was a senior advisor to the research process. He continued with the Assembly of First Nations until June 1998.



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In the Native community, an Elder is a Medicine Man and Spiritual Healer. Herb has taken the lead role in working toward healing individuals and communities.

TOOLBOX SESSION - ABORIGINAL STREAM	
«Exploring the connection between Aboriginal Women's Hand Drumming and Health Promotion (Mino-Bimaadiziwin)»	Wednesday, June 22, 1:30 - 3:00 p.m.
Ghislaine Goudreau, Health Promoter and member of the Waabishki Mkwaa Singers	Sudbury & District Public Health Unit

SUMMARY: The presenter, a member of the Waabishki Mkwaa Singers, an Aboriginal women's hand drumming circle located in Northern Ontario, will describe how her study uncovered the importance of traditional activities, such as hand drumming, in promoting balance and well-being within the Aboriginal communities. Building on strengths and utilizing the community are common to both Aboriginal beliefs and health promotion theories. Health promotion to Aboriginal people is described simply as living the good life (Mino-Bimaadiziwin) and practicing the traditional ways within the Circle of Life also known as the Medicine Wheel. An adapted Circle of Life model was utilized for this study. It incorporated the main elements of self: the physical, mental, emotional, and spiritual as well as the appropriate determinants of health: culture and social support networks. All of these elements, as well as the importance of utilizing an Indigenous Research Methodology, will be discussed.

PRESENTER'S BIOGRAPHY: **Ghislaine Goudreau** is a member of the Algonquin of Pikwàkanagàn. She works as a Health Promoter at the Sudbury & District Health Unit and is in the process of completing her Master of Science Degree in Health Promotion from the University of Alberta via distance education. The title of her thesis is "Exploring the Connection between Aboriginal Women's Hand Drumming and Health Promotion (Mino-Bimaadiziwin). Ghislaine believes in building on the strengths in the Aboriginal community. She has been a member of the women's hand drumming circle, the Waabishki Mkwaa Singers, for 7 years. In 2000, Ghislaine had a vision of studying hand drumming with the members of the Waabishki Mkwaa Singers acting as co-researchers. Together, they utilized an Indigenous Research Methodology to collect and analyze the data. One of Ghislaine's proudest accomplishments was being the Aboriginal Committee Chairperson



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for the 1999 (HPSS) Health Promotion Summer School in Sudbury where an Aboriginal stream was introduced for the first time.

TOOLBOX B - GENERAL STREAM CURRICULUM	
«Wellness: A School-wide Approach to Teaching and Learning»	Wednesday, June 22, 1:30 -3:00 p.m.
Candee Forest, Principal	Sherwood Public School, Oshawa

SUMMARY: This workshop will outline our school's «Guiding Principles», which are based on a view of childhood as an apprenticeship for adult life. We have created activities, interventions and program for students to help to prepare them for "future lives of wellness", by looking at the academic, physical, social and emotional needs of all our students. During the workshop presenters will provide concrete examples of how this is being accomplished.

PRESENTER'S BIOGRAPHY: **Candee Forest** is the principal of Sherwood Public School in Oshawa. She has been an administrator for nine years and prior to that was a Special Education teacher and a regular classroom teacher.

TOOLBOX SESSION - GENERAL STREAM	
«Coalition Building: Harm Reduction in a Largely Rural Area»	Wednesday, June 22, 1:30 - 3:00 p.m.
Charles Shames, Education Coordinator	Peterborough Aids Resource Network (PARN)

WORKSHOP SUMMARY: In this workshop we will outline the steps the coalition has taken to create and maintain this program: The Four Counties Needle Exchange Coalition for people who use injection drugs. We will also outline the ongoing challenges and issues for the program and services. We will look at how we are answering the following questions:

- How do you do health promotion and prevention when the group you're targeting is hard to reach, hidden and/or difficult to serve?
- How do you conduct outreach to a group when the illegality of their substance use and the stigma and shame attached to being part of that group is a significant barrier?

PRESENTER'S BIOGRAPHY: **Charles Shames** is the Education Coordinator for PARN - Your Community AIDS Resource Network, which serves the counties of Haliburton, Northumberland and



Peterborough and the City of Kawartha Lakes. He formerly did health promotion and prevention education for CMHA-Peterborough.

TOOLBOX SESSION - GENERAL STREAM	
«The Role of Self-Help/Mutual Aid in Health Promotion: From Strategy to Practice»	Wednesday, June 22, 1:30 - 3:00 p.m.
Roya Rabbani, Executive Director	Self-Help Resource Centre

SUMMARY: This interactive workshop will explore some of the self-help/mutual aid strategies which can be used by practitioners to promote health. Strategies covered include: shared leadership, group peer support, facilitation skills, empowerment approaches. The workshop will also share some of experiences of the SHRC/OSHNET in implementing health promotion projects to provide concrete examples.

PRESENTER'S BIOGRAPHY: **Roya Rabbani** is the Self-Help Resource Centre's Executive Director. She has worked with diverse communities nationally and internationally. She holds a B.Sc. from University of Guelph and a Master of Social Work from Wilfried Laurier. She has been the Executive Director of Jamaican Self-Help, managing CIDA-run projects in Jamaica, Executive Director of Ontario Council for International Cooperation, and a consultant with Foundation for International Training.

As the Executive Director of the Self-Help Resource Centre, utilizing the self-help/mutual aid methods, Roya has developed innovative projects, such as Diversify the Source, Enhance the Force; Mutually Ours, Building Wholesome Communities Everywhere; and Empowering Stroke prevention Project

TOOLBOX SESSION - GENERAL STREAM	
«Children's Health and the Environment: the Need for Protection and Action for Prevention»	Wednesday, June 22, 1:30 - 3:00 p.m.
Dorothy Goldin Rosenberg	Education and Film Consultant

SUMMARY: In recent years, the rise in environmentally related children's conditions has become a cause for concern among many parents, health professionals, educators, government policy makers and the Canadian public who realize that children need protection from an environment which has become increasingly toxic. The key Canadian/North American health outcomes with epidemiological evidence of links to environmental hazards are:



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asthma, cancer, neuro-behavioural and developmental effects, low birth weight and birth defects (Rod Raphael, Director General, Safe Environments Programme, Healthy Environments, Consumer Safety Branch, Presented at Canadian Association of Physicians for Environment (CAPE) public meeting, Nov.2000).

This workshop will highlight issues in the growing public debate about the implications of our contaminated world on children's health in the context of primary prevention on these issues. "Clips" from **If You Love Our Children: Children** will be shown and discussed. Participants will engage in addressing the question: if many children's adverse health conditions are largely environmentally linked, can they therefore be largely preventable?

The workshop is designed to raise awareness, explain the issues and present safe alternatives to harmful substances in the air, water, food and soil with the aim of education and action for prevention. Resources will avail participants with tools to engage in education and action for healthy homes, communities, workplaces and the earth - intended to encourage engagement in personal, social, and policy change.

PRESENTER'S BIOGRAPHY: **Dorothy Goldin Rosenberg** holds a Masters in Environmental Studies (York University) and a PhD (University of Toronto). An education and film consultant, she researches, writes and speaks on environmental health, equality, social, economic and environmental justice, peace and energy issues. She has worked with the National Film Board, schoolboards, non-governmental organizations, health professional and policy groups on these issues. She was principle research consultant and associate producer of the documentary video, **Exposure: Environmental Links to Breast Cancer** and researcher/writer of the accompanying guidebook called **Taking Action for a Healthy Future**. She has led numerous trainers' workshops using these materials as educational tools.

Volunteer Education Coordinator of the Women's Healthy Environments Network (WHEN), she teaches the SESE course called Environmental Health, Education and Policy Change: Feminist Approaches to Social and Ecosystem Healing at OISE/UT. She was director of *Les femmes s'en melent: Making a World of Difference: A Directory of Women in Canada Specializing in Global Issues* (development, environment, peace and related social justice and economic issues); was the Development and Disarmament Coordinator of the Canadian Council for International Cooperation (1986-88); is affiliated with: WHEN, the Breast Cancer Prevention Coalition, the Voice of Women for Peace, the Cancer Prevention Group of the Centre for Health Promotion, University of Toronto; the 9th



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International Women and Health Meeting, the Canadian Association of Physicians for the Environment, Physicians for Global Survival, National Network on Environments and Women's Health, Centre of Excellence (NNEWH), York University (2000-04), Canadian Association for the Study of Adult Education. She is co-editor (with George Dei and Budd Hall) of *Indigenous Knowledge: Multiple Readings of Our World*, University of Toronto Press (2000).

Her awards include: the Commemorative Medal for the 125th Anniversary of the Confederation of Canada, a Governor General of Canada Award; the United Nations Environmental Program Award (UNEP) for Environmental Stewardship and the Canadian Auto Workers (CAW) Award for Cancer Prevention.

She is currently researching and producing a documentary on children's health and the environment. She is mother of Pamela Rosenberg Vennin and Matthew Jay Rosenberg and grandmother of Rosie Annabelle, Sydney Helena and Magali Elianne Vennin most important of all!)

TOOLBOX SESSION - GENERAL STREAM	
«Diversity and Inclusion»	Wednesday, June 22, 1:30 - 3:00 p.m.
Baldev Singh Mutta, Community Development Officer	Health Department, Regional Municipality of Peel

SUMMARY: The presentation is designed to look at how organizations can create supportive environments at work for the inclusion and managing of diversity. A diversity project undertaken at Peel Health will be shared with the participants. The successes and challenges of this project will be highlighted. A question and answer period will follow the presentation.

The presentation will include:

- creating a culture that embraces diversity
- avoid pitfalls - why diversity programs fail?
- conducting a diversity audit
- recruiting for a diverse workplace
- making room at the top
- sharing "Towards Achieving Equal Access at Peel Health" project

PRESENTER'S BIOGRAPHY: **Baldev Mutta** has been working in the community development field for the last 30 years and his community development projects have received international recognition. At the health department, his main area of work is related to diversity and enhancement of Peel Health's programs and services to the diverse communities. He is a Board Member of



several social service organizations in Peel and Toronto. He has several research studies to his credit.

Mr. Mutta is often sought as a speaker on the issues of diversity, cultural competence, cross-cultural counselling skills, organizational change, and community development.

TOOLBOX SESSION - GENERAL STREAM	
«Playing the 'Funding Game' - Effective Strategies and Proposal-Writing Tips»	Wednesday, June 22, 1:30 - 3:00 p.m.
Leila Sherriff, Community Animator	Ontario Healthy Communities Coalition

SUMMARY: Leila puts her dramatic skills into a Funding Proposal Game that she presents. She has various versions of this, but it can take on a Who Wants to be a Millionaire style, or a basic quiz show. Attend this session and see what she's up to this time. Leila has worked with several funders groups and has their do's and don'ts that they want everyone to know. Very specific tactics to consider will be discussed. In part of this session, participants will go through the 'funding' game, all the while answering questions about what is expected in funding applications and pitfalls to avoid. This is a fun workshop that compliments the OHCC resource Strategies for Effective Proposal Writing (free downloadable or available in hard copy at modest price).

PRESENTER'S BIOGRAPHY: Leila is a graduate from the University of Waterloo with a B.A. in English (Drama). She was involved the Orillia Coalition for a Healthy Community (OCHC) that evolved from a social planning committee prior to joining the OHCC team in 1999. As well, she has been an outreach worker and legal advocate for the local shelter for abused women and a police dispatcher. Leila covers the central part of the province as a Community Animator. She 'animates' community groups in her region with facilitations, consultations, referrals and presentations. She always keeps humour in her work and in her spare time, Leila is a performer with a community theatre troupe. She will be sure to make her session a fun, but very informative session. She is currently seconded to the Ontario Trillium Foundation and will return to OHCC in the Fall.



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TOOLBOX SESSION - GENERAL STREAM	
«Teaching the Social Determinants of Health: A Board Game»	Wednesday, June 22, 1:30 - 3:00 p.m.
Kate Reeve, graduate student Kate Rossiter, graduate student	Health Promotion, University of Toronto

SUMMARY: This workshop will introduce participants to an innovative teaching tool: a board game on the social determinants of health. In addition to being fun to play, this game helps players build empathy with marginalized people and understand connections between social location and health outcomes. After a brief overview of the game, its theoretical underpinnings and its potential uses, workshop participants will get to experience the game for themselves.

PRESENTERS' BIOGRAPHIES: **Kate Reeve and Kate Rossiter** are graduate students in Health Promotion at the University of Toronto.

TOOLBOX SESSION - GENERAL STREAM	
«Facilitating with the Circle of Health»	Wednesday, June 22, 1:30 - 3:00 p.m.
Patsy Beattie-Huggan, Consultant	The Quaich, Inc.
Michelle Everest, Doctor of Naturopathic Medicine and PhD (candidate in Community Psychology)	

SUMMARY: This session is intended for those who have attended the orientation to the Circle of Health or have been using the Circle of Health in their work. Participants will be introduced to the new facilitator's manual. This manual will be used to guide participants through educational role playing situations.

PRESENTERS' BIOGRAPHIES: **Patsy Beattie-Huggan** holds a Bachelor of Nursing from the University of New Brunswick and an MSc in Nursing and Health Studies from the University of Edinburgh, Scotland. She has a broad background in the health sector as an instructor and administrator in nursing education and as Director of Community Development for the PEI Health and Community Services System during health reform of the '90s. During that time Patsy played a key in facilitating the development of the Circle of Health. She is currently principal of The Quaich Inc. a consulting company located in Charlottetown which amongst other things, develops and markets innovative health promotion



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knowledge products. Patsy and her team are currently enjoying their role of coordinating the 2005 Atlantic Summer Institute on Healthy and Safe Communities at UPEI. She lives in Charlottetown with her husband Lyall, pals Tessa (canine) and Bob (feline), and is only a phone call away from her two adult children in Germany and Newfoundland.

Michelle Everest is a licensed Doctor of Naturopathic Medicine in private practice in Toronto, Ontario. She is a founding member and Director of Research of the Association of Perinatal Naturopathic Doctors (APND).

Michelle is currently completing her PhD studies in Community Psychology at Wilfred Laurier University with a focus on community health. As a partner member of the National Network on Environments and Women's Health (NNEWH), she has recently collaborated on a national consultation pertaining to women's urban health issues. She has been an active conference presenter and workshop facilitator on a variety of health-related research projects throughout her career. Michelle, who is the mother of two young daughters, will be a facilitator at the York University Summer Institute Mothering, Work and the Family in July 2005.



PERSONAL DEVELOPMENT WORKSHOPS

*THERE IS ONE PERSONAL DEVELOPMENT WORKSHOP SESSION
PARTICIPANTS HAVE SELECTED THEIR WORKSHOP.*

NB Those attending French-language Concurrent Series 4 will be attending a French-language Personal Development workshop.

PERSONAL DEVELOPMENT WORKSHOPS	
«Aboriginal Hand Drumming Workshop»	Wednesday, June 22, 3:30- 5:00 p.m.
Ghislaine Goudreau	Northern Ontario Aboriginal women's hand drumming circle <i>The Waabishki Mkwaa Singers</i>
Brenda MacIntyre, artist and founding member	<i>Spirit Wind</i>

SUMMARY: In Ontario, many Aboriginal people have returned to the drum, the heart beat of Mother Earth. The healing power of the drum has freed the suppressed voices of countless Aboriginal people and, in turn, those voices are able to share with others.

The hand drumming circle will begin with a short cleansing ceremony (smudging). In the circle, participants will learn various songs and teachings of the Aboriginal hand drum. They will be able to participate in the hand drumming and singing at their own comfort level. All participants, whether they sing, use a drum or shaker or simply listen, will experience relaxation and a sense of the re-energizing heart beat of the drum.

PRESENTERS' BIOGRAPHIES: **Ghislaine Goudreau** is a member of the Algonquin of Pikwàkanagàn. She works as a Health Promoter at the Sudbury & District Health Unit and is in the process of completing her Master of Science Degree in Health Promotion from the University of Alberta via distance education. The title of her thesis is "Exploring the Connection between Aboriginal Women's Hand Drumming and Health Promotion (Mino-Bimaadiziwin). Ghislaine believes in building on the strengths in the Aboriginal community. She has been a member of the women's hand drumming circle, the Waabishki Mkwaa Singers, for 7 years. In 2000, Ghislaine had a vision of studying hand drumming with the members of the Waabishki Mkwaa Singers acting as co-researchers. Together, they utilized an Indigenous Research Methodology to collect and analyze the data. One of Ghislaine's proudest accomplishments was being the Aboriginal Committee Chairperson for the 1999 (HPSS) Health Promotion Summer School in Sudbury where an Aboriginal stream was introduced for the first time.



Brenda MacIntyre, a Juno award-winning Aboriginal and urban music artist, recently graduated from Centennial College's Aboriginal Entrepreneurship Development Program. Brenda's business Get BUTTERFLiED specializes in personal empowerment, stress relief and inspiration through music and meditation. Her Aboriginal drum group Spirit Wind just released their 3rd CD *Awakening*, and she is working on her next solo release *Butterfly Soul*.

PERSONAL DEVELOPMENT WORKSHOPS	
«Understanding and Managing Stress in Our Busy World: A Naturopathic Perspective»	Wednesday, June 22, 3:30- 5:00 p.m.
Michelle Everest, Doctor of Naturopathic Medicine and PhD (candidate in Community Psychology)	

SUMMARY: Participants will be involved in a presentation and interactive discussion on the role that stress plays in health and illness. The physiological, anatomical and psycho-social components of the body's response to stress will provide a background for this workshop topic. Using a health promotion paradigm, Michelle will discuss ways in which naturopathic medicine frames and approaches stress management. Participants will become familiar with Traditional Chinese Medicine, Botanical Medicine, Homeopathy, Hydrotherapy and Bodywork, and Clinical Nutrition as modalities used by naturopathic physicians to address the signs and symptoms of both acute and chronic stressors that impact on our health. The workshop will move beyond the individual realm to incorporate an environmental perspective that includes a discussion of possible strategies at the community and policy levels that would assist in addressing systemic stressors.

PRESENTER'S BIOGRAPHY: **Michelle Everest** is a licensed Doctor of Naturopathic Medicine in private practice in Toronto, Ontario. She is a founding member and Director of Research of the Association of Perinatal Naturopathic Doctors (APND).

Michelle is currently completing her PhD studies in Community Psychology at Wilfred Laurier University with a focus on community health. As a partner member of the National Network on Environments and Women's Health (NNEWH), she has recently collaborated on a national consultation pertaining to women's urban health issues. She has been an active conference presenter and workshop facilitator on a variety of health-related research projects throughout her career. Michelle, who is the mother of two young daughters, will be a facilitator at the York University Summer Institute Mothering, Work and the Family in July 2005.



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PERSONAL DEVELOPMENT WORKSHOPS	
«Yoga»	Wednesday, June 22, 3:30- 5:00 p.m.
Rita Piazza	Certified Yoga Instructor

SUMMARY: Rita will guide the class through gentle Yoga postures, breathing exercises and relaxation techniques. No previous experience or special equipment required. In other words you don't need mats, or gym clothes. Loose fitting, comfortable clothing is recommended.

Participants will enjoy the practical experience of Yoga and its benefits, such as relaxation, stress reduction, healing, toning, and mental, physical and spiritual health.

PRESENTER'S BIOGRAPHY: With over 20 years of yoga experience, and teaching Yoga since 1996. **Rita** teaches Hatha Yoga inspired by Vanda Scaravelli. She also has a background in Iyengar, and Kripalu Yoga. She has studied meditation, Yoga Nidra, imagery work, Chi Qong, dance and other healing modalities. She has a certificate in Shiatsu Therapy and Therapeutic Touch.

PERSONAL DEVELOPMENT WORKSHOPS	
«Emotional Freedom Technique - EFT»	Wednesday, June 22, 3:30- 5:00 p.m.
Jo-Anne Eadie, EFT-CC, EFT-ADV., Cht.	EFT Trainer

SUMMARY: EFT is a method of stimulating acupressure points while keying in on a problem as it eliminates the emotional connection.

EFT is easily learned by anyone and self-applied. No drugs, hypnosis or equipment are involved; no surgical procedures, needles, pills or chemicals; no pushing or pulling on the body. The results are rapid, long-lasting and gentle and in most cases, permanent.

The approach is very empowering because you can help yourself. Everyone can do it and once you learn EFT, it's yours forever!

PRESENTER'S BIOGRAPHY: **Jo-Anne Eadie** has been using and teaching EFT for five years. She sees clients in Group Sessions for weight releasing, smoking cessation and stress. She provides individual appointments for anxiety, stress, phobias, panic attacks, phobias and anger.



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She has been a long-time volunteer with the Brant Sexual Assault Centre and the Rape Crisis Centre of Bradenton, Florida.

PERSONAL DEVELOPMENT WORKSHOPS	
«Wen-Do - Women's Self-Defence» (women only)	Wednesday, June 22, 3:30- 5:00 p.m.
Claire Huang-Kinsley, Certified Instructor	Wen-Do, Women's Self-Defence

SUMMARY: How can we as women respond effectively to threatening, harassing, or violent situations? In this workshop, participants will explore some basic principles of verbal and physical self-defence, learn a few simple physical techniques, and share ideas, strategies, and stories of resistance. Women of all ages and physical abilities are encouraged to attend - the workshop is safe, non-competitive, and fun!

PRESENTER'S BIOGRAPHY: **Claire Huang Kinsley** has been teaching Wen-Do Women's Self-defence since 1992. She has taught courses and workshops for a wide variety of organizations, including the University of Toronto, George Brown College, Education Wife Assault, and the City of Toronto's Parks and Recreation department. She is also a certified facilitator of Child Assault Prevention (CAP) Project workshops for elementary school children.

PERSONAL DEVELOPMENT WORKSHOPS	
«The Resiliency Map: An Innovative Tool to Assess Worker Stress and Coping»	Wednesday, June 22, 3:30- 5:00 p.m.
Yvette Perreault, Director	AIDS Bereavement Project of Ontario

SUMMARY: Resiliency is the capacity of individuals and groups to move forward with hope, clarity and effectiveness in the face of the multiple losses, complex grief, and ongoing transitions related to our human service work.

The Resiliency Map is a practical teaching and healing tool derived from qualitative research on HIV-related multiple losses. The Resiliency Map is a "hands on" teaching tool that has been used cross-culturally in diverse loss related environments to provide understanding about loss and resiliency for bereaved client groups, professionals and community based volunteer, board and agency staff.



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The Map is also a healing tool that allows people to weave a narrative as they walk their journey with loss experiences. The Resiliency Map is a 16 x 16 square foot floor-quilt or "story blanket" with purposely-colored layers and words that reflect the complexity of our loss environments (see below image). This innovative resource is designed to engage people in a meaningful dialogue of our resilient capacity and the complex issues elicited by our involvement in human service work.



PRESENTER'S BIOGRAPHY: Currently the Director of the AIDS Bereavement Project of Ontario and co-creator of Project Sustain, a national program looking at resiliency in the AIDS field, **Yvette Perreault** has been a front-line community organizer and counselor for over 2 decades. She served as AID Support Program Director at the AIDS Committee of Toronto for 8 years and before that worked in the area of violence against women and children. She has Prairie roots, originally from Saskatoon and trained as a Psychiatric Nurse in Brandon, Manitoba. Yvette also consults on organizational development and conflict resolution for community groups.

PERSONAL DEVELOPMENT WORKSHOP	
« Chanter pour notre santé »	Wednesday, June 22, 3:30 - 5:00 p.m.
Annette Chrétien, Professor and Musician	Wilfrid Laurier University (Brantford campus)



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FOR THOSE ATTENDING FRENCH-LANGUAGE SESSIONS ONLY

SUMMARY : Cette sessions explore les plusieurs façons dans laquelle la musique peut servie à dis tresser notre vie. Le but sera d'examiner. La musique comme outil social, pratique spirituelle, et personnelle. Nous allons écouter, discuter, et chanter pour développer un sens de la musique comme une activité importante pour la santé.

PRESENTER'S BIOGRAPHY : **Annette Chrétien** est une musicienne et ethnomusicologue. Elle vienne de Sudbury, Ontario. Elle est candidate au Doctorat à l'Université York et professeur à l'Université de Wilfrid Laurier (campus Brantford) où elle enseigne les Études Autochtones et Études contemporaines.

PERSONAL DEVELOPMENT WORKSHOPS	
«Circle of Renewal»	Wednesday, June 22, 3:30- 5:00 p.m.
Jan Kahehti:io Longboat, Keeper of Indigenous Knowledge	Earth Healing Herb Farm and Retreat

SUMMARY: This workshop will focus on personal wellbeing from the Hodinoshoni «Way of Life». The workshop will be interactive. The participants will share in a «circle setting».

PRESENTER'S BIOGRAPHY: **Jan Kahehti:io Longboat**-Mohawk Nation, Turtle Clan, Six Nations of the Grand River Territory. She is presently Keeper of Earth Healing Herb Farm and Retreat on Six Nations.

Kahehti:io is a Teacher, Herbalist, Healer, Keeper of the old ways. She travels extensively to share her Indigenous Knowledge of «Now, Now, Now» and how the Now continues to sustain the Seven Generations to come.



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SOCIAL AND RECREATIONAL ACTIVITIES

PRE-REGISTRATION NECESSARY

NB CHECK SIGN-UP SHEET AT HPSS REGISTRATION DESK

MONDAY NIGHT

BUS TO DOWNTOWN TORONTO

(Bus will drop PRE-REGISTERED participants off and pick them up (circa 10:30 p.m.) at three downtown locations)

THERE ARE NO ORGANIZED ACTIVITIES FOR THIS EVENT

DROP-OFF AND PICK-UP POINTS:

1. Yorkville (*University and Bloor area*)
2. Eaton Centre (*Dundas and Yonge*)
3. Distillery District (*historical area with outdoor cafes and restaurants, near Parliament and Front streets*)

DATE AND TIME: Monday, June 20, 6:30 p.m.

(Supper will be served earlier that evening)

TUESDAY NIGHT

FRANCOPHONE FESTIVITIES: LA ST-JEAN : UNE FÊTE/A CELEBRATION

Cocktail with Singer: Nathalie Nadon

and Dance Troupe: BASSAM

Nathalie Nadon est originaire de la région de la capitale nationale. Après des études en théâtre au centre d'excellence artistique De La Salle d'Ottawa, elle décroche un baccalauréat en théâtre de l'Université d'Ottawa. En 1994, Nathalie est sélectionnée parmi plus d'une centaine d'artistes pour représenter le Québec au sein de la Jeune Compagnie du Festival de Charlottetown. De 1994 à 1996, Nathalie travaille à plusieurs créations canadiennes (Spirit of a Nation, Pirates). Elle participe à l'enregistrement de la comédie musicale We Will Not Forget pour la CBC, y tenant un des rôles principaux. Après avoir interprété le rôle titre de la Chatte dans Aurélie, ma sœur, de Mary Snow dans Une lune d'eau salée et celui de Catherine dans Aurore l'enfant martyre pour le théâtre de l'Île de Hull, Nathalie met le cap sur New York où elle étudie au Stella Adler Conservatory of Acting.

DATE AND TIME: Tuesday, June 21, 5-7 p.m.



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WEDNESDAY NIGHT

ABORIGINAL TRADITIONAL GATHERING

SUPPER FEAST AND ENTERTAINMENT and TALENT SHOW

PLEASE BRING YOUR INSTRUMENTS AND COSTUMES - AND JOIN IN THE ENTERTAINMENT (open to all)

Entertainment includes performances by:

- Basil Johnston
- Annette Chrétien
- Brenda MacIntyre
- *and more!*

DATE AND TIME: Wednesday, June 21, 6 P.M.