



Coasters Association Inc.

# Primary Health Care - Survival Pack

## **Background**

Through the community outreach activities of the Lower North Shore Health and Social Services Partnership Initiative (HSSNPI) project, a number of issues were identified through a community survey and workshops as requiring action in the short term. One of these is the difficulty parents are having in their relationship / interactions with their teenage children. In discussions on these findings at the Lower North Shore Coalition for Health (LNSCH), of which the Centre Santé et Service Sociaux de la Basse Côte Nord (CSSSBCN) and Commission Scolaire du Littoral (CSL) are members, it was determined that responding to this particular issue would be priority. Subsequently, some planning work was accomplished through a summer placement project in the summer of 2005 that researched the concept of a 'Survival Pack' for parents as an appropriate first step in responding to their needs for assistance when dealing with teenage children.

A Survival Pack is a package of information and resource materials for parents to use and / or turn to, when attempting to address issues and problems related to the behavior / relationships / activities of their teenage children. It will contain references to local services, hot lines, guides, websites, etc... The main objective is to provide parents with resources so that they don't feel isolated and can respond to issues involving their young adults.

## **Funding**

Health Canada has granted the amount of five thousand dollars (\$5000) through the Community Health and Social Services Network (CHSSN), under the Primary Care Transition Fund, to carry out the preparation of a Survival Pack for parents with teens on the Lower North Shore. The project began on January 15<sup>th</sup>, 2007, for eleven (11) weeks with a maximum of five (5) hours / week. Of the Transition Fund, an additional amount of three thousand (\$3000) was allotted in March 2007, to cover further cost to produce complementary Survival Packs.

## **Preparation of a Survival Pack**

Over the course of the project, various activities were carried out before undergoing the creation of the Survival Pack. Taking inventory of all in-office resource material and online research pertaining to teenage issues was the number one action, along with charting the data into seventeen (17) content topics. With the resources compiled and finalized, work sessions were scheduled with the CSSSBCN, CSL, and the Coasters Association to discuss and decide the design, layout, and the selection of significant parental material to purchase to complete the Survival Pack.



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With the current funds granted to the project, the principal intent is to create at least ten (10) Survival Packs and disburse them to the five (5) high schools on the Lower North Shore, one to the CSSSBCN, the CSL, CHSSN, Health Canada, and have one placed at the Coasters Association's office. However, with the successful production of these packages, ten is merely not enough.

### **Next Steps**

The Survival Pack needs to be manufactured in mass quantities and disbursed to all parents with teens along the coast. To achieve this goal, funds are needed in order to carry out a Phase II to assemble and introduce the package to the parents. Activities to perform in phase II are: collecting statistics of the parents with teens on the Lower North Shore to assemble the accurate amount of packages, workshops / information sessions to be held in each of the fifteen (15) communities to launch the Survival Pack, and conduct an evaluation from various parents, and institutions to assess the measure of satisfaction.

Successfully creating the Survival Pack is an accomplishment onto itself; yet in spite of this, without the funds from other supporting partners and / or government departments to disburse the numerous packages and carry out the objectives, phase one would have been in vain. We need to pull together and offer the best source of information to the parents on the Lower North Shore in order for them to have a greater capacity in responding to issues involving their teenage children.

Phase II ends March 31<sup>st</sup>, 2007 and it is crucial that this phase continues on into the new fiscal year of April 1<sup>st</sup>, in order to carry out the proposed initiatives during the 2007 school year. The financial support granted by Health Canada has laid the ground work however, additional funding is essential to complete all components to develop and present the Survival Pack effectively.

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