

representation from entire county
- more than one rep. from each?
- use Cable T.V. to
videotape sessions

COMMUNITY HEALTH PROMOTION FUND PROGRAM

APPLICATION

Name: Voice of Teens: Health Education Project

Organization/Person Applying: Antigonish Women's Association

Address: Antigonish Women's Association; 204B Kirk Place
Antigonish, Nova Scotia B2G 2C1

Telephone #: 863-6221/863-9339

Contact Person: Susan Jewkes Job Title: Adolescent Health
or Project: Research Director
Lucille Harper Director - A.W.R.C.

Please check items that describe your organization
Non-profit (x) Incorporated () Registered charitable #

When did the organization get started? 1983

Do you receive ongoing funding from a government source? No (x)

Briefly describe what your organization does for the community?

The Antigonish Women's Association (A. W. A.) was organized in 1983, with the purpose of addressing the concerns of women in Antigonish town and county. Since that time the A.W.A. has undertaken many projects to improve the quality of life for women in Antigonish, including the sponsorship of the Antigonish Women's Resource Center and most recently, the Adolescent Health Project. Through these projects we have become acutely aware of the needs of young people for accurate, relevant, and meaningful information and services around their health.

I certify that the information in this application for a Community Health Promotion Fund Grant is correct and complete in every respect and that information can be sought from other sources to assist in the review process.

If I am awarded a grant, I will agree to comply to the terms and conditions as outlined in this booklet.

Signature of senior officer of organization

Date: Nov 29/91

Name:

Sasha Murphy

Title: Treasurer

VOICE OF TEENS: Health Education Project

a proposal submitted for

CHPF PROGRAM

November 29, 1991

Antigonish Women's
Association
204 B Kirk Place
Antigonish, N.S.
B2G 2C1
863-9339/863-6221

VOICE OF TEENS: HEALTH EDUCATION PROJECT

INTRODUCTION AND BACKGROUND ON THE ADOLESCENT HEALTH PROJECT

The Adolescent Health Project has been operating since April 1991 on a one year Health Promotion Grant from Health and Welfare Canada, with the support of the Antigonish Women's Association as its sponsoring organization. The primary goal of the project is to explore the health needs of adolescents in the Antigonish town and county by engaging them in a community based needs assessment. We are using the World Health Organization's definition of health as state of SOCIAL, PHYSICAL & EMOTIONAL well-being. The project has had the intensive involvement of over 40 local teenagers in its development and planning. It has a consultative Adolescent Advisory Committee of 11 members who are responsible for helping to direct and oversee the project overall. In addition, the project has a Community Advisory Committee, consisting of 6 community representatives and 2 members of the Adolescent Advisory Committee.

The Adolescent Advisory Committee is comprised of a reasonably representative cross-section of male and female adolescents from both the Antigonish town and county. One of the primary tasks undertaken by this committee was the development of a Teen Health Survey. This 14 page questionnaire, covering areas ranging from substance use and abuse, to mental health, to relationships and sexuality, was administered during the months of July through October 1991, by 10 specially trained adolescent research assistants to over 400 teenagers in Antigonish town and county. We are presently involved in data analysis around these surveys. The preliminary data from the Teen Health Survey has allowed us to begin to identify the key health concerns of local adolescents which we intend to address in the "Voice of Teens" project.

In addition to the Teen Health Survey, project staff have been interviewing and meeting with individuals and groups in Antigonish to collect community impressions around local teen health issues. We have found our community contacts to be highly receptive to this process and their input has enriched and further developed our insights into community adolescent health needs.

Our final report will be completed by the end of February 1992, with a strong focus on the descriptive/personal element of the adolescent health experience in our community. The Adolescent Advisory Committee is currently in the process of producing a 15 minute video around these same themes as an adjunct to the written report. We have been asked by a number of individuals and community groups to provide opportunities for discussion and dialogue around the results of the needs assessment research. The Adolescent Research Assistants who administered the Teen Health Survey, and the members of the Adolescent Advisory Committee have indicated a strong interest on the part of community teenagers to learn more about the survey findings, as well as a desire to process and discuss these in more detail. As our mandate and funding for the Adolescent Health Project ends April 8, 1992, we will have neither the time nor resources to provide the community with these opportunities on anything but a preliminary level. With a desire to communicate their insights, concerns, and needs around teen health issues to other teens and the community, the Adolescent Advisory Committee has developed the "Voice of Teens: Community Health Education Project."

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VOICE OF TEENS: COMMUNITY HEALTH EDUCATION PROJECT

1. PROJECT SUMMARY

The "Voice of Teens" will enable adolescents in Antigonish town and county to engage in a health information and education project with a goal towards increasing awareness in both the adolescent and adult community around the major health issues facing our local teenagers. This project was developed through the initiative and direction of the Adolescent Health Project's Adolescent Advisory Committee, a working group of 11 teenagers. It is designed to provide adolescents with the information and skills necessary to effectively analyze and communicate around some of the fundamental health concerns in their lives. The "Voice of Teens" will specifically address those health issues which the adolescents of our community have cited as crucial concerns, i.e., drug/alcohol use and abuse; mental health issues/ depression/ suicide; reproductive health issues/S.T.D./sexuality/teen pregnancy; body image. These health needs have been identified through a needs assessment survey which was developed and implemented by adolescents working on the Adolescent Health Project.

In the first 3 months of the Voice of Teens Project, we will provide training for 8 - 10 adolescents, in self-awareness, community/social analysis, health information, and communication, to enable them to describe and inform other adolescents and the community around teen health issues: utilizing the Adolescent Health Project report as a primary resource. Having been so trained, these teen health educators will have an opportunity to positively impact and communicate their health concerns to their peers and the community at large.

In the remaining 9 months following their training, the teen educators will offer a minimum of 8 - 10 presentation/workshops to discuss and increase public awareness around the teen health issues identified in the Adolescent Health Project's Teen Health Survey. These presentations will be developed over the course of the training sessions and will be designed to address both the adolescent population, (13 - 18 year olds) residing in Antigonish town and county, and the adult community (including church groups; professional groups: educators, health care professionals; as well individuals). Through effective, structured dialogue and discussion, the Voice of Teens Project hopes to provide potential for energizing and focusing the community to begin to think, analyze and appropriately respond to adolescent health issues in a manner that is sensitive to our unique cultural and social make-up, as well as constructive in producing health promotion responses and activities that address these health concerns.

Our many and varied contacts with teenagers, professionals, and groups in the past year have indicated to us that there is a strong desire on the part of the Antigonish community to begin to better understand and address adolescent health issues. Through the process of information sharing, and informed, positive interactions, there will be an increased likelihood that our adolescents and larger community may work together to better respond to some of our adolescents' most compelling and urgent health needs.

2. COMMUNITY NEED

2.1 The adolescent population of Antigonish faces a number of serious and complex public health problems. Although we will not have the results of our formal data analysis, (arising from the Adolescent Health Project's Teen Health Survey), until mid-January 1992, our preliminary impressions from the research indicate a very high rate of alcohol use and abuse among teenagers in this community. Young people report using alcohol in response to "boredom", "nothing to do", and "getting away from (my) troubles". Many of our teenagers are experiencing a range of mental health problems: stress, depression, and unresolved grief issues (resulting from a number of recent, tragic deaths of local teenagers through suicide and accident). Sexuality issues are a concern for the entire community: sexual experimentation and activity is occurring at an earlier age than ever before (with our preliminary research findings very much reflecting the Canada Youth and AIDS study, N.S. Report: 57% of Grade 11 students and 32% of Grade 9 students in Nova Scotia reporting they have had sexual intercourse). As a result we face the health implications that result from teen pregnancy, and a growing rate of S.T.D. among adolescents (chlamydia & genital warts in particular). In addition, our teenagers report experiences with physical and sexual abuse, difficulty with body image and self-esteem. There exists, in our community, a serious lack of opportunity for accurate, complete information and dialogue around all of these health issues and concerns. Without these opportunities responsible decision-making around health related behaviours becomes all the more difficult for adolescents undergoing a period of dramatic and rapid developmental and maturational change.

2.2 Target Group

The Voice of Teens Health Education Project intends to provide health education training to 8 - 10 adolescents (15 - 18 year olds) who are reasonably representative of the teen population residing in the town and county of Antigonish (i.e., English speaking; male/female; residing from both town and county locales; a teen parent(s); teens representing a variety of interest and differing social/peer group acceptance). As this project emerged from, and was developed by, the Adolescent Health Project Adolescent Advisory Committee, a number of the young people currently involved with this committee have, themselves, expressed interest in undergoing training as teen health educators. In addition, we expect to involve 3 - 5 new teenagers in the training for this project.

Following the 3 month adolescent health education training phase of the project, our newly trained "health educators" will offer and facilitate a 1.5 - 2 hour presentation on adolescent health concerns to 4 - 5 groups of 10 - 20 teenagers per group (it is their intent to keep the presentation group size small enough to allow for discussion and dialogue). The health educators intend to inform and access their peers through word-of mouth; posters; pamphlets; and through existing groups (i.e., Church Youth Groups; school clubs; etc). In addition, the teen health educators will offer and facilitate a 1.5 - 2 hour presentation on adolescent health concerns to 4 - 5 community groups of 10 - 20 individuals per group. These groups (some of whom have already identified an interest in attending the proposed presentations include:

church groups; community service professionals who work with teenagers - educators, administrators, health care professionals, social service workers; as well as parents and individual community members) will be accessed with the aid and direction of project staff.

2.3 Health Council Priorities

The Voice of Teens: Health Education Project has emerged from a jointly expressed need from both adolescents and the larger community to begin to better understand and communicate around teen health issues. By providing teenagers with the beginning tools to identify, analyze, and assess their health priorities we begin to enable them to take responsibility for their health needs in positive ways. By providing information and opportunities for dialogue and discussion on fundamental teen health issues, to parents and the community, we begin to empower them to assist adolescents with their health care problems and to develop strategies for working with teenagers in a self-enabling manner.

2.4 Other Programs and Services

At this point in time, we are not familiar with any other programs and/or services in our community who would be able to undertake this project. Due to the unique nature of the Adolescent Health Project from which the Voice of Teens: Health Education Project has emerged, the data we have obtained from the just completed research process, (which will be the basis for the health issues explored in both the training of teen health educators and the community presentations), and the distinctive blend of personality, creativity, and energy of all those involved in developing this project proposal, we feel confident to undertake the work proposed.

3. GOALS AND OBJECTIVES

3.1 Goals

1. To enable adolescents to develop awareness of their health care needs, thereby allowing them to take more responsibility for their health.
2. To provide information to the community around adolescent health concerns to empower us to effectively assist adolescents with their health care needs.
3. To create opportunities for adolescents and the community to dialogue together on a range of health issues within an environment that is informative, constructive and pro-active.

3.2 Objectives

1. The Voice of Teens Project will ensure that adolescent involvement takes place throughout the project through the maintenance of an Adolescent Advisory Committee.
2. The adolescent involvement in the project will include decision making, planning, and evaluation of all aspects of the project's work.
3. We will encourage thoughtful exploration of personal values and how they influence behaviour in the course of training adolescents for community presentations.
4. In the training of adolescent educators we will encourage and offer opportunities for social analysis to allow for better insight into the many faceted nature of our community and its social/cultural/economic influences and how they relate to health issues.
5. We will address the issues of healthy and unhealthy behaviours and encourage awareness of the social/cultural/economic factors that influence these in the training of our adolescent educators.
6. We will encourage and develop effective communication skills in the training of adolescent educators.
7. Through consultation with, and involvement in their training by community professionals (including, educators, clergy, psychologist, community and health care workers), adolescent educators will have an opportunity for interaction and dialogue with varied community membership allowing them to develop a deeper analysis and understanding of their health concerns.
8. With the development of understanding and analysis around their health issues, combined with training in communication and presentation skills, adolescent educators will provide opportunities for the community to gain insight into the self-identified health needs of adolescents.
9. Presentations to both the adolescent and adult community will be planned and facilitated by adolescents successfully completing the 12 session training program.
10. Project staff and the adolescent educators will explore ways to creatively present their health concerns in their presentations to the community.

3.2 Objectives (cont'd.)

11. We will provide a minimum of 4 - 5 opportunities for adolescents 13 - 18 in Antigonish town and county to attend a Voice of Teens presentation on the subject of adolescent health issues in our community.
12. We will provide a minimum of 4 - 5 opportunities for community members and groups in Antigonish town and county to attend a Voice of Teens presentation on the subject of adolescent health issues in our community.
13. We will conduct ongoing evaluation of the adolescent educators training sessions, and all community presentations to ensure they remain relevant and effective.
15. Through participation in training, planning and implementing the Voice of Teens Project, teen educators will have the opportunity to gain skills, group work experience, and undergo involvement in community and organizational process that will enhance their opportunities to engage in future health promotion activities on both a personal and collective level.

4. ACTION PLAN

4.1 Work Plan

The Voice of Teens: Health Education Project falls into 2 basic stages. The first stage involves the process of identifying and training the 8 - 10 adolescent health educators, and developing the health education presentation for the adolescent and general community. During this time the teenagers will undergo a 13 session training program as outlined below (each session will take 2 hours except where otherwise indicated, and will be facilitated by 2 project staff)

- | | |
|-----------|--|
| Session 1 | INTRODUCTIONS
* Getting Acquainted; group building
* Introduction & Overview of the project
* Establishing guidelines and contracts for the group sessions
* Review of Adolescent Health Project Findings |
| Session 2 | SELF-AWARENESS
* Understanding Ourselves & Each other
* Individual Inventories
* Personal Values
* Group Sharing |

- Session 3 COMMUNITY AWARENESS
- * Social Analysis - Social Tree
 - * How do we fit into our community; our community into our society, culture, government, & world?
 - * Guest Speaker from community
- Session 4 PERSONAL VALUES I - the self
- * What are our personal values?
 - * How do they effect our behaviour?
- Session 5 PERSONAL VALUES II - the society
- * From where do our personal values arise?
 - * How do our families, church, and community influence and reflect our personal values?
- Session 6 HEALTH ISSUES I
- * The Adolescent Health Project's Teen Health Survey results - what do they mean?
 - * Using our tools for analysis to interpret the reported concerns, issues and behaviours.
- Session 7 HEALTH ISSUES II
- * Substance (alcohol and drug) use and abuse
 - * Guest - N.S.D.D.
- Session 8 HEALTH ISSUES III
- * Mental Health Issues
 - * Guest - psychologist
- Session 9 HEALTH ISSUES IV
- * Relationships
 - * Gender Issues
 - * Guest - Antigonish Women's Resource Centre
- Session 10 HEALTH ISSUES V
- * Reproductive Health SEX
 - * Sexuality
- Session 11 PUBLIC SPEAKING SKILLS
- * Guest
- Session 12 PRESENTATION PLANNING
- * Formatting the "Voice of Teens" presentation
- Session 13 PRACTICE SESSION - 4 hours
- * Utilize video
 - * Evaluate
- Is 4 hours enough?

Upon successfully completing the training session, the teen health educators will plan their first series of presentations to the adolescent community. Project staff will contact community groups and individuals to arrange for further presentation opportunities. In addition, we will arrange for media coverage to

promote community interest and awareness of the project in our local newspaper: "The Casket".

Time Table

April 1992

- Select teens for health education training: through Adolescent Health Project Adolescent Advisory Committee members; word of mouth; (newspaper article if necessary).
- Project staff to plan and begin training sessions.
- Arrange for guest speakers for training sessions.
- Begin evaluation of training sessions.

who will select the teens?

May - June 1992

- Continue training sessions.
- Continue evaluation of training sessions.

July - August 1992

- Finalize format for "Voice of Teens" presentation.
- Begin promoting "Voice of Teens" presentations within teen community.
- Teen health educators to plan, promote, organize, facilitate and evaluate 2 - 3 presentations to their peer group.
- August: Project staff to begin to assist in arranging "Voice of Teens" presentations for community groups and individuals.

- involve School Counselors

September - February 1993

- Continue promoting, organizing and facilitating presentations.
- Undertake a 6 month review/assessment with staff and teen health educators.

March 1993

- Evaluate project.
- Examine strategies for further health promotion activities, if appropriate.

The Voice of Teens: Health Education Project budget will cover the wages of 2 part-time staff for over-seeing the overall project, as well as their time in planning, organizing, and facilitating the health education training sessions, and their time in arranging, and attending the health education presentations facilitated by the teen health educators; a small stipend to be offered to guest speakers/consultants attending the training sessions; and a small travel stipend to be offered to all teen health educators for attending the training sessions and the teen/community presentations.

The budget will also cover xeroxing costs for training packages and information sheets; basic office supplies: paper, pens/pencils; markers; envelopes; postage; etc.; rental of a large meeting space for training sessions and for up to 6 presentations; purchase of a basic VCR for use in training and for utilizing the video currently being produced by our Adolescent Advisory Committee for use in the health education presentations to teens and community.

4.2 Target Group's and Community's Roles

The Voice of Teens: Health Education Project has been developed by teens in response to our community's need to better address and understand teen health issues and concerns. We intend to utilize and learn from the perspective, insights, and knowledge of a wide variety of community membership - through soliciting community professionals as consultants in teen health educator training sessions to encouraging attendance at Voice of Teens community presentations.

4.3 How will people know about it

We are fortunate to have a pre-existing, active, enthusiastic, and energetic group of teenagers who have shown their initiative, intelligence, and commitment in their work on the Adolescent Health Project, and in the development of this "Voice of Teens" proposal. We hope to include a number of new teenagers to this project, and based upon the response to our Teen Health Survey, informal discussions with teens not currently involved in this work, as well as the support we have received so far from the professional community, we can only anticipate continued interest as long as we continue to undertake our work with care and sensitivity to all involved.

4.4 Other Sources of Help

(Please refer to "4.2" "Target Group's and Community's Roles")

4.5 Staffing

It is anticipated that the staff working on the "Voice of Teens: Health Education Project" will be the same individuals that have worked on the Adolescent Health Project. They bring to their work both formal education (a graduate degree in Social Work; diplomas in Adult Education and Health) and experience in working with adolescents and groups in the areas of health promotion, sexual abuse, sexuality, violence against women, relationships and communication. Most importantly, they have begun to establish an environment of trust and sharing with the teenagers they currently work and the community individuals and groups with whom they have accessed in their research.

They will also work with the support and direction of the board of directors of the Antigonish Women's Association and the staff of the Antigonish Women's Resource Centre who will also provide access to all their equipment and resources (computer and printer; photo-copying; television screen; resource library; etc.)

5. JUDGING YOUR OWN RESULTS

We see evaluation as a vital part of the process of any work and training we undertake in this project. The importance of evaluating the process of the work and the strategies employed will be emphasized during all phases of the project. Ongoing evaluation will be a built in component of every aspect of the project. We will evaluate every session of the teen health educator training through the use of pre and post tests, reaction sheets and self

evaluation schedules. We will, when possible, use measurable objectives in order to assess changes in attitudes, knowledge and skills acquired when planning and facilitating training and workshops/presentations.

6. FUNDING SUPPORT

6.1 Funding from outside the CHPF program

The "Voice of Teens: Health Education Project" has not asked any other groups or organizations for funds for this project.

6.2 Future Needs for the Project

We believe this specific project will not need funding to continue beyond the period of the CHPF grant. We anticipate that from the work of this project, however, that growing community understanding, insight, and support, will lead to other health promotion projects and activities to continue towards the improvement of adolescent health overall, and of any services, resources, and programs designed towards that end.

6.3 Other Government Funding

This "Voice of Teens" project is sponsored by the Antigonish Women's Association (A.W.A.) which receives funding for its Women's Resource Centre from Secretary of State. The only health related project for which the A.W.A. has received funding in the past two years has been for the Adolescent Health Project (Described in the Introduction to this project proposal). This Health Promotion grant from Health and Welfare Canada, is for one year and will terminate on April 8, 1992. The program officer for that project is: Linda Sneider. She can be contacted at:

1-426-2694
Health and Welfare Canada
Health Services and Promotion Branch
Suite 1110
5251 Duke Street
Halifax, N.S.
B3J 1P4

December 1, 1991

Betty- Anne Fraser
RR #1 Merigomish
Nova Scotia BOK 1G0

Dear Committee Members,

I am writing to endorse my full pledged support for the "Voice of Teens Community Health Project, " submitted by the Adolescent Health Project in Antigonish. It has been very exciting to have been part of the Adolescent Health Project since its inception. The enthusiasm, hard work, and energy of both the staff and the teenagers has been a refreshing catalyst for discussion around teen health issues in the community. As a nurse working in the community, I am delighted to finally see the beginning of this dialogue.

The Voice for Teens Project will further this dialogue as well as empower the teens to take responsibility for their health needs. Peer education and counselling have a very positive domino effect which can reach many teens in a powerful way. This grassroots project will assist the total community to strategize around the health needs of adolescents and therefore to assume responsibility for health promotion. This model is one to be admired as we search for ways to turn our illness oriented health system to one of health promotion and prevention. It is with this in mind that I ask you to fund this very necessary project.

Yours truly,

A handwritten signature in cursive script that reads "Betty Anne Fraser".

Betty-Anne Fraser, RN BA BScN
AWA Representative
Community Advisory Committee Member

OCT. 27 1991
VOICE OF TEENS
COMMUNITY HEALTH
EDUCATION PROJECT

TO WHOM IT MAY CONCERN;

My name is Tracy Van de Wiel and
I have been involved in the Adolescent Health
Project since it began in April of '91.

I would like to say that I
strongly support this project and would
like to see it be able to have a
big positive impact in our community. I,
as a part of this project would
greatly appreciate your help in making
this impact possible.

Yours sincerely,

TRACY

To Whom it May concern;

Dept. of Health
Northumberland Health
Unit, New Glasgow

Since I started with this project in September of this year, I have found it most enjoyable. The people that are working on this project are great people, and I think that it will have a very good impact on this community.

But yet to do any of this we need money, and that is why we are asking for the RECHPF Grant. I hope very much that you will grant us the Grant.

Yours, sincerely
Morgan MacDonally

Nov. 27/91

To whom it may concern;

My name is Cynthia MacDonald. I am writing in support of the Voice of Teens Community Health Education Project. I've been involved in the project since May of this year, and on the Adolescent Advisory Committee. The past seven months have been extremely educational. It seems like you can never stop learning about physical/mental well-being. And I have to say I learned quite a lot of very helpful facts here. I'd really like to see this project help a lot of teens in Antigonish, there are a lot of us here who need helping and no where to turn. We (Voices of Teens) could really use your help & support. Any effort would be warmly accepted. Thank you for taking the time to read my letter.

Your friend,

Cynthia MacDonald

Nov 27, 91
"Voices of Teens", Community
Health Education Project
Antigonish N.S.

Dept. of Health
Northumberland Health Unit
New Glasgow.

To whom it may concern;

I would like for you to understand that this project is very important to all of us. and this grant would help us out a great deal. We have been working & planning this presentation for a few months now and it looks like it will be a big success in our community which is lacking in health education.

This project is something our teens would really appreciate because many teens feel left out or forgotten about and we hope to reach these people.

We would also hope to help the adults of this community to understand our views & needs better and with the help of your Re-CHPF grant we hope to make this possible.

Thanks for your time

Lennie Christolm

V.O.T.

Voice of Teens Committee
Health Education Project
Antigonish Nova Scotia

Department of Health
Northumbria
Health Unit
New Glasgow

Someone may concern;
I would like you to realize
what this project when finished, will
mean to all of us and the rest who
see it.

It will hopefully bring parents
and their children closer together and
help other people to understand teens.

It will also help teens to
understand why adults react to
things the way they do. Your help
would greatly be appreciated.

Yours sincerely
Michelle George.