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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](mailto:info@reisa.ca).**

## REISA Annual General Meeting

REISA's AGM was held on Wednesday, July 17 at the Leonardo Da Vinci Center. This year marked the 10 year anniversary of REISA. Executive Director at REISA, Fatiha Gatre Guemiri, presented a slideshow of the successes of REISA over the past year, that included descriptions of the Liaison project, the McGill Training and Retention of Health Professionals project, the Glee club project, the Community Network Forum and REISA's increased representation in the public sector.



*(REISA team and various partners.)*

Furthermore, Ms. Guemiri presented the history of REISA. She gave an homage to Janet Forsyth, co-founder of REISA. Policy Advisor at the Community Health and Social Services Network, M. Jim Carter, elaborated on the humble beginnings of the network and its role as an inspiration to other community networks. REISA's team asked network treasurer and Manager and Service to Partners at Batshaw Youth and Family Centres, M. Howard Nadler, to present Ms. Guemiri with a certificate of

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recognition for her tremendous work over the past ten years. Ms. Guemiri proceeded to thank all of the partners for their vital contributions to the network and members reciprocated their appreciation for the achievements of the network. Please email us for a copy of REISA's 2014-2015 Annual Report.

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### **Adaptation of Health and Social Services: The Liaison Project**

In December 2014, the Agence de santé et des services sociaux de Montréal approved a pilot project involving REISA, the Almage Senior Centre and the CLSC Mercier Est Anjou. The liaison project aims to provide better access to front-line health services expertise for English-speaking vulnerable seniors in Montreal's East End. The project will support the CLSC in identifying and implementing pathways for linguistic accessibility, and in providing better reception and intake services for the English-speaking seniors on their territory. Moreover, the project will promote knowledge of access mechanisms to health and primary social services and to community support services available to the seniors population. The duration of the project is 15 months. The REISA team along with a consultation researcher and a liaison agent hired by REISA have formed a steering committee to manage the project. An evaluation in

March 2016 will determine the continuity of the project for two additional years.

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### **The McGill Retention Project**

A graduate from the school of Social Work at McGill University, Juliana Zappitelli, was hired as the McGill Retention Project Coordinator for which REISA has acquired funding. This project targets students at various levels of study who are pursuing careers in the area of health and social services. REISA is collaborating with English-speaking community organizations, the English Montreal School Board and educational institutions at the CEGEP and university levels to promote and support retention initiatives and attract students to the East End of Montreal. REISA highlights some of the 'perks' of the East Island in a promotional pamphlet created for the students. Attractions include heritage sites, neighbourhood parks and gardens, cultural events and festivals.

Internships sites for students in numerous disciplines have been created within community organizations including various therapies, social work, dietetics, special care and substance abuse counselling.

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## Success! Community Partnerships for Sustainability

How can partnership projects between community organizations and the public system lead to sustainable results and positive change for the communities they serve? The Community Network Forum, hosted by REISA and held at the Leonardo Da Vinci Center was held on March 25, 2015 and was a great success. 50 participants were witness to three multi-year partnership projects presented by English-speaking Community Networks across Montreal.

**Liaison Project:** This is a partnership project with Centre Almage for seniors and 4 CSSS' in the eastern part of Montreal. The project aims to improve access to first line services for vulnerable English-speaking seniors in the 4 CSSS territories. The project will evaluate the pertinence of a community liaison agent who facilitates access to services and helps sustain the community-public relationship.

**Empowering Parents and their Families Program:** The partners collaborating in this program include Batshaw Youth and Family Centres, the African-Canadian Development and Prevention Network, the English Montreal School Board and the Lester B. Pearson School Board. The project aims to improve access to public and community prevention programs for English-

speaking Black youth and their families, and support Black families in their parenting role. A project outcome is the adaptation of the MSSS program for youth in difficulty in order to promote better institutional response to the specific needs of ethno-cultural communities.



*(Participants engaged in a presentation at the Community Network Forum.)*

**AMI-Québec Best-Practice Model of Resiliency:** AMI-Québec has partnered with Youth Employment Services and the Cummings Centre for Seniors to test emerging and promising resiliency and prevention strategies in three different community settings. The resiliency programs aim to support and “inoculate” vulnerable populations, and those that serve them, with coping strategies in the face of psychological distress, loss of mobility, or social isolation. An outcome is the increased application of best-practice resiliency models to promote mental health and strengthen the complementary role that community resources can play with the health and social services system.

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At the end of the forum, a school bus was rented and all of the participants were invited to Almage Seniors Center for tea and to show the center as an example of the East end English-speaking community. Community networks that attended the forum described the day as a wonderful networking opportunity filled with valuable learning tools.

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### Creative Arts Therapy Group for Youth with Developmental Disabilities

REISA hired Drama Therapist Jennifer Furlong for an eight-week health promotion pilot project in collaboration with the Center for Dreams and Hopes. The objective of this project is to develop meaningful recreational activities for youth with developmental disabilities in order to foster self-esteem and well-being. This project involves drama games which include improvisation, playful, interactive exercises, and structured theatre games that allow for emotional expression and self-disclosure; and music therapy which involves singing and playing musical instruments. At the end of the sessions, the group created a concert for their friends and family. This activity proved to increase self-esteem, a sense of accomplishment and well-being for each of the members who participated.



*(Members of the CDH.)*

Josie Primiani, President of the CDH, has expressed extreme delight in the results of this therapy and would like for this project to continue long into the future.

CDH is looking at all possibilities of funding to introduce the drama therapy program in the regular curriculum. Ms. Furlong has agreed to carry on with the project on a voluntary basis for the moment, until other funds are acquired.

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### New Horizons Project for Youth at Risk

Substance Abuse Counsellor Germain Tullio and Special Education Technician Maria Vertullo have designed the New Horizons program with the goal of providing at risk adolescents with life skill tools to decrease the likelihood of maladaptive or risky behaviours, in a safe and accepting environment. These life tools include the ability to deal with peer pressure, communicate with peers and parents, along with cope with their anger, stress and time management, and be empowered in their decision-

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making process. Tools acquired will prove to be useful as they carry on into adulthood.

REISA has hired the two experts to develop the eight-week program and plans to deliver it to two pilot high schools in the Fall of 2015.

### REISA resource guide for Seniors

REISA updates its resource guide for health and social services to the English-speaking community yearly. Additionally, this year REISA has produced a second guide featuring resources available to the Senior population. A focus group with five seniors and the Almage Seniors Centre team aided in highlighting the needs of this population, that were in turn addressed in the resource guide. Please email [info@reisa.ca](mailto:info@reisa.ca) for a copy of the guide.

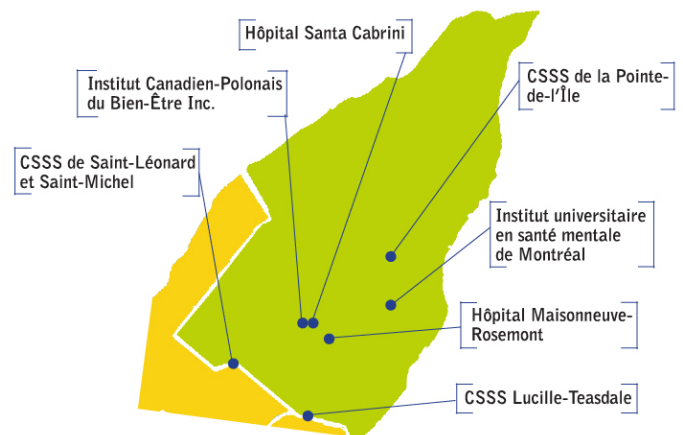
### Newly-divided health territories in Montreal

Formerly, REISA covered four CSSS territories in the East end and North of Montreal. April 1 marked the first day of the Centre intégré universitaire de santé et de services sociaux de l'Est-de-l'Île-de-Montréal

and the Centre intégré universitaire de santé et de services sociaux du Nord-de-l'Île-de-Montréal (CIUSSS).

The CIUSSS de l'Est-de-l'Île-de-Montréal encompasses 7 establishments, including:

- CSSS de Saint-Léonard et Saint-Michel
- Institut Canadien-Polonais du Bien-Être Inc.
- Hôpital Santa Cabrini
- CSSS de la Pointe-de-l'Île
- Institut universitaire en santé mentale de Montréal
- Hôpital Maisonneuve-Rosemont
- CSSS Lucille-Teasdale



(Graphic taken from [www.ciuuss-estmtl.gouv.qc.ca](http://www.ciuuss-estmtl.gouv.qc.ca))

The CIUSSS du Nord-de-l'Île-de-Montréal brings together 5 establishments including :

- CSSS d'Ahuntsic et Montréal-Nord
- CSSS de Bordeaux-Cartierville-Saint-Laurent
- CSSS du Coeur-De-l'Île
- Hôpital du Sacré-Coeur de Montréal
- Hôpital Rivière-des-Prairies

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As this integration is new, we do not have full details of the management of these establishments but feel free to discover the brand new website for the CIUSSS de l'Est de l'Île de Montréal:

[www.ciuuss-estmtl.gouv.qc.ca](http://www.ciuuss-estmtl.gouv.qc.ca) and the existing one

for the CIUSSS du Nord-de-l'Île-de-Montréal:

[www.csssamn.ca](http://www.csssamn.ca) .

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### Mental Health Week: Take a break!

The theme chosen this year for Mental Health Week, May 4-10, by The Canadian Association for Mental Health (ACSM) was "Take a break". The ACSM suggests three types of pauses you should take per week:

**Physical** – Reduces muscular tension and mental fatigue. Take micro ergonomic pauses: change posture, stretching and respiration, look far away to lessen eye strain; Take a walk during your lunch break; Have a coffee or snack break.

**Mental** – Same effects as physical. Make jokes and laugh with your colleagues; Talk about things other than work; Take a moment to look out the window; When you take your break, move around.

**Social** – Create social links at work. This way, you will have less difficulty asking a colleague for help if you need it. Take the time to chat with your colleagues; eat with your colleagues a few times per week; Take a coffee or drink outside of the office every now and again.

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This information was translated from the ACSM website: [www.acsm-ca.qc.ca](http://www.acsm-ca.qc.ca) . You can find more useful tips, pamphlets and tools, however, they are only offered in French.

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### CHEP Videoconference: Alzheimer's disease



On January 21, REISA organized the Community Health Education Project (CHEP) videoconference: *Forgetful, Not Forgotten: Alzheimer's & Caregiving*. For Alzheimer's Awareness Month, CHEP had filmmaker Chris Wynn share his experience as a male caregiver for his father with Alzheimer's disease. He produced a film *Forgetful, Not Forgotten* which is a documentary that shows his personal outlook on the disease. Following his presentation, Teresa Anuza, who is the Coordinator of Education Services at the Montreal Alzheimer Society, presented *Let's Talk About Alzheimer's Disease*. This presentation identified the effects of the progression of Alzheimer's disease on the

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family dynamic, the aspects of male caregiving and ways to access your local Alzheimer Society.

If you would like information pamphlets, they are available online under the Publications tab at: [www.alzheimer.ca](http://www.alzheimer.ca).

To see Chris Wynn's video trailer for *Forgetful, Not Forgotten*, visit:

[www.youtube.com/watch?v=K52tHgJCQkc](http://www.youtube.com/watch?v=K52tHgJCQkc)

and visit: [www.forgetfulnotforgotten.com](http://www.forgetfulnotforgotten.com) for further information and to purchase the film.

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### Health Canada's and The Public Health Agency of Canada's stakeholder engagement registry

The stakeholder engagement registry is a new tool that gives you the ability to identify the health topics on which you want to be consulted by Health Canada and the Public Health Agency, as well as in the level of interaction you wish to have. You can register as an individual or as an organization. This subscription helps you stay informed of the latest consultations and periodically participate in engagement activities.

To create your own profile in the registry, visit:

[www.hc-sc.gc.ca/ahc-asc/public-consult/stakeholder-intervenants/index-eng.php](http://www.hc-sc.gc.ca/ahc-asc/public-consult/stakeholder-intervenants/index-eng.php).

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### The new Glen site of the McGill University Health Centre

The new Glen site of the McGill University Health Centre, located at 1001 Décarie Boulevard, brings together:

- The Montreal Children's Hospital
- The Royal Victoria Hospital
- The Montreal Chest Institute
- The Cancer Centre and Research Institute of the MUHC
- Certain services that were previously offered at The Montreal General Hospital

#### Public Transit Directions

**Metro:** Located on the Orange Line, Vendôme station is situated next to the Glen site.

**Bus:** There are seven local buses that stop at Vendôme station (17, 37, 90, 102, 104, 105, 124) and three that make frequent stops near the Glen site (78, 24, 63).

**Commuter trains:** Vendôme station also connects to three commuter train lines: Saint-Jérôme, Candiac and Vaudreuil-Hudson. Once at Vendôme, pedestrians can use an extended underground tunnel to get to the Glen site.

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Please visit the MUHC website at [www.muhc.ca/2015/dashboard](http://www.muhc.ca/2015/dashboard) for more detailed information including maps, pictures, videos and articles about the new facilities. You can also watch the Youtube video about the move by visiting <https://youtu.be/FVDGeHHht3w>.

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## Survey on Language and Identity in Quebec

Participants are being sought out to participate in a survey regarding language and identity in Quebec. This research project is an investigation of social identities and language attitudes in the province of Quebec. The research project aims to find out about the ways in which people in Quebec self-identify and what effects such social identities have on people's language attitudes regarding French and English. To participate in the survey online, visit

<https://docs.google.com/a/hope.ac.uk/forms/d/1mzNb2xR9eIczS6KFKNRxLLnTaAQeBSvPZ9zsSChr40w/viewform>.

If you would like to know more about the study, please do not hesitate to contact the researcher at [ruth.kircher@mcgill.ca](mailto:ruth.kircher@mcgill.ca).

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## “Dans Le Futur” – Gerald McShane Elementary School – Official Music Video

In February, The Lifeboat, in collaboration with the Gerald McShane Elementary School created a bilingual music video about diversity entitled “Dans Le Futur” in celebration of the centennial of Montreal North. The Lifeboat Music Program is a studio experience brought into the school environment with an educational approach, helping broaden a youth's interest in music and creating original songs containing positive and uplifting messages. The Lifeboat is very proud of this project as it is the youngest group of kids they have ever worked with. To see the official music video, visit: <http://thelifeboat.ca/dans-le-futur-gerald-mcshane-elementary-official-music-video/>.

Gerald McShane Elementary School also participated in the annual Grand-Défi Pierre Lavoie on May 8. The goal of this activity is to get the school to get involved in the Energy Cubes Challenge. In addition, teams act as sponsors of students' healthy life habits. Funds raised by the teams that exceed the team registration fee will be returned to the schools. To learn more about the challenge, visit [www.cubesenergie.com](http://www.cubesenergie.com).

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