

SERIES 3 – CORE SESSIONS

**ONTARIO HEALTH PROMOTION
SUMMER SCHOOL
JUNE 23- 25, 2008**

**« HEALTH PROMOTION UNDER PRESSURE:
STRENGTHENING COMMUNITY ACTION »**

**CENTRE FOR HEALTH PROMOTION
University of Toronto**

**WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES**

FIRST PEOPLES' CEREMONIES – HPSS OPENING and CLOSING

Jan Kahehti:io Longboat, Elder, Traditional Teacher,
Herbalist, Keeper of Indigenous Knowledge
Walter J. Cooke, Elder/Counsellor, Ojibway-Cree of the Bear Clan

Monday, June 23, 9:00 a.m. (Opening) and Thursday, June 25, 2:30 p.m. (Closing)
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The Opening and Closing Ceremonies are done in a traditional Anishnawbek manner.

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

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

ELDERS' BIOGRAPHIES: Jan Kahehti:io is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts and medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

She has focused on the `power of the Good Mind` to bring about well-being in her life and now teaches in her community and in learning institutions around the country.

Jan Kahehti:io believes our ancestors have left us a great legacy of knowledge in how to have `good well-being`. Our responsibility is to go back and pick up the pieces that we have left along our journey of 500 years.

Jan Kahehti:io presently services First Nation communities in Indigenous practices of Healing and Well-being.

Walter Cooke (Star Watcher) presently resides in Winona, Ontario and was originally born in Berens River, Manitoba. He works as an Elder/Counselor for De dwa da dehs nye>s Aboriginal Health Centre in Hamilton, Ontario. Walter has been doing traditional healing work for approximately 20 years. His teachings come from listening to elders and in large, from his own way of life and that of his parents. He is from the Ojibway – Cree nation and is from the Bear Clan. Walter facilitates a Healing Journey Program at the Aboriginal Health Centre. He obtained his counseling certificate through Mohawk College.

Walter has also been involved with the ‘Outdoor Adventure Camp’, a community health initiative offered by the Aboriginal Health Centre’s Health Promotion and Education Services. At camp, he provides cultural teaching/story telling to youth and parents and begins each day with a Sunrise Ceremony. He has also been involved with many Aboriginal Agencies/Organizations in Hamilton in addressing their own healing journeys.

OPENING PLENARY SESSION	
« <i>Community Resilience, Health Crises and Health Promotion: How are they connected?</i> »	Monday, June 23, 9:30 – 10:30 a.m.
Olga Michie, Regional Officer, Emergency Preparedness & Response	Public Health Agency of Canada, Ontario and Nunavut Region

SUMMARY: This plenary will present the key concepts of emergency management - preparedness, mitigation, response and recovery. In each case, there is an important role for community resilience in enabling better handling of the crisis situation and in recovering afterwards. Then as we move into the health field, there are special considerations to understand. The basic actions and concepts in emergency planning and management will be described with an eye to the key roles that health promoters can play at each stage of a crisis. This session will give everyone a common understanding and language before going into each stream where specific aspects of this topic will be explored in more detail.

PRESENTER’S BIOGRAPHY: The EPR Section provides preparedness and response coordination for the federal health portfolio in the event of a public health emergency or disaster in Ontario or Nunavut. Prior to joining the public service in 2004, **Olga Michie** worked in employee assistance programs. She designed and managed national and international trauma and counselling programs and worked in responses to 9/11 in New York and SARS in Toronto.

Olga has an MA in Social and Political Thought from York University and an M.Ed in Applied Psychology from University of Toronto. She is a certified clinical counsellor and specializes in disaster mental health. Olga is member of the Ontario Association of Emergency Managers.

SERIES 3 – GENERAL STREAM

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

SERIES 3: CORE SESSION 1	
« <i>Crisis? What Crisis?</i> »	Monday, June 23, 11:00 a.m. – 12:30 noon
Shelley Adams, Director of Corporate and Community Planning	City of Kitchener

SUMMARY: In late 2006, City of Kitchener's Mayor and Council adopted a "Plan for a Healthy Kitchener 2007-2027" (P4HK) as the community's vision for twenty years into the future. P4HK provided a unified strategic approach to key areas essential to the health and vitality of the City of Kitchener. It articulated priorities identified in consultation with citizens - quality of life, leadership and community engagement, diversity, downtown, development and the environment. And it provided high-level recommendations for action in each of the priority areas over the next 4 years, to align with the current term of Council.

This robust and neatly packaged "community plan" is - however - greater than the sum of its parts. It is a *dis-ease* prevention plan.....a strategy to promote broad and stable community health and well-being. It intends - albeit subtly - to fortify the foundations, build community resilience over time, and in so doing deflect the "crisis", *before* it occurs.

PRESENTER'S BIOGRAPHY: I was born at a very early age... with a red crayon behind my right ear!! A big-picture thinker, I love looking at the world from 30,000 feet, trying to figure out its dense fabric, and then finding a way to explain the connections I see to just about anyone who will listen. I have huge respect for difference, balance and relationship, and believe - frankly - that these are the means *and* the ends of my work in community practice.

I have worked in neighbourhoods, non-profits and with all orders of government. Currently I fill my work day doing Community and Corporate Planning with the City of Kitchener, as well as teaching part-time at the WLU School of Social Work. I am a proof that Confucious was right: "Choose a job you truly love, and you will never have to work another day in your life."

SERIES 3: CORE SESSION 2

« <i>Tools to Strengthen Community Immunity</i> »	Tuesday, June 24, 9:00 – 10:30 a.m.
Roya Rabbani, Executive Director	Self-Help Resource Centre
Lorna Heidenheim, Executive Director	Ontario Healthy Communities Coalition

SUMMARY: A community with a healthy “immune system” more quickly and effectively responds to a crisis. It articulates its assets and needs, engages long-standing partnerships, and harnesses/adapts existing strategies to regain its equilibrium (or even enhance its state of health). To analyse this dynamic, participants will learn about theories and resources on community resiliency and social capital. To engage in “health promotion under pressure”, participants will explore a variety of tools for building a healthy community “immune system”. These tools/capacities include: facilitation skills, multi-sectoral collaboration, visioning, asset mapping, community-wide agendas for action, as well as broad community capacity for shared leadership and conflict resolution. Join us for dynamic dialogue and participatory skills-building activities.

PRESENTERS’ BIOGRAPHIES:

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 worked with diverse communities in urban and rural settings in Jamaica, Brazil, Pakistan, Iran and Canada. In Canada, 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 for building social capital, Roya has developed innovative projects, such as Diversify the Source Enhance the Force; Mutually Ours, Building Wholesome Communities Everywhere; and Empowering Stroke Prevention. Roya has been a dentist in her former life in Iran.

Lorna Heidenheim has over 25 years of experience in developing and managing not-for-profit, community-based organizations and services. She has been the Executive Director of OHCC since September 2000, following four years as a Community Animator for the Southwest region of Ontario. She has a Master of Social Work degree from Wilfrid Laurier University, with a concentration in Community Development and Social Planning.

Previous employment experience includes Executive Director of the London Community Resource Centre and Director of Support Services with Woodstock and District Developmental Services. Lorna has provided extensive training and consultation services to many not-for-profit organizations. She also has a long history of volunteering with

community organizations, serving on several Boards of Directors.

SERIES 3: CORE SESSION 3	
<i>« Psychological First Aid : Promoting Post Disaster Resilience and Recovery »</i>	Tuesday, June 24, 11:00 a.m. – 12:30 p.m.
Ted Bober, MSW, RSW, Program Director and Consultant	Ontario Medical Association & University of Toronto

SUMMARY: Communities are facing increasing array of complex and challenging emergencies such as the risk of infectious disease outbreaks, technological accidents and other human / natural disasters. This presentation will provide an overview of the psychosocial challenges of mass emergencies and disasters and the factors that promote personal and community resilience. The session will focus on the practical skills of Psychological First Aid (PFA). PFA is post disaster support program for people affected by a disaster. It is an evidence informed collaborative approach to promoting trauma recovery and resilience. Examples will be drawn from the presenter's experiences in large scale emergency events related to infectious disease, mass violence and technological accidents.

PRESENTER'S BIOGRAPHY: Ted Bober works at the Professional and Physician Health Program, Ontario Medical Association with health professionals experiencing mental illness and addictions. For over twenty years much of his practice has focused on crisis management and disaster mental health. Ted is the Program Director of the Faculty of Social Work's certificate course in Crisis Management for Workplace Trauma and Disasters. On a part time basis he is the Clinical Coordinator of Pearson International Airport's Crisis Response Team and member of Health Canada's national Psycho-Social Emergency Response Team. He has been involved in the recovery efforts following airline disasters, the terrorist attacks in New York and the SARS crisis. He is a co-author of peer reviewed articles and the book *In the Line of Fire: Traumatic Stress in the Emergency Services* published by Oxford University Press.

SERIES 3: CORE SESSION 4	
<i>« Emergency Social Services and Resiliency Building »</i>	Wednesday, June 25, 9:00 - 10:30 a.m.
Steve LaRochelle, Social Planning Associate, Social Planning, Policy & Program Administration Division,	Regional Municipality of Waterloo Social Services

SUMMARY: This workshop will provide an overview of the core functions of Emergency Social Services (ESS) and the importance of building relationships amongst human service agencies: non-governmental organizations (NGOs) and local government. During emergencies, first responders (fire, police and ambulance) respond to an emergency or incident. When people become displaced (evacuees) or are emotionally traumatized by an incident, a response is required from the human service agencies that provide supports, such as shelter, food, clothing, emotional supports, child care, etc. To

ensure that these services are provided, a coordinated effort is of extreme importance. This session will explore how these relationships have been built over the years and how that has led to building resiliency within our emergency response and recovery community.

PRESENTER’S BIOGRAPHY: Steve is originally from Quebec and has also resided in New Brunswick where he completed my Bachelors in Social Work from St. Thomas University in 1993. He moved to the region of Waterloo area in 1993 and completed his Masters in Social Work in 1994. After working at various positions in social planning and community development, Not for Profit organizations, Steve began working at the Region of Waterloo Social Services in 2002 and eventually became the lead for the Social Services Department in Emergency Social Services (ESS).

Recently he has been a member within the provincial Central West Region Emergency Social Services Management Committee as well as becoming the Co-Chair for the newly formed Municipal Emergency Social Services Network (MESSN) through the Public Health Agency of Canada (PHAC). The MESSN is focussing on the future directions of the work being done in ESS.

SERIES 3: CORE SESSION 5	
<i>« Wrap-up and Next Steps »</i>	Wednesday, June 25, 11:00 a.m. - 12:30 p.m.
Suzanne Jackson, Director	Centre for Health Promotion
Olga Michie, Regional Officer, Emergency Preparedness & Response	Public Health Agency of Canada, Ontario and Nunavut Region

SUMMARY: Olga Michie and Suzanne Jackson will provide an overview of the four previous sessions on preparedness, mitigation, response and recovery and focus on the role of health promoters and community resilience for each stage. Comments from the Small Group sessions will also be woven into this final session. Participants will be given the opportunity to discuss the key messages they will be taking home with them.

PRESENTERS’ BIOGRAPHIES: The EPR Section provides preparedness and response coordination for the federal health portfolio in the event of a public health emergency or disaster in Ontario or Nunavut. Prior to joining the public service in 2004, **Olga Michie** worked in employee assistance programs. She designed and managed national and international trauma and counselling programs and worked in responses to 9/11 in New York and SARS in Toronto.

Olga has an MA in Social and Political Thought from York University and an M.Ed in Applied Psychology from University of Toronto. She is a certified clinical counsellor and specializes in disaster mental health. Olga is member of the Ontario Association of Emergency Managers.

Suzanne Jackson: Jackson is the Director of the Centre for Health Promotion at the University of Toronto. The Centre for Health Promotion is a WHO Collaborating Centre in Health Promotion that delivers high quality training and education, evaluation and research and represents a multi-disciplinary partnership between the University and several non-academic organizations. She is also Co-Director of the Masters level Global Health Concentration and teaches MHS in health promotion students in Public Health Sciences at the University of Toronto.

In addition to her academic teaching role, Dr. Jackson has taught health promotion planning and evaluation, among other courses, developed as continuing education opportunities for practitioners. These courses have been given to people from Croatia, Serbia, Bosnia, Chile, the Yukon, and the Caribbean. She has been the Chair of the Health Promotion Summer School every year since 2003.

She has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health and about 14 years of experience in conducting research as a partnership between academic and community-based organizations. She specializes in evaluation and is part of international, national and local projects.

Dr. Jackson has conducted research in community capacity indicators, empowerment indicators, and community systems. She specializes in participatory planning and evaluation, participatory data analysis, economic evaluation in health promotion, mental health promotion, and working in rapidly changing multiple level environments. In her international work, she is part of a group set up by the Pan-American Health Organization to develop an evaluation strategy for the healthy municipality movement in the Americas, and she has been part of a project to create youth friendly health services in the Balkans. She has been President of the Ontario Public Health Association, and vice-president of the Canadian Public Health Association. She has been invited to speak on health promotion topics in various parts of Canada, USA, Bangkok, Taiwan, Jakarta, Australia, Mexico, Colombia, Chile, Germany and Brazil.

CLOSING PLENARY SESSION	
« <i>Putting the Public Health into Public Health</i> »	Wednesday, June 25, 1:30 – 3:00 p.m.
The Hon. Carolyn Bennett, P.C., Member of Parliament, St. Paul's	

SUMMARY: This presentation is a call for a fierce defense of the complex issues affecting the health of Canadians, but a plea to change the language that will fit on a bumper sticker or a seven-second sound bite.

BIOGRAPHY: To follow