



## A MESSAGE FROM OUR CO-DIRECTORS

We can't believe that a whole month of the school year has come and gone. September was a very busy month for ourselves and our team. We have had our hands full with orientation week promo, hiring our interns and peer educators, and working with our executive team to follow through on our goals for the organization this year. We could not be more satisfied with our amazing new additions to the QHO family and are looking forward to seeing the accomplishments made by our team throughout the year. We have also been busy discussing where we see QHO as an organization moving towards in the future.

For example, as a team we made the decision not to return to Georgetown, Guyana for the Spring 2020 initiative. QHO has a long history in this part of Guyana and we are very grateful to all of our partners and contacts in the community. On a more positive note, there are many things we are looking forward to this semester. Our lovely Education Directors Maddy and Leah have been hard at work planning the first ever QHO Conference Day. The whole QHO team will get together to learn more about everything QHO, from the work our executive team does behind the scenes to the specifics of each individual initiative location. Additionally, we are excited to announce that our new Research Intern, Hannah, has started a deep dive into QHO's long history in our current and previous locations. By the end of the year, a compiled report of her findings will be published on our website to honour QHO's history. We are beyond thankful and excited to be in this position having the chance to watch everything happen behind the scenes. In each of our three years with this organization so far, we have never felt so proud of the motivation and effort of our team when it comes to improving the sustainability and effectiveness of our initiatives.

All the QHO love,

*Jacna Denno & Sydney Van Sickle*

General Co-Directors 2019-20

## WHO WE ARE

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.



# Belize INITIATIVE

This past year, ten peer educators from a wide range of faculties at Queen's University departed to Belize to teach and promote health based curriculum including mental, sexual, physical and social aspects. The ten peer educators were split into two groups and were successful in empowering youth health education in three of the six Belize districts. This year, peer educators worked to progress leadership qualities in the students to allow them to feel confident in passing along their health knowledge to community. The peer educators were excited to reach out in the community beyond the school classrooms in the Belmopan district. They taught at a youth centre in the city and had a great turnout of high school students.

As initiative directors, we are very excited to be working towards this upcoming year's initiative. At the end of initiative, we met with the ministry of health directors to make plans for the incoming initiative. We are excited to announce that we will be returning to the same three districts as last year, Belmopan, Belize City and Dangriga. These past couple weeks, we have been reaching out to the district representatives to start planning the new school locations.

Throughout the year, we plan on reaching out to more youth community outreach programs, and to reach out to the Universities in Belize. We hope that engaging University students in some of our discussions will encourage them to start their own youth, health and education programs! Our hope is that this will bring greater sustainability to our program.

We are extremely excited to get the hiring process rolling. We are eager to meet the incoming peer educators and to share our experience with them while answering all questions about what it means to be a peer educator. We love to talk about all things QHO! Finally, we are most excited for the new experiences to come!



Pictured here are nine of the ten Belize Peer Educators on their final day of initiative. The woman on the left, known as their "Belize Mom" was so kind and helpful for their entire stay in Belize City, and even made them a goodbye cake before returning back home.



Katelyn and Kara teaching in a Standard 3 class at My Lady of Fatima in Belmopan. This picture was taken on their last day of teaching, after an awesome three weeks together!



# Jayana INITIATIVE



PEs at their last cricket practice with the team they worked with each week in Georgetown.

This year, Peer Educators in Guyana created a partnership with the Everest Cricket Club in Georgetown to interact with the community and provide lessons in a more casual setting. We worked with existing NGOs such as the Guyana Foundation and the Guyana Responsible Parenthood Association, and the television network NTN This Morning. In addition, PE's spoke at and incorporated mental health and mental illness discussions at parent teacher meetings in Berbice.

Currently, we are getting ready for hiring and discussing our first fundraisers of the year! We are debriefing our initiative with various members of our executive team and discussing improvements to make for the upcoming year, as well as organizing a timeline of our goals for the year.

We are looking forward to establishing evaluation methods (both qualitative and quantitative) to critically

assess our impact on the communities in Guyana. As we are the longest running initiative, we want to establish QHO's history in Guyana.

We are looking to 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. Other goals for this year include facilitating expansion opportunities into different regions of Guyana, and establishing a relationship with the University of Guyana Berbice campus and implement a strategy to incorporate our health curriculum to students and faculty.

We are very excited to get to know our new PEs soon!



The Berbice PEs' last class at Massiah Primary School, with the grade 6 class. In this photo, the class shows signs with suicide prevention phone numbers on them, as well as tips on "how to have good mental health" for the school to post, so that all the students could see.



## Kingston INITIATIVE

This past year, partnerships had been made in many schools around Kingston and continue to be fostered in and around the community. So far, we have confirmed partnerships with classrooms and are planning crash course for our PE's once they are hired.

Some of our goals for this year are to establish sustainable, effective programs in all schools/community groups with the hopes that our initiative can expand to other classes within the schools/organizations. We want to foster new relationships with other Queen's clubs and organization to create more partnership and awareness about health promotion in the Kingston community. In addition, we are hoping to ensure a relationship between all the PEs throughout QHO (Kingston and International) and provide them with a way to share teaching tips and tricks.

We are planning to devise strategies to receive more feedback mid-initiative in order to evaluate necessary changes that need to be made. We want to create relevant material for students in the classrooms to ensure that current, relatable issues are brought up in the classroom in a fun, but meaningful way.

We look forward to hiring our PEs!



## Northern Canada INITIATIVE

As we finish up the hiring process, we are busy outlining our budget for the year, planning our first fundraiser, outlining goals for ourselves and our PEs, and contacting our locations to confirm each initiative. We have also been reaching out to other organizations from the Queen's campus and the Kingston community in hopes to partner with them for certain events throughout the year.

Once the PEs are hired, we are most looking forward to learning together, laughing together, and becoming a tight-knit wolfpack family! We are looking forward to sharing our initiative experiences with them, and providing them with the knowledge, experience, and awareness needed to have a successful initiative. Some initiative-specific goals that we have outlined include expanding the outreach of health programming on the Northern initiatives to youth outside of our partner schools, establishing 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, and partner with more Northern health organizations both in Kingston and in our communities.

CONTINUED ON NEXT PAGE ...

# Northern Canada RECAP ...



## FORT GOOD HOPE, NWT

Fort Good Hope is a Sahtu Dene and Métis community in the Sahtu Region of the Northwest Territories, Canada. The Peer Educators worked in Chief T'Selehye School to facilitate health discussions with students in kindergarten to grade 12. Outside of the classroom, the Peer Educators ran a significant amount of programming, including starting a run club, making friendship bracelets, girls and boys nights, and facilitating a parent/student cooking class. This allowed the Peer Educators to form greater connections with the youth. The Peer Educators were grateful to attend a Cultural Camp that was run by the school and community members. At the Cultural Camp, Peer Educators experienced traditional land-based activities and made greater connections with Elders and youth.



## FORT PROVIDENCE, NWT

Fort Providence is a Deh Cho Dene community located slightly West of Great Slave Lake on the Mackenzie river, just a 4 hour drive from Yellowknife. In Fort Providence, the Peer Educators facilitated health discussions in the classrooms of Deh Gah Elementary and Secondary School with students ages Kindergarten to grade 12. Peer Educators also had the opportunity to spend a significant amount of time outside on the land with students during Deh Gah's annual Spring Camp. During this time, Peer Educators were able to teach their health lessons on the land while also partaking in various cultural traditions including Hand Games, drum circles, fire building, beading lanyards, cooking traditional food, and listening to many stories.



## SALLUIT, QU

Salluit is the second most northern inuit community in Nunavik (the northernmost third of Quebec). While in the community, the Peer Educators worked alongside two schools, Pigurivik and Ikusik as well as the Sapummiviq Rehabilitation Centre. Outside of the classroom the two Peer Educators ran after school programming with activities such as hiking, cooking and arts and crafts. A highlight for the Peer Educators was being on the ice with students and connecting through the language of hockey. Hockey plays an important role in the community and through sport the Peer Educators were able to relate to students and in doing so enhance the effectiveness of health centered discussions.



## WEBEQUIE, ON

Webequie First Nation is an Ojibway community located 540 km north of Thunder Bay in Ontario. The Peer Educators worked with youth across all grades in primary and secondary classrooms at Simon Jacob Memorial Education Centre. This year, the Peer Educators were successful in establishing a new relationship with the community-based organization Jordan's Principle, which focuses on youth engagement and healthy living. The Peer Educators were grateful to engage in community activities such as Culture Week, sweat lodges, beading nights, and drumming ceremonies throughout their initiative.

# PR UPDATE

This past month, PR has been creating promotional material and attending orientation events on Queen's campus for students to learn about QHO and to apply to be Peer Educators or Interns! We have been reaching as many students as we can across programs and years through these events, as well as on our website and social media. In addition, we created a Peer Educator Profile that gives more in-depth information about a "Week in the Life of a PE": what we teach and why individuals should join QHO. On top of this, we have updated the sponsorship package with the relevant information necessary to help attain our fundraising goals. You can find all of these documents on our website.

This year, PR is striving to reach as many students with regards to QHO, our mission, and our initiatives. We are looking forward to doing many social media campaigns, more outreach events on campus, and further promotional activities!



## SUMMERHILL DEBRIEF RECAP

This summer we worked within our Policy Pod to set up summer debrief calls to learn about the personal experiences Peer Educators had on their initiatives, which ran mostly throughout August and early September. The debrief calls this year were especially important as our major goal for this year is to make QHO sustainable, and by using these calls we can see areas that need to be strengthened. The start of the semester was all about making our debrief call report and figuring out our talking point for the meeting, by looking at the major recurring points often repeated during the debrief calls.

We planned the Summerhill Debrief for PE's still attending Queen's University this year, and we had a speaker from the QUIC who specializes in culture shock and reverse culture shock to serve as a resource for the PE's. We also set up a few ice breakers centered on initiative and had group discussions. And, most importantly, pizza!

As for our goals this year, sustainability is a major one for sure. We do want to focus on more cultural and political awareness for our international initiatives, so the PE's are aware of what is going on in the area they are visiting.

## UPCOMING EVENTS

- 10.20.19 QHO Conference Day
- 10.31.19 Trick-or-Funding Fundraiser
- 11.4.19-11.9.19 QHO Northern Silent Auction Fundraiser
- 11.23.19 Bond Night Fundraiser

*New This Year*

This year, we are so excited to be piloting a QHO-wide Conference Day in October! At the conference, newly hired Peer Educators from all initiatives will have an opportunity to learn about all things QHO. The day will consist of an introduction to our executive team, and a comprehensive look at the functioning of the organization. Presentations will be made surrounding topics of interest to our PEs, such as cultural awareness, how to talk about QHO, and more information on each of the initiative locations.

Our Education Directors, along with our Co-Directors, are hard at work making this day a success, and we cannot wait to see their plans come to fruition!

# SPECIAL THANKS TO OUR DONORS

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

## GRANTS

### BELIZE

The John C. and Sally Horsfall Eaton Foundation

### KINGSTON

Davies Foundation

Telus Community Grants

Rotary Club of Kingston – Community Outreach Grant

Jack.org Queen's

### NORTHERN

Jack.org Queen's

Principle Student Initiative Fund

Queen's Players Grant

## DONATIONS

### BELIZE

Mark Mazurek

Frank Bradley Hicks

Tammy Sokolowski

### GUYANA

Carol Banks

Elizabeth Pettrsev

Stanley Wine

Carol Stipec

Rhonda Boers

### NORTHERN

Norma Milligan

Marie Andree Latour

Sahron Basha

Peter and Helen Dubeau

*donate*

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

### OPTION 1: ONLINE DONATION

Visit our website [www.gho.ca/donate](http://www.gho.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@gho.ca](mailto:sponsorship@gho.ca) for more information on how you can donate to a specific initiative.

**THANK YOU FOR YOUR SUPPORT!**