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# Queen's Health Outreach

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Youth | Education | Health

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2019-2020  
**sponsorship package**



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 Queen's Health Outreach

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## QUEEN'S HEALTH OUTREACH

# a message from the co-directors

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Our names are Geena Denno and Sydney Van Sickle and we have the great privilege of serving as the General Co-Directors of QHO for the 2019-2020 academic year. Over our three years to date working with this organization, the motivation to improve the sustainability of each of our initiatives as well as the efficiency of our Executive team has grown tremendously. This year we hired 19 individuals to work on our Board of Directors, 10 Coordinators, 4 Interns and 34 Peer Educators (PEs). PEs will be spending the academic year either teaching in classrooms in the Kingston community, or training and fundraising for one of three summer initiatives in Belize, Guyana and Northern Canada. Our experience on QHO has been filled with memories, learning, and life-long friendships with both the members of our team as well as our partners in each of the communities we work with. Moving forward, we have decided to spend our tenure as Co-Directors to solidify a Strategic Plan for the future of the organization. With this plan, we hope to more effectively assess each community to ultimately provide better opportunities for youth to thrive as leaders.

We could not be more proud of and inspired by all of the work our executive team has accomplished so far this year and look forward to supporting our Interns and PEs transitioning into their new roles within the organization. We would also like to thank our current and potential future donors and sponsors whose contributions and support have made all of our achievements possible. We are continuously impressed by the commitment, compassion, and hard work that our organization of 60+ students can accomplish. We hope that this journey with QHO is one that each member and community partner can look back on fondly.

## our mission

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Collaborating with local and international communities to work towards sustainable opportunities for youth engagement, leadership, and health education.

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To ensure the continued success of our initiatives in Kingston, Northern Canada, Belize, 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

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# timeline

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## AUGUST-SEPTEMBER

Revise curricula and initiatives based on our evaluation framework. The hiring process is completed for Kingston and Summer Peer Educators, as well as interns who assist the executive team.

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## WINTER SEMESTER

PEs continue to attend education sessions on a variety of topics including cultural sensitivity, teaching strategies, and health awareness training. A QHO-wide weekend long educational seminar occurs in January. Members continue to work towards QHO's goal to be fully fundraised. Initiative Directors continue to stay in touch with communities and partner organizations to discuss logistics.

## FALL SEMESTER

Education sessions begin to prepare newly hired Peer Educators for initiative. Kingston Peer Educators move into the classroom, while Summer Peer Educators begin practice teaching under the leadership of their Initiative Directors. Peer Educators begin personal fundraising and several QHO-wide fundraising events planned by the executive team occur in the Kingston community.

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## MAY-JUNE

Summer initiative Peer Educators foster opportunities for youth and facilitate health discussions in classrooms in Belize, Guyana, and Northern Canada locations.

# principles

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NEEDS-BASED  
 PEER HEALTH EDUCATION  
 SUSTAINABILITY ♦ TRANSPARENCY  
 MUTUAL LEARNING  
 CULTURAL SENSITIVITY  
 COMMUNITY ENGAGEMENT  
 STUDENT RUN

# framework

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## STRATEGIC DRIVERS

- Collaborate with community partners to facilitate an ongoing discussion regarding health awareness and healthy living.
- Continuously evaluate the effectiveness of the organization and our programs.
- Implementing needs-based health education programs to cultivate local youth leaders through peer education.
- Address stigma concerning various health issues on Queen's Campus and in the communities and cultural contexts in which we work.

## EVALUATION FRAMEWORK

**An 8 phase plan for the creation of sustainable, locally-run health initiatives, with the goals of:**

Establish locally-run and sustainable health education and youth empowerment workshops/programming in global communities.



To transition from an organization that facilitates health discussions in global communities to one that empowers local youth leaders to facilitate these discussions in their own communities.

Meet all parts of our mandate, principles, and strategic drivers.

# GUYANA initiative

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## FOCUS:

Mental Health, Sexual  
Anatomy & Puberty,  
HIV/AIDS & STIs, Personal  
Hygiene

## SCOPE:

7 weeks ♦ 2 locations  
Berbice  
Georgetown  
10 peer educators



## accomplishments to date

- The primary focus of our health-based curriculum is to facilitate discussions around mental health with Guyanese students. We have accomplished this by creating safe spaces, using interactive discussions and activities to create an understanding of the topic.
- Created a partnership with the Everest Cricket Club in Georgetown to interact with the community and provide lessons in a more casual setting.
- Working with existing NGOs such as the Guyana Foundation and the Guyana Responsible Parenthood Association, and the television network NTN This Morning.
- Spoke at and incorporated mental health and mental illness discussions at parent teacher meetings in Berbice.

## current goals

- Establish evaluation methods (qualitative and quantitative) to critically assess our impact on communities.
- Establish the history of QHO in Guyana - Guyana is our longest running initiative!
- Create relationships with local NGOs in which we can have hands-on experience with students to train them to facilitate discussions about mental health in our absence.
- Facilitate expansion opportunities into different regions of Guyana.
- Establish a relationship with the University of Guyana Berbice campus and implement a strategy to incorporate our health curriculum to students and faculty.

# BELIZE initiative

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## FOCUS:

Physical Health, Sexual Health,  
Mental Health, HIV/AIDS, Peer  
Pressure, Substance Abuse

## SCOPE:

6 weeks ♦ 3 locations

Belize City

Belmopan

Dangriga

10 peer educators



## accomplishments to date

- Queen's Health Outreach has been successful in collaborating with the Ministry of Education and schools within it, to provide lessons focused on mental, physical and sexual health.
- QHO has been going to Belize for 20 years.
- By meeting with the Ministry of Education annually, we are able to provide needs-based education and work to integrate our lessons with their changing curriculums
- In 2019, QHO was able to reach a total of 10 schools, both primary and secondary level.

## current goals

- Work towards creating longer-lasting programs in schools, and being able to stay with classes for longer than three-week time periods.
- QHO hopes to become more involved with the individual teachers at the schools, and integrate conversations between the Ministry of Education and the schools we teach in.
- We hope to get in contact with the BFLA (Belize Family Life Association) to integrate our lessons with organizations in the Belize community.
- In Summer 2020, we hope to get in contact with colleges in Belize City, Belmopan and Dangriga.

# KINGSTON initiative

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## FOCUS:

Sexual Health & Puberty, Mental Health, Substance Use & Abuse, Communication & Leadership, Healthy Eating Habits, Goal Setting to Sustain a Healthy Lifestyle

## SCOPE:

5 months ♦ 6 locations  
16 peer educators



## accomplishments to date

- Relationships with 6 schools and at least 13 classrooms thus far this year.
- Successful previous lessons taught on mental, sexual, emotional, and physical health based on feedback from past students and teachers we have worked with.

## current goals

- Establish sustainable, effective programs in all schools/community groups with the hopes that our initiative can expand to other classes within the schools/organizations.
- Foster new relationships with other Queen's clubs and organization to create more partnership and awareness about health promotion in the Kingston community.
- Ensure a relationship between all the PEs throughout QHO (Kingston and International) and provide them with a way to share teaching tips and tricks.

# NORTHERN CANADA initiative

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## FOCUS:

Mental Health & Grief Management,  
Substance Use & Abuse, Leadership  
& Empowerment, Nutrition,  
Sleeping Habits



## SCOPE:

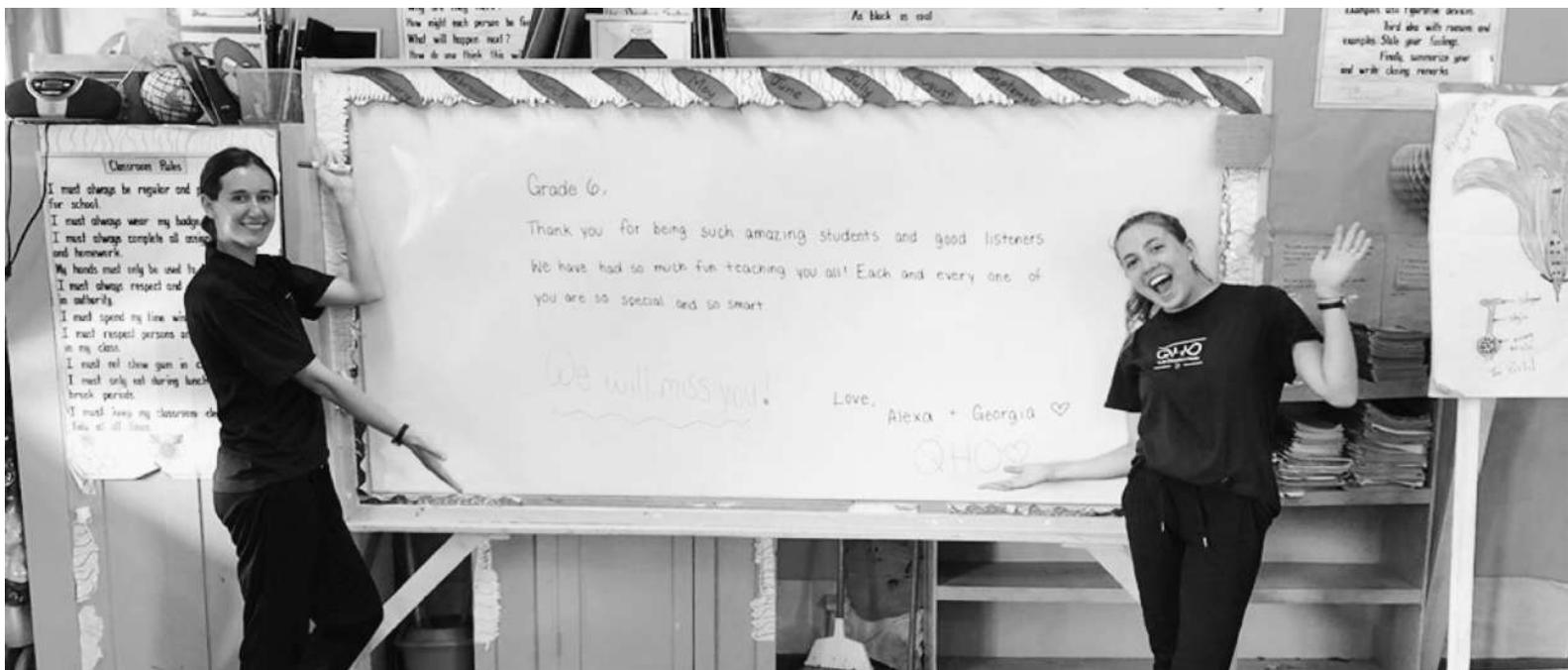
5-7 weeks ♦ 3 locations  
Fort Providence, NWT  
Salluit, QU  
Webequie, ON  
6 peer educators

## accomplishments to date

- Partnered with ten communities throughout northern Canada since 1996 ,
- As needed the organization has transitioned in and out of these communities and this spring QHO will return to three of our partner communities including : Salluit, QC, Fort Providence, NWT and Webequie, ON.
- Providing peer educators with opportunities to expand their knowledge of Indigenous cultures in the Kingston area and in our initiative locations.

## current goals

- Expand the outreach of health programming on the Northern initiatives to youth outside of our partner schools.
- Establish sustainable health discussions and education amongst each of our Northern Canada locations.
- Increase cultural humility and awareness among our peer educators and the discussions we facilitate.
- Partner with more Northern health organizations both in Kingston and in our communities.



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# donate

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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](http://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

Please contact the sponsorship director at [sponsorship@qho.ca](mailto:sponsorship@qho.ca) for more information on how you can donate to a specific initiative.

**THANK YOU FOR YOUR SUPPORT!**