



Queen's Health Outreach

Youth | Education | Health

# ANNUAL REPORT

2017-2018



**BELIZE**  
Initiative



**GUYANA**  
Initiative



**KINGSTON**  
Initiative



**NORTHERN**  
Initiative

## A MESSAGE FROM THE CO-DIRECTORS

Queen's Health Outreach (QHO) is proud to share with you our accomplishments during the organization's 2018 Annual Report. Our names are Cora Nitert-Brown and Sarah Sawaya, and we have had the great pleasure and privilege of serving as the General Co-Directors for the 2017-2018 academic year.

Over the past academic year, QHO has undergone a considerable period of growth. This year, we hired 46 Peer Educators, 6 Interns and 28 Executive members - the largest team up to date! In addition to the increase in team members, we have also been preparing for a new pilot initiative in Fort Good Hope - a community in the Northwest Territories. We are thrilled about the potential for new sustainable partnerships.

The past several months have been full of adventures, learning, and amazing memories as we worked towards preparing our Peer Educators for their Initiatives in Kingston, Northern Canada, Belize and Guyana. This year, we decided to focus on improving our Monitoring and Evaluations frameworks, as we worked towards refining our strategic plan, theory of change model, and evaluation frameworks for our initiatives. With this in mind, we hope to collect more information to ensure the longevity and effectiveness of the health education curriculum in each community.

We could not be more proud and inspired by all of the incredible work our executive team, interns, and Peer Educators have put into this organization over the past several months. Their hard work has been paying off already through our Kingston Initiative and various campus and community outreach events, and will soon start to pay off on our Summer Initiatives.

We would also like to take this time to thank our generous donors and sponsors. Without their support, none of these achievements would be possible. Thank you to our whole team, for putting in hours of work to ensure a fully funded organization. We are continuously impressed by the commitment, compassion, and hard work, that our organization of 60+ students can accomplish. We hope that this experience with QHO is one that each member can look back on fondly.

Sincerely,

Cora Nitert-Brown & Sarah Sawaya, Co-Directors



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# LOCATIONS

## NORTHERN CANADA

5-7 weeks ♦ 5 locations  
10 peer educators

## KINGSTON

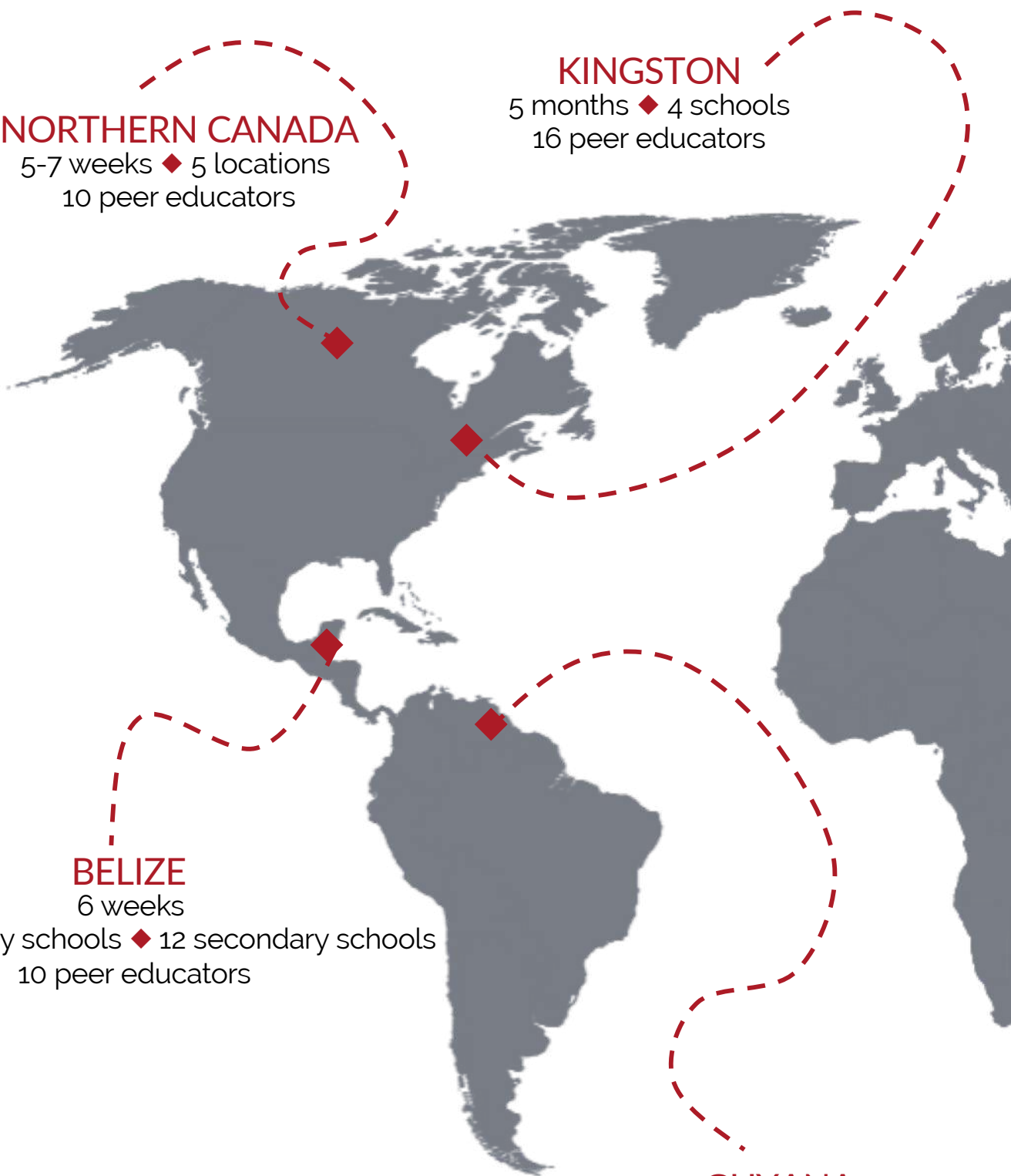
5 months ♦ 4 schools  
16 peer educators

## BELIZE

6 weeks  
12 elementary schools ♦ 12 secondary schools  
10 peer educators

## GUYANA

7 weeks ♦ 12 schools  
10 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.



# BELIZE INITIATIVE

In 2018, ten Peer Educators will travel to Belize for a six week long initiative to promote health education. Once in Belize, the Peer Educators will split into two sub-initiatives with six teaching in primary schools and four in secondary schools. This year, the Peer Educators will be returning to districts that the Belize Initiative hasn't been to in a number of years at the request of the Ministry of Education.

The Primary Peer Educators will travel to the Orange Walk and Belize City districts, where they will teach in pairs, reaching three elementary schools in each district. They will also be looking to partner with new local organizations this year.

Meanwhile, the Secondary Peer Educators will teach in Belize City and Dangriga where they will teach in pairs in two secondary schools in each district. In Belize City, the secondary initiative partners with the Gateway Youth Centre and the YWCA where Peer Educators work in small alternative classrooms.

This year, the Belize Initiative expanded to include two more peer educators than previous years. This will allow us to expand our outreach in the various communities and may be an avenue

that we will look to pursue more in the future. Additionally, this year the Belize initiative is looking to partner with more local organizations in all districts that we work in, deepening our relationships with these communities and increasing our sustainability when we are not in Belize.

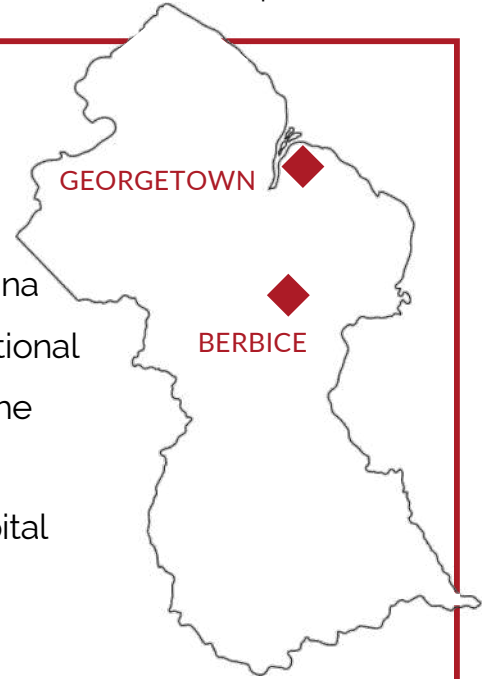
The Belize Initiative collaborates with the Ministry of Education and have meetings each year with representatives from each of the six districts in Belize. At this meeting, the Peer Educators and District Representatives reflect on the initiative, voice concerns or suggestions and make plans for future years. This helps to ensure that we continue to be needs-based and work with the community to implement our lessons.





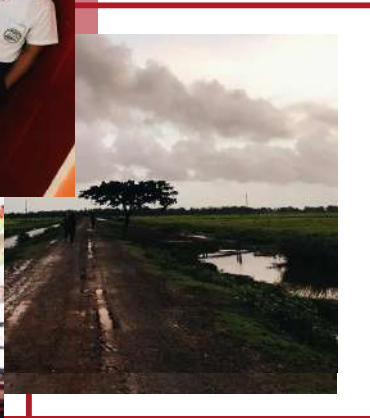
# GUYANA INITIATIVE

In 2018, a team of ten Peer Educators travelled to Guyana for seven weeks to promote health in secondary, primary and vocational schools. Guyana has one of the highest suicide rates per capita in the world, making the mental health and suicide lessons especially important. Four members of the team were in Georgetown, the capital city, while the other six were in Letter Kenny, in the East-Corentyne Berbice region.



The Peer Educators in Georgetown taught in 9 schools, including primary, secondary and training schools. Georgetown Peer Educators also had the opportunity to do weekly TV segments and occasional radio segments on the National Television Network (NTN) on various health topics.

Meanwhile, the Berbice Peer Educators taught in 17 schools, including primary, secondary and training schools, while also working with a Blackbush youth group and the 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.



# KINGSTON INITIATIVE

In the 2017-2018 year, the Kingston initiative collaborated with 14 classes over 5 months and we had 16 peer educators!

Our partners include Molly Brant Public School, Winston Churchill Public School, Limestone Education Services, Youth Diversion, Loyalist Collegiate and Vocational Institute, and the Kingston Youth Shelters.

Our peer educators underwent training during October, began teaching in November, and will teach until April.

Our new classes received resource manuals that were created by the previous year's Program Directors and updated this year.

In order to maintain QHO's and the Kingston Initiative's mandate of needs-based and sustainable education, it was decided that two classes would be discontinued. One class, piloted this year, was discontinued after review by the Program Directors. Additionally, upon discussions with the Co-Directors and the 2016-2017 Kingston Program Directors, a decision was also made to not continue one class from the previous year."

The goals for Kingston Initiative this year were to expand our initiative by hiring more peer educators, fostering our relationships within the community by making new partnerships, and implementing an assembly-style initiative with the Outreach Directors. Each of these goals were met with the help of the peer educators, community members, and executive committee.



## OUR NORTHERN INITIATIVE IS COMPRISED OF 5 LOCATIONS:

- Webequie, Ontario
- Salluit, Quebec
- Pond Inlet, Nunavut
- Fort Providence, Northwest Territories
- Fort Good Hope, Northwest Territories

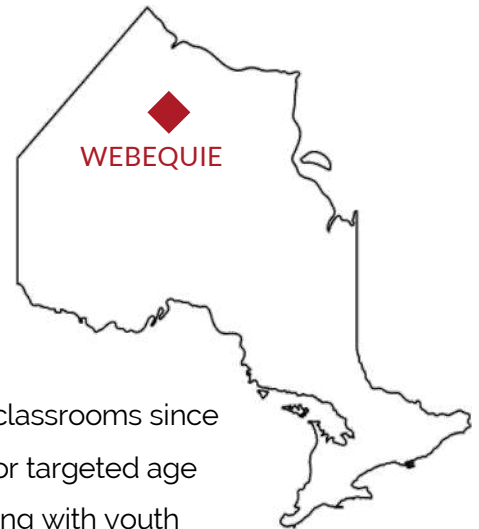
# NORTHERN INITIATIVE

## WEBEQUIE, ONTARIO

Two Peer Educators travelled to Webequie First Nation for approximately 5-6 weeks. The Peer Educators teach across all grades in primary and secondary classrooms at Simon Jacob Memorial Education Centre. Peer Educators who travelled to Webequie in 2017 were successful in teaching in 12 classrooms and establishing a regular schedule with grades 9 and 10.

QHO has been successful in teaching in more high school classrooms since the initiative began in 2011. This has assisted in implementing programs for targeted age groups as well as improved our partnership with the community by working with youth leaders. 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 needs in the area. The most successful programs initiated by QHO in Webequie have been their Leadership Camp, Gym Nights and collaboration with WAHSA Distance Education to provide radio lectures. Much of the programming in Webequie facilitates discussion and activity

based learning on mental health, coping strategies, physical activity, leadership and teamwork skills, and healthy habits. We thank the Webequie Education Authority, Simon Jacob Memorial Education Centre and the community for welcoming peer educators so kindly and openly every year. Meegwetch.





## SALLUIT, QUEBEC

Salluit is a beautiful community located in Sugluc Inlet, off of the Hudson Strait in the northern Quebec region of Nunavik. For 9 years, QHO has been working in the high school, elementary school and boys rehabilitation centre in Salluit.

In 2017, two Peer Educators worked at Ikusik School, Pigiruvik School and Sappumivik Boy's Rehabilitation Centre for five and a half weeks in the late spring. The peer educators taught a total of 75 classes and loved every second of it!

Community members, teachers and students alike were very receptive of the Peer Educators in 2017 and allowed for strong bonds to be made with Youth Fusion, the Youth Centre and all three teaching venues. 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. Last year, the Peer Educators attended all after school programs run by Youth Fusion, facilitating further interaction with students. The Peer Educators continued with 2016's run club and included post-run healthy snacks to the event. Further, the Peer Educators lead an after-school reading program at the Youth Centre to work on students literacy both in English and French.

## POND INLET, NUNAVUT



Pond Inlet/Mittimatalik (Inuktitut: ᐱᐅᐅᐅᐅᐅ) is a traditional Inuit community located on the northern tip of Baffin Island near the eastern entrance to the Northwest Passage. QHO began working with Pond Inlet in 2006. Since then, QHO has worked closely with community members, administration and teachers to develop engaging, culturally-relevant health programming for Ulaajuk Elementary School and Nasivvik Secondary School. In past years, we have been fortunate to partner with Nunavut Arctic College, nurses and health care workers, and community health representatives. The Pond Inlet Initiative is presently QHO Northern's longest running initiative and has seen many successes over the years. Highlights from previous years include the establishment of a 30-hour leadership

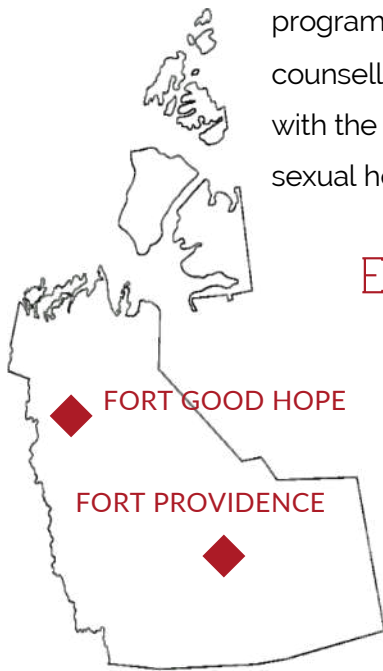
course for Senior High students which focused on confidence building and the importance of being a good role model. The Health Center is an incredible resource in the community, and we have been lucky to collaborate with them in recent years. On Initiative, Peer Educators begin important conversations surrounding relevant health topics including nutrition, sexual health, mental health, and substances. We aim to empower and motivate the

youth of Pond Inlet to have conversations about various health subjects and continue to act as leaders and role models in their community. This past year we were very lucky to collaborate with many diverse people within the community and successfully teaching in Nasivvik High School and Ulaajuk Elementary School for 6 weeks. The PE's were incredibly grateful to be able to assist with the High School Prom and Graduation, run many after school programs and assist with the Mentorship Program at Ulaajuk Elementary. We are very appreciative to the entire hamlet of Pond Inlet for continuously welcoming us into their home for the past decade. Qujannamiik!

## FORT PROVIDENCE, NORTHWEST TERRITORIES

Fort Providence is a blissful, historic town on the banks of the big Mackenzie river and 315 km North East of Yellowknife. We began our partnership with the community of Fort Providence in 2014, making it QHO's newest northern initiative. In addition to working with the students and staff of Deh Gáh Elementary and Secondary School, QHO also runs after school activities such as crafts and sports clubs. Highlights of this past year's initiative include collaborating with Play Around the World to host a variety of community outreach

programming, participating in Outdoor Education camps, and working with mental health counsellors and community outreach coordinators. The close relationship that QHO has with the community allows for us to cover a diverse range of teaching topics, including sexual health, healthy relationships, puberty, physical health and gender identity.



## EXPANSION // FORT GOOD HOPE, NORTHWEST TERRITORIES

A couple years ago, a high school in Fort Good Hope, Northwest Territories reached out to QHO to see if we would consider partnering with their community. This year, we are proud to say that this is finally becoming a reality. John Thomson initially took on the role of planning this expansion, and a second executive member, Megan Elliott, was hired in January to assist in facilitating a successful Pilot Initiative. This May our plan is to establish community contacts, discover local resources, and develop standardized plans for future initiatives to follow in order to make the transition as efficient as possible. We are planning on

determining what the community would like from us in terms of health education and youth programming in future years by interacting with community members. Another one of our main goals is to collect community health and wellness statistics in order to implement an effectiveness tool to track our impact in the area from year to year! Finally, we hope to run a sample educational program in our final weeks by teaching a health curriculum similar to the other Northern Initiative locations. We are so grateful to be growing as an organization and are excited to start working in Fort Good Hope.



OUR

# EXECUTIVE team

## EDUCATION

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The education directors work together to ensure peer educators have the resources and skills to teach a health curriculum to students and community members, both locally and internationally. The education directors organize relevant and effective education sessions throughout the school year for the peer educators. The goals of these sessions, of which the topics range from puberty and self esteem to HIV/AIDS and ethical development, are to facilitate confidence in teaching abilities and techniques, to enable Peer Educators to develop personal teaching styles and to facilitate preparedness for problems/issues that may arise during Initiative implementation.

## SOCIAL

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The Social Committee includes the Public Relations Director, Fundraising Director, and the Campus Outreach Director. These executive positions work together to promote and create events so the Kingston community as well as students at Queen's University are aware of QHO and have a presence on campus through events. The Fundraising Director is responsible for planning and organizing all QHO wide fundraising events. They provide guidance and ideas to QHO Initiatives and individuals with their fundraising. Campus Outreach Directors organize outreach initiatives with Queen's Campus—Outreach Days, Health Promotion talks with residences, open forum discussions on health issues on campus events. The Public Relations Directors will promote Queen's Health Outreach by informing students about QHO's goals, initiatives, activities, and fundraisers. PR is also active in the recruitment process by organizing information sessions and contacting different faculties and participating in Frosh Week activities. These three executive positions work together to promote the social side of Queen's Health Outreach.

## FISCAL

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The Fiscal committee is the collaboration of Sponsorship Directors and Financial Directors, and together organize and control the incoming and outgoing expenses of Queen's Health Outreach. The role of the Sponsorship Directors is to seek out and apply for grants and sponsorships from organizations within the Queen's and Kingston community, and from larger corporate companies. The Financial Director of Queen's Health Outreach is an integral and important role within the organization. The responsibilities include accurate hard and soft copy records of all monetary transactions of QHO, depositing all cash and cheque donations to the QHO account, give periodic financial updates to the Exec, among other important roles. These directors work together to ensure an up to date budget for QHO, ensuring the cheques are received from successful grant applications are appropriately logged.

## EVALUATIONS

The Monitoring and Evaluations Directors use evaluations materials from the past years initiatives and help decide on program specific outcome objectives and action plans for the year, while conducting initiative specific quantitative and qualitative evaluations throughout the year to gauge the progress of Peer Educators' development and the organization's effectiveness in training Peer Educators. Throughout the year, the evaluations teams assesses the strengths, weaknesses, sustainability, and institutional memory of the organization.



## INITIATIVE DIRECTORS

Initiative Directors. Implement and plan weekly initiative meetings, organize Initiative fundraisers, and oversee practice teaching while acting as a liaison between Peer Educators and the Executive team. Initiative Directors are also responsible for peer educators progression throughout the year therefore they must monitor team dynamics, facilitate practice teaching and editing of teaching manuals, work to inspire Peer Educators to fundraise and apply for grants. They critically assess all aspects of the program and implement changes to improve the sustainability and effectiveness of the Initiative.

## ADMINISTRATION

Administrative committee includes the directors responsible for Logistics and IT. The IT Director manages the web domain [www.qho.ca](http://www.qho.ca), updates the website's current events page, maintains the online blogs and makes changes to appearance to align with the current goals of QHO. They are also responsible for managing and running all sites QHO uses for communication and documents, such as Google and Slack. The Logistics Director is responsible for maintaining administrative aspects of Queen's Health Outreach as an organization. The Logistics Director manages the minutes of the weekly executive meeting, collects forms and donations from Peer Educators, and keeps track of all the incoming donations in order to issue tax receipts, among other tasks. These positions are integral in the organization and administrative side of Queen's Health Outreach.



## FINANCIAL REPORT

QHO is an entirely student run charity that raises money through fundraisers, general donations, and grants to run four domestic and international health initiatives per year. This money enables 44 Peer Educators to deliver needs-based education to the varying communities through funding of their travel, living, and teaching expenses. Overhead costs for the organization are 7.65% of QHO's \$101,946.94 budget. 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 2018 was the Student Activity Fee (SAF) raised by a \$3.75 Opt-Out student fee from the Alma Mater Society (AMS). Popular fundraisers included: Purdy's Chocolate Fundraiser, QHOchella, Trick or Funding, Holiday Carolling, Bond Night, and St. 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 initiatives with the highest fundraising goals are Northern Canada and Guyana while 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.

## GRANTS

### BELIZE

The John C. and Sally Horsfall Eaton Foundation	\$2000
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### NORTHERN

Jack.org Queen's	\$3300
Principle Student Initiative Fund	\$1000
Queen's Players Grant	\$1000

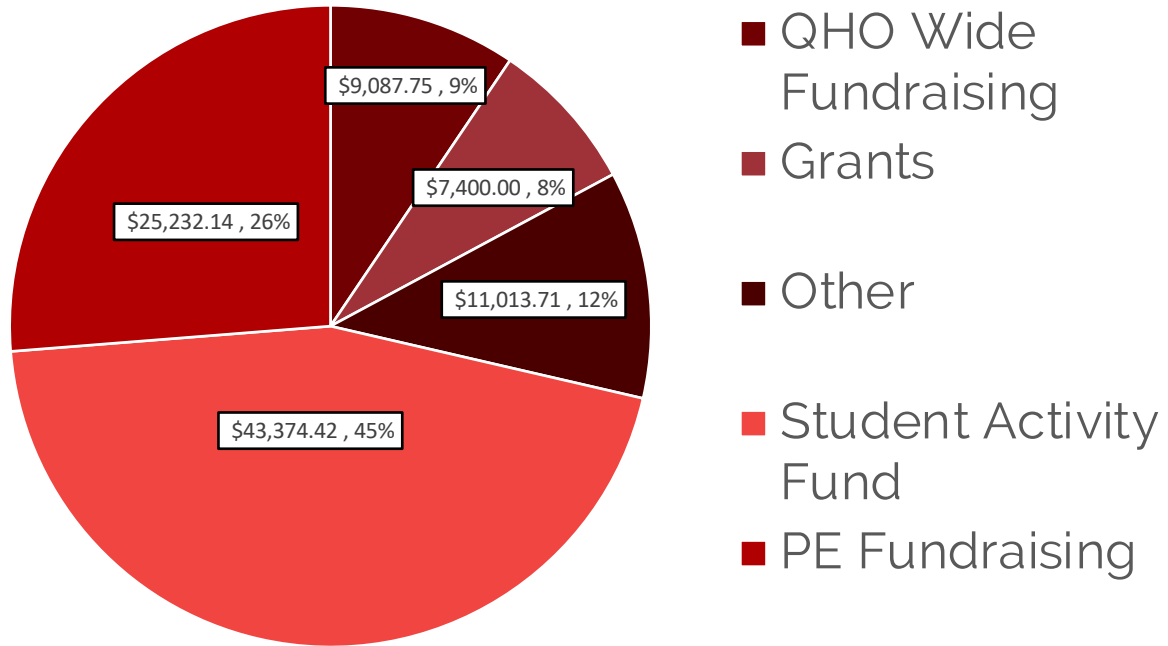
### KINGSTON

Davies Foundation	\$2000
Telus Community Grants	\$1000
Rotary Club of Kingston – Community Outreach Grant	\$750
Jack.org Queen's	\$500

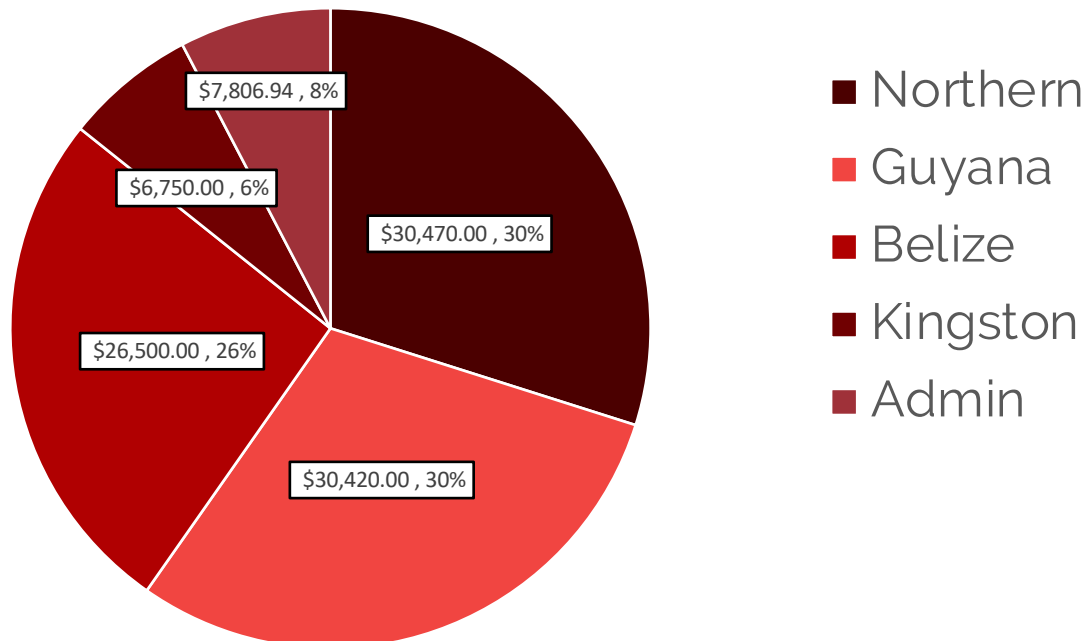


# REVENUE & EXPENDITURE

## REVENUE BREAKDOWN



## BUDGETED INITIATIVE EXPENSES



## FUNDRAISERS THROUGHOUT THE YEAR



### OCTOBER

QHOchella Event

Trick or Funding Event

### NOVEMBER

Purdy's Chocolate  
Christmas Campaign

Bond Night Event

### DECEMBER

Holiday Caroling

Don't Freak Out! Surveys

### JANUARY

Après Ski Event

### MARCH

QHOchella 2.0 Event

Bottle Drive



OUR

# DONORS 2017-2018

## SPECIAL THANKS TO THE FOLLOWING DONORS:

### BELIZE

Mark Mazurek  
Frank Bradley Hicks  
Tammy Sokolowski

### GUYANA

Carol Banks  
Elizabeth Pettrsev  
Stanley Wine  
Carol Stipek  
Rhonda Boers

### NORTHERN

Norma Milligan  
Marle Andree Latour  
Sahron Basha  
Peter & Helen Dubeau



OUR

# TEAM 2017-2018

Liam Barden	Northern Peer Educator	Leah Dubeau	Northern Peer Educator
Brittany Baxter	Guyana Peer Educator	Megan Elliott	Public Relations Director
Hayley Bean	Kingston Peer Educator	Sierra Farr	Belize PD
Hailey Bergman	Guyana Peer Educator	Vivian Fu	Belize Peer Educator
Elizabeth Birchard	Guyana Peer Educator	Maddie Fyfe	Kingston Peer Educator
Sophie Blackmore	Northern Peer Educator	Gwen Gentle	Guyana Peer Educator
Natalie Borgunvaag	Kingston Peer Educator	Maddison Gilliland	Kingston Peer Educator
Abigail Brandon	Logistics Director	Kieran Grekul-Somerville	Belize PD
Myfanwy Brown-Robinson	Outreach Intern	Cadence Harris	Kingston PD
Samuel Brown	Kingston Peer Educator	Jenna Hickey	Kenya PD
Adelaide Burrows	Northern Peer Educator	Ali Hicks	Belize Peer Educator
Megan Butler	Guyana PD	Ashley Iwegbu	Education Intern
Peter Carwana	Monitoring & Evaluations Director	Chris Lanz	Outreach Director
Beatrice Choremis	Kingston Peer Educator	Julia Lapeña	Kingston PD
Hailey Corbett	Northern Peer Educator	Sarah Latimer	Kingston Peer Educator
Claire Dans	Kingston Peer Educator	Christine Leung	Monitoring & Evaluations Director
Danica Davies	Northern Peer Educator	Belinda MacBain	Kingston Peer Educator
Chantal Deane	Northern Peer Educator	Carly Machum	Northern PD
Haylee DeHooge	Sponsorship Director	Krista Magee	Northern PD
Geena Denno	Fundraising Director	Francesca Manalo	Kingston Peer Educator
Amanjit Dhadwar	Finance Director	Madeleine McGillivray	Kingston Peer Educator
Georgia Dow	Education Director	Megan Meldrum	Sponsorship Director

Ciara Morrison	Guyana Peer Educator	Krystal Taylor	Belize Peer Educator
Emma Mortimore	Northern PD	Paige Thompson	Belize Peer Educator
Jamie Newell	Northern Peer Educator	John Thomson	Outreach Director
Jacob Peller	Finance Intern	Jacqueline Toole	Sponsorship Director
Annelise Perron	Public Relations Intern	Laura Toth	Education Director
Sarah Phillips	Northern Peer Educator	Sydney Van Sickle	Monitoring & Evaluations Director
Alishah Pirani	Kingston Peer Educator	Jack Wasylenko	Belize Peer Educator
Halle Purther	Kingston Peer Educator	Siobhan Wilson	Belize Peer Educator
Lucie Quinlan	Kenya PD	Emma Winnitoy	Belize Peer Educator
Sanjna Rajput	Kingston Peer Educator		
Delany Randle	Guyana Peer Educator		
Hannah Rehman	Guyana Peer Educator		
Brittany Roberto	Belize Peer Educator		
Kali Robinson	Education Intern		
Rafael Rodriguez	IT Director		
Shannen Rowe	Guyana PD		
Claire Savas	Fundraising Intern		
Josh Smith	Belize Peer Educator		
Arianna Spoor	Kingston Peer Educator		
Elizabeth Stanton	Guyana Peer Educator		
Tara Stipeć	Guyana Peer Educator		
Nick Stratford	Guyana Peer Educator		
Katrina Streef	Belize Peer Educator		

# Queen's Health Outreach

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Queen's Health Outreach



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