

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: Adolescent Population: Creating Healthier Lifestyles = 3 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

How to engage youth to make better/healthier life choices and lead healthier lifestyles.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Youth should be the messengers. Need to design youth engagement strategies/focus groups with youth.
- Collaborative approach: need to present youth with the overall understanding of risk factors, cause and effect of actions and decision making skills in order to help them make positive changes in their lifestyles. This approach will enable teen to address important issues such as criminal behavior, healthy eating, physical activity, tobacco, sex, injury prevention collaboratively instead of being bombarded with individual intervention/prevention strategies.
- The perceived barriers to a healthy lifestyle include boredom and a decline in social support, infrastructure and structured lifestyles. In order to address the barriers and issues to make positive change we need an infrastructure that models positive lifestyles in a way that engages, supports (long-term) and encourages youth. Through this infrastructure we can reach the youth with these positive values and teach risk-taking consequences etc. in alternative ways, thereby replacing the “dead” structures of the past such as community parenting and church with “new-age” models/techniques. In order for a system like this to work it needs to be: 1) sustainable in the long term, 2) encourage youth involvement in all decisions and actions, 3) present awareness of this issue to parents. Adults must be involved in the process as they are the everyday models of adolescents

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

Encouraging to see the interest in this issue as well as the current and future projects. As with the rest of the institute, a holistic and collaborative approach was deemed necessary for success.

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Affordable Housing = 2 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Need to engage community experience – socially excluded in policy change process to promote housing and well-being.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. Work with National Housing and Homelessness Network and Federation of Canadian Municipality for policy change.
2. Form an Atlantic Canada Affordable Housing Network to be multi-sectoral and inclusive with focus on housing and well-being.
3. Mobilize and network with citizen and local organizations working on food security, income etc.
4. Engage silent voices/socially excluded populations by finding key persons to mobilize in your community to help with process.
5. Start newsletter on issue or community
6. Co-locate housing with early childhood and other issues – housing – anchor for finding employment, participation, At Risk populations must own.
7. Invite Cathy Crowe and other leaders
8. Educate among ourselves ie. Our own communities and colleagues
9. Focus on root causes of homelessness, poverty etc.
10. Buy D. Halchanke and Michael Shopcott's book Finding Room and Social Determinants of Health: Canadian Perspectives.

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Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Alternative Medicine – No dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

A general discussion on Marilyn's experiences, the place of alternative medicine in today's society, resistance to alternative medicine, personal experiences, compliments between alternative medicine and traditional medicine.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each "most important" one.

- Keep our minds open
- Alternative medicine should be a compliment to traditional medicine.
- Opening the minds of skeptical individuals is very difficult. Traditional medicine and alternative medicine should be joined together with professionals working together.
- Keep on encouraging the sharing of alternative medicine specifically to people who cannot afford.
- Praying that the integration of both medicines will happen soon.

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- When people feel comfortable and confident to tell physicians that they have/would like to consult a naturopath and when that is received positively and openly, society can benefit from both kinds of medicine. Workshops between health professionals, physicians and naturopaths could begin to bridge the gap.
- Unfortunately I did not see any physicians at this conference. Physicians need to be included in community health perhaps our initial role will be to show physicians their role or what capacity they have in contributing to community health, beyond just treating their patients. Physicians need to see what we do.
- Collaborating with different sectors of the society by giving workshops, sharing responsibilities and network supporting each other.

Comments/Observations:

- Need to have open meeting with different groups on regular basis
- Support each other.

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OPEN SPACE GROUP SUMMARY

TOPIC: Banning Smoking in Public Places: Getting the Stakeholders on Side

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Bring the necessary people to come on board

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. 100% smoke fee all the time.
2. Economic factors
3. A level playing field with 100% ban
4. Lobby municipal politicians of the necessity to ban smoking
5. Keep going back for more meetings
6. Finding ways to enforce is necessary. Police, community policing, tobacco inspectors, occupational health inspectors.

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- It must be grass roots, from the community out.
- Show empathy for those who smoke
- Education – start in the elementary schools for prevention.
- Nicotine replacement – therapy available
- Meet with town council
- Tar Wars Programs – Bonnie Jean MacIsaac, Inverness, NS
- Cut back smoking at home – go outside in the cold weather
- Smoke free homes decals
- Posters: Before and after (How smoking affects you)
- Keep up the effort, try a different approach
- Cessation programs
- People from the community are most helpful
- Have youth come on side to lead the effort to ban smoking
- Hold a plebiscite
- Be passionate in your efforts
- Children educate the smoking family members not to smoke. It is with children that you will make movement.
- Put up information on harmful smoking
- It is not the cough that carries you off, it is the coffin they carry you off in.
- Bring elementary/junior senior high school class to the municipal council meeting where they address council on the need to ban smoking.

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: How to Build a Case for Poverty Reduction to Influence Policy Makers – 36 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Our group discussed how we can take all the information we've learning about the need for structural change to reduce poverty and use it to build a case to influence policy makers. We talked about who needs to be involved and potential approaches.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each "most important" one.

- * Much is known about policy solutions. Share this information. Identify specific policy goals.
- * Use the work that is already out there that shows that these policies do work as has been demonstrated in other countries. There are great sources to draw on ex. Dennis's book, website and list serve, Canadian Council on Social Development, Canadian Labour Congress, Canadian Centre for Policy Alternatives and others.
- * Gather and share information about the link between proportional representation and transfers as a percentage of GDP and the impact that proportional representation could have on policy change
 - Involve groups who already have an interest ie. Labour, policy people, churches etc. Bring together others on side. Need strong voices to work together.
 - Look for levers with various sectors eg. Links between poverty and crime, early deprivation, health
 - Be persistent. Don't let politicians silence you. Can't justify the current situation.

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Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: What are the Public Policies That Need to Change and Can we Develop a Strategy/Action Plan to do this? = 32 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Introductions/ What policy would you like to change?

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Livable Wage
- Universal childcare (regulated, licensed)
- Continuum of Policies
- Shifting attitudes
- Consensus Model vs. Conflict Model. Labor, Power relations, Coercion, Embarrass politicians, Professional Associations. Find Safe ways to use the conflict model.
- Persistence and Patience – Keep going at it!
- Keep it on the agenda
- Need a framework, process
 - Social justice, Early Childhood Care, Social Assistance Rates, Unemployment insurance, Minimum wage, Housing.

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

1. Talk to people and learn what policies impact on them
2. Work with others to also raise awareness about issues to shift attitudes that influence policies
3. Be persistent and patient
4. Learn from the part
5. Have capacity to debate – conflict is ok
6. Keep a sense of humor

Comments/Observations:

- Compare ourselves with other nations regularly on issues
- We can learn a lot from other countries
- Complexity
- Really committed, passionate people can accomplish great things
- Early Childhood

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OPEN SPACE GROUP SUMMARY

TOPIC: Childhood Obesity = 4 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- * Vending machine – become milk, water and real juice only
- * Educating parents
- * Schools – junk food free
 - Manufacturing – policies
 - Physical education classes increase academic performance
 - Sugar content in food
 - Support local farmers

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- Go through family resource centres to educate parents
- Lobby school boards

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Coalition Building = 5 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

- Coalition from sectors – to work together as one instead of multiple coalitions.
- Topic driven – a passion for an issue.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Coalition/network built from Atlantic Canada to reflect our common issues i.e. highlight crime rate in October etc.
- Media campaign/advocacy re: politicians (more weight as Atlantic Provinces)
- Build on existing coalition’s work provincially and connect in Atlantic Canada.
- Open space/study circle with coalitions to help open discussion.
- Virtual meetings. Envision.ca

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- Build Atlantic Network/Coalition from this conference
- Resources – CHPNA, Envision.ca

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Collaborating on Media Strategies to Address Poverty, Health and Safety in Canada = 12 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Discussion revolved around finding media champions, sharing successful strategies and finding ways to collaborate to change the discourse in the media forum from “health care” to poverty, health and safety. We focused on trying to find a way to make the issue “fit” with current media interests and also how to introduce them to a new context of the issue.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. Find and work with media champions that exist today. J Ceerstal, Ron Coleman.
2. Must get to the issue of “income gag” rather than a focus on poverty (sob stories, one-of’s etc.)
3. Use list serves and a virtual network (communications) to distribute socio/economic knowledge and include your champions in media and on the list serve (if they agree).
4. Use small publications such as community papers.
5. Work to get op-ed spots, editorial boards.
6. Strategic press release following this conference.
7. Send letters to champions that have covered the issue – thanking them and encouraging them to continue.
8. Possibly collaborate to pick media themes for a year and build dissemination strategy over 12 months.

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1. Discussion of developing a virtual network to strategize further.
2. Developing the topics for media efforts over the next twelve months.
3. Press Release – post-institute – focused on Canada’s growing income gap and how the gap is impacting poverty, health and safety in our communities.

Comments/Observations:

The group provided passionate opinion and excellent ideas.

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OPEN SPACE GROUP SUMMARY

TOPIC: Community Development Principles Guide Government Policy

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

There was a good exploring of the application of community development principles. Guiding policy development with examples of tools and processes used. There were clear challenges to evolving CD principles within policy. However examples of champions at a political, Be and community level were identified.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. We need to know and understand the kinds of supports champions at all levels need to move issue along the continuum.
2. Learn from Nova Scotia government’s experience with developing and implementing a community development policy and AHPRC’s experience with using research to influence policy.
3. To create more opportunities for people to come together in “creative ways”. With a goal of creating a policy that will respond collectively to address issues in an individual way.
4. To become familiar with the Health Canada Tool Kit.

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Comments/Observations:

Positive experience, really appreciated the process.

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OPEN SPACE GROUP SUMMARY

TOPIC: Changes Needed to Current Funding Strategies Especially Project Based = 17 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Core funding usually note provided. A lot of time consumed on raising funds – energy could have been put in needed service delivery. Administrative costs often not covered. A lot of time invested in proposal writing and reporting. Longer term funding. Project is very successful – then you have identified and met a need . . . you have a requirement or an expectation then to continue it. Is non-profit sector seen as vital, valid sector in society? There are a variety of definitions around core funding. Demand for fund raising of available dollars increases.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. Uniting people together (non-profits) to ensure government and public understand that non-profits are a vital sector in this country. This united voice would send a powerful message for the need for change in funding/policies.
2. Trust community more . . . accountability criteria too rigid. We need a new relationship on what accountability means.
3. Funders should keep project funding real. Some of the expectations for funding projects to be sustainable at the end of the project – not a realistic expectation.
4. Use elections and discuss with politicians to ensure they are aware of the needs non-profits face.
5. Non-profits need to look for more than funding . . . expertise of government employees as well as funding (i.e. employee exchange)
6. One vehicle for this approach could be Canada Volunteerism Initiative . . . excellent body to provide that united voice to government to ensure fundings and policies are changed.

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OPEN SPACE GROUP SUMMARY

TOPIC: Developing Relationships Within Communities = 8 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

- Started with names and why we were interested
- Define partnerships – working together, giving and receiving feedback, two way flow, quality and relationship within.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Partners need to know what to bring and expect
- Each partnership has a interest – 2 way flow working together
- Larger target
- Build groundwork/rules
- Common areas
- Trust, equality and same information
- Make sure everyone is at the place (space)
- Leave out acronyms
- Clarity – mandate
- Relationship building before partnerships
- Building groups together first

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To keep the meeting going:

- : clarity
- : groundwork – good foundation
- : coordination
- : meaningful conversations
- : who needs to be involved and educated – research the community
- : need a catalyst to start – champion in the community

Comments/Observations:

Respectful and everyone took turns

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OPEN SPACE GROUP SUMMARY

TOPIC: How to reach groups in need but because of stigma they don't show up to organized groups or activities. = 3 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

People talked about the challenges of bringing people to a group.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each "most important" one.

- *Timing is important
- *Looking at the readiness
- *Looking at what other organizations have done. What worked?
- Convince them they are needed – one person might make the difference.

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Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Integrative Management on Family Challenges

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

- We discussed the background where we are coming from and what we wanted to get out of the mini workshop;
- We have an elderly couple with 4 children and share the challenges in dealing with adult children and elderly parents

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Continue spreading the uses of integrating management for family challenges; connect with the society, collaborate with always putting your family challenges as priority.
- Husband and wife learn and continue to communicate with good intention.
- Empower each other
- Give and share, marketing, marketing the values you feel right and change what needs to be deleted.

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Health Care

- Encourage layperson and practitioners constant communication. Ex. Male doctors – could not understand or emphasize the feelings of female patients.
- To know the real price we are paying for the present sick care.

Empowering the lay person to trust themselves

- Do muscle testing with the group and everybody did it great!!

Continue have good intentions and spiritual guidance.

Continue networking because everyone has a role to play

Comments/Observations:

Very fulfilling participation from everyone.

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OPEN SPACE GROUP SUMMARY

TOPIC: How can Physical and Social Environment Contribute to Healthy Communities = 30 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

AHPRC is embarking on a 6 year program of research on the impact of physical and social environments on health in 3 settings. – communities, schools and workplaces. We are looking for research partners from communities, government and universities. There was a wide-ranging discussion about the scope of physical environments (e.g. economy, rural and remote, organization, neighborhoods, transportation, planning, bike trails) and social environments (e.g. cultural, virtual, early childhood, population loss, aboriginal, poverty)

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

A lot of ideas for research to influence policy and information community development were raised in the lively discussion. Many of these could be incorporated into the research to be done. Though we didn't make specific recommendations here are some highlights from the discussion:

- The impact of changing economies (e.g. fisheries, mining) on rural communities
- The Early Years research in PEI is a good model to use.
- Identify barriers (physical and social) to building healthy communities.
- Learn from good policies, practices, thriving communities.
- The impact of urbanization.
- Determinants of health a good framework for research
- Inclusion lens a tool to use – Scottish experience with inclusion as a central theme for public policy.
- Better understanding of poverty in community settings.

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AHPRC will review the ideas and suggestions from this discussion as it begins to scope out a program of research on healthy communities.

Many of the participants expressed an interest in being involved in this work.

The convener invited participants to contact him to express their interest in getting involved in this work.

Comments/Observations:

This topic attracted a lot of interest, ideas and energy. The breadth of discussion was exciting. The opportunity for collaboration is immediate.

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: Implementing the Population Health Approach in a Community Health Centre = 2 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Discussion around existing community health centres including balancing the medical and health promotion functions. Incorporating traditional healing in First Nations CHC.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Information session on Populations Health approach and determinants
- Focus on community needs
- Do community needs assessments
- Small steps

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- Obtain information on collaborative practice and scope of practice. How to best use each member of the health team.

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Research: What do we know, Need to know to link crime prevention, health promotion and social development? = 7 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Links between crime prevention, social development and health promotion not strong in research/literature.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

*Need an inventory

* Concept paper – health, criminology, social sciences, women and social justice

* Send it out widely – CCSD newsletter, CPRN

- Link databases to cross over fields
- Lobby those who hold/maintain databases
- Issues of privacy/confidentiality
- Communities terrified – what will data be used for?
- David Pilkey – community accounts NS
- Community accounts in NL
- CCHS – nationally
- Need statistics that link
- Manitoba – Dina has small contract for research that links crime/victimization in Manitoba
- Lots of crime but under reported so won't appear in database.
- Changes in hospital procedure to monitor for abuse. So scan/assess practices and recommend guidelines – good practices.
- GSS on victimization – may be able to over sample
- Policy scans on specific issues
- How to work with agencies that don't know their data could be helpful
- Open dialogue with organizations that might accept students as researchers
- Link between income and victimization for women in Canada
- How to get victimization on the economic/societal assistance agenda
- Get this on academic agendas for these topics/committees
- Develop glossary/ vocabulary to cross boundaries
- Canadian Association of Elizabeth Try Centres and Sexual Assault Centre might have a database of research. Women's Resistance: From Victimization to Criminalization.
- Comprehensive community initiative – internationally – WHO and UN

- Do communities have their own research? Judith Bartlett @ U Manitoba
- Document might inform and assist efforts to bring in other sectors/people.
- Also economic development people and issues
- Don't assume we are all on the same page. What are our own perceptions/biases?
- Paper needs to include a discussion of what it will take to work together.
- What do we need to let go of? Take on?
- What will it cost us? What will we get?
- Do we need this type of exercise at the next institute?
- How are those costs/benefits represented differently for different sectors?
- Need to go to funders – people to broaden and include
- Help community people to develop ability to voice their own experience
- Funding applications that can go to both types of agencies
- Need some stories in concept paper

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- Need an inventory of existing research
- Need to develop a concept paper that explicates the links between crime prevention, health promotion and social development
- Also other versions for use with different audiences
- Concept paper must be circulated to alumnae of ASIHSC

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Exploring Linkages Between Spirituality and Health Communities – 4 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

How do we see spirituality in our work? How do we build it into our work? Is spirituality on the “paper” in the strategic plan?

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- * Diversity of expression is important but not to silence the voice of faith
- * Finding ways to spend time reflecting, reconnecting and recommitting to self, others, creation and the creator. Walk in the woods, go to chapel, spend time with others.
- Individual choice but common good

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1. Life is too busy – need to slow down, pray, meditate, acknowledge blessings, renew, recreate
2. Health aspects of spirituality. It is subtle yet so powerfully healing. It plays a factor in healthy communities.
3. People helping people
4. Prayers of the people
5. Recognition of chaplaincy as integral part of hospital, corrections
6. Next institute have a workshop the focuses of spiritual health
7. Accessible to all/interconnected
8. Helping people make the connection between community development and practicing spirituality
9. Spiritual aspect of care makes a difference
10. Medicine wheel

Comments/Observations:

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OPEN SPACE GROUP SUMMARY

TOPIC: Support for the Supporters: Prevention of burnout and loss of momentum = 7 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

Introduction of topic, origin; roundtable discussion of who participants were and how this issue is pertinent to each person. Health promotion: do we role model well? Preventative focus: proactive: Can start this now. Maintain passion and skills, currently we lose to other organizations. Balance stress, passion, work/life balance.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Employee Wellness Strategy (NL)
- NH strategy: Burnout (Red Cross) many faceted approach, participatory
- Sense of humor (Washington)
- Recognize the role we play as change agents in our communities. Can't personalize the issues. Take a realistic approach, honesty. To thine own self be true.
- Need hobbies/outside interests
- Realistic lens applied to HP and crime prevention.
- Supportive networks for caregivers and staff
- Philosophy – look after yourselves, work is only par of life's responsibility. Balance and attitude.
- Attitude
- Proactive/Prevention approach to burnout
- Keeners/Passionate people are “dumped on” by management as they are dependable. People that say no aren't approached. Many problems are system problems – change what you can.
- Leaders need to recognize signs of burnout
- Communication only

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- Societal expectations for health promotion and crime prevention – both staff and volunteers. Common goal to improve community health; need supportive processes.
- Shift how people work/support the shift: the manner in which we work impacts the outcomes of our work.
- Suicide incidence with police officers is higher than these killed in line of duty.
- Slow down overall process; take time. Need to support each other in the field.
- Public recognition/reward programs for HP supporters.
- Organizations need to adopt healthy workplaces within strategic directions: recognizing the bigger picture. Joint relationships for wellness between staff and leadership.
- Supporters need not to take everything home. We can victimize ourselves.
- People want to be the yes man of the yes woman. Need to recognize our limits.
- How to maintain interest in subject area/ accomplishments
- Individuals and organizations are stretched
- Knowledge creates new sometimes more expectations.
- Supporters need to set limits (ourselves as well)
- How to give to ourselves and look after ourselves where we work, play, learn and live.
- Significant issue for both crime prevention and health promotion. Stress and burnout are high with both sectors.
- Need supportive environments to listen to what we hear and tell people/communities.
- Overtime/ health research into the sectors.
- Learn not to internalize.
- True was to make workplace healthy is less work and more resources.
- Need a cultural shift
- Include on agenda
- Public understand government have challenges and are working minimally.
- Increasing human resources to support demand of work outputs. Similar to a health care human resources strategy, effective practices for health promotion human resources.
- Passionate: we want to change the world but have recognized we need the support to deliver and manage our outputs.
- Not all jobs are for everyone
- Balance people that use burnout as a crutch.

Next Steps

- Identify burnout and what it means to me
- Resources available, share models and effective practices
- Utilize life skills/training: Start this development early (school curriculum, return to basics)
- Tips and tools for organizations to incorporate
- Self management
- Management: provide people skills, minimal requirements. Right leaders.

Comments/Observations:

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: Sustainability: What can we do to enhance sustainability of community based efforts? = 23 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

What can we * do to enhance the sustainability of community based efforts

* we = governments, voluntary sector, communities

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

- Educate/build social capacity – within communities and governments
- Getting stakeholders to think about sustaining community driven work over the long term that addresses community priorities – rather than thinking in terms of projects only.
- Shift language from one of “funding” communities to “investing in” communities and adopt practices that embrace this thinking.
- Develop collaborative/common vision as part of addressing sustainability for community health, safety and well being.

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

- Each of us will champion these recommendations in our own organizations/communities
- Developing and sharing tools to support sustainable community efforts.
- Fostering a dialogue (e.g. a regional and potentially national “sustainability learning forum” to engage partners.
- Building and presenting the case as to why government should be building sustainable community capacity – because without it, everyone suffers.

Comments/Observations:

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: Teamwork

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

- Models of effective teamwork
- Concept of team is present but not practical
- Integrating concepts and practices of teamwork within educational curriculum and workplace as it becomes part of the Canadian way of conducting productive work.
- Before addressing issues we may need to address the ways in which we work together.
- How do we engage all team members to be an effective team?
- There are many personalities in the “tate” family, mediate, irritate, gravitate, dictate and agitate.
- Myers-Briggs personality typing helps team members understand each other in order to work better together.
- Identify underlying root causes is the first step before developing a plan. Root causes can help identify key stakeholders who represent the community.
- Outreach helps/contributes to engaging stakeholders
- Action oriented meetings for the team to be productive
- Parking lot for other issues beyond agenda

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each “most important” one.

1. Include opportunities for delegates to learn, exchange and explore models (both business oriented and culturally based) of effective team building/team work
2. Build on the strengths of team members, assign work based on strengths (without listening to rumors/gossip regarding the members)
3. Create an action oriented team to foster productivity

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

Comments/Observations:

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: How to Bring Voices of Children and Parents to Schools and to have their views as a Focus for Solutions = 11 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

- Lots of discussion re voices and current program choices, healthy learners, new pilot project/healthy lifestyles in PEI schools etc.
- Lots of discussion around nutrition. What's served/sold for fundraising, kids not eating and effect on learning. Free breakfast for all? Implications.
- Building coalitions and research to inform policy.

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each "most important" one.

- Let people know existing policies re. involvement values re bullying, lobby against zero tolerance.
- Create healthy and safe communities in each school. What happens when parents raise issue.
- Create a common vision – we want all children to complete Grade 12 vs. 69% as presently now in some places. Graduates speaking 2 languages.
- How to go about strengthening community action getting parents and children involved – networks.
- Greater efforts to engage voice of parents and children in effective way eg. Radio interviews with children.

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Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

Comments/Observations:

How Can We Work Together to Create Healthier and Safer Communities?

OPEN SPACE GROUP SUMMARY

TOPIC: Who needs to be here who isn't here? = 31 Dots

PROCEEDINGS: (BRIEFLY DESCRIBE THE FOCUS OF YOUR GROUP DISCUSSION)

RECOMMENDATIONS: (SUGGESTIONS ON WHAT NEEDS TO BE DONE)

Number your recommendations and before ending your session agree on **THREE** that you consider the most important and put an asterisk * beside each "most important" one.

* where are the policy? Not well informed about the institute. Need to be more aggressive in promoting.

* NGO's- ie. United Way/YMCA. Who from NGO's? Program delivery and managers

- Provincial and municipal
- How do we education different sectors to see fit between health and crime?
- Anti-poverty groups
- All "social determinants" groups ie. Housing.
- All access the lifespan – youth/seniors
- Bursary – pocket of money for NGO's. Criteria
- Partners – ACOA, Business Women's Association, Insurance bureau of Canada.
- Where is the corporate sector? Not just as sponsors but also as participants. TD bank, Blue Cross, McCain's, Irvings, Refreshment companies of Canada.
- Next level of government for panelists ie. Elected officials - so they can answer questions. Deputy Ministers instead of elected officials.
- Francophone groups
- Need more media here? But also have to be careful.
- Tourism, environment, education, social services, employment, community services
- Ottawa Charter is creating a receptive environment to the message
- First nation leaders – Indian and Northern Affairs. Federal government dealing with First Nations and Aboriginal affairs.
- Could government people be placed elsewhere in the program than during the welcomes – so they hear what's really going on.
- Dennis Furlong in NB
- Governmental advisory committees
- Consult with a wider group to consider an alternate structure
- Theatre
- Message from this conference to First Ministers Meeting on Health.

Actions: If time permits you may want to identify specific actions to be taken on one or more of your three most important recommendations as well as who in your group is interested in working on them. List recommendation number, action items on each recommendation and names of those who want to help.

Comments/Observations: