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A glorious signing ceremony



(Left to right: Ella Amir, AMI-Québec, Dora Cesta, EMSB, Maria Maiolo, Servizi.)



(Left to right: Gerry Tulio, Toxico-Stop, Joe Marsillo, Toxico-Stop, Janet Forsyth, REISA, Fatiha Guemiri, REISA, Maria Maiolo, Servizi, Brenda Edwards, CHSSN, Dominic D'Abate, Consensus Mediation and Montreal Catholic Counselling and Family Services.)

REISA has signed service agreements with AMI-Québec and the English Montreal School Board (EMSB) to carry out the launch and training sessions of the *Fun Friends program* at General Vanier and Gerald McShane Elementary schools. A service agreement was also created with Toxico-Stop for support in their accreditation application, increasing the organization's capacity and access to grants and formal partnerships. Toxico-Stop is the East-Island's only detoxification center offering services in English, and providing programming for the prevention and addiction in youth, dealing with a school population of

over 12,000 students. On a lovely November afternoon, the agreements were signed with the presence of the Community Health and Social Services Network's very own, Ms Brenda Edwards.

A formal governing structure for REISA

President of the Leonardo Da Vinci Center (CLDV), Mr Sylvio De Rose, and Cultural Director, Mr Pat Buttino, joined the network in a toast to the new year in December.



(Left to right: Frances Ravensberger, COCo, Janice Clarini, Vanier College, Gina Bergantino, Laurier Macdonald Community Learning Center, Dora Cesta, EMSB, Lino Buttino, EMSB, Pat Buttino, CLDV, Sylvio De Rose, CLDV.)

A meeting on the implementation of a formal governing structure for REISA preceded. A discussion was led by Ms Frances Ravensberger, a facilitator from COCo. An interim steering committee was created, formed by Mr Dominic D'Abate, Consensus Mediation and Montreal Catholic Counselling and Family Services, Ms Dorothy Williams, Black Community Resource Center, Ms Françoise Boucher, Service bénévole de l'Est de Montréal, Mrs Maria Maiolo, the Servizi, and Mr Howard Nadler,



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Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

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Batshaw Youth and Family Centers. The committee has begun establishing a set of bylaws that will help clarify network membership criteria and roles, amongst other matters. A clear structure and the election of an executive committee will broaden responsibility and decision-making, building a layer of support for the coordinator. The steering committee will introduce their draft of bylaws this spring. On December 23rd, the Servizi hosted a small get-together before the beginning of the holidays, inviting friends and employees of REISA and the Leonardo Da Vinci Center. To health and happiness in 2010!



(Left to right: The Servizi and REISA team with staff of organizations at the Leonardo Da Vinci Center.)

Telemonitoring for patients on-the-go!



It's official! The Servizi has signed a service agreement with the Public Health Agency of Canada (PHAC) and is embarking on an innovative Diabetes project with Dr. Antonia Arnaert, professor at the McGill School of Nursing, and five minority English-speaking regions across the province of Quebec: REISA, CAMI, CASA, The Coasters and Vision Gaspé. The project consists of distance telemonitoring via blackberry of 60 patients across the province. In contrast to existing telemonitoring in the province of Quebec, the project allows for the inclusion of students and work professionals as patients because of the use of the blackberry. Telemonitoring is being done via tablet or home telephone, primarily catering to home-bound seniors. This new project will entail patients entering their blood sugar levels, details of food intake and exercise into their blackberrys three times a day from school, from home, or from the office; nurses at local CSSS' will be able to respond almost instantly via a wireless network provided by Telus. The goal of the project is to better self-manage the disease and avoid complications and crisis situations. Partners involved are excited about this pioneering approach to glucose-level monitoring and hope to participate in a phase 2 for the year 2011.

ACTION! Laurier Macdonald CLC

Since the beginning of the school year, the Laurier Macdonald Community Learning Center (CLC) has hosted over a dozen workshops for parents and members of the community. Partners of the Montreal community such as Pavillon Foster and Consensus Mediation, along with public partners such as The Quebec Federation of Home and School and the EMSB, presented diverse workshops on topics most relevant to the teenage population. Literacy, nutrition, exercise, eating disorders, street gangs, exams, anxiety, depression and cyber-bullying are just to name a few. The workshop agenda circulates via email to parents of the high school as well as across the EMSB. REISA has been working with Gina Bergantino, the CLC Coordinator, in creating promotional flyers that are posted up in local grocery stores, coffee shops, bookstores and other places in order to reach out to the rest of the community. Ms Paule Langevin, Project Director of the CLC Project Resource Team, attended a Laurier Macdonald CLC steering committee meeting in January 2010, and advised the committee that their CLC has the highest participation in the province of Quebec. That is something!



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2010 will bring about two new projects for the CLC: the 5/30 Health and Wellness Challenge and a program on Anxiety. The 5/30 Challenge, presented by ACTI-MENU, involves taking action toward a better diet and lifestyle by eating at least 5 portions of fruit and vegetables, and exercising for at least 30 minutes a day during a 6-week period (www.defisante530.com). REISA will also be promoting the challenge at the CLDV, in two high schools and to four senior groups in the East Island. A project on anxiety in teenagers is in the works; 3-4 students will be involved in the creation and presentation of a play on anxiety, with the help of health professionals and a playwright. The student recruitment is set to begin in the fall.

Fun Friends arrive at General Vanier



(Fun Friends Training in full swing: teachers of General Vanier and Gerald McShane Elementary Schools.)

On Thursday, January 21st, the *Fun Friends* program building resiliency in children in Kindergarten and Grade 1, was launched at General Vanier Elementary School. Teachers from General Vanier and Gerald McShane

Elementary schools gathered in the library to receive a one-day training on this newly-imported Australian model already existing in 11 countries. Partners in the project, AMI-Québec, the EMSB and REISA, were thrilled to see this day arrive and program come to life. The Gazette, the Suburban and CTV attended the mid-day press conference and luncheon.



(REISA, the EMSB, AMI-Québec, school staff and students, and members of the community posing for a group shot.)

Teachers' reacted enthusiastically testifying that this program was the most innovative that they had seen and can be well integrated into their curriculum. The teacher manual thoroughly describes workshops to be done in the classroom allowing for easy implementation. Teachers mentioned that anxiety is a very relevant issue for the age group in question. Although they may not vocalize their feelings or know why they are feeling a certain way, it is obvious that they are going through something because they are acting out, or experiencing physical symptoms like a stomach or head ache. A videoconference organized by REISA and presented by AMI-Québec

was held in November in order to inform regional English-speaking communities of the program. They have showed great interest and the parties involved are working toward importing the model throughout the province of Quebec.

Email me for a copy of the articles that appeared in The Gazette and The Suburban, claudiam@scciq.com.

A Mental Health Consultation planned for the spring

The objective of the Mental Health Consultation is to examine existing mental health services in order to support the development of English-language services that can be well-integrated through partnerships with the public healthcare system and community groups. The English-speaking population of 93,170 constitutes 14,6% of the population of the four East Island territories. Among groups surveyed in 2005, English-speaking persons constitute only 2-4% of service users. It is recognized that linguistic factors as well as accessibility play an important role in the quality of mental health services. Service providers will be asked to elaborate on what services are working well, and what services need improving, as well as their plans for the development of new services. This exploratory-type exercise will bring about useful information to REISA, and act as a research tool toward the improvement of access to mental health services for English-speaking clientele.

[REISACTION]

Community Health Promotion Project 2010-2011

REISA plans to incorporate four elements into the Community Health Promotion Project (CHPP) for 2010-2011. The first: a phase 2 of the *Fun Friends* program, introduced to grade two through six students.

Secondly, REISA will be collaborating with the Black Community Resource Center (BCRC) and the EMSB in the adaptation of the *Expressing Life* program to cater to high school boys. The *Expressing Life* program reaches out to high school girls by means of presentations on subjects such as body image, gangs, drugs and sexual abuse. The BCRC has introduced *Expressing Life* to ten schools over the past year. The program encourages critical thinking and strengthens the participants' capacity for problem solving and decision-making. After the presentations, students are asked to express themselves via an art form, such as painting, clay moulding, etc. The BCRC will be holding an exhibit for art creations done by the participants at the end of the school year.

The third element of the CHPP is the *Sentinel* suicide prevention program. The program involves training individuals in spotting people who have suicidal thoughts or tendencies and bringing them to the health services available within the system. The training sessions are offered free by the CSSS' of the East Island, Saint-Michel and Saint-Leonard, Pointe-de-l'Île and Lucille-

Teasdale. An approximate 15 groups have already been trained, composed of individuals in the community and public sectors. REISA will be recruiting participants for the training.

The final component of the CHPP is a series of conferences on aging and memory for seniors, in partnership with the McGill Center for Studies in Aging. Training for caregivers will be offered by psychologists and psychiatrists via teleconference and videoconference.

Moving forward in Communications

REISA's health and social services resource guide for the English-speaking communities residing in the East Island of Montreal is in printing! The guide will serve as a directory of organizations and associations specializing in addiction, disease, disability, education, employment and volunteering, as well as organizations offering services to newly-arrived immigrants, women and children, youth and seniors. An electronic version of the guide will eventually be made available on the websites of REISA's CSSS partners, Saint-Leonard and Saint-Michel, Lucille-Teasdale, Ahuntsic and Montreal-North and Pointe-de-l'Île. *Email me for a copy of the guide, claudiam@scciq.com.*

Montreal Community Resource Initiative

The four NPI networks in Montreal and Laval, REISA, CCS, ACDPN and AGAPÉ, will be participating in a workshop and forum on March 25th and 26th at the Delta Hotel in downtown Montreal. The NPIs will partake in roundtable discussions of best practices on building partnerships with public institutions and results-based planning. On day two, organizations who have participated in the series of community resource consultations, will learn about current community network projects and programs addressing seniors, youth and families and mental health. Participants will exchange with the NPIs on issues related to support for the volunteer and community resources sector in their efforts to address community needs.

Important Community Notice

A major survey will be undertaken to find out about the needs and concerns of English-speaking people in the province of Québec in matters such as health and social services, education and employment. CROP will be calling thousands of Anglophones in all regions of Québec over the next few weeks and if you are called we urge you to accept to participate in the survey.

Community Health and Social Services Network is an organization dedicated to improving access to health and social services in English for Québec's English-speaking communities

CHSSN
Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

If you have questions about the survey, please don't hesitate to call Tracey (418) 684 2289