

# Queen's Health Outreach

Youth | Education | Health



## 2016-2017 Annual Report





**BELIZE**  
INITIATIVE



**GUYANA**  
INITIATIVE



**KENYA**  
INITIATIVE



**KINGSTON**  
INITIATIVE



**NORTHERN**  
INITIATIVE

## Message from the Co-Directors

Queen's Health Outreach (QHO) is pleased to share news of the past year's successes in the charity's 2017 Annual Report. Our names are Jenna Moodie and Erin Steen, and we have had the privilege of serving as the General Co-Directors of QHO for 2016-2017.

As an entirely student-run registered charity, QHO hires and trains Queen's University students to plan and implement annual health education initiatives in Kingston (ON), Northern Canada, Belize, Guyana, and Kenya. QHO is constantly striving to work in needs-based settings while fostering positive, mutually beneficial relationships with partner organizations wherever we work. We utilize a unique Peer Education platform to foster a safe, non-judgemental space for honest discussions about sensitive health topics.

This year, we are particularly proud of the organizations accomplishments. During the 2017 QHO Initiatives, our 40 Peer Educators will collectively teach health curricula in 24 communities, 57 schools, 13 community programs, and on one national television and radio show. Of note this year, the Kingston Initiative has expanded its scope from five to ten classrooms while also enhancing its presence in non-traditional teaching settings at the Kingston Youth Shelter, Youth Diversion, the School to Community Transition Program. Discussions have been in place to potentially further expand the Kingston Initiative into a classroom with Syrian refugees and other immigrants next year – Ultimately, we are very excited to continue adapting to the needs of our own community.

Moreover, the dedication and hard work of our 32 executive members has shown through several exciting achievements this year. With the help of our Public Relations team, we rebranded QHO away from "An International Health Initiative" to "Youth Education Health". We are thrilled about our new logo as it encompasses our passion for promoting healthy lifestyle awareness in all our classrooms, both in Canada and abroad. In collaboration with our Policy and Strategic Planning Director, we drafted and published QHO's inaugural Policy & Procedures Manual. This document serves as an exciting reservoir of past administrative and ethical discussions and decisions that will serve as a resource in keeping with the organization's values for years to come. Finally, at the QHO Advisory Board meeting this year, we acquired a community readiness tool from discussions with experts in Indigenous Health. We hope to use this resource as we continue to think critically about expanding to new locations, while also evaluating and assessing the impact of our existing initiatives.

Although QHO has been running for almost 30 years now, it is constantly evolving to better the training of its Peer Educators, the scope and depth of its Initiatives, and the positive presence it has on the Queen's University campus, and in our partner communities. For the ninth year in a row, we are grateful to have met our fundraising goal in March thanks to our generous donors and our own fundraising efforts.

With a fresh perspective of incoming executive members and Peer Educators this upcoming year, we hope to continue making a sustainable impact in marginalized populations in Canada and around the world. We thank you for your continued support.

Sincerely,

  
Jenna Moodie & Erin Steen, Co-Directors







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**NORTHERN CANADA**  
*5-7 weeks, 5 locations,  
10 peer educators*

**KINGSTON**  
*5 months, 4  
schools,  
10 peer educators*

**BELIZE**

*6 weeks, 12 elementary  
schools,  
12 secondary schools,  
8 peer educators*

**GUYANA**

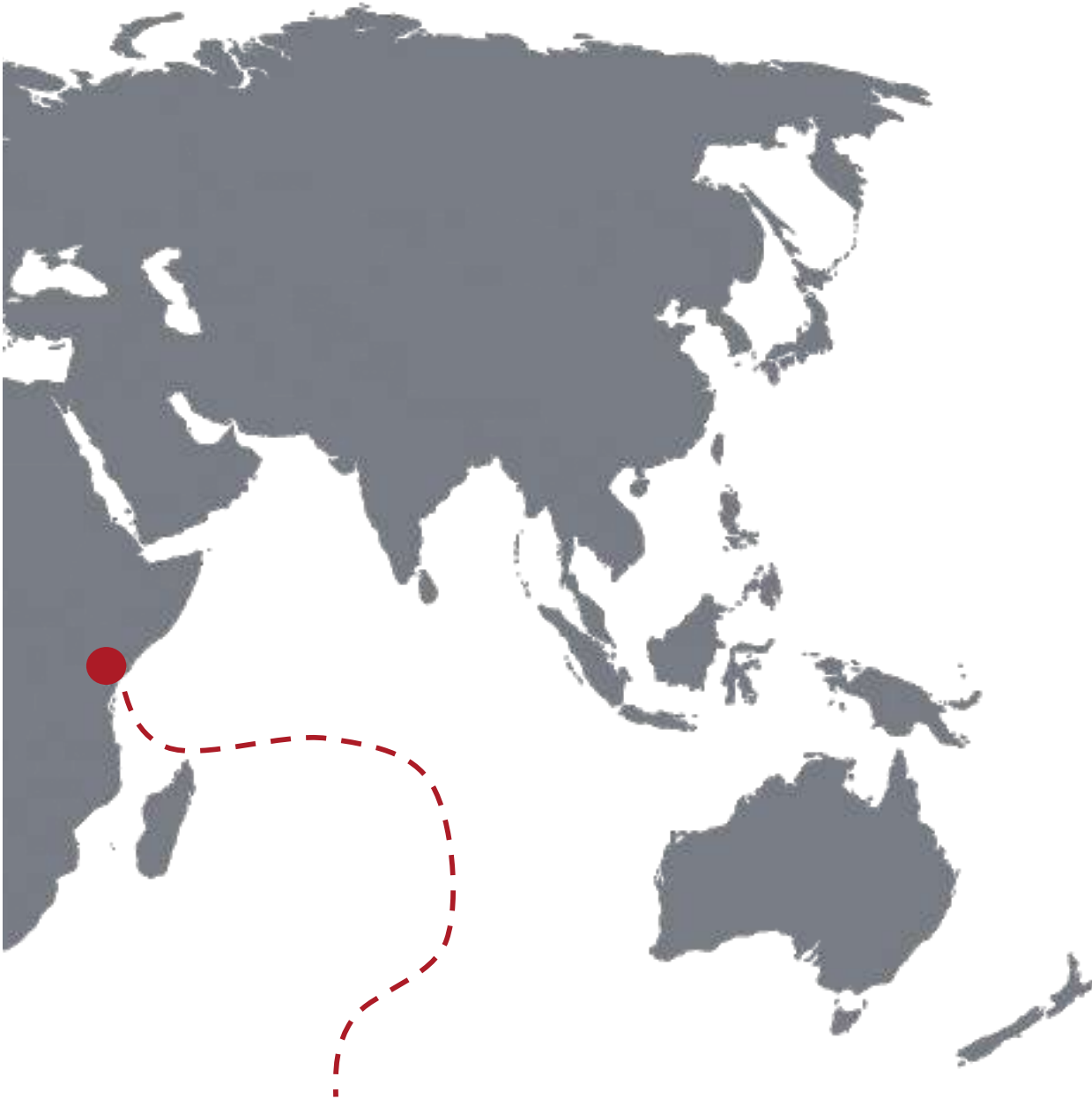
*7 weeks, 12 schools,  
8 peer educators*

## Vision

Engaging youth through health education.

## Mission

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



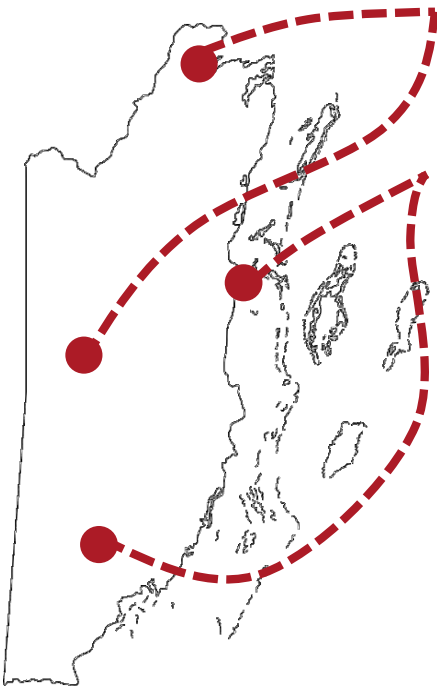
### **KENYA**

*7 weeks, 15 schools,  
6 peer educators*



## Belize Initiative

In 2016, eight Peer Educators travelled to Belize for a six-week long initiative. Belize has one of the highest murder rates and gang violence rates in the world. This issue is pressing and is seen even in high-school aged children. Once in Belize, the Peer Educators split into two sub-initiatives with four teaching in primary schools and four in secondary schools.



The Primary Peer Educators travelled to the districts of Corozal and Cayo where they taught in five schools and 25 classrooms and ran outreach days on Saturday's for their students.

Meanwhile, the Secondary Peer Educators taught in Punta Gorda in the Toledo district and Belize City where they taught in four schools and approximately 40 classrooms. They also partnered with the YWCA in Belize City where they taught and ran activities for a women's group.

Compared with previous years, both the primary and secondary teams spent three weeks in each school and district, as compared to two weeks the year before and only one week the year before that. This allowed the Peer Educators to form deeper bonds with their students and teach more material in each of their classrooms. By staying at the schools for longer periods, the peer educators also had the opportunity to participate in school events, judge spelling bees and literary competitions and attend cultural celebrations.

The Belize Initiative is collaborated with the Ministry of Education and have a meeting each year with the representatives from each of the six districts in Belize. At this meeting, the Peer Educators and District Representatives reflect on the year, voice concerns or suggestions and make plans for future years. This helps to improve the initiative's sustainability.

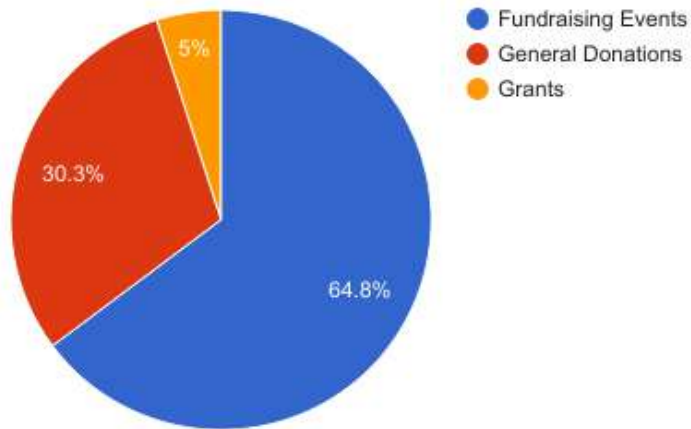




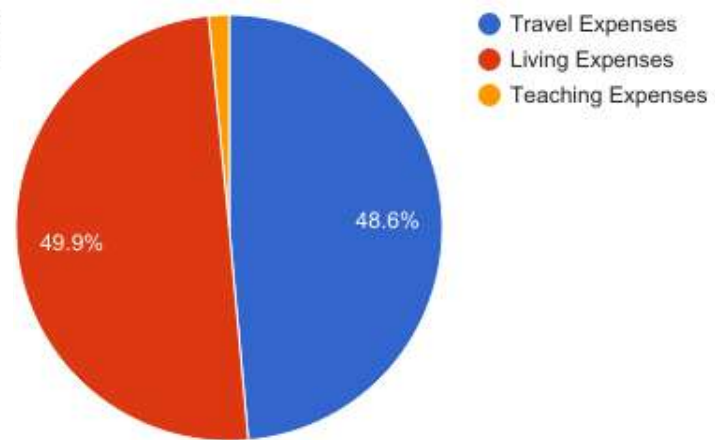
This year, they have partnered with the Gateway Youth Center, a newly opened community project designed to foster a safe location and create opportunities for youth. Additionally, the Program Directors have been trying to better prepare their peer educators for initiative by running cultural presentations and researching health topics in Belize to ensure that their curriculum is needs-based. Moving forward, the Belize Initiative will try to work with the Belizean Ministry of Education to implement a three- or five-year plan to increase their sustainability.

## Belize Revenue and Expenditure

**Belize Revenues**



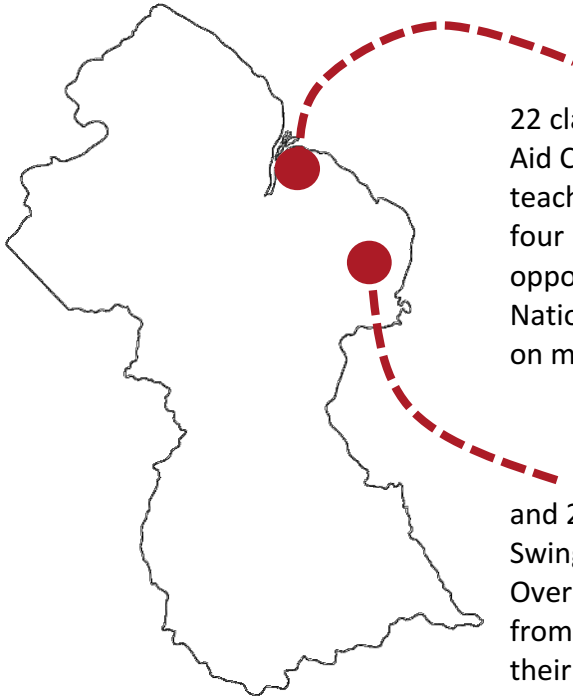
**Belize Expenses**



Belize % of Total Fundraising	
Remaining from 2014-2015 Initiative	24.4%
Personal Fundraisers	34.7%
QHO Wide Fundraisers	40.90%
Belize Grants	
Principal's Student Initiatives Fund Grant	\$1,000.00
SAF Fall	\$7,053.08

## Guyana Initiative

In 2016, a team of eight Peer Educators travelled to Guyana for seven weeks to promote health in secondary, primary and vocational schools. Guyana has the highest suicide rate of any country in the world (World Health Organization, 2012), making the mental health and suicide lessons especially important. Four members of the team were in Georgetown, the capital city, while the other four were in Letter Kenny, in the Berbice region.



The Peer Educators in Georgetown taught in 8 schools and 22 classrooms, and spent time working at Ruimveldt's Children's Aid Centre. For the first time in three years, they were approved to teach in public schools by the Ministry of Education, so taught at four new schools. The Georgetown Peer Educators also had the opportunity to do four TV segments and one radio segment on the National Television Network (NTN). During which, they gave talks on mental health, depression and suicide.

Meanwhile, the Berbice Peer Educators taught in 17 schools and 29 classrooms, while also working with the youth groups, Swingstar Community Developers and Letterkenny Youth Space. Over the past few years, the Berbice sub-initiative has progressed from having two Peer Educators in the region to four, expanding their outreach.

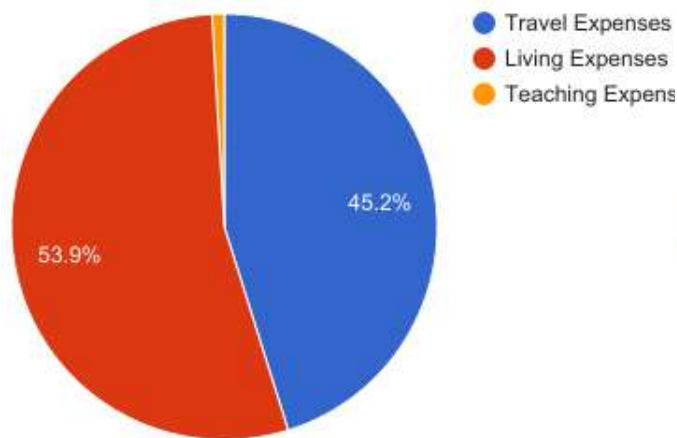




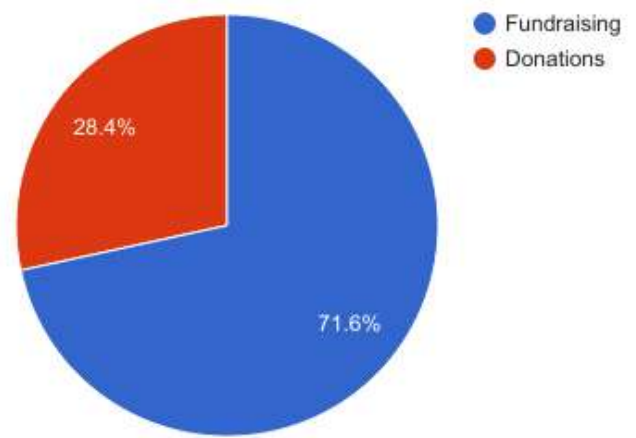
The Guyana Initiative is partnered with the Guyana Responsible Parenthood Association (GRPA) where they attended weekly Youth Advocacy Movement (YAM) meetings and had the opportunity to talk to motivated youth on many health-related topics. The Peer Educators worked closely with the Mental Health Unit of the Ministry of Public Health and the Ministry of Culture, Youth and Sport to ensure that they are having a sustainable positive impact. For the upcoming 2017 initiative, the Guyana Initiative wants to strengthen their relationship with the Ministry of Education, train local Peer Educators to increase their sustainability and engage with the local communities more extensively outside of class time.

## Guyana Revenue and Expenditure

**Guyana Expenses**



**Guyana Revenues**



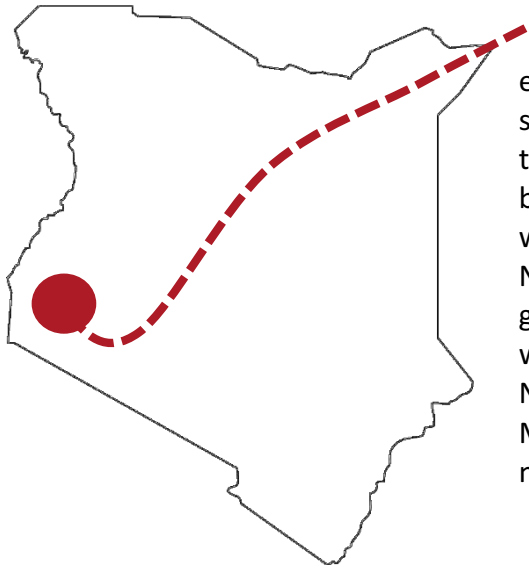
Guyana % of Total Fundraising	
Remaining from 2014-2015 Initiative	46%
Personal Fundraisers	27%
QHO Wide Fundraisers	27%

Guyana Grants	
SAF Fall	\$9,780.79

## Kenya Initiative

The Kenya initiative is primarily an HIV/AIDS awareness program. Six Peer Educators travelled to Kenya in 2016. This past year, Peer Educators taught in 9 schools across Kenya in 37 classrooms. Over the years QHO has been travelling to Kenya, Peer Educators have been successful at organizing an Outreach Day for the communities they teach in. Outreach Day is a day long event to encourage HIV testing among the community members. This year the Outreach Day had over 1000 attendees, the largest in QHO history!



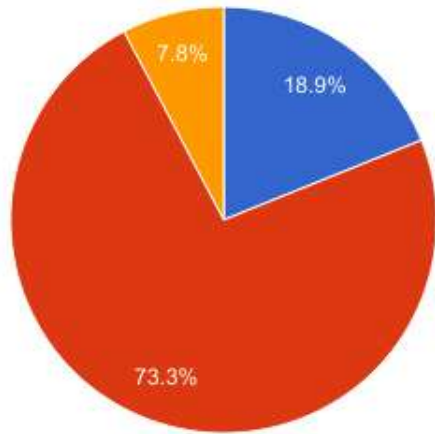
This year, Peer Educators implementing peer led education programs in several classrooms. This gives students the ability to teach their peers, and improve the sustainability of QHO's work in Kenya. QHO has been fortunate in having the opportunity to partner with the Rieko Kenya organization in Mikei Village, Nyanza. In past years, QHO has partnered with grassroots organizations to facilitate health education workshops in secondary schools in Nakuru, Sabatia and Nairobi. In upcoming years, QHO plans to move out of Mikei and will be working towards collaborating with a new community.



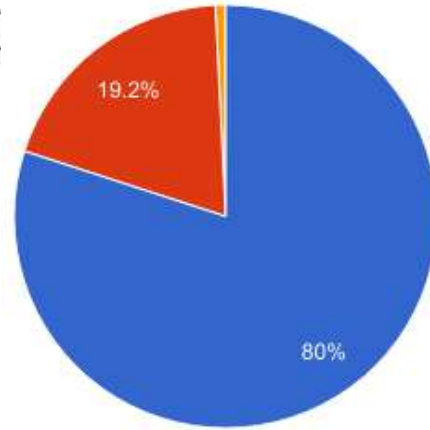


# Kenya Revenue and Expenditure

**Kenya Revenue**



**Kenya Expenses**



- Fundraising Events
- General Donations
- Grants

- Travel Expenses
- Living Expenses
- Teaching Expenses

Kenya Fundraising	
Remaining from 2014-2015 Initiative	3.42%
QHO Wide Fundraisers	49.68%
Personal Fundraisers	46.90%

Kenya Grants	
SAF Fall	\$8,377.97
Principals Student Initiatives Fund Grant	\$750.00

## Kingston Initiative

During the 2015-2016 school year, nine Peer Educators worked in Kingston from October to April to promote health. Kingston has the highest concentration of federal correctional facilities in Canada and a resulting large amount of socioeconomic disparity, making this initiative needs-based in our local community. The Peer Educators taught in six classrooms and three schools - Frontenac Public School, Limestone Education Building, and Queen Elizabeth Collegiate and Vocational Institute.



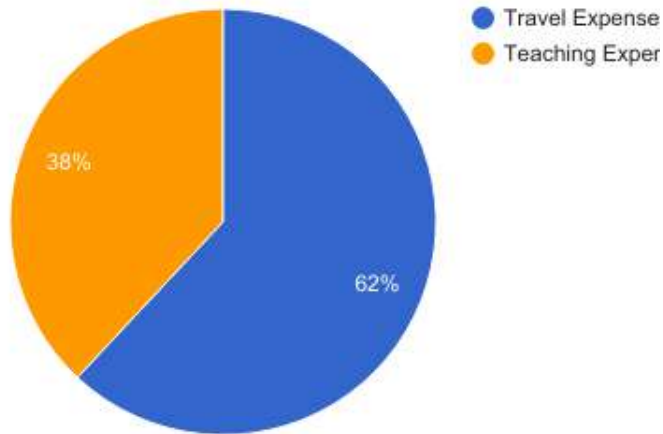
The year before, two of the classrooms were closed to ensure that the initiative remains sustainable and needs-based. The Program Directors aimed to have the Peer Educators in the classroom every week, however, snow days and school disorganization sometimes interfered with this schedule. This year, the Program Directors wanted to increase their Kingston outreach and have the Peer Educators teach in two classrooms each. Additionally, they want to have a resource manual in each of their classrooms and run a more in-depth introductory teaching course in October, so that their Peer Educators would be better equipped to enter the classroom immediately after hiring.



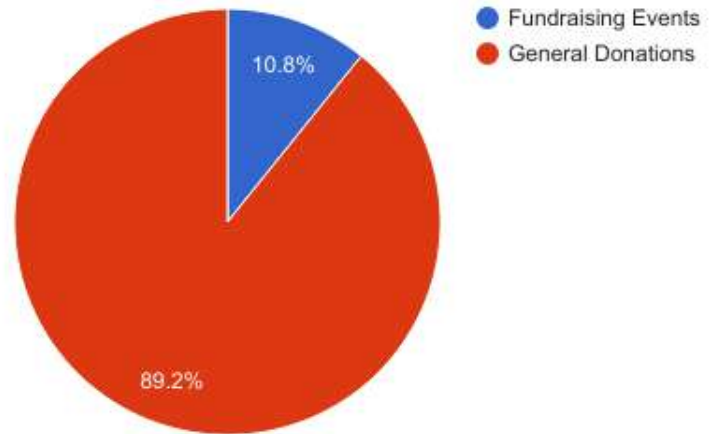


## Kingston Revenue and Expenditure

**Kingston Expenses**



**Kingston Revenue**



Kingston Fundraising	
Remaining from 2014-2015 Initiative	31.48%
QHO Wide Fundraisers	42.95%
Personal Fundraisers	25.57%
Kingston Grants	
SAF Fall	\$818.31

## Northern Initiative

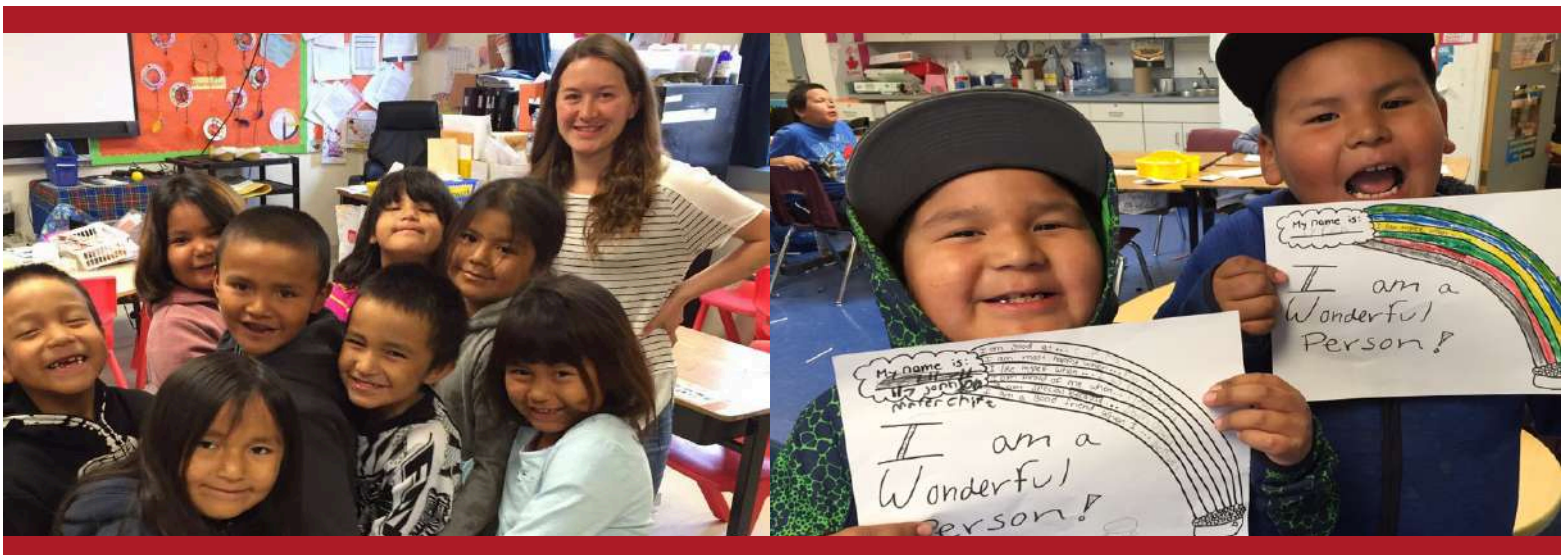
Our Northern Initiative is comprised of 5 locations:

- Webequie, Ontario
- Salluit, Quebec
- Fort Providence, Northwest Territories
- Pond Inlet, Nunavut
- Pickle Lake, Ontario

### Webequie, Ontario

Two Peer Educators travelled to Webequie, Ontario for approximately 5-6 weeks. The Peer Educators teach across all grades in Webequie in primary and secondary classrooms at the Simon Jacob Memorial Education Centre. Peer Educators who travelled to Webequie in 2016 were successful in teaching in 12 classrooms.

QHO has been successful in teaching in more high school classrooms throughout the existence of this initiative. This has assisted in implement programming for targeted age groups. Recently, Peer Educators travelling to Webequie have been successful in establishing a partnership with a youth guidance counselor and mental health and addictions counselor, to better address youth mental health issues in the area. The most successful programs initiated by QHO in Webequie have been their Leadership Camp, and collaboration with WAHSA Distance Education through providing radio lectures. Peer Educators have repeatedly struggled with accessing accommodations while on initiative, as the community has suffering from a housing crisis in recent years. QHO is working towards improving this for upcoming Peer Educators through collaboration with the community and local partnerships within the schools





### Salluit, Quebec

In 2016, two Peer Educators travelled to Salluit, Quebec to teach at the Ikusik School, Sappumivik Boy's Rehabilitation Centre, and Pigiurvik School. Across all three locations, the Peer Educators taught in 19 classrooms in 2016.



For several years, Peer Educators have made efforts to successfully develop a partnership with Youth Fusion. Youth Fusion is a program targeting towards at risk youth, in which youth participate in educational projects to improve learning and social integration, in hopes of decreasing the high school dropout rates in Salluit. In addition, QHO has created partnerships with students at the Qaunnaq Adult Education Center, who are training to be daycare educators. Together this collaboration led to the development of a resource manual to teach children at the Tasiursivik Daycare Center hygiene and nutrition. This year, the Peer Educators successfully began a running club, which was received well with the students in the community. However, in coming years the Salluit initiative may be phased out due to an overlap in similar health education services by other youth groups

### Fort Providence, Northwest Territories

Two Peer Educators have travelled to Fort Providence since 2014. In recent years, QHO has developed a successful partnership with the principals at the Deh Gáh Elementary and Secondary School. In 2016, the Peer Educators taught in 12 classrooms between the two schools. This year, Peer Educators received a partnership proposal from the principal of Chief T'Selehye School in Fort Good Hope, Northwest Territories. QHO plans to evaluate the suitability of a potential partnership will Fort Good Hope over the next year.



QHO is pleased to see this interest from neighbouring communities, as it means that word is spreading regarding the benefits of implementing youth-focused, peer-educational health programming. In the past several years QHO has been operating in Fort Providence, areas of focus have been: mental health, self-esteem/self-harm, substance use, sexual health as well as sleep health and hygiene. In the next few years, QHO plans to expand its breadth of involvement this welcoming community and externally across similar communities in the Northwest Territories.

### Pond Inlet, Nunavut



QHO has been sending Peer Educators to Pond Inlet since 2006. Peer Educators teach at the Nasivvik Secondary School. Recently, QHO has re-initiated their partnership with Ulaajuk Elementary School. QHO have also been fortunate in having the opportunity to partner with the Nunavut Arctic College, where they discuss marine biology and its importance to arctic communities.

In addition, QHO has established a 30-hour leadership course for secondary students, in which they planned and taught anti-smoking to youth in Ulaajak. In 2016, Peer Educators also assisted with the collection of data for research conducted by the Nasivvik Health Centre and with the RCMP. Furthermore, Peer Educators participated in the “The Walk So Kids Can Talk” Walk, as they have been doing for several years. Future goals associated with this initiative include maintaining the partnerships within the community, and beginning to evaluate the impact QHO has had on the community since 2006.

### Pickle Lake, Ontario

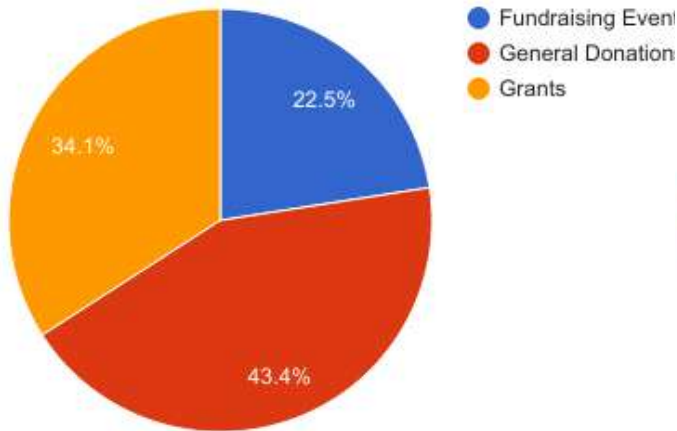


In the past, four Peer Educators travelled to these two communities in Northern Ontario. Over the years QHO has been working in Pickle Lake, Peer Educators cultivated wonderful relationships with the Missabay School and Crolancia Public School. However, it became slightly more difficult to continue teaching in Mishkeegogamang due to larger, systemic issues within the community. In previous years, Peer Educators taught in 17 classrooms between the two communities and was successful in organizing an ‘Outreach Day’ for both communities in its final year.

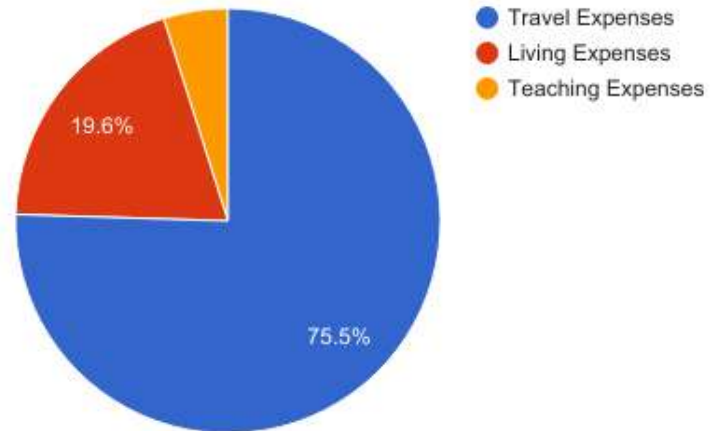
After 12 years, it was decided that this initiative should close in 2016. Although the decision to discontinue teaching within these two regions was difficult, QHO felt that its resources were able to have greater impact in other northern communities in Canada. Moving forward, QHO will continue to maintain dialogue between these two communities so that potential partnerships can be formed in the years to come.

## Northern Revenue and Expenditure

**Northern Revenue**



**Northern Expenses**



Northern Fundraising	
Remaining from 2014-2015 Initiative	33.08%
QHO Wide Fundraisers	40.57%
Personal Fundraisers	26.35%

Northern Grants	
SAF Fall	\$10,638.08
Mussel White Mine Grant	\$3,800.00
Principals Student Initiatives Fund Grant	\$750.00
Student Initiative Fund	\$1,000.00



## Financial Report

QHO is an entirely student run charity that raises money through fundraisers, general donations, and grants to run five domestic and international health initiatives per year. This money enables 60 Peer Educators to deliver needs-based education to various communities around the world through funding travel, living, and teaching expenses. Overhead costs for the organization are 4.25% of QHO's entire budget correlating to \$5180.64 of \$121,882.05. This is notable as an average charity's overhead costs typically range from 10-15% of its respective budget.

The greatest income stream for QHO in 2016 was the Sustainability Action Fund (SAF) raised by a \$2 Opt-Out student fee from the Alma Mater Society (AMS). Popular fundraisers included: Purdy's Chocolate Fundraiser, QHOchella, Trick or Funding, Carolling, LUG Fundraiser, QHO GLO, Bond Night, and Saint Patrick's Day Bottle Drive. All QHO members support and attend these organization-wide fundraisers, as well as have personal fundraising goals that are calculated based on their initiative's need. The cost of travel, living, and teaching supplies varies greatly depending on geographic location. Due to this, the initiative with the highest fundraising goal is Northern and the initiative with the lowest fundraising goal is Kingston. QHO works as a team, regardless, and all members continue to fundraise until the organization's budget is 100% funded. Extra money raised is added towards QHO's contingency fund in case of emergencies or used as a base for the next year's initiative fundraising.

In 2016, the Finance Director developed a Foreign Exchange (FOREX) Forecasting Model to help mitigate the financial risk of conversion through hedging. In prior years, QHO was penalized when converting Canadian to U.S. in large one-time transactions due to minimal attention to the strength of currency at that time. By using the FOREX Forecasting Model, QHO can reduce the cost of conversion and better allocate this money towards its initiatives. Another project completed by the Finance Director included transitioning the organization onto online banking, streamlining daily processes.

Furthermore, a collaborative effort conducted by various members of QHO resulted in the creation of the Policy and Procedures Manual for the organization. Specifically, the Intern Director, Finance Director and the General Intern worked extensively on the Fiscal Policy portion of the Manual. This policy will serve the organization well in terms of dictating the manner in which QHO will conduct its financial affairs for the future.

The Finance Intern revamped the organization's financial statements to provide greater transparency to stakeholders of varying financial literacy. Additionally, the Finance Intern evaluated QHO's current bank account package with ScotiaBank and compared the value derived to similar product offerings from other financial competitors. ScotiaBank is the founder of Global ATM Alliance, meaning QHO does not incur surcharge and access fees when using partner ATMs in Belize, Guyana, and Kenya. This feature is not associated with any other Canadian bank and therefore serves as a differentiator. It is also in QHO's best interest to continue banking with ScotiaBank for the foreseeable future due the niche package offered for Registered Charities. This permits a 50% reduction on monthly transaction fees, keeping administrative costs down and allowing the organization to maximize the direct impact of donations received.

## Special Thanks to the Following Donors

### Belize

- Sally H. Eaton
- Michael Moodie
- Indira Chauhan
- James and Ihrista Carwana

### Guyana

- Faye Murray
- Ihevin Gurr
- Brad and Tammy Gurr
- Mark Hamilton
- Victoria Graham

### Kenya

- Dr. Jeff Weaver
- Elgin Medical Clinic
- William Hoge
- Fred Matzinger
- Dr. Kandasmy Gounden

### Northern

- Jean Rowling
- Bradley Dow
- Max Helmer Cont Ltd
- Robert and Anita Mitchell



## 2016-2017 Team

Erin Steen | General Director

Jenna Moodie | General Director

Kaila Raimondo | Campus  
Outreach Director

Romaisa Pervez | Campus  
Outreach Director

Patrick Hamilton | Education  
Director

Sarah Jarvis | Education Director

Megan Meldrum | Monitoring and  
Evaluations Director

Olivia Campbell | Monitoring and  
Evaluations Director

Sarah Sawaya | Monitoring and  
Evaluations Director

Brandon Macaulay | Financial  
Director

Michelle Whittall | Fundraising  
Director

Rachel Hayton | Fundraising  
Director

Brandon Chan | IT Director

Victoria Fernandes | Logistics  
Director

Nabeela Jivraj | Policy Director

Erinn Drage | PR Director

Jillian Steele | PR Director

Nicolle Weaver | Sponsorship  
Director

Peter Carwana | Sponsorship  
Director

Vinyas Harish | Intern Director

Nicole Thompson | Belize Program  
Director

Samantha Wilson | Belize  
Program Director

Becca McElroy | Guyana Program  
Director

Cora Nitert-Brown | Guyana  
Program Director

Katie Dickson | Kenya Program  
Director

Madeleine Malone | Kenya  
Program Director

Carley Sims | Kingston Program  
Director

Samantha Clausen | Kingston  
Program Director

Georgia Dow | Northern Program  
Director

John Thomson | Northern Program  
Director

Lily Helmer-Smith | Northern  
Program Director

Kayla Moodie | Intern



Samantha Moore | Intern

Stephanie Di Pelino | Intern

Amanjit Dhadwar | Intern

Sierra Farr | Intern

Mo Wright-Stein | PE

Laura Toth | PE

Kieran Grekul-Somerville | PE

Avery Kaban | PE

Chantal Joseph | PE

Connor Cameron | PE

Lauryn Friesen | PE

Abby Brandon | PE

Haylee DeHooge | PE

Kate O'Brien | PE

Manny de Jesus | PE

Megan Butler | PE

Megan Elliot | PE

Robbie Gillies | PE

Shannon Pappas | PE

Shannen Rowe | PE

Chris Lanz | PE

Jenna Hickey | PE

Lucie Quinlan | PE

Claire Smith | PE

Maddy Stiles | PE

Marika Pelham | PE

Geena Denno | PE

Sydney Van Sickle | PE

Cadence Harris | PE

Julia Lapena | PE

Meghan Patterson | PE

Sarah Kim | PE

Emma McCrady | PE

Eileen Woolley | PE

Simon Boushel | PE

Ryan Axtmann | PE

Abby Christi | PE

Carly Machum | PE

Emma Butler | PE

Emma Mortimore | PE

Jacqueline Toole | PE

Jonah Kahansky | PE

Krista Magee | PE

Nadia DiCostanzo | PE



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