

FALL NEWSLETTER

Queen's Health Outreach



WHO ARE WE

Queen's Health Outreach is a student run registered charity based on the campus of Queen's University in Kingston, ON. Our goal is to facilitate needs-based, peer-to-peer health discussions surrounding topics of mental, sexual, and physical health locally, nationally, and internationally.

QHO was founded by a group of medical students in 1987, as Queen's Medical Aid. As QHO has expanded over the years, our mandate has shifted from providing clinical and medical services to the establishment of health education initiatives, collaborating with communities to work towards sustainable opportunities for youth engagement, leadership, and health conversations.

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A MESSAGE FROM OUR CO-DIRECTORS

As the world begins to regain a sense of normalcy after the changes brought on by the COVID-19 pandemic, QHO has had to work on re-envisioning the direction we see the organization taking moving forward. While this year has not been easy, our passionate and dedicated team has worked hard to continue to uphold QHO's mission and values in all the decisions that we make.



We started off the year strong by hiring 12 Peer Educators for our Kingston Initiative, which after 2 years of virtual delivery, is now running entirely in-person! We then hired 3 interns for our Education, Strategic Planning, and Fiscal Pods that have been a huge help in ensuring all projects run smoothly. As CoDs, we spent a lot of time critically reflecting on how to move forward with our Guyana and Northern Canada initiatives, and after consulting our Advisory Committee and executive team, we have decided not to hire Peer Educators for these initiatives this year.

We have decided that this year will serve as a repiloting year for QHO where we can work on reconnecting with the communities we worked with pre-pandemic and re-envision what our initiatives can and should look like. This is the first year in which we have implemented a Partnership team, dedicated to maintaining and strengthening communication with partners in Kingston, Guyana, and Northern Canada. Our Partnership Director has also been communicating with potential pilot initiative communities in Dease Lake, Quebec, and Curacao. Our Strategic Planning Pod has been busy updating our Evaluation Framework to guide our repiloting process as we work to gain a better understanding of how QHO can collaborate with community partners to address their health needs. Along with the repiloting of our initiatives, we have also been thinking about the policy changes that are needed within our own organization. One main project we have implemented this year is the development of an Accessibility Policy to reflect QHO's commitment to providing accessible initiatives which youth have equitable opportunities to participate in.

As we look ahead to the rest of the year, we are excited to first expand our team by hiring Pilot Interns to support the repiloting process of our Northern and Guyana Initiatives, and allow them the opportunity to learn about QHO and what goes into the implementation of a sustainable health initiative. We are also looking forward to having our first in-person retreat in two years as an opportunity to continue the critical discussions we have been having. We are hopeful that this year will make us stronger as an organization and bring many new opportunities in the years ahead for QHO to continue having a lasting impact on local and international communities.

All the QHO love,

Angela Choi & Nicole Coman

General Co-Directors 2022-23

KINGSTON INITIATIVE

The Kingston Initiative consists of 12 Peer Educators, working in pairs, who go into 6 different classrooms in the Kingston community. Together the Peer Educators provide interactive workshops for students surrounding a variety of relevant health topics, customized to the specific needs of our partners. Some of the schools the initiative is partnered with include Lancaster, RG Sinclair, Maple, Polson and LCVI. Every week, Peer Educators are able to share their workshop experiences and collaborate to create new workshop activities with their fellow Peer Educators at our weekly initiative meetings.

Overall, our amazing group of Peer Educators work hard to uphold the guiding principles of QHO and maintain our positive partnerships through establishing peer-to-peer relationships and conducting health-centred activities that seek to promote youth empowerment!

Zoey Smith & Victoria Taylor

Kingston Initiative Directors



QHO ON CAMPUS

This past semester, within the PR pod the Queen's Health Outreach podcast interviewed Michelle, a Registered Nurse at the Ottawa Hospital working amongst the Covid-19 pandemic. We discuss her career journey, touching on her motivation behind pursuing nursing as well as her opinion on how the healthcare system has shifted due to the pandemic. With her 20 years of experience working within this field, she provides great insight which contributes to an interesting discussion. In the next episode, we will be interviewing a physician who specializes in HIV/AIDS.

Additionally, we have been raising awareness for QHO through promotional efforts such as setting up booths in the arc, instigating discussions during Queens in the Park, Tricolour Open House, and posting posters around campus. Lastly, we gave out exam packages during the fall exam season for individuals who responded to our instagram story with tips to foster good mental health during exams!

Kylie Gertrim & Maddaly Kushner

Public Relations POD



ACCESSIBILITY POLICY

Queen's Health Outreach is committed to ensuring youth in our partner communities have equitable access and ability to participate in our health-promoting initiatives.

As such, we have been at work developing a formal accessibility policy for our organization to implement in the new year. The policy will outline QHO's adherence to our accessibility requirements under Ontario's accessibility laws and will guide the prevention of barriers to support an environment where youth are treated in a way that allows them to maintain their dignity and independence.

Gabriella Rooney
Policy Coordinator



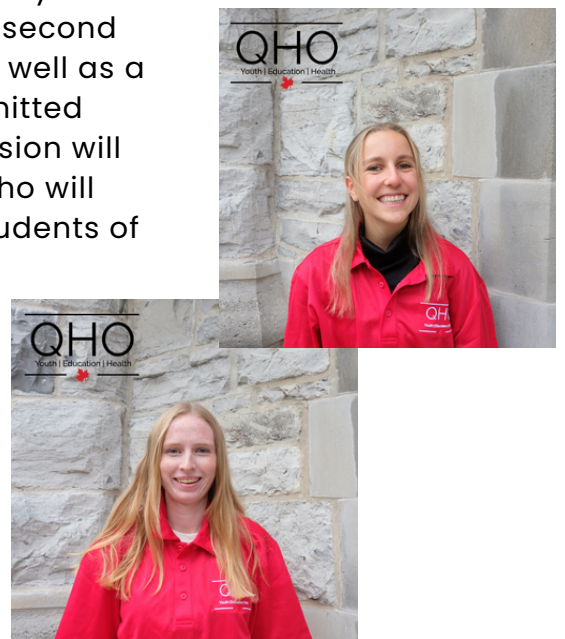
EDUCATION

This semester, our education team has been working hard at helping our Peer Educators thrive in their new roles. We have organized a crash course for our Kingston PE's that involved an introduction to QHO, expectations of a peer educator, understanding our privilege and voluntourism. We were extremely excited to have hired our education intern, Ingrid, and work with her to develop the responsibilities of her position.

We have successfully carried out two education sessions, and are currently planning our 3rd. We were extremely fortunate to welcome Rebecca Rappeport from the Sexual Violence Prevention and Response Services to our first session. She gave an incredibly impactful workshop regarding consent, intersectionality and how it relates to sexual violence, and disclosure. Our second session featured a presentation from SP and M&E, as well as a past PE panel discussion where our current PE's submitted anonymous questions for us to answer! Our third session will be a workshop with Alyssa Grimes from Revved Up who will discuss how to make our workshops accessible to students of all abilities!

We are also working on planning our QHO-wide retreat and education sessions for the winter. We are especially excited to welcome guest speakers from Habitat for Humanity Guyana and Indigenous Initiatives at Queen's to discuss cultural sensitivity!

Paige Gashco & Grace Quinn
Education POD



REPILOTING PROCESS - NORTHERN

We have been in contact with the principal of the Simon Jacob Memorial Centre in Webequie who has expressed interest in the repiloting of the QHO Northern Initiative in their community. We have also reached out to other contacts in Webequie, Salluit, Fort Providence and Fort Simpson. We hope to have a few strong community relationships moving into the repiloting phase.

Our goals moving into the winter semester are to reestablish strong communication with Northern communities to lay a foundation for the future. We are hiring pilot interns in January to develop a repiloting team to conduct a thorough needs assessment along with our partner communities. We are looking forward to collaborating with our pilot interns and Northern Partnership Coordinator, Abigail, to outline our repiloting plan and take action to plan the initiative moving forward!

Emma Kebbel & Maddie Ronan

Northern Initiative Directors



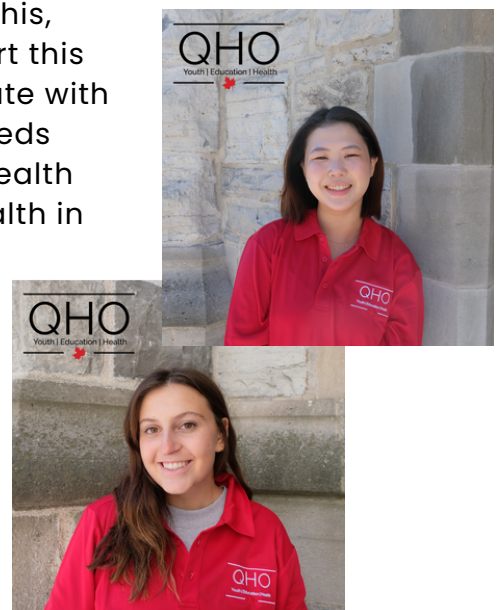
REPILOTING PROCESS - GUYANA

In the fall semester, we spent a lot of time reviewing our past initiatives to brainstorm how we can rebuild our mission goals to be more sustainable for the future of QHO. Over the fall semester, we continued our partnership with Service to Humanity to get a better understanding of what the Guyana community needs. We also rekindled old partnerships, reaching out to The Guyana Foundation and Humanitarian Mission Guyana Inc. to collaborate with us during our initiatives. Our goals for the winter semester is to rebuild partnerships with NGOs in Guyana with a more collaborative intent and complete an accurate and detailed needs assessment for Georgetown. Furthermore, we hope to research and expand our knowledge about the Essequibo region to maximize our potential impacts. To accomplish this, we have made a detailed month by month plan to kickstart this new Guyana initiative. In the future we plan to communicate with new partners to better understand each organization's needs within their communities. We expect to co-create a new health curriculum or workshop program, tackle men's mental health in an interactive and engaging way, or consider what a new in-person initiative would look like in the future.

We are excited to see where the Guyana Initiative takes QHO, and we look forward to making a positive impact in the community.

Liv Arbess & Wendy Li

Guyana Initiative Directors



PARTNERSHIP

In the past few months partnership has been busy communicating with existing partners, and new partners, and seeking more opportunities where QHO can create a meaningful impact. This year we welcomed some new positions within partnership, these positions include specific coordinators for each location - Northern, Guyana, and Kingston.

Due to the pandemic, these last few years changed how QHO operated and what initiatives looked like. Although changes occurred, this created a chance to rethink and reorganize. Now that there are fewer restrictions, initiatives have the potential to occur in person again. This is an exciting time yet also requires logistical and critical planning. Within Partnership, we are excited to reconnect with previous partners but also have an open mind for new contacts and locations.

This fall, Miller has been focused on launching the QHO club in a Kingston high school, where students essentially learn to run their own QHO chapter within their school. Miller has worked on updating the club manual and is working on getting in contact with staff at a high school, specifically LCVI, that would be interested in piloting the club. We hope to get the club underway at the start of the new year.

Anna the Guyana Partnership Coordinator has been reaching out to new partners to re-establish relationships for our future initiatives. We're reaching out to as many as possible to keep our options open and determine which ones fit QHOs criteria best.

Abigail the Northern Partnership Coordinator and the Northern Initiative Directors have been reaching out to previous and new partners with hopes to solidify a Northern Initiative for the future.

We are looking forward to the upcoming initiatives and what QHO has in store.

Rachel Green
Partnership Director



DONATE

To ensure the continued success of our initiatives in Kingston, Northern Canada and Guyana, Queen's Health Outreach (QHO) depends in large part on financial support from individuals and organizations (both public and private sector). Although QHO hosts a variety of fundraising events throughout the school year, charitable donations are critical to the viability of our organization. As such, we welcome and greatly appreciate financial contributions of all kind.

If you would like to donate, here are some options for you to consider

OPTION 1: ONLINE DONATION

Visit our website www.qho.ca/donate

OPTION 2: CHEQUE

Send a cheque payable to:

Queen's Health Outreach
Registered Charitable Organization #889124798
P.O. Box 2045
Kingston, ON - K7L 5J8

OPTION 3: CONTACT

Contact the sponsorship director at sponsorship@qho.ca for more information on how you can donate to a specific initiative.

THANK YOU FOR YOUR SUPPORT!

