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The East Island Network for English Language Services Newsletter

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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

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Mission: 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 us at info@reisa.ca.

Community Network Forum

On March 20, 2014, a community network forum was held at the Southwest United Mission in

Verdun, entitled, Community in Movement: Stories of resilience and mobilization of community resources dedicated to engaging community and public partners in improving the vitality of English-speaking communities in the Greater Montreal region. Community organizations looked at ways their communities could grow. People have not stopped talking about this event. Positive feedback was received and it was evident that people liked the networking and learning aspects. There were many volunteers that made this forum possible, it must be noted that this is a great example of community support and a great inspiration for us all. For a PDF copy of the Community in Movement forum report, please email us at info@reisa.ca.



Merging of Montreal North Senior Satellite Group

REISA succeeded in resolving a smooth transition for the senior satellite group of Montreal North to Almage Centre 50+ in April. Previously, the group

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received support from the SERVIZI (through a SIRA grant) and CCS through Centraide. However, due to budget cuts from Centraide and the non-renewal of the SIRA grant, REISA, at the request of the members, assumed the role of facilitator between CCS and Almage Centre 50+. The Montreal North group then joined the Almage family of seniors. The four satellite groups, initiated in 2006 through REISA and Almage Centre 50+, are all merged under the same roof. You can find out more about Almage Centre 50+ at: www.almage.org.

Lève-toi et Bouge

During Physical Activity month in May, Gerald McShane Elementary school participated once again in the annual Get Up and Move event with the Montreal North borough Mayor, Gilles Deguire, on May 10, 2014. The main focus on this event is to encourage children and their families to get outside and exercise. The goal of Montreal North this year was to raise 750,000 “energy cubes”. One energy cube equals 30 minutes of exercise. This event was once again a great success.

CHSSN retreat

Held on May 26-28 at Lac Delage, the Community Health and Social Services Network (CHSSN) held their annual retreat for the 20 health networks in Quebec. The networking and team-building aspects of these retreats are essential to the well-being of

all of the English-speaking minority health networks across the province. All of the networks participated in a Performance Management Training Workshop on behalf of Health Canada, animated by Khaddouj Souaid and Teresa Lukawiecki. This day was very educational for all networks whether they are new to the process of reporting to Health Canada or have been doing it for years. There was also a segment entitled “Welcome to our MSSS and Agency representatives” about getting to know the regional Health and Social Service Agencies (ASSS), animated by Jennifer Johnson, Executive Director of CHSSN and Jean-Philippe Vézina, the Coordinator to Access in English Language Services, Ministry of Health and Social Services. This segment allowed the English speaking community representatives to ask questions and leave comments regarding their own community’s situations. It was a very valuable exchange.



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Community Health Education Program videoconference – Is homecare an option

Held on June 11 at the Montreal Children's Hospital and presented by Joan Foster, B.N., community Nurse, a member of McGill Council on Palliative Care and a recipient of the Canadian Governor General's Caring Canadian award. The learning objectives of this videoconference were based on maximising quality of life at home, accessing help at home and planning for potential challenges at home. We also learned about CLSC programs which can help seniors find someone to care for them and where to submit their receipts for services rendered. In homecare, there are four types of services: Physical help which is daily living services; emotional help; Time-out to sleep for the caregiver and time-out from care-giving. She also spoke about a hearing-aid program, vocational training for caregivers done through EMSB, adapted transportation, complaints and websites for resources. It was suggested to consult the following sites for resources:

Canadian Home Care Association: The Canadian Home Care Association (CHCA) is a not-for-profit membership association dedicated to ensuring the availability of accessible, responsive home care and community supports to enable people to stay in their homes with safety, dignity and quality of life. Members of the Association include organizations and individuals from publicly funded home care programs, not-for-profit and proprietary service

agencies, consumers, researchers, educators and others with an interest in home care. Through the support of the Association members who share a commitment to excellence, knowledge transfer and continuous improvement, CHCA serves as the national voice of home care and the access point for information and knowledge for home care across Canada. www.cdnhomecare.ca

Virtual Hospice: The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. www.virtualhospice.ca

Canadian Hospice and Palliative Care Association: The CHPCA is the national voice for Hospice Palliative Care in Canada. Advancing and advocating for quality end-of-life/hospice palliative care in Canada, its work includes public policy, public education and awareness. Established in 1991, its volunteer Board of Directors is composed of hospice palliative care workers and volunteers from Canadian provinces and territories as well as members-at-large. www.chpca.net

Speak Up: Advance care planning is a process of reflection and communication, a time for you to reflect on your values and wishes, and to let others know your future health and personal care preferences in the event that you become

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incapable of consenting to or refusing treatment or other care. www.advancecareplanning.ca

REISA Annual General Meeting

Held on June 18 at the Leonardo DaVinci Centre, REISA's annual general meeting consisted of 18 network members. The Executive Director presented the annual report for 2013-2014. REISA faced funding challenges due to the limited program grants from Health Canada. Health Canada did confirm its renewal of the Roadmap for Official Languages for the 2014-2018 period. Despite the challenges, it was a productive year. In an effort to promote sustainability REISA sought diversified funding sources, increased network visibility through membership on various committees and increased network credibility as a voice for the needs of English-speaking East Montreal residents through collaboration with new community and public sector partners. REISA is committed to continuing its work with public and community partners in engaging, mobilizing and



empowering the vulnerable English-speaking community and in supporting efforts to act on health determinants to improve the health and well-being of the English-speaking population for the East end of Montreal.

Community Network Table Planning Day

The Community Network Table Planning Day was held on July 3, 2014. There were 20 participants from 11 different English-speaking organizations in Montreal, Laval and the South Shore. Each of the organizations had a chance to update the network table of their successes or projects they have been working on this past year. Here are a few of the highlights:

Sustainable Happiness

CCS launched a new project entitled Sustainable Happiness in collaboration with Dawson College and the Earthvalues Institute. On the week of May 26-30, the certificate course was given by Dr. Catherine O'Brien, who developed the concept of "Sustainable Happiness" and by Chris Adam, a colleague at Dawson College who is the Director of Sustainable Dawson and the Director of the Earthvalues Institute. Sustainable Happiness is defined as happiness that contributes to individual, community and global well-being without exploiting other people, the environment or future generations. For more information about

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sustainable happiness please visit the website:

www.sustainablehappiness.ca

2013-2014 CHSSN Baseline Data Report

The English-speaking community requested that Joanne Pocock, CHSSN consultant, produce an updated Baseline Data report (BDR) with a lower level of geography. It has been very responsive to the needs of the community. This BDR is breaking out from larger geographical regions for the first time. The data was collected from the 2011 National household survey. There are 72 CSSS territories in the province of Quebec and 83 CLSC's. Organizations can make their own graphs and can create the resources needed with this information, which will be available on the CHSSN website:

www.chssn.org.

Bilingual Health Fair in Monteregie

Assistance and Referral Centre (ARC) is planning a bilingual Health Promotion Fair on November 1, 2014, 9 am to 4 pm. The Fair will be held in the Centre Socioculturel Salle Brossard et Atrium, 7905 San Francisco, Brossard. The Fair will bring together 40- 50 organizations representing Public Partners such as Agence, three CSSS's plus Regional Institutions, Health Canada, along with two School Boards [CLC's] and close to 35 Community Organisations. There will be two guest speakers addressing Mental Health Challenges and Youth Health and Fitness. The objective is to attract a

large attendance of young families along with seniors/care givers who will benefit from the opportunity of so much access to all Health and Social service Organisations offering services and support to the community. Transport is planned from Chateaugay and the Townships. This will be considered a major event in the media as there are positive indications that the Health Minister will be in attendance. It will be an interactive event with activities and kiosks with representatives from various cultural communities.

For more information, please contact Colin J. Coole at 450-466-9207.

Batshaw Youth and Family Centres Pilot Project

Batshaw Youth and Family Centres (Batshaw Centres) in collaboration with The African Canadian Development and Prevention Network (ACDPN) submitted an application to the Agence de Montréal to provide funding for a project to improve outcomes for families from the Black Community. Batshaw Centres has had an overrepresentation of Black clientele over the years; many of these situations are referred to Batshaw Centres as a result of children who are subjected to inappropriate physical discipline. It became evident that an innovative approach to intervention with these families was needed and as a result a group intervention program focused on helping families develop positive discipline strategies was designed. The project is supported

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by many school boards and CSSSs. A long term goal of the proposal is to develop a lasting partnership between Batshaw Centres, ACDPN, the school boards and the CSSSs in order to adapt services to more effectively service cultural communities. The main objective of this project is to teach positive reinforcement techniques to parents. Families with children aged 6-12 would be invited to participate in the program following a referral to Batshaw Centres or a from their CSSS or child's school. The program, consisting of 6 weekly sessions, would begin with a group meal, followed by separate parent and child groups and at the end of the session re-group together to summarise the outcome of the evening's activities. The goal set for these sessions is to enable parents to develop positive discipline strategies while improving their family communication skills. This project was inspired by a similar project developed at the Maison d'Haiti as well as the success of the Strengthening Black Families Program. The program will be evaluated by McGill University and if successful can be adapted to other cultural communities and disseminated throughout the Montreal region.

AMI-Québec fall program

For the first time, a series of one-session workshops, focused on coping skills for caregivers will be offered by AMI Quebec in October. In these workshops you will be able to explore what irritates

you, how you react in difficult situations and how you can modify your reaction so you accomplish what you want. Also new to AMI-Quebec is online webinars. The first webinars were held in Fall 2013. An expert presents a specific topic and you have the chance to ask questions. For details on these wonderful tools for caregivers and for mental health issues, visit AMI-Québec's website at www.amiquebec.org or call at 514-486-1448.

MHCC Workplace Webinars

The Mental Health Commission of Canada (MHCC) is hosting a series of workplace webinars with mental health experts and organizations that are moving toward a psychologically-safer workplace. Presented on the last Wednesday of every month at noon ET, the webinars take stock of what employers are already doing to improve the workplace, as well as providing the opportunity to brainstorm ways to continue momentum. You can also check out past event presentations on the MHCC website: www.mentalhealthcommission.ca.

Recovery of Organic Materials

Montreal identifies a new treatment site to implement a composting center at the intersection of boulevard Métropolitain and Saint-Jean-Baptiste in the industrial zone of Rivière-des-Prairies–Pointe-aux-Trembles. By 2020, Montreal will take a major shift in favor of the environment. Rather

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than burying our organic matter, it will now be turned into compost. This project is based on the introduction of advanced equipment to recycle food waste and green waste on the whole territory. This site will replace the Complexe environnemental de Saint-Michel (CESM). They will be doing a public consultation in the fall of 2014 under the Office de consultation publique de Montréal (OCPM). For more information, please visit: www.ville.montreal.qc.ca/ctmo.

The Battle Against Bullying

The Quebec government is unveiling a new website

to help it in its fight against bullying and intimidation. From July 10 to November 30, all Quebec residents who have been subject to any kind of intimidation and cyber-intimidation are invited to raise their voices and give their opinions. The opinions gathered will be anonymous and will help legislators get different points of view on the forum for the battle against intimidation and hopefully provide results for the action plan it will take. To participate in the web consultation, visit: www.intimidation.gouv.qc.ca. The Forum on the battle against intimidation will be held on October 2, in Québec City.

Bullying is not a normal part of growing up

The face of bullying changes as children get older.

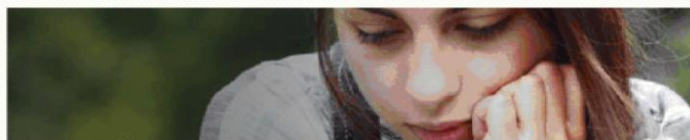
The cycle of bullying often begins between the ages of four and 11 when children are forming their own social identities.

Other bullying behaviours emerge as children move toward adolescence, such as sexual harassment and dating aggression.

To learn more about the different signs of bullying:

Ages 4-11: <http://www.healthycanadians.gc.ca/health-sante/bullying-intimidation/age4-11-eng.php>

Ages 12-17: <http://www.healthycanadians.gc.ca/health-sante/bullying-intimidation/age12-17-eng.php>



If your child is being bullied, here are 4 things you can tell him or her:

<http://www.pinterest.com/pin/291889619571318305/>

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Merging the Healthcare System in Montreal

In the next few months, six health and social service centers (CSSS) on the island of Montreal could be asked to merge because they do not have a hospital on their territory, said the President of the Montreal *Agence de santé et des services sociaux*. The Agence (ASSS) is currently preparing its strategic plan for the next five years that will include the reorganization of services made necessary by the budget cuts and by the need to better serve clients. "In East Montreal, there are three CSSS that do not have a hospital on their territory. There are major impacts on emergencies at the Maisonneuve-Rosemont Hospital. The ministry delegated four experts to ensure alignment between institutions. These experts have completed their task, but the work must continue. We need everyone working on the same thing at the same time." La Presse newspaper in an interview with Patricia Gauthier on the 21st of June, 2014.

Integrated Day Camps in the East End: Funding is needed!

Every year 60 to 80 families register their youth and children with special needs at the Centre of Dreams and Hopes summer day camp. One on one services are provided to these children without increasing the cost for the parents who have difficulties obtaining subsidies from the city of Montreal. Children with disabilities are integrated with the

children who experience no difficulties. It is a wonderful experience for both the children and the animators. The respite aspect for the parents also plays an important role. When the children are at camp, the parents are able to do daily tasks such as buying groceries that may not be easy otherwise. The differences these camps can make in the lives of the parents are tremendous. However, for some families this is not the case. Not all families can afford to send their children to camp for 8 weeks out of the summer. Also, there are very high numbers for registrations but very limited space and therefore some families must be turned down. On average, one or two families per month are turned down due to lack of space and services. With increased funding, these issues could certainly be addressed. These camps are essential for some families and funding is needed. For more information please refer to the East Foundation and the Centre of Dreams and Hopes:

www.eastfoundation.ca

Thank you for reading!

