
Queen's Health Outreach

Youth | Education | Health

Annual Report

2020-21



www.who.ca

Mission

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

Vision

Healthy and resilient communities built by youth driven to lead conversations about health and well-being.



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Message from the Co-Directors



Our names are Annelise Perron and Georgia Fraulin, and it has been our privilege to serve as the General Co-Directors of Queen's Health Outreach (QHO) during the 2020-2021 year. We are incredibly proud to present this Annual Report, highlighting the accomplishments of QHO over the course of the past year as the organization adapted its operations to the context of the COVID-19 pandemic.

As we began our tenure as Co-Directors in March 2020, our priority quickly became navigating the emerging pandemic that was so new to us at the time. With ever-changing public health guidelines, we knew that our initiatives likely wouldn't be able to operate 'business as usual' in the coming year. With the exception of the Kingston Initiative, who were able to rapidly convert their initiative to a virtual format in collaboration with schools and teachers across the city due to perseverance by our fantastic Initiative Directors, the summer and fall semester of 2020 brought a pause to our usual organizational activities. With this pause came time to strategically evaluate all our initiatives, reflect upon their effectiveness, and take actionable steps to address gaps in QHO's work. We began our time as Co-Directors by re-instating and improving an Advisory Committee full of past QHO members, whom we met with throughout the course of the year to discuss all things QHO. Bringing with them diverse experience from their past positions on QHO and multi-disciplinary fields, our Advisory Committee played an invaluable role in the oversight of QHO and its programming. Many ideas stemming from the critical discussions happening within our Advisory Committee meetings were later implemented as QHO evolved throughout the year. Another focus of ours during this time was to completely overhaul our needs-assessment and evaluation process, as well as our long-term strategic planning framework. We worked closely with our Strategic Planning team, newly formed ID POD, and community partners to develop a series of monitoring and evaluation tools to better understand our initiatives and the needs of the communities we work with.



By doing this, we aimed to objectively identify where our initiatives currently stood along QHO's evaluation framework, and began using this information to discern what next steps could be taken to guide our initiatives towards each of QHO's partner communities' specific and diverse goals regarding health and education in youth.

Moving into the new year, we worked alongside our partners to adapt the rest of our initiatives to a virtual format, allowing us to hire 24 Peer Educators (PEs) for our national and international initiatives. Our PEs went above and beyond the typical PE role, assisting our Executive Team in carrying out our new standardized needs assessment and 'Initiative Model' long-term planning framework. Through these activities and focus on process evaluation, we were able to lay the groundwork for major changes to be made in the future to QHO's work that are based on evidence and community priorities. In the face of the first year of the global COVID-19 pandemic, QHO increased its communication and transparency with partners and took actionable steps in realizing our long-term planning goal of sustainable, youth-led health initiatives locally, nationally, and internationally. One such project that embodies these steps was the "QHO Grant" spearheaded our Sponsorship and Partnership teams. This project centered upon encouraging youth ownership of health promotion efforts by creating a grant funded by QHO with the goal of supporting fully youth-led health initiatives in our partner communities. We are excited for this grant to be implemented in our Northern Canada partner communities in the coming months!

Despite the challenges of the pandemic, QHO has remained steadfast in its mission and vision to empower youth through health and education, engage in a mutual learning process, and honour the needs and wants of our diverse partner communities. We are incredibly grateful to our partners for adapting with us, and being so flexible in the face of uncertainty. We would also like to take this opportunity to thank our many generous donors and sponsors for their continued support. QHO owes everything to the amazing individuals, businesses, and organizations that contribute to our initiatives. We are also inexplicably grateful to our team for their incredible work and enthusiastic support QHO's goals in whatever capacity was asked of them – even if it was much different than the role they initially signed up for pre-pandemic. We are so proud of the passion that each and every Peer Educator, Intern, and Executive team member within QHO exudes. It is without a doubt that our team will join the incredible group of QHO alumni who have gone on to be valuable leaders in their fields in a multitude of areas including health, medicine, law, business, education, non-profit and beyond.

Sincerely,
Annelise Perron & Georgia Fraulin



BELIZE Initiative



The 2020-2021 Belize Initiative Directors Emma and Angela hired 5 PE's in January to facilitate virtual workshops with Belize partners. The main difference and goal of this year was to adapt QHO's practices to complement an online format due to the COVID-19 pandemic. Peer educators were split into two groups: 2 PEs were designated for primary schools, and three took on QHO's content for secondary school youth. They held bi-weekly meetings with PEs to discuss and review important topics that will be covered in the content. Due to the virtual nature of the initiative, meetings were held via zoom and PE's were directed to create handouts and virtual content for the partners. The IDs utilized the teaching manual to provide guidance to PEs for facilitating health conversations.

Content included information about substance abuse, mental health, peer pressure, conflict resolution, and more. The PEs created newsletters for youth in primary school, and social media posts for youth in secondary schools. The content was posted to the initiative's facebook as well as emailed to the respective partners. The Belize Initiative worked to form a sustainable partnership with the Belize Family Life Association (BFLA), and remained in communication with an official from the Ministry of Education from the Government of Belize.



GUYANA Initiative



During 2020-2021, the Guyana Initiative hired four Peer Educators to deliver the first ever virtual initiative due to the COVID-19 pandemic. In Fall 2020, the Initiative Directors used the partnership phone to connect with our established Guyanese partners via WhatsApp. Our partners include Service to Humanity, Humanitarian Mission Guyana, and the Guyana Foundation. Through WhatsApp, we facilitated closer partnerships with the NGOs during the planning stages of initiative to ensure alignment with their communities needs. Through steps such as doing the re-evaluation rubrics for

Berbice and Guyana, and maintaining communication with our partners, we assessed the feasibility of a Winter Virtual Initiative.

Luckily, all of our partners were receptive and excited about working with QHO despite the online format! At first, we planned to send short videos to Reyaz, our partner at NTN News in Georgetown. These videos briefly covered the two week block topic (typically were 10-15 minutes long), and essentially were a mini workshop.



Reyaz unfortunately passed away at the end of December, so we re-evaluated our plan, consulted with the PEs, and ultimately decided to step away from this component of initiative.

In January 2021, the PEs were hired and the first Guyana Virtual Initiative officially began! In two-week blocks, PEs worked in pairs to cover 5 relevant health topics. This involved 4 infographics per topic posted on the QHO Guyana Facebook page, and bi-weekly Zoom workshops with Service to Humanity, which were recorded and posted on the organization's YouTube channel as a resource.

Although the nature of online initiative brought about challenges with online engagement, our partnership with Service to Humanity was greatly strengthened due to constant communication on WhatsApp between IDs, PEs, and Ryan and Shanta. Ryan specifically was very involved, and would often add his own thoughts and experiences while the PEs were running the workshops.

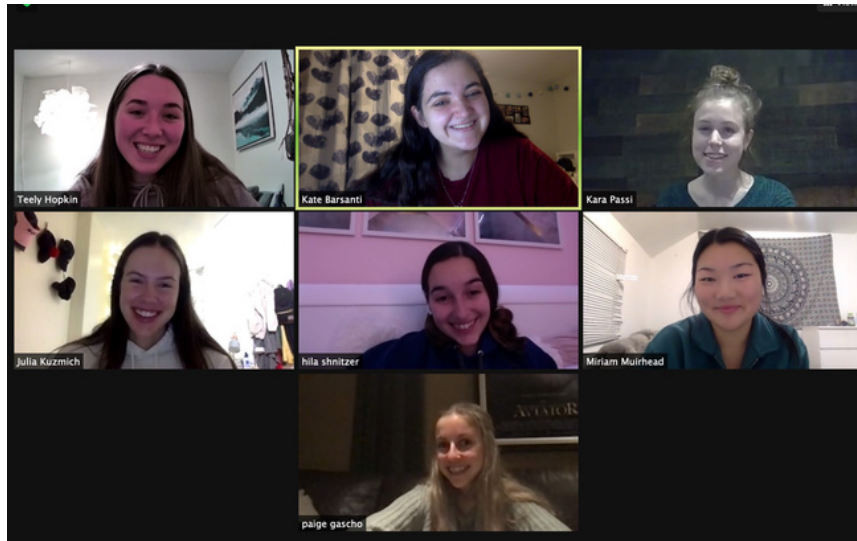
This culminated in a workshop on herbal medicine spearheaded by Ryan during the final week of initiative (April 2021), which was great for the team to get a glance into his academic and professional endeavours. We hope this element of mutual learning will continue in future years!

Coming into Fall 2021, as the virtual initiative format was confirmed at the end of spring 2021, all the initiatives were able to hire and begin training PEs by October 2021. The current 2021-2022 IDs hired four new PEs and maintained the two-week, five topic format, with new additions to the initiative in an attempt to increase community involvement and engagement. This included a QHO Guyana TikTok account, as recommended by Ryan, and the formation of a QHOxSTH groupchat with community members and contacts, serving as outreach and promotion for our infographics and workshops. QHO looks forward to continuing these partnerships and hopefully returning in-person soon!



NORTHERN CANADA

Initiative



PE Accomplishments

Due to the COVID-19 pandemic this year, our initiatives were unable to run as planned. The efforts of this year's Northern Team will not go unnoticed as they strived to strengthen connections with the school and community throughout the 2020-21 year. One of the main goals for the year was to work with the Youth Council which is part of the Youth Center in Fort Providence. This would ensure that the health topics discussed through virtual workshops were pertinent to the community's wants and needs. The Peer Educators were able to conduct live workshops through zoom with the youth center in Fort Providence, and send recorded workshops to a grade 4 and grade 8 class in Webequie. QHO aimed to grow and develop as an organization and determine how we can continue our partnerships in these unprecedented times.

Fort Providence

Fort Providence is a blissful, historic town on the banks of the big Mackenzie River, 315km NorthEast of Yellowknife. We began our partnership with the community of Fort Providence in 2014 and have sent two Peer Educators each year since. Unfortunately due to the COVID-19 pandemic, the 2021 initiative was conducted online. Peer Educators had the opportunity to work closely with the youth center and other community members. The Peer Educators facilitated virtual workshops with the after-school program at the youth center. These workshops occurred weekly over zoom following the youth center's fitness class. Additionally, Peer Educators facilitated team building activities virtually during the youth center's camping retreat. Looking forward, QHO plans to build on this relationship with Fort Providence virtually to create health content on



a diverse range of topics, including sexual health, healthy relationships, puberty, physical health and gender identity through social media and virtual workshops. Máhsi, Fort Providence!

Webequie

Webequie First Nation is a growing Ojibway community located on the northern peninsula of Eastwood Island on Winisk Lake, 540 km north of the city of Thunder Bay. The community is home to over 850 people who originate from all over Northwestern Ontario. QHO began its partnership with the community of Webequie in 2011, and has continued to grow with each annual initiative. In 2021, two Northern Peer Educators collaborated with classrooms in the Simon Jacob Memorial Education Centre (SJMEC) to facilitate peer-to-peer health discussions and youth leadership within the classroom. Due to the Covid-19 pandemic, all of these lessons were online. Due to discrepancies in internet connection, we could not always meet live with the students. Instead, the PE's adapted extremely well by creating pre-recorded lessons for youth in Grades 2, 4 and 8, focusing on health topics such as nutrition, bullying, mental health, emotions, substance use, and healthy relationships. They were also fortunately able to facilitate a few live workshops with the Grade 8 class! Although they were unable to consistently meet all of the students directly, the PE's still incorporated engaging aspects to build a sense of community, including topic-related worksheets for students to fill out after class. QHO looks forward to coming back

to the community in future years. Meegwetch to the community of Webequie!

Projects

Due to the impacts of COVID-19, many of our partner communities faced significant difficulties accessing certain products and services for youth. In attempts to reflect these needs of the communities, we sent school supplies such as notebooks, pens, pencils, and markers to Fort Providence. We also collaborated with Queen's Period to conduct a Period Product Drive, where we were successfully able to collect 1902 tampons and 1370 pads to create 233 packages to send to our partner community in Fort Providence. Within the packages, we included infographics with instructions on how to use the period products, as well as information on periods such as what periods are, how cycles work, and its common side effects.

Another project was the creation of the Kingston Pen-Pal initiative which fostered connections between the students in Polson Elementary School in Kingston and Jason Jacobson Youth Centre in Fort Providence. Students were assigned to groups of three to four to send narrated Google Slides presentations to students at the other school. The groups made presentations on their school and town, favourite food or meal, favourite sport or activity to play, and suggestions for what their new friends can try. This new project plays an important role in reconciliation and is a collaboration that we would like to continue for the following years.



KINGSTON *Initiative*



QHO's Kingston initiative had a very successful 2020-2021 year! We had 11 peer educators who inspired peer to peer health discussions in a variety of different facilities. This year marked the Kingston Initiative's first online initiative! Despite the COVID-19 restrictions in place, our peer educators worked with teachers to find creative ways to deliver online lessons in real-time using platforms such as Microsoft Teams and Google Meet. Most peer educators were placed in Kingston Elementary school classrooms, with a few peer educators placed in alternative style classrooms, like the School to Community program at LCVI.

Our peer educators worked towards more workshop-style lessons covering a variety of topics to suit the needs of the communities they worked with. They adapted to current circumstances and taught lessons on topics such as COVID-19 safety precautions, drink spiking, online safety, and the meaning of dreams! This year also marked the start of the "pen pals" outreach initiative, where a few Kingston classes partnered with the Northern initiative communities to share their thoughts on a variety of health topics! From the start of their training in October until April, our peer educators showed resilience, adaptability, creativity, and a commitment to QHO's mission!



EXECUTIVE *Report*



Education

The primary role of the Education POD is to work together to ensure Peer Educators have the resources and skills to facilitate health-based discussions and lessons to students and community members, both locally and internationally. During the 2020-2021 year, the role of the Education POD shifted due to the global pandemic. The Education POD helped prepare Kingston Peer Educators in the fall of 2020 to complete virtual initiatives. In January of 2021, the Education POD ran the first ever virtual QHO-wide retreat on Zoom. Retreat is a fantastic opportunity to get to know

fellow QHO members and to engage in critical discussion about QHO as an organization and how to improve the sustainability of our initiatives. In January of 2021, the Education POD also helped to prepare Belize, Northern, and Guyana Peer Educators for their online initiatives. An education session for all Peer Educators was held in March of 2021 in which a guest speaker came to discuss transformational leadership and how that could apply to QHO initiatives. Throughout the year, the Education POD also created and implemented a workshop manual to work towards QHO's goal of facilitating workshop-style learning within initiatives.



Strategic Planning

Throughout the 2020-2021 school year, the Strategic Planning (SP) POD continued to oversee the progress of QHO's Strategic Plan and Evaluation Framework towards QHO's Mission of engaging youth with sustainable opportunities for health education. Amidst the virtual academic year, the SP POD expanded to include two new research coordinators, SP intern and research intern. The SP Director worked closely with the Monitoring and Evaluations (M&E) Coordinator to complete the needs assessment process with the Belize, Guyana and Northern Initiatives.

This process involved creating a fundamental understanding of the health issues and community-level factors of the population, current QHO related work in the community, and the core problems (with their associated causes and effects) faced by the community. The Needs

Assessment will enable QHO members to better understand the communities in which they are involved. The SP POD also created an initiative re-evaluation rubric to measure the progress of each initiative. The collection of qualitative and quantitative data elucidates QHO's progress and can be used to adjust QHO's programming accordingly. In addition, the SP POD created the evaluation kit for future PEs to more effectively evaluate QHO on-the-go.

Furthermore, the SP POD continued to lead constructive group discussions with PEs and executives during crash course and retreat, summarized PE policy reflections, and helped develop the Initiative Models. Despite the challenges of the COVID-19 pandemic, the SP POD worked diligently to guide QHO along its Strategic Plan and to continually improve the effectiveness and sustainability of our organization.



Image: 2020-21 Research Coordinators and Intern



Research

The Research Coordinators work closely with the Strategic Planning (SP) pod to produce quality research geared towards strengthening the sustainability of QHO. The past several years have consisted of primarily locating and creating inventory of past QHO initiative binders, with noteworthy information recorded and stored within the clubs portfolio for reference and future use. For example, QHO retreats are a time when Coordinators are given an opportunity

to present information within the club to create better understandings of past initiatives and delve into the best practices, recommendations and takeaways of QHO. This year, the Coordinators have been focusing on finishing the binders with the hopes of creating infographic based sheets for presenting information on past initiatives. This will serve as a template for projects and provide context moving forward.

Public Relations

The PR POD includes the Public Relations Director, Marketing Coordinator, Campus Outreach Coordinators, and Public Relations Intern. These executive positions are responsible for promoting QHO amongst Queen's University students and within the greater Kingston community, playing a key role in ensuring QHO's transparency to its internal and external stakeholders. The PR Pod dedicates much of their time to informing students about QHO's goals, initiatives, activities, and fundraisers. Due to the COVID-19 pandemic, the PR team had to quickly adapt to promote and execute QHO events through a virtual format. PR is responsible for QHO's recruitment process, including the organization of information sessions and participation in various Orientation Week activities across faculties at Queen's. The PR team is proud to have completed several innovative, and often collaborative, projects during

the 2020-2021 year, including the creation of a podcast (QHOonAir), virtual fitness and nutrition classes, raffles, and online cooking classes, as well as the implementation of regular organizational newsletters and consistent social media posts.

QHOonAir
Presented by Queen's Health Outreach

Black Bean Brownies QHS x QHO

INGREDIENTS

- 15-oz (450 mL) can of black beans
- 2 tbsp cocoa powder
- ½ quick oats
- ¼ tsp salt
- ½ cup sweetener (maple syrup OR honey)
- ¼ cup oil (coconut oil OR vegetable oil)
- 2 tsp pure vanilla extract (optional, but highly recommended)
- ½ tsp baking powder
- ½ chocolate chips

UTENSILS

- blender/ food processor/ immersion blender
- Measuring cups
- Can opener

NOT included in ingredient list

maple syrup / honey
coconut / vegetable oil

instructions

1. Preheat oven to 350 F
2. Rinse and drain black beans
3. Combine all ingredients EXCEPT the chocolate chips in a blender and blend really well
4. Mix in the chocolate chips (save some to sprinkle on top)
5. Grease a 8x8 inch baking pan
6. Add the brownie mixture to baking pan
7. Sprinkle extra chocolate chips on top
8. Cook the black bean brownies for 15-18 minutes
9. Let black bean brownies cool for 10 min - enjoy!

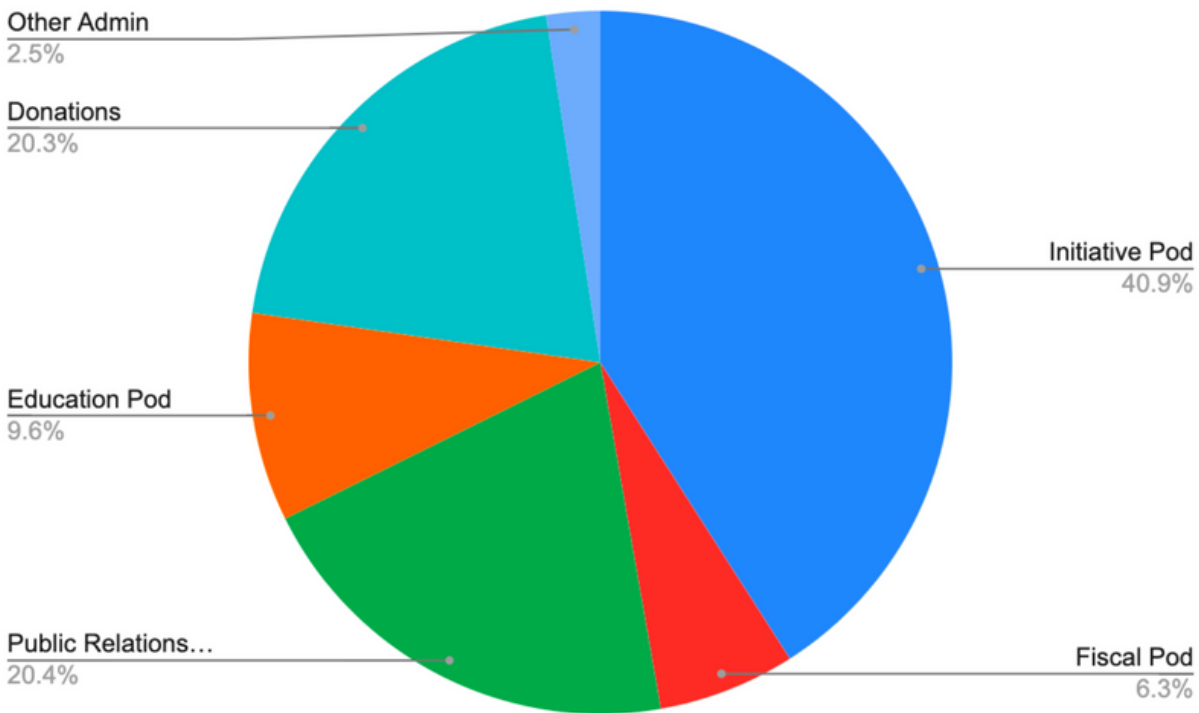
Adapted from recipe published by Chocolate Covered Katie (chocolatecoveredkatie.com)



FINANCIAL *Report*

Queen's Health Outreach is an entirely student-run registered charity that raises money through fundraisers, general donations, and grants to run three domestic and international health initiatives. This money typically enables Peer Educators and Initiative Directors to deliver needs-based education to varying communities. With the intricacies and extraordinary circumstances of COVID-19, the travel of QHO members was not feasible and in-person initiatives were suspended. QHO instead opted to run virtual initiatives in our communities which operated at a reduced cost. Due to our financial standing as a registered charity and our reduced costs, QHO did not collect the Student Activity Fee, did not receive any grants, and only ran one fundraiser, the Purdy's Chocolate Fundraiser, for which the money was donated to Youth Diversion's SNAP Program, one of our community partners in Kingston.

The pie chart below shows the projected expenses for this year, broken down by pod spending.



Our team 2020-2021

<i>Alexa Papaikonomou</i>	KINGSTON INITIATIVE DIRECTOR	<i>Matthew Yen</i>	RESEARCH COORDINATOR
<i>Alexa Franko</i>	GUYANA INITIATIVE DIRECTOR	<i>Mia Sheehan</i>	RESEARCH INTERN
<i>Angela Choi</i>	BELIZE INITIATIVE DIRECTOR	<i>Michaela Yard</i>	KINGSTON INITIATIVE DIRECTOR
<i>Anna Ischuk</i>	GUYANA PEER EDUCATOR	<i>Miriam Muirhead</i>	NORTHERN PEER EDUCATOR
<i>Annelise Perron</i>	CO-DIRECTOR	<i>Mishka Mehta</i>	KINGSTON PEER EDUCATOR
<i>Avery McGinnis</i>	GUYANA PEER EDUCATOR	<i>Morgan Arthur</i>	GUYANA INITIATIVE DIRECTOR
<i>Caitlin Neapole</i>	MONITORING & EVALUATIONS	<i>Natalie DiMaio</i>	KINGSTON OUTREACH DIRECTOR
<i>Cassie Wilson</i>	FINANCE INTERN	<i>Nazanin Soghrati</i>	BELIZE PEER EDUCATOR
<i>Cate Despatie</i>	BELIZE PEER EDUCATOR	<i>Nicole Coman</i>	KINGSTON PEER EDUCATOR
<i>Charlotte Lipin</i>	KINGSTON PEER EDUCATOR	<i>Noah Boroditsky</i>	KINGSTON PEER EDUCATOR
<i>Claire Wright</i>	SPONSORSHIP COORDINATOR	<i>Olivia Boswell</i>	FUNDRAISING COORDINATOR
<i>Drew Barden</i>	SPONSORSHIP COORDINATOR	<i>Paige Gascho</i>	NORTHERN PEER EDUCATOR
<i>Emma Schotanus</i>	BELIZE INITIATIVE DIRECTOR	<i>Rachel Green</i>	BELIZE PEER EDUCATOR
<i>Evelyn Widner</i>	BELIZE PEER EDUCATOR	<i>Rachel Orr</i>	KINGSTON PEER EDUCATOR
<i>Gabby Ripstein</i>	SPONSORSHIP DIRECTOR	<i>Rosie Papp</i>	PUBLIC RELATIONS DIRECTOR
<i>Georgia Fraulin</i>	CO-DIRECTOR	<i>Sarah Shepperdson</i>	WORKSHOP COORDINATOR
<i>Hila Shnitzer</i>	NORTHERN PEER EDUCATOR	<i>Sydney Hutchinson</i>	LOGISTICS DIRECTOR
<i>Holly Houston</i>	STRATEGIC PLANNING INTERN	<i>Tatum O'Reilly</i>	FINANCE DIRECTOR
<i>Ingrid Gruson</i>	KINGSTON PEER EDUCATOR	<i>Teely Hopkin</i>	NORTHERN INITIATIVE DIRECTOR
<i>Ingrid Chen</i>	GUYANA PEER EDUCATOR	<i>Vonara Kalaha Pathirana</i>	BELIZE PEER EDUCATOR
<i>Isabelle Strang</i>	STRATEGIC PLANNING DIRECTOR		
<i>Jennifer Bean</i>	KINGSTON PEER EDUCATOR		
<i>Julia Kuzmich</i>	NORTHERN PEER EDUCATOR		
<i>Julia Marshall</i>	PARTNERSHIP COORDINATOR		
<i>Kara Passi</i>	NORTHERN INITIATIVE DIRECTOR		
<i>Kate Barsanti</i>	NORTHERN INITIATIVE DIRECTOR		
<i>Kate Millar</i>	EDUCATION DIRECTOR		
<i>Kathryn Macrae</i>	KINGSTON PEER EDUCATOR		
<i>Katrina Streef</i>	CAMPUS OUTREACH COORDINATOR		
<i>Kristen Di Santo</i>	PUBLIC RELATIONS INTERN		
<i>Kylie Bertrim</i>	KINGSTON PEER EDUCATOR		
<i>Leah Dubeau</i>	RESEARCH COORDINATOR		
<i>Maddy Kushner</i>	KINGSTON PEER EDUCATOR		
<i>Maria Korovina</i>	KINGSTON PEER EDUCATOR		



Donate

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 Charity Organization #889124798

P.O. Box 2045

Kingston, ON

K7L 57J

OPTION 3: CONTACT // Please 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!

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codirectors@qho.ca