

# *Annual Report*

## South Shore Safe Communities

*2008-2009*



<http://www.southshore.safecommunities.ca/>

## Table of Contents

Executive Summary .....	3
Bullying Prevention .....	4
Falls In Children 0-4 Years .....	6
Workplace Injuries .....	8
Suicide Prevention .....	9
Treasurer's Report .....	11
Financial Statements (Appendix) .....	12

*Annual General Meeting 2008*  
*South Shore Safe Communities*

The National Safe Communities Foundation was launched in 1996, spearheaded by Paul Kells, a gentleman who lost his son Sean in 1994 when the highly flammable chemical Sean was working with exploded. It was Sean's third day on the job. He had not received any health and safety training and was not told that what he was doing was dangerous. He was 19 years old. Since then over 40 communities across Canada have become a "designated" Safe Community by the foundation, working towards making Canada the safest country in the world to live, learn, work, or play.

The South Shore of Nova Scotia was designated a Safe Community in 2003 from the National Safe Communities Foundation. We are very proud to be a part of this national organization. Together we share the same vision: To make Canada the safest country in the world to live, learn, work and play- one community at a time. Collectively, the South Shore Safe Communities consist of a very diverse group of individuals and organizations committed to improving the health and safety of our community. This is reflected in our mission, which is: **“To continuously improve the safety of individuals and communities on the South Shore by enhancing a culture of safety and wellness.”**

The South Shore Safe Communities Initiative has four main areas of focus. They are: **Bullying, 0-4 Falls Prevention, Workplace Safety, and Suicide Prevention.** There have been many positive things accomplished this year to be proud of. In this report you will find information pertaining to each working group, such as their goals and objectives, as well as the highlights of the work each completed for the year 2008- 2009. One initiative to mention that brings us much delight is the evaluation work that is being undertaken and will provide us with a model framework for future evaluation of community injury prevention initiatives. A financial report of South Shore Safe Communities is also included which was gratefully prepared for us by Ken Smith, the treasurer for South Shore Safe Communities.

## *Bullying Prevention Working Group*

### **Committee Members:**

Ashley Dionne, Paula Saile, Dale Saulnier, Sara Harding, Laura Cormier, Christine Bonnell, Sharon Brown, Jennifer Wentzell, Mary Frier, and Jason Mailman.

### **Our Goals:**

1. To increase awareness about what bullying is and to decrease the incidence of bullying in our communities.
2. To support existing effective community initiatives that prevent bullying
3. To partner with stakeholders to advance strategies and programs to prevent bullying.

**Our Objectives:** Presently under review

### **Update for Bullying Prevention working group 2008-2009:**

The past year was a very exciting one for this particular working group. We saw new membership, we planned amazing events that provided rich leadership opportunities to youth, and we strengthened the knowledge base of members as well as highlighting the skills that our members have.

### **The highlights of the past year are as follows:**

- We continue to reflect upon our work plan in all of the work that we do.
- We became aware of the wonderful graphic arts skills of one of our members as she developed a new logo for SSSC that incorporated our lighthouse theme as well as displaying a clear visual linkage to Safe Communities nationally. Thank-you Dale you did a wonderful job.
- We increased the knowledge base of our members by participating in an education session regarding “internet child exploitation”, or ICE.
- We planned together a fall in-service for students and educators at the various schools in Lunenburg and Queens county regarding bullying prevention in their schools. We increased their knowledge base with presentations, involving them in community gaming activities, and providing them with resources to take back to their schools. When they left this event they were provided with a challenge- go back to your respective school and do one or more things to address this issue. They were told that the following spring would be their opportunity to highlight the work they have done.
- We worked together to have a showcase in the spring of 2009 for the schools involved in the fall event. It was amazing to see the work that youth and educators did in their schools. Congratulations!!
- An evaluation was done for these two events and the results were very positive.
- We developed a new pamphlet for our working group.
- We updated the Bullying Prevention Tool Kit houses at SSRSB, which is available as a resource to the school community here on the South Shore.

**So, what are our future plans?**

- We are presently in conversations regarding how we can best support schools with regards to bullying prevention.
- We continue to reflect on our work plan as well as our membership and address gap areas.
- We will continue to update the information regarding our working group on the new web site for SSSC.

## *04 Falls Prevention Working Group*

### **Committee Members:**

Suzanne Baker, Amber, Traci Hatt, Sara Harding, Sarah Blades, Susan Miller, Brenda Peters, Denise Lowe-Whynot, Paula Saile, and Carolyn Powers.

### **Our Goal:**

To reduce the number of falls in children from 0-4 years, in the Lunenburg/Queens County, that occurs in the home and at play.

**Our Objectives:** Presently under review

### **Update for 0-4 Falls working group 2008-2009:**

It was a very interesting year for this working group. We have seen projects that were in the planning stages for what seemed a long time finally begin to come to life. We have seen memberships change. We have increased the capacity within our group and are all having a part to play in the wonderful plans that we have for the future of this committee. This is a wonderful group to be a part of.

### **The highlights of the last year are as follows:**

- As stated in our work plan we continue to engage in activities that will positively impact upon our long term goals.
- A curriculum for “Eye Spy” the Safety Fly- focusing on home safety- was developed and piloted in two child care centers in Queens County. The results from this endeavor have been very positive and we are looking forward to working with community members and organizations to expand its utilization.
- In conjunction with local Family Resource Centers we received financial support from primary health care to purchase baby gates for distribution to local families.
- We have continued to partner with the Kiwanis club of Queens County to increase community awareness regarding falls prevention, as well as to increase the knowledge base in parent/caregiver and young children regarding this issue.
- We are very happy to say that we have had new members join our working group all of which share a passion of injury prevention, especially for children. We would like to take this opportunity to thank all past members for their valuable contributions.
- We have been working on revising our objectives for this group. This is an exciting endeavor and we are all learning as a result of our involvement in this process. We do find, however, that the inability to access local data is a barrier to its development.
- Development of relationships is an ongoing activity for us. We believe that we have done very well at this so far, however, more work needs to be done. We do have gaps in our membership, such as EHS, and parents. With regards to group members we realize how important it is to strengthen our own relationships with one another, and we work to ensure this happens. A laugh goes a long way some times.

**Future Plans:**

- “Shoot for the moon, even if you miss you will land among the stars.
- In the short term we plan to continue to work on the development of our work plan, expand the utilization of “Eye Spy the Safety Fly”, apply for funding to secure the sustainability of our initiatives, continue building relationships with community members and organizations and work on increasing our collaboration with them.

## *Workplace Safety Working Group*

### **Committee Members:**

Clare Fancy, Christina Williams, Karen Brazill, Doug Eisenor, Dan Oliver, Gail Sinclair, Tim Clahane, Paul Fynes, Kevin Morrison, Gary Ramey, Larry Rosbourough, Peter Silver, and Sara Harding

### **Our Goal:**

Improve the Safety of Youth in the workplace.

### **Our Objectives:**

1. Increase the communities' awareness of the importance of improving workplace safety for youth.
2. Involve the youth in meaningful ways in making their workplaces safer.
3. Increase employer, youth, parent and community awareness of and use of existing resources that are effective in reducing youth workplace injury.

### **Update for Workplace Safety working group for 2008-2009:**

- In May 2009, a representative of the group attended a Safety Day at Nova Scotia Community College for students before they went out for their on the job training. There was a display to promote the passport to Safety Program and 16 PIN numbers for the Passport Program were given out, compliments of Aliant. The group will continue to explore any interest the Nova Scotia Community College may have in promoting Passport to Safety to their students.
- A community recognition award was given to Toyota in the spring of 2009 by the Workplace Safety Group. This was to recognize Toyota for it's youth safety practices identified as a result of survey results completed as part of Karen Brazil's PVEC Workplace Course.
- The group is exploring some web based tools to promote Workplace Safety to youth, such as Facebook.
- A letter was sent to the Minister of Labour inquiring about the government's initiatives to address youth workplace health and safety. A response was received and we obtained an inventory list that the WCB and LWD jointly put together to show what is available for youth education in the province.
- The WCB, LWD and the Department of Education are working to pilot an eight-hour program of workplace health and safety training in the grade nine healthy living curriculum. This initiative is scheduled to proceed in the fall of 2009. We will explore ways to support the roll out of this initiative in the South Shore.

## *Suicide Prevention Working Group*

### **Committee Members:**

Dominique Kwan, Christina Williams, Angela Davis, Christine Bonnell, Melissa MacNeil, Sara Harding, Linda Thompson, Shirley Burris and Rev. Lawton.

### **Our Goal:**

To work within a best practices framework to address suicide in our community by increasing protective factors, building on existing resources and linking with national and provincial initiatives

### **Our Objectives:**

1. Increase opportunities to influence the development of provincial media guidelines related to suicide.
2. Build protective factors in persons of all ages.
3. Link with mental health and addiction services.
4. Identify existing community resources and develop a mechanism to share this with the community.
5. Advocate and support provincial action around restricting the availability of lethal means.
6. Connect with Mental Health around building supports after hospitalization and out patient support for individuals who are suicidal.
7. Support ASIST and SAFETalk training to help ensure rapid access to services. (Support messages and increase awareness of training).
8. Identify what Primary Health Care Providers need to support them with their interventions with individuals who are suicidal.
9. Investigate partnerships to share messages to youth.
10. Investigate the provincial curriculum and support aspects that align with the committee's goal and objectives.

### **Update for Suicide Prevention working group 2008-2009:**

This has been a year of transition as membership has changed and projects were completed. Since then the group has been reflecting on the objectives as previously developed and beginning to work on determining areas of focus for the future.

### **Highlights of the past year are as follows:**

We continue to reflect on all of our objectives at each meeting.

- We are beginning to have conversations about educating the local media regarding the appropriate ways to report on suicides.
- We are continually reflecting on the best practices approaches when working on suicide prevention.

- We continue to work with the bullying prevention working group and discuss opportunities to align our goals and activities. Two joint meeting were held this past year.
- We continue to collaborate with Health Promotion and Protection regarding the possibility of incorporating ‘The Fit’ into the provincial curriculum.
- We are provided with regular updates from coalition members employed by mental health and addiction services.
- We have begun to increase our linkages with the ASIST and SAFETalk trainers, and we are presently looking at increasing the visibility of this training within our communities.
- We were very fortunate to have Angela Davis from CMHA come to Lunenburg County and provide a one day CAST (communities addressing suicide together) tool kit training to coalition and community members.
- Finally, South Shore Safe Communities as a whole received funding from Nova Scotia Health Promotion and Protection for the development of a template to evaluate the community driven injury prevention initiatives of SSSC.

Some of the challenges we faced and hope to address include:

- How to include community representation on the committee.
- How to raise the profile of this committee- how to inform the public, other professionals and committees, such as CAYAC, about what we are doing.
- How to ensure that we engage all those people working in suicide prevention, so we can avoid duplication with ASIST trainers, etc.
- How to ensure that all people working in suicide prevention are aware of the bigger picture of Nova Scotia’s suicide prevention strategy/ASIST training/Safetalk/other suicide prevention training available.
- Ongoing evaluation to determine the impact on the community.