

## **NorWest Community Health Centres FOCUS Programs for 2006-2007**

### Aboriginal Children's Talking Circle

A talking circle is providing at-risk children with the opportunity to learn basic life skills. The Thunder Bay Indian Friendship Centre and Dilico Ojibway Health are partnering with FOCUS on this initiative. This initiative has been delivered at Ogden School and is being planned for McKellar Park School in the fall.

### Skills To Empower Youth

Skills to Empower Youth (S.T.E.Y.) is based on the Drug Awareness Resistance Education (D.A.R.E.) program. Over the past year a volunteer certified D.A.R.E. instructor who was injured on duty and FOCUS have been delivering this engaging program to grade six classes in the Ogden area.

### March Madness

This hallmark March break program is popular with local youth. It ensures that at-risk youth have access to free recreational activities, while providing a venue to educate them about the risks associated with alcohol and drug use.

### Safe Found Needle Program

There are a significant amount of used syringes found in the Ogden-East End each month. The purpose of this program is to inform the community about safe found used needle handling. This is accomplished through the use of presentations, bookmarks and handouts.

### Youth with FASD Life Skills Program

In order to better address the intensive support and mentoring needs of youth with FASD we wish to offer an FASD Life Skills program. This will provide 6 youth with FASD life skills training, alcohol and drug education as well chronic disease prevention. The program will run weekly for 6 months.

### Youth Community Kitchens

In order to better address the nutrition needs of youth we were able to incorporate a community kitchen in our summer programming. This program provided 10 youth with meal/menu planning and preparation, life skills, alcohol and drug education as well chronic disease prevention.

### Summer Youth Program

This hallmark FOCUS program is popular with local youth. It ensures that at-risk youth have access to free recreational activities, while providing a venue to educate them about life skills and the risks associated with alcohol and drug use.

### Alcohol Use Policy Work

FOCUS serves on a number of community groups in order to affect municipal alcohol policy. Involvement with the Action for Neighbourhood Change Policy Working Group

and Simpson Street BIA are providing the opportunity to explore municipal alcohol policy for the Simpson-Ogden area. FOCUS is currently developing an Alcohol Policy Toolkit.

#### Youth Photovoice Project

The Drug Awareness Committee with assistance from FOCUS completed a new project to learn about how alcohol affects the lives of our youth.

#### Community Barbeque and Health Fair

Over the past year there has been significant success with a community barbeque and block party in the Ogden-East End. We were successful in replicating this success while adding a health fair component

#### Community Wellness Guide

The purpose of the Community Wellness Guide is to provide individuals with the information they need to lead better lives. We have completed 12 topics and hope to have 20 completed by end of the year.

#### Alcohol Risk and Chronic Disease Campaign

A FOCUS provincial campaign was launched in June 2006 which addressed alcohol as a risk factor for stroke and cancer. Local activities included presentations, distribution of posters and brochures as well as a two week media campaign. A culminating event was held at the Simpson-Ogden Neighbourhood Block Party and Health Fair which involved further promotion of the campaign as well as quizzes and prizes.

#### Community Coalition Work

FOCUS is represented on a number of community groups such as the Drug Awareness Committee, Take Heart, Aboriginal Policing Liaison Unit Advisory Committee, Action for Neighbourhood Change Policy Working Group, Negahneewin Council and the Simpson Street BIA. This involvement provides opportunity to develop new FOCUS partners as well as participate on community initiatives. FOCUS also serves on the Provincial Branding Committee.