

August 11th, 2016

Healthier Northern Communities ebrief

Northern Health Street Team Pilot Project – Prince George World Baseball Challenge

Wednesday, August 17th, 2016 @ 6:30-8:30 pm (PST) – Orientation Session

Do you have a passion for health promotion in your community? Northern Health is looking for you!

We are now accepting applications for volunteers for our Street Team pilot project in Prince George! If you are interested, simply [submit this form](#). (Use Google Chrome) We encourage all interested individuals to submit their applications as soon as possible! We are hosting a mandatory orientation session for volunteers in Prince George on August 17th, 2016.

Food for Thought

- [“In Our Own Voice” - Early Years Research Findings](#)
- [Parent Coaching Intervention Research Project](#)
- [Success By 6 - 2015 Annual Report](#)

Healthier Communities Resources

August is ‘Drugged Driving is Impaired Driving’ Month

In 2015, nearly half of all 24-hour licence suspensions were due to drug impairment. A recent Canadian study of alcohol and drug use among drivers found that drug use in nighttime drivers exceeded that of alcohol use. In Canada, studies indicate that drugs are found in up to 40% of fatally injured drivers (TIRF). Driving while impaired by drugs and refusing to comply with a demand for physical sobriety tests or bodily fluid samples is a criminal offence. [Safe Roads](#)

Inspire: Seven strategies for Ending Violence against Children

INSPIRE is an evidence-based resource for everyone committed to preventing and responding to violence against children and adolescents. The seven strategies are: implementation and enforcement of laws; norms and values; safe environments; parent and caregiver support; income and economic strengthening; response and support services; and education and life skills. [View resource >>](#)

Expansion of Dental Services to Increase First Nations Access to Culturally Safe Oral Health Services in BC

The First Nations Health Authority (FNHA) is pleased to announce recognition of dental hygienists as independent service providers within First Nations Health Benefits. With this change, Health Benefits now offers coverage for services provided by dentists, dental therapists, denturists and now dental hygienists. Direct access to dental hygienists, who are primarily focused on oral disease prevention and oral health promotion, is aligned with FNHA's commitment to transform health programs upstream with a focus on health and wellness. [Read more](#)

2016 FNHDA Inspiration Awards Nominations

September 27-29th, 2016

Now is your chance to nominate an exceptional First Nations Health Director/Lead who is doing extraordinary work in our communities. To be eligible, nominees must be a FNHDA Member in good standing with the Association. All nominations are kept confidential to respect privacy. There are a potential of seven awards based on the Seven Standards of Excellence to be honored at the FNHDA Annual General Meeting on Coast Ts'msyen (Tsimshian) Territory in Prince Rupert, BC. [More info](#)

Rural Portal

The Rural Resource Portal is a PlanH library of resources for responding to the unique opportunities, challenges, and approaches of fostering health and well-being in small, rural and remote communities. The rural portal covers a range of action areas including policy development, citizen engagement and the built environment. [Check it out](#)

Healthier Communities Events

Summer Block Party

August 17th, 2016 @ 4:00-7:00 pm (PST)

Celebrating the launch of the Youth Action Team and Hadih House Community! Come and join in the celebration! There is no cost for the event and all ages are welcome! There will be food, music, prizes (including a signed Jordin Tootoo jersey), mental health info and activities (including a street hockey game with Myles Mattila from the Cariboo Cougars) The Block Party is a drug and alcohol free event and is located at 2105 Pine Street, Prince George, BC. For more information call, Hadih House: 250.563.7976

Back to School Celebration

Tuesday, September 6th, 2016 @ 11:00-2:00 pm (PST) – Registration Deadline: August 26th, 2016

Come join in the Back to School Celebration at the Prince George Native Friendship Centre! The celebration will begin with an opening prayer and welcome to the traditional territory. There will be food, face painting, photo booth, clothing exchange, free haircuts, free booster seats and a *free backpack filled with school supplies* for each child registered. To register go to [PGNFC](#) or call 250.564.3568 for more information.

Webinars & Learning Opportunities

BCCF Journey to Perinatal Wellbeing Webinar: Tools and Resources to Identify and Support Women with Perinatal Depression and Anxiety

August 16th, 2016 @ 10:30-12:00 pm (PST)

This webinar is designed for health authority public health managers, professional practice leads, clinical nurse specialists, nurse educators, knowledge coordinators and community health nurses. It is also relevant for health and social service providers who work with perinatal women and families. [Click here](#) for further information and free registration.

(Re)-Introducing the EDI - Part 1: EDI 101 Webinar from the Human Early Learning Partnership (HELP)

Tuesday, August 23rd @ 3:30-4:30 pm (PST)

HELP has wrapped up the EDI Wave 6 data collection and analyzed new findings from patterns and trends across 16 years of data. Join us ahead of the release of Wave 6 EDI School District/Community Profile Reports as we discuss important aspects of this tool. This session will review the areas of children's development measured by the collection tool, and clarify the concept and meaning of child vulnerability and key issues related to interpreting and applying population health data. [Register >>](#)

Kelty Summer Institute

August 25-26th, 2016 Vancouver BC

The theme of the 7th annual [Kelty Mental Health Summer Institute](#) is "Promoting Mental Wellness in BC School Communities." The institute is a two-day event that brings together teachers, school counsellors, school support staff,

school administrators, district staff, health professionals, parents, students and school community partners from across BC to exchange knowledge and ideas about improving mental wellness in school communities. [Register today.](#)

Northern Perinatal Conference in Smithers

September 16-17th, 2016 – Registration deadline: Friday, September 2nd, 2016

The fourth annual Northern Perinatal Conference aims to highlight patient and family centered care, seamless perinatal care transition and inter-professional collaboration. Friday, September 16th will also see an evening networking event co-hosted by the *Northern Health Authority and the First Nations Health Authority!* An open invitation is extended to any frontline health, social caregiver or community member who would like to attend. [Register](#)

Circle of Security (COS) Parenting DVD Training

October 3-6th, 2016 – Prince George Native Friendship Centre

This 4-day seminar teaches professionals how to use an eight-chapter DVD to educate parents and caregivers. The program presents examples of secure and problematic parent/child interaction, healthy options in care giving and animated graphics designed to clarify principles central to COS. Circle of Security Parenting implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling. [Register here.](#) Or contact Kim Chernenkoff at 250.564.3568 ext. 201 for more information.

Heart Mind Conference 2016: Cultivating Resilience

October 21-22nd, 2016

Join the Dalai Lama Center for Peace and Education at the Bell Performing Arts Centre in Surrey, BC for the 4th annual Heart-Mind conference featuring some of the leading minds in child development, education and mental health addressing the Dalai Lama's question, "How can we educate the hearts of children?" [Register >>](#)

2016 IDC Research Days Conference

November 7-9th, 2016 Prince George BC

This year's conference theme is: "Making Research Matter – Celebrating Evidence Implementation in Northern BC." The [IDC Research Days Conference](#) looks to celebrate and share research, evaluation and implementation of evidence from northern B.C., facilitate networking, and showcase partnerships. The [Call for Abstracts](#) is available online. Abstracts are due September 18, 2016.

5th Health & Wellbeing in Children, Youth & Adults with Developmental Disabilities Conference

November 16-18th, 2016 Vancouver BC

Children, youth and adults with Developmental Disabilities (DD) are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD and their families, to improve their quality of life experience. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and inter-professional collaboration. [Click here](#) to view the conference brochure. [Click here](#) to register online.

2016 PHABC Conference- Strengthening Healthy Development: Education and Public Health in Partnership

Sunday, December 11th – Monday December 12th, 2016 at the Sheraton Vancouver Airport Hotel

The Public Health Association of BC (PHABC) is preparing to present their 2016 conference. This year's focus is "Strengthening Healthy Development: Education and Public Health in Partnership." PHABC welcomes participants from a variety of professional backgrounds who are working directly or indirectly on public health and/ or education issues, and feel the topic could be of relevance to you and your networks. Registration opens September 1st, 2016. [Register >>](#)

Funding Opportunities

NutritionLink Services Society 2016 Granting Program

September 15th, 2016 – Application deadline

NutritionLink Services Society (NLS) is distributing annual grants to registered charities. We encourage charities with continuing projects to reapply. In 2014, NLS provided over \$25,000 to six grant recipients. Each year NLS has provided up to \$32,000 for as many as six recipients. [Apply here](#)

New program invests in British Columbia's cultural infrastructure

Arts and culture organizations now can apply for grants of up to \$50,000 for small capital projects. By investing in creative spaces, the new Collaborative Spaces Program will grow the creative economy, promote artistic creation, facilitate collaboration and enhance accessibility for artists and audiences throughout BC. This program is part of the Creative Economy Strategy's commitment to target \$1.5 million toward collaborative creative spaces over three years. [Learn more](#)

20th Annual BCAPOP Conference & Annual General Meeting

October 26-28th, 2016 - Richmond, BC

Supporting Diverse Needs with Compassion, Knowledge and Skill. This conference is of interest to anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families. Intended for an adult audience. [Register](#)

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants include municipalities, charities, and amateur athletic associations among others. Grant amounts range from \$1,000 to \$15,000. Successful applicants are required to match the grant amount. For more information, visit: [Community Foundations](#)

For More Opportunities Check Out:

[Community Grants: Information for northern communities and partners](#)

Recent Articles from the Northern Health Blog

Healthy communities / Community granting

- [Exploring the outdoors! Geocaching in Hudson's Hope](#) by: Mandy Levesque (lead, healthy community development, integrated community granting)
- [Planting seeds, fighting stigma, and growing community: Healthy Minds Community Garden](#) by: Vince Terstappen (communications advisor – population & public health)

Injury prevention

- [Cars and bikes and joggers, oh my!](#) by: Natasha Thorne (regional nursing lead for injury prevention)
- [Is distracted driving really only about cellphones?](#) by: Natasha Thorne (regional nursing lead for injury prevention)

Speech & language

- [First Nations books: Children's books exploring the Northwest Coast](#) by: Jackie Taylor (speech & language pathologist)

Healthy eating

- [Foodie Friday: Healthy grilling](#) by: Carly Phinney (clinical dietitian)
- [Foodie Friday: Eating foods you love!](#) by: Beth Evans (registered dietitian)
- [Making your own baby food](#) by: Rebecca Larson (population health dietitian)

Are there other opportunities for people to connect within your community in the Northern Health region? Do you have information, articles or resources that you think might be of interest to northern communities? Send your information by email to healthycommunities@northernhealth.ca

These e-briefs are an information service bringing news of relevant health promotion, resources and research to Northern communities from the Population and Public Health Programs at Northern Health. The news items are for information only and do not reflect any official viewpoint of Northern Health.

For more information on the Northern Health's Population Health Programs visit the Northern Health website at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

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