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The East Island Network for English Language Services Newsletter

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Family Violence Toolkit

REISA is one of four NPI’s participating in the Family Violence Toolkit Project. The project is a joint effort between the CHSSN and Éducaloi, and funded by Justice Canada. The activities of the project consist of creating a legal information toolkit and holding workshops to help service providers working with people experiencing family violence.

In February 2011 – phase 1 of the project, REISA organized a focus group animated by the CHSSN and Éducaloi where service providers (social workers, counsellors, staff at school and shelters, community organizers, etc.) working in family violence were invited to share their experiences and speak about the needs of the community.



(Service providers working in family violence break out in small discussion groups and interact with the workshop panellists.)

On January 17 2012, REISA brought together over forty representatives of community organizations and public institutions working in family violence. The workshop covered the legal aspects of family violence situations, and participants were presented with the toolkit. Moreover, participants were given the opportunity to interact with a panel of experts from various fields: law enforcement, social services, youth protection, and victims’ services. The panel included: Andrea Rittenhouse of the Crime Victims Assistance Centres-CAVAC, Marianne Joly of the Société de police de la ville de Montréal, June Mitchell of Women Aware and Sym-Anthony Davis of Batshaw Youth and Family Centres.

Participants voiced their appreciation for the workshop. They especially responded positively to the second half of the workshop, which allowed them to break out into smaller groups and interact directly with each of the panellists.

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Results of the Multiregional Telemonitoring Project



(Diabetic patients receiving telemonitoring training at the CSSS Saint-Léonard/Saint-Michel.)

In November 2011, the steering committee of the *Tele-Monitoring of Blood Glucose by BlackBerry: A Multicultural Approach to Diabetes Self-Management* project was invited to present the results to representatives of the Public Health Agency of Canada. A major strength of the project was its innovative approach to healthcare delivery. The interprofessional and collaborative approach and types of relationships between different actors including dietitians, doctors, community organizations, University researchers and public institutions allowed for efficiency and great success. The project showed how to serve minority linguistic communities within healthcare through interregional collaboration without having to duplicate services and offered language-specific care even in remote areas. Moreover, the community played a primary role in the project, establishing leadership and acting as a bridge between public institutions.

Lessons learned include allowing nurses and patients more time to familiarize themselves with the technology, and developing a protocol to match patients with proper technology.

Mental Health Corridors of Service



In March 2010, REISA organised a consultation on mental health services in English in the East Island of Montreal, where representatives of both the community and public sectors commented on

their experiences and discussed opportunities for improvement and collaboration.

REISA is currently following-up on recommendations concluded at the consultation. REISA is surveying and documenting the corridors of service in mental health services within the CSSS Saint-Léonard/Saint-Michel, with the eventual goal of surveying the three other CSSS' on REISA's territory, Lucille-Teasdale, Pointe-de-l'Île and Ahuntsic/Montreal North. REISA plans on bringing participants of the first consultation together in 2012 to discuss the findings. REISA will also be creating an informational pamphlet illustrating the service corridor.

Training and Retention of Health Professionals

REISA's McGill Training and Retention of Health Professionals Project, *English, an Asset!*, aims to increase retention of English-speaking health professionals in Québec. The project involves working with high schools to hold career fairs highlighting the role of English-speaking healthcare workers and encouraging students to study in

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health-related disciplines. REISA will be organizing career fairs in East-Island schools of the English Montreal School Board in 2012.

Moreover, the project entails working with community organizations in the East Island of Montreal in order to assess their needs in terms of interns in health-related disciplines, and working collaboratively with Cegep and University departments of these disciplines in order to match students with organizations for internship and employment opportunities.

REISA has visited several community organizations including the Centre for Dreams and Hopes, L'Intégrale Rehabilitation Centre, and Toxic-Stop detoxification and social reintegration centre. REISA has also met with student placement coordinators at Vanier College, Dawson College, and McGill University. Furthermore, REISA has made steps toward the placement of nursing interns at Uniprix, a pharmacy chain.

Environmental Awareness – Composting Training



REISA has recently formed a partnership with the Éco Quartier Saint-Léonard. REISA facilitated the set up of an informational booth promoting reusable

water bottles and environmental awareness during la semaine de recuperation des déchets au Québec at the Leonardo Da Vinci Centre in October.

In December 2011, REISA helped organize a free workshop on Composting to a group at the Centre. Participants learned how to transform kitchen scraps into a rich soil for their gardens and plants. Guidelines on how to make your own compost were explained. Composters were offered to participants at a greatly reduced price. Visit www.eco-quartiers.org to find the location of the nearest Montreal Éco Quartier Centre closest to you!

Expressin' Life

The main objectives of the Expressin' Life program are to develop positive self-esteem and cohesive self-identity among high schools girls, to facilitate critical thinking,



and to encourage reliance on self-judgment. Animators conduct 32 weekly afterschool workshops on topics such as self-esteem, body image, communication skills training and issues around gang culture. Following the workshops, students are asked to express themselves via an art form, such as painting, clay moulding, knitting, etc.

In 2009, twelve 13 to 14 year-old girls-at-risk were identified in ten high schools of the English Montreal School Board-EMSB to participate in the program. The Black Community Resource Centre-BCRC implemented the program in the high schools. Participants raved about the program commenting

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that they felt comfortable sharing information with the animators and classmates, that they felt more confident, and that they had a wonderful experience. Parents of the participants also expressed their gratitude for the program. Examples of feedback were: 'thank you for caring!', 'my daughter has made better friends and is more confident and outgoing', and 'the program has been a great example of friendship and wisdom about the facts of life.'

In 2010, REISA worked with BCRC to adapt the program to cater to high school boys. REISA has applied for funding to the Canadian Women's Foundation Girls' Fund to implement Expressin' Life in two school of the EMSB. REISA is also planning a conference call to introduce Expressin' Life to NPI's with the intention of exporting the program across the province of Québec.

Senior's Portrait

La Table de concertation des aînés de Montréal-Nord recently published *le Portrait Dynamique des Aînés d'Ahuntsic et Montréal-Nord*. The document reports on consultations held between September 2010 and March 2011 that were frequented by close to 275 seniors residing in the CSSS Ahuntsic/Montreal North territory. This portrait is the first phase of a process aimed at mobilizing the population with regards to the needs of seniors.

The portrait depicts a sociodemographic profile of the seniors of the Ahuntsic and Montreal North territories, including the proportion of seniors living on the territory, whether they are living alone or with a spouse, their income levels and life expectancy. Please email me for a copy of the portrait!

QSADD



QSAID-Quebec Students Against Impaired Driving is a program empowering teenagers to make proactive and responsible decisions to prevent injuries caused by impaired driving. REISA embarked on a pilot project to bring the program to Laurier Macdonald high school in 2010. Because of the pressing issue of bullying arising in schools across the United States and Canada, the Project Consultant has decided to integrate anti-bullying activities into the program, thus changing the name of the program to QSADD: Quebec Students Against **Destructive Decisions**. Other provincial program chapters have done the same.

In 2012, REISA plans to export the program model to other high schools in the East Island of Montreal. Moreover, the Project Consultant is planning to organise a provincial committee meeting where youth, the private sector, the local police department and representatives of SADD Alberta and O-SAID are present to discuss the program. REISA is also planning to create a toolkit explaining the process by which a QSADD committee is created, that would be disseminated to NPI's across the province of Québec.

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Mature Workers Employability Portrait

The Community Economic Development and Employability Corporation (CEDEC) has published their report *The Mature Workers Employability Portrait*. The report includes findings of two surveys investigating the needs and challenges of mature workers in the Greater Montreal Area. It was found that mature workers are faced with numerous obstacles including the most prevalent: poor French language speaking and/or writing skills, age discrimination and little knowledge about employability-related resources in their areas (www.cedec.ca).

REISA participated in the launch of the report in December. The report is available in both English and French. Please email me for a copy!

NEWS/EVENTS

RESP Workshop

REISA in collaboration with the Italian-Canadian Community Services of Quebec, the Laurier Macdonald Community Learning Centre and Espace Famille Villeray are organizing a conference on Registered Education Savings Plans-RESP's that will be taking place on Thursday, March 15th 2012 at 7:00pm at the Laurier Macdonald CLC. Topics of discussion will include: costs of post-secondary education, budgeting, obtaining a social insurance number, choosing the RESP that best suits your needs, and obtaining grants from the Canadian and Quebec governments. Please contact Claudia Maiolo at cmaiolo@reisa.ca for details, confirmation and directions!

Espace Famille Villeray is a non-profit organization that offers numerous activities to families with

children between the ages of 0 and 5. Services include daycare, parental courses and workshops, pre-natal information and referral, and home visit and care for new parents. For more information, visit www.espacefamille.ca.

AMI-Québec

AMI-Québec offers free tele-workshops throughout the year. The next workshop is scheduled for Wednesday, February 22nd 2012 between 7-8:00pm, on the topic of **Suicide: do's and don'ts that could save a life**. The workshop will be presented by Melissa Lutchman, Family Services, and Sharon Casey, Counsellor. Register in advance by calling 1 866-396-2433 or at www.careringvoice.com. For details about these sessions and others, consult www.amiquebec.org or email info@amiquebec.org.

Moreover, AMI-Québec offers year-round interactive sessions available via videoconference that feature experts presenting on different topics and answering questions. The next roundtable session will be taking place on Wednesday, March 28th 2012 between 7-9:00pm. The topic: **Could it be a mental illness? How to encourage someone to get help**, presented by Dr. Allan Fielding, Psychiatrist. To register call AMI-Québec at 514-486-1448 or if you are outside of Montreal, call 1 877-303-0264 or contact your local Community Learning Centre.

The Laurier Macdonald Community Learning Center

The Laurier Macdonald Community Learning Center-CLC offers workshops related to different topics of interest to students, parents and the community at large. In Spring 2011, the CLC in

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partnership with the McGill Centre for Studies in Aging and REISA, organized a series of lectures for *Brainy Boomers*. This year, the CLC plans to organize a second series of lectures catered to this audience.

Furthermore, the CLC will be presenting three workshops centering on the topic of Financial planning in March 2012. The sessions are entitled: A) **Building your Retirement Pay Cheque: What is Retirement Income Planning**, B) **Securing your Future: an Introduction to Investing for Women**, and C) **Preserving your Wealth and Disinheriting the Tax Man: What does an Estate Plan involve**.

For more information about any of these workshops, contact the CLC Coordinator, Gina Bergantino, by telephone at 514-374-6000 or by email at gbergantino@emsb.qc.ca.



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The East Island Network for English Language Services
Le Réseau de l'Est de l'Île pour les services en anglais
Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

If you would like to learn more about any of the projects mentioned, please feel free to email me at cmaiolo@reisa.ca. Thank you for reading!

Take the Challenge!

ACTI-MENU's 5-30 Health and Wellness Challenge promotes healthy eating habits and physical activity into one's daily life. The challenge entails eating 5 fruits/vegetables and exercising for 30 minutes each day. The wellness component implies taking care of yourself, whether it be signing up to a yoga class, managing stress, or maintaining rewarding relationships. The challenge begins on March 1st and ends on April 11th 2012.

REISA is promoting the challenge to the greater English-speaking community of the East Island of Montreal. Contact Claudia Maiolo at cmaiolo@reisa.ca or ACTI-MENU by visiting www.defisante.ca if you are interested in registering for the challenge or if you would like promotional material for posting in your workplace!

Need an energy boost this winter?
Sign up before March 1
HealthChallenge.ca

On your own, with your family, or as a team, take up the Health Challenge from March 1 to April 11

5 Goal
 Eat at least 5 servings of fruit and vegetables a day

30 Goal
 Do at least 30 minutes of physical activity a day

Wellness Goal
Set one of the following goals:
 Get into yoga
 Assign priority to priorities

Get free support tools:
The Health Challenge Passport,** available at IGA, includes a weekly log, tips, recipes, and vouchers.
A new website (HealthChallenge.ca), motivational emails, and tons of helpful tips!