
Queen's Health Outreach

Youth | Education | Health

Annual Report

2019-20



www.qho.ca

Mission

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

Vision

Engaging youth through health education



Message

From the Co-Directors

Queen's Health Outreach (QHO) is proud to share its accomplishments from the past year in this annual report. Our names are Geena Denno and Sydney Van Sickle and we have had the great privilege to serve as the General Co-Directors of QHO for the 2019-2020 school year.

It has certainly been a year of transformation for the organization! We began the year with a total restructuring of our executive team in an effort to improve the loss of institutional memory that occurs as part of being an entirely student-run organization. With the goal of improving intra-organizational communication being met, we moved on to restructure education sessions for Peer Educators to practice how to facilitate workshops in the classroom while creating opportunities for youth empowerment. Meanwhile, our executive team committed to a concerted effort to better understand QHO's history, present state, and goals for the future as we planned to take steps towards building and strengthening sustainable partnerships in the communities we work with. Much of these conversations involved plans to pilot new initiatives which focused more on empowerment in a way which would equip youth in our partner communities to take ownership over various health initiatives. Our plan for expansion this past year included communities in Fort Simpson, NWT and Ivujivik, QU. With a detailed strategic plan and evaluation framework, and support from a growing executive team, we felt confident that QHO was ready to make a greater impact in more communities.

The Kingston initiative made significant strides this year by creating new partnerships in the community, including a new partnership with the Kingsbridge Retirement Home. This community partnership marks the first time QHO has worked with older adults in such a setting! Peer Educators in this classroom focused their efforts on safe social media use and healthy habits to maintain overall health. The initiative as a whole, although not able to complete their time in the community, successfully was able to facilitate discussions surrounding many aspects of health and wellness relevant to each classroom.



On the other hand, our on-campus presence improved this year with the effort from the Public Relations team. Thanks to the support from many local businesses and Queen's students, QHO was able to host multiple free events on campus. Fundraising and sponsorship efforts were also at an all time high this year as our team worked diligently to successfully fund four initiatives and two pilots in full.

However, in March 2020, the rapid evolution of COVID-19 brought our plans for the year to an abrupt halt. After consulting with our executive team, closely monitoring travel advisories from the government, and following the advice from public health professionals, we cancelled all QHO-related travel and in-person activity for the Spring. This was a difficult, yet absolutely necessary decision to make in order to avoid contributing to the ever growing crisis of COVID-19. Our whole team was heart-broken by this news after preparing for summer and pilot initiatives for six months. Many of the improvements that we had strived to make in the Spring during initiative were not able to be implemented. During this difficult time, we paused, reflected, and centred back in on our goals as an organization. Although QHO has traditionally operated in-person both outside and inside the Kingston community, we knew the organization could adapt to the physical barriers brought on by the pandemic. From that point until the end of our term as Co-Directors, we focused our efforts towards preparing the incoming executive team for this challenge and discussed ways in which the organization could operate without our physical presence in each community. We commend the incoming Co-Directors for taking on the reigns of the organization during such unprecedented times and have confidence that they will transform QHO to best fit the needs of our communities going forward.

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 would also like to thank our team for never losing sight of QHO's long term vision, and for keeping your heads up when things got difficult. We are so proud of the passion that each and every Peer Educator, Intern and Executive member 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,
Geena Denno & Sydney Van Sickle



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BELIZE Initiative



In 2020, eight peer educators were trained and ready to facilitate peer-to-peer discussions on relevant health topics in Belize. The intention was to have two groups of four peer educators that would each visit two locations in Belize and would collaborate with a mixture of both primary and secondary schools for six weeks.

One of the groups of peer educators was to begin the initiative in Belize City and then, after three weeks, move to Dangriga. The other group of peer educators was to begin in Belmopan and subsequently move to Belize City. At the end of the initiative, the peer educators were set to meet with the minister of education to perform a needs assessment, evaluate the effectiveness of the initiative, and designate the schools that Queen's Health Outreach will partner with for the following year.

Unfortunately, due to the realities of COVID-19, QHO had to cancel all of the summer initiatives. Because of this, the 2020 Belize initiative was not followed through. Although QHO was not able to return to Belize, there was a great determination to maintain the relationship and collaboration with the Belize schools communities and partners.

Throughout the summer, the 2020-2021 Belize initiative directors began to brainstorm and plan an offering of QHO in the event that the 2021 initiative would also be forgone. As well, a QHO-wide needs assessment was completed to ensure the sustainability and relevancy of each summer initiative. This evaluation allowed the initiative to evaluate its processes and execution in order to progress and improve its effectiveness and sustainability in the future. In order to facilitate the Belize initiative this year, the initiative transitioned to a virtual platform. The Peer Educators will provide relevant health content via the QHO Belize Facebook page and newsletters to the secondary and primary students in Belize, respectively.

The Belize Initiative is collaborated with the Ministry of Education. Typically, there is a meeting each year towards the end of the initiative with the representatives from the six districts in Belize. However, due to the effects of COVID-19, the annual meeting could not be held this summer. As a consequence, there was no needs assessment and no schools were chosen by the Ministry of Education. In order to maintain the collaboration and partnership with the Belizean communities, virtual communication continued.



GUYANA Initiative



In 2020, a team of six Peer Educators were hired to promote health discussions in Berbice, Guyana. Typically, Peer Educators go to Berbice and Georgetown. Due to Peer Educator safety concerns, along with unrest due to the upcoming election, it was decided Peer Educators would not return to Georgetown this year. The Peer Educators underwent various training and preparation throughout the year to prepare them for their health discussions in Guyana. Guyana has one of the highest suicide rates in the world, making mental health and suicide a main focus for the Peer Educators. Due to the Covid-19 pandemic, the 2020 Guyana Initiative was unfortunately cancelled. Although the Peer Educators were not able to be physically present in Guyana, the Initiative was still able to make headway with new partnerships and connections.

The 2020 Initiative Directors made several new connections with various NGOs in Guyana. These include Service to Humanity and Humanitarian Mission Guyana. Further communication occurred with the University of Guyana, Berbice campus, a connection that was originally established in 2019. Each of these organizations were excited to partner with QHO. These connections will be able to be further established in future years.

During the 2019 Initiative, the Georgetown Peer Educators were able to travel to Bartica in the Essequibo region, to examine the possibility for expansion opportunities in future years. The 2020 Initiative Directors proposed a Pilot Initiative to Bartica, based on health needs and the education system in the community. Two QHO Executive Members would go to Bartica for 3-4 weeks to facilitate a needs assessment, and work with the Hope Foundation to organize potential drop-in style workshops. Unfortunately, the Bartica Pilot Initiative was unable to run in 2020.

In order to facilitate the Guyana Initiative this year, QHO moved to a virtual format to provide relevant health information to Guyanese students and community members. Peer Educators will provide health content through the QHO Guyana Facebook page with infographics about various physical, mental and sexual health topics, as well as hosting workshops through Zoom with one of our NGO partners, Service to Humanity: Today's Children Our Future.



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 2019/2020 year. One of the main goals for the year was to work with local mental health counsellors and community outreach coordinators. This would ensure that the health topics discussed in the classroom were pertinent to the community's wants and needs. One highlight of this past year's initiative included collaborating with Four Directions at Queen's University, to provide Peer Educators with cultural sensitivity training. The Peer Educators attended a Kairos Blanket exercise, various workshops and a safeTALK suicide prevention course. With great challenges, comes great learning opportunities. QHO aims to grow and develop as an organization and determine how we can continue our partnerships in these unprecedented times.

Fort Providence, NWT

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 2020 initiative was cancelled. Peer Educators had planned to work with the students and staff of Deh Gáh Elementary and Secondary School, running after school activities such as cooking and sports clubs.

The Peer Educators had also hoped to meet with community members in a town hall setting to discuss needs based curriculum and ensure the community had a strong understanding of what QHO is and our purpose in their community. Through working with Deh Gah school, they hoped to extend their reach into the community by working more closely with the youth center and other community members. 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. Máhsi, Fort Providence!

Salluit, QU

Salluit is the second most northern Inuit community in Nunavik (the northernmost third of Quebec). Two Peer Educators were supposed to go to the community for 5 weeks during the spring of 2020 however the Covid-19 pandemic sadly prevented the 2020 initiative from occurring. The Peer Educators had planned to work alongside two schools, Pigurivik and Ikusik as well as the Sapummivik Rehabilitation Centre. The Peer Educators were going to run workshops with a focus on healthy relationships, nutrition, substances and self-esteem. The peer educators were excited to develop relationships with community members and youth outside of the classroom by engaging i



in hockey, the communities favourite sport! In past years Peer Educators have enjoyed Salluit's snowy and mountainous landscape by partaking in hikes and adventures with the youth. The Peer Educators were disappointed when the initiative was cancelled, however they knew in their hearts that it was the best choice for everyone's well being. QHO looks forward to returning to Salluit in future years. Nakurmiik, Salluit!

Webequie, ON

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 2020, two Northern Peer Educators were going to collaborate with the community and Simon Jacob Memorial Education Centre (SJMEC) to facilitate peer-to-peer health discussions and youth leadership both within the classroom and after school. Due to the Covid-19 pandemic these plans were unfortunately cancelled. At SJMEC, the peer educators planned to work with youth across all grades in primary and secondary classrooms, focusing on health topics such as nutrition, bullying, mental health, emotions, substance use, and healthy relationships. The Peer Educators looked forward to continuing their relationship with Jordan's Principle which focuses on youth engagement and healthy living.

The Peer Educators were disappointed that they couldn't engage in community activities such as Culture Week, sweat lodges, beading nights, and drumming ceremonies on initiative. QHO looks forward to coming back to the community in future years. Meegwetch to the community of Webequie!

Pilot Projects

This was a very exciting year for the Northern Team. We had plans to run two different pilot projects, one to Ivujivik Quebec and the other in Fort Simpson Northwest Territories. Two pilot directors would have been going to each community. Although COVID-19 cancelled the pilot projects the aim was to create community awareness of QHO as an organization and build sustainable partnerships, specifically with elders and other community members who have had a strong presence for many years. The projects aimed to evaluate the needs of the community through town hall meetings in order for future initiatives to be driven by a community vision. In planning for the pilot projects the directors began to design new evaluation techniques for QHO initiatives. While planning was cut short and implementation could not occur QHO hopes to continue redesigning our evaluation tools. Looking forward QHO is thankful for the learning experience of planning two pilot projects and we hope to see the implementation of the projects come to fruition in future years.



KINGSTON *Initiative*



QHO's Kingston initiative had a very successful 2019-2020 year! We had 13 peer educators who inspired peer to peer health discussions in a variety of different facilities. While some peer educators taught in more conventional elementary and high school classrooms, others were placed in alternative style classrooms, such as youth diversion (a program that assists high school students who had to take a break from conventional learning get back on track). We even had to opportunity to run our initiative at the Kingsbridge retirement home, where our peer educators expanded their teaching curriculum by breaking down topics such as internet safety and cannabis use for our lovely seniors!

We also ran several exciting fundraisers to support our initiative and all of QHO. During winter exam season, we gave out hot

chocolate for a small donation outside of struggler library, in an effort to boost student morale during stressful times! In addition, we also curated different St. Patrick's Day themed baskets to be won in a raffle held then week prior to that holiday in the ARC. This went extremely well, and not only helped us raise some money to support QHO's endeavours, but also to boost our campus engagement!

From the start of their training in October until March, our peer educators were committed to QHO's cause and continually improved throughout their teaching term. While our initiative was cut short due to COVID-19, our peer educators made the most of the six months they had to inspire peer to peer health based discussions throughout Kingston!



EXECUTIVE *Report*



Education

The primary role of the Education Directors 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 2019-2020 academic year the Education Directors organized relevant and effective weekly education sessions for Peer Educators. Education sessions included guest speakers knowledgeable in different fields of education, health and ethical engagement and addressed topics such as working with english as second (or third) language learners, sexual health and disclosures, burnout and compassion fatigue and culture sensitivity. Additionally, the Education Directors facilitated a 'SafeTalk', workshop for suicide altertness for Peer Educators and executive members. In January of 2020 the Education Directors ran the annual QHO-wide retreat at Camp RKY. Retreat is a fantastic opportunity for all QHO member's to better understand the QHO mission statement and work towards the sustainability of the organization.



Strategic Planning

In the 2019-2020 academic year, the Strategic Planning Pod continued to update QHO's policies and evaluation materials in order to better the effectiveness and sustainability of the organization, and led discussions and activities throughout the year to increase engagement with the key principles of QHO within the organization. The Monitoring and Evaluations Coordinators (M&E) collected feedback from Peer Educators about each initiative and used this to make recommendations for improvement for the following year. M&E also worked on developing new documents such as Community Forum Agreements to increase the effectiveness of communication regarding goals and objectives of QHO work with community partners, specifically in the context of Northern Canada Pilot Initiatives. Although these never had the chance to be implemented, this idea acted as a foundation for future partnership documentation policies. The Policy Coordinator updated and completed evacuation plans for each initiative in order to ensure proper awareness and implementation of safety precautions and emergency preparedness for the Belize, Guyana, and Northern Canada Peer Educators before and while on Initiative. QHO's social media policy was also updated to be more sensitive to cultural differences, follow more closely common guidelines of international development work, and address legal concerns. The Strategic Planning Director also worked to develop Pilot Initiative Frameworks to guide the implementation of QHO work in three new locations in Northern Canada that was to occur in the summer of 2020. While these Pilot Initiatives were cancelled due to the COVID-19 pandemic, the development of these frameworks will help guide future pilot initiatives when the time comes. Overall, the Strategic Planning Pod in 2019-2020 worked hard to continue to push QHO further along in the organization's Strategic Plan, always aiming to improve the effectiveness and sustainability of the organization and its work.





Research

The Research Intern was a new position this year that worked to document the institutional memory of QHO. After many years of keeping paper documents, the main role of the research intern was to transfer all of this important information to an electronic form. In documenting the strategies that QHO has used in the past, the hope is that this information will be more easily accessible to both the executive and PEs. These strategies will ideally prove useful in current and future initiatives, as well as allow the organization to publish a more comprehensive history of QHO for both our community and financial partners. In 2019-2020, Research was able to go through most of the past information about the Guyana Initiative. Going through the history of the Belize, Kenya, Northern Canada and Kingston Initiatives will be goals of the following year's Research team.

Public Relations

The PR POD includes the Public Relations Director, Public Relations Coordinator, and Campus Outreach Coordinators. 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 Public Relations Director and Public Relations Coordinator dedicates much of their time to informing students about QHO's goals, initiatives, activities, and fundraisers. PR is responsible for QHO's on-campus 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 2019-2020 year, including the creation of a sponsorship package, promotional video, and 'Peer Educator Profile' resource, as well as the implementation of regular organizational newsletters and consistent social media posts. In Spring 2020, QHO had one of its most competitive executive team hiring periods, thanks to the promotional efforts of the PR team.



FINANCIAL *Report*

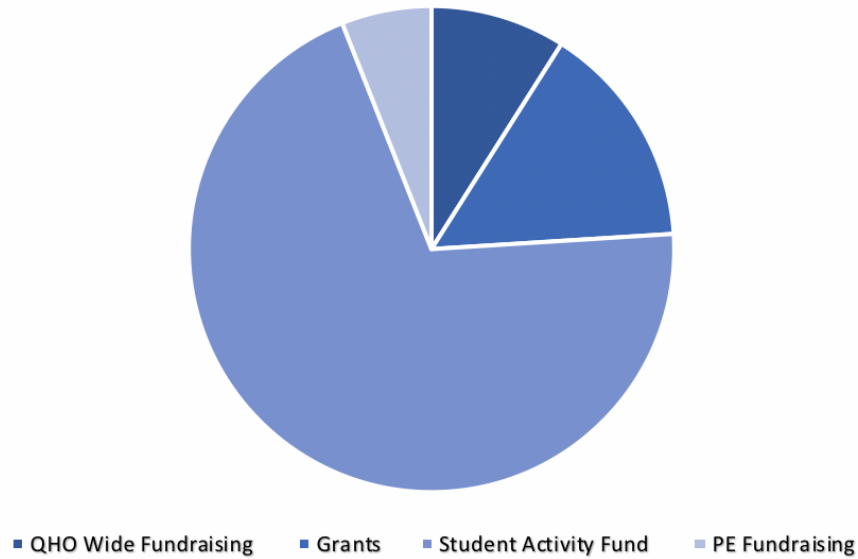
Queen's Health Outreach is an entirely student-run registered charity that raises money through fundraisers, general donations and grants to run four domestic and international health initiatives each year. This money typically enables 38 Peer Educators and 12 Initiative Directors to deliver needs-based education to varying communities. With the intricacies and extraordinary circumstances due to Covid-19, the travel of QHO members was not feasible. Nevertheless, the primary fundraising of QHO had begun in 2019, prior to the organization's knowledge of the impact of the pandemic. Overhead costs for the organization are responsible for 8% of QHO's projected \$93,047 budget, which is notable, as an average charity's overhead costs range from 10-15% of its respective budget.

The most significant income stream for QHO in 2019 was the Student Activity Fee (SAF) raised by a \$3.75 Opt-Out student fee from the Alma Mater Society (AMS). QHO was fortunate to receive grants from the Physical Health Education & Kinesiology Student Association (PHEKSA) and the Queen's Principal's Student Initiative Funds. Popular fundraisers included the Purdy's Chocolate Fundraiser, Bond Night and Après Ski. All QHO members support and attend these organization-wide fundraisers. Initiatives typically have personal fundraising goals for Peer Educators as well, which are calculated based on their initiative's needs. The cost of travel, living and teaching supplies greatly varies between geographic locations; due to this, the initiatives with the highest fundraising goals are Northern Canada and Guyana and the initiative with the lowest fundraising goal is Kingston, Ontario. QHO works as a team regardless, and all members continue to contribute to fundraising until all initiatives are 100% funded. Extra money raised is added towards QHO's contingency fund in case of emergencies or is used as a base for the next year's initiative funding.

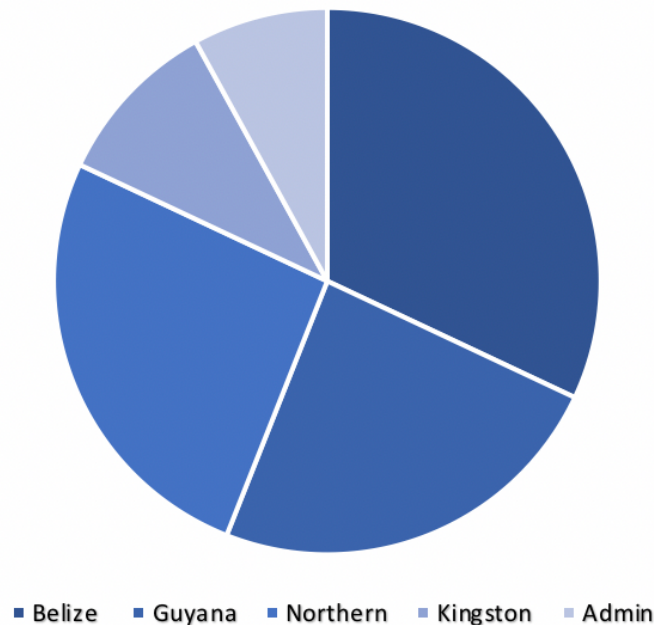
Due to the consequences of Covid-19, the in-person initiatives for QHO's 2019 - 2020 year were suspended. Personal fundraising donations were reimbursed to donors, and the organization-wide funds were transferred to QHO's contingency fund and future initiative funds, as QHO hopes to be able to continue distance initiatives in-person in the near future.



Revenue Breakdown



Projected Initiative Expenses



QHO FUNDRAISERS

Belize

- *Cookie Dough Fundraiser*

Guyana

- *Bake Sale*
- *Bachelor Night*

Northern

- *Auction*
- *Indigo Fundraiser*
- *Popcorn Fundraiser*

Kingston

- *Hot Chocolate Fundraiser*
- *St. Patrick's Day*

QHO-Wide

- *Baby Got QHO*
- *Bond Night*
- *Purdy's Chocolate*
- *Apres Ski*



Our team 2019-2020

<i>Alexa Papaikonomou</i>	KINGSTON PEER EDUCATOR	<i>Katrina Streef</i>	M&E
<i>Andrew Haszko</i>	BELIZE PEER EDUCATOR	<i>Kira Shalinsky</i>	KINGSTON PEER EDUCATOR
<i>Angela Choi</i>	BELIZE PEER EDUCATOR	<i>Laura Ferreira</i>	BELIZE PEER EDUCATOR
<i>Annelise Perron</i>	PR COORDINATOR	<i>Laura Kenealy</i>	KINGSTON PEER EDUCATOR
<i>Arianne Petch</i>	GUYANA PEER EDUCATOR	<i>Leah Dubeau</i>	EDUCATION
<i>Audra Perras</i>	BELIZE PEER EDUCATOR	<i>Leanne Cherry</i>	KINGSTON PEER EDUCATOR
<i>Caitlin Neapole</i>	GUYANA ID	<i>Lexiana MacLean</i>	BELIZE PEER EDUCATOR
<i>Claire Logan</i>	KINGSTON PEER EDUCATOR	<i>Lisa Wight</i>	M&E
<i>Claire Savas</i>	PR DIRECTOR	<i>Madeline Keough</i>	NORTHERN PEER EDUCATOR
<i>Claire Wright</i>	KINGSTON PEER EDUCATOR	<i>Madison Gelliland</i>	EDUCATION
<i>Darien Ahola</i>	KINGSTON SPONSORSHIP	<i>Matthew Yen</i>	KINGSTON PEER EDUCATOR
<i>Drew Barden</i>	FINANCE DIRECTOR	<i>Mia Sheehan</i>	NORTHERN PEER EDUCATOR
<i>Elise MacAdam</i>	KINGSTON PEER EDUCATOR	<i>Michaela Yard</i>	KINGSTON PEER EDUCATOR
<i>Elizabeth Stanton</i>	BELIZE ID	<i>Morgan Arthur</i>	GUYANA PEER EDUCATOR
<i>Emily Stoddart</i>	NORTHERN ID	<i>Natalie DiMaio</i>	KINGSTON ID
<i>Emma Schotanus</i>	BELIZE PEER EDUCATOR	<i>Rosie Papp</i>	NORTHERN PEER EDUCATOR
<i>Gabby Ripstein</i>	KINGSTON ID	<i>Ryan Sieg</i>	CAMPUS OUTREACH
<i>Geena Denno</i>	CO DIRECTOR	<i>Sarah Bahreinian</i>	GUYANA PEER EDUCATOR
<i>Georgia Faulin</i>	GUYANA ID	<i>Sarah Mallen</i>	POLICY COORDINATOR
<i>Gillian Baker</i>	GUYANA PEER EDUCATOR	<i>Sarah Phillips</i>	NORTHERN ID
<i>Hailey Corbett</i>	COMMUNICATIONS	<i>Sarah Shepperdson</i>	KINGSTON PEER EDUCATOR
<i>Halle Purther</i>	KINGSTON ID	<i>Sienna Brown</i>	M&E
<i>Hannah Mikhail</i>	RESEARCH COORDINATOR	<i>Siobhan Wilson</i>	STRATEGIC PLANNING DIRECTOR
<i>Hayley Stone</i>	KINGSTON PEER EDUCATOR	<i>Sophie Leadbetter</i>	SPONSORSHIP DIRECTOR
<i>Holly Houston</i>	EDUCATION INTERN	<i>Sydney Hutchinson</i>	GUYANA PEER EDUCATOR
<i>Holly Logan</i>	LOGISTICS DIRECTOR	<i>Sydney Van Sickle</i>	CO DIRECTOR
<i>Isabelle Strang</i>	CAMPUS OUTREACH	<i>Tamara Beck</i>	KINGSTON PEER EDUCATOR
<i>Jack Martindale</i>	GUYANA PEER EDUCATOR	<i>Tatum O'Reilly</i>	FINANCE INTERN
<i>Jason Cho</i>	KINGSTON PEER EDUCATOR	<i>Teely Hopkin</i>	NORTHERN PEER EDUCATOR
<i>Julia Marshall</i>	GUYANA/BELIZE SPONSORSHIP	<i>Vithusha Yogathasan</i>	NORTHERN PEER EDUCATOR
<i>Kara Passi</i>	FUNDRAISING INTERN	<i>Vivian Fu</i>	FUNDRAISING DIRECTOR
<i>Kate Barsanti</i>	NORTHERN PEER EDUCATOR	<i>Vonara Kalahe Pathirana</i>	BELIZE PEER EDUCATOR
<i>Kate Millar</i>	NORTHERN ID	<i>Will Ruddy</i>	BELIZE PEER EDUCATOR
<i>Katelyn Hochgeschurtz</i>	BELIZE ID		
<i>Kathryn Leslie</i>	NORTHERN SPONSORSHIP		



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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