



Summary Report

**Exploits Valley
Regional Workshop**

**Grand Falls-Windsor, Newfoundland and Labrador
October 6-7, 2015**

Memorial University Partnering with
Community, Government and Industry Stakeholders

www.mun.ca/harriscentre

TABLE OF CONTENTS

1.0 EXECUTIVE SUMMARY.....3

2.0 ABOUT THE HARRIS CENTRE.....5

3.0 REGIONAL WORKSHOP PURPOSE.....6

**4.0 PARALLEL SESSIONS: MEMORIAL UNIVERSITY’S CURRENT PROJECTS
AND NEW OPPORTUNITIES FOR COLLABORATION.....6**

4.1 Mental Health.....7

4.2 Youth Engagement.....9

4.3 Innovation and Entrepreneurship in the Creative Arts.....13

5.0 FOLLOW-UP PROCESS.....15

6.0 MEMORIAL PRESENTS.....15

7.0 CONCLUSION.....15

APPENDICES

Appendix A – Workshop Agenda

Appendix B – List of Attendees

Appendix C – Evaluation Summary

Appendix D – List of Memorial University Projects in Exploits Valley Region

1.0 EXECUTIVE SUMMARY

The Harris Centre's thirtieth Regional Workshop was held on October 7, 2015 in Grand Falls-Windsor, Newfoundland and Labrador. Planning partners included:

- Office of Public Engagement, Rural Secretariat
- Atlantic Canada Opportunities Agency
- Exploits Valley Community Coalition
- Community Sector Council NL
- Violence Prevention South and Central
- Lewisporte Regional Fisheries and Marine Center, Marine Institute
- Town of Grand Falls-Windsor
- Exploits Regional Chamber of Commerce
- Grand Falls-Windsor Mental Health Action
- Central Health

This workshop had three main goals:

1. To promote Memorial University as a resource for regional policy and development throughout the province, through the utilization of research, teaching and outreach activities at Memorial;
2. To communicate current Memorial University activities to local stakeholders and to communicate local stakeholder priorities to Memorial faculty, students and staff;
3. To provide a venue for the identification of new opportunities/linkages between Memorial University and local stakeholders.

To facilitate this, participants aimed to identify opportunities for future collaboration in the areas of research, teaching and outreach within the region, between Memorial University and community stakeholders.

The 'Regional Workshop' was held on Wednesday, October 7 2015, from 8:00am to 4:00pm at Memorial United Church in Grand Falls-Windsor (see Appendix A for the Agenda). Forty-nine people attended the workshop, and attendees included eighteen faculty, students and staff from Memorial University, and thirty-one people from the Exploits Valley region, including municipalities, federal and provincial government, community groups, businesses, business and economic development organizations (see Appendix B).

The workshop had three discussion themes:

Mental Health

- How can people from various sectors (family resource centres, violence prevention, addictions services, housing and homelessness services, and others) work together to address mental health issues?
- What services are available, and are they accessible to everyone who needs them?
- How could Memorial faculty, staff and students help support the work being done on mental health issues in the Exploits Valley region?

Youth Engagement

- How can the region support young people in becoming long-term contributors to community wellbeing?
- What opportunities might attract young professionals to live and work in the region?
- What supports might help increase youth civic engagement?

Innovation and Entrepreneurship in the Creative Arts

- What opportunities for innovation and entrepreneurship exist in the arts and cultural industries?
- How can the region support the creative arts as an emerging industry?
- What is the potential for economic development through cultural tourism?

During the morning portion of the workshop, the group was welcomed and introduced to the community by Deputy Mayor Barry Manuel of the Town of Grand Falls-Windsor. This was followed by opening presentations, which introduced several Memorial services and departments. Presenters included Rob Greenwood, Executive Director of the Harris Centre; Kimberly St. John, Faculty of Medicine, Memorial University; and Bojan Furst, Manager of Knowledge Mobilization with the Harris Centre. The group also took in a presentation by Stan Singh, Business Development Officer, Town of Grand Falls-Windsor, who provided a general overview of the profile and priorities of the Exploits Valley region.

During the remainder of the morning, participants broke into groups based on the workshop's themes. Everyone introduced themselves to their group and they got to know more about each other's work and interests.

After lunch, groups returned to their break-out groups to focus on identifying potential new opportunities for Memorial to establish linkages and partnerships for future projects. These opportunities could be related to research, teaching or public engagement. A total of thirty-one follow-up opportunities were identified at the workshop:

- Mental Health - 8
- Youth Engagement - 14

- Innovation and Entrepreneurship in the Creative Arts – 9

These opportunities are listed in section 4.0 of this report, and the Harris Centre is in the process of following up on them. These opportunities will be circulated to the appropriate faculty, staff and students throughout Memorial University with the Harris Centre facilitating and tracking results. The one-pagers will be available online in Yaffle, Memorial University's online research database (www.yaffle.ca).

A 'Memorial Presents' Public Forum was also held the evening before the workshop, called *Engaging Youth for Mental Health and Wellness*. Five panelists participated, including Dr. Lisa Bishop (MUN School of Pharmacy), Dr. Stephen Darcy (MUN Faculty of Medicine), Dr. Lynette Powell (Family Physician and Grand Falls Mental Health Action committee), Sue Rodgers (Central Health), and Danielle Cole (resident of Grand Falls-Windsor and youth mental health advocate). This forum is described in more detail in Section 6.0, and the video of the forum along with more details on all of the panelists can be found here:

<http://www.mun.ca/harriscentre/policy/memorialpresents/2015f/index.php>

The workshop was very successful. Attendees overwhelmingly agreed that it increased their awareness of how Memorial and communities can work together, and that there were good opportunities for dialogue. It was also agreed that the facilitated workshop format worked well. Many attendees also agreed that they would follow up on ideas and opportunities that were identified and that the event met their expectations. Overall, the workshop helped facilitate strategic planning and development within the region by discussing regional priorities and brainstorming potential projects with which Memorial could become involved. The results of the workshop evaluation are found in Appendix C.

2.0 ABOUT THE HARRIS CENTRE

Named in honour of the late scholar and former Memorial University President Dr. Leslie Harris, the Leslie Harris Centre of Regional Policy and Development was established on October 1, 2004.

Dr. Harris was known for his integrity and independence while making a practical contribution to Newfoundland and Labrador. The Harris Centre continues this commitment in coordinating and facilitating Memorial's educational, research and outreach activities in the areas of regional policy and development. In brokering these activities the Harris Centre will in some situations take a leading role, while in others the role will be that of a partner, supporter or facilitator.

The final product offered to the community, whether in the form of research, teaching or outreach, is based upon the independence and integrity of Memorial's faculty, staff and students in applying their professional expertise in contributing to regional policy and development in Newfoundland and Labrador.

3.0 REGIONAL WORKSHOP PURPOSE

Regional Workshops have three key objectives:

1. To promote Memorial University as a resource for regional policy and development throughout the province, through the utilization of research, teaching and outreach activities at Memorial;
2. To communicate current Memorial University activities to local stakeholders and to communicate local stakeholder priorities to Memorial faculty, students and staff;
3. To provide a venue for the identification of new opportunities/linkages between Memorial University and local stakeholders.

The workshop provides information to local stakeholders on current Memorial activities and provides an opportunity for local stakeholders to discuss the implications of these activities in the area. It also allows people from the region to discuss their own work and interests and how they relate with the theme. The workshops also allow for discussion of possible new collaboration opportunities between Memorial and local stakeholders. The session closes with a discussion of next steps. This report is intended to provide a summary of the information shared in the various sessions and opportunities for further Memorial University and community collaboration.

4.0 PARALLEL SESSIONS: MEMORIAL UNIVERSITY'S CURRENT PROJECTS AND NEW OPPORTUNITIES FOR COLLABORATION

Following several presentations, the workshop participants split into four parallel sessions based on the themes. These sessions began with a brief discussion by Memorial faculty, students and staff on their work in the region or on the themes, or the work of their departments. As well, participants were all provided with a list of current research in the region, which included additional projects that may not have been discussed (see Appendix D). People from the region also had the opportunity to ask questions and discuss possible opportunities for using the research, while they introduced themselves and discussed their own work and activities related to the themes. Below is the list of the facilitators for each break-out group:

- Mental Health - Bojan Fürst, Harris Centre
- Youth Engagement - Rob Greenwood, Harris Centre
- Innovation and Entrepreneurship in the Creative Arts - Mike Clair, Harris Centre

After lunch, discussion followed between Memorial representatives and stakeholders from the region to identify potential new opportunities and partnerships between the university and the region. Many potential opportunities for Memorial University research, teaching and public engagement with stakeholders in Exploits Valley arose from the afternoon session. These opportunities will be further explored with local contacts before being entered in Yaffle, so more details will likely emerge for each one. The opportunities are categorized by break-out group below.

4.1 Mental Health

1) Navigator model for connecting mental health service providers.

There are many organization in the region providing some form of social and mental health services, but it is difficult for the users as well as for the providers to know who is doing what. The region is interested in exploring a navigator-like model that could work to connect service providers in the region. The study should also include various funding models and successful examples from other jurisdictions.

Local Partner: Heather Brown, Central Health

2) Mental Health tool kit for service providers

The science, treatments and services for a variety of mental health issues are developing at a very fast pace. It would be beneficial for the frontline mental health service providers to have access to a series of tool kits helping them provide the best advice to their clients.

Local Partner: Kim St. John, MUN Medicine

3) What do mental health services for mental health service providers look like in small rural areas?

The pressures on frontline mental health service providers in rural areas are huge. In addition, if they themselves experience any mental health issues it is much more difficult for them to access services in their region. We need a study that would look at the best practices for the provision of mental health services to mental health providers in rural areas.

Local Partner: Dr. Kathy Watkins, Centre for Nursing Studies

4) Study analyzing Health Line calls

The department of Health collects large amount of data on Health Line calls, but there is no detailed analysis done on usage, types of calls and so on. A researcher or a team of researchers should work with the department and analyze the existing data in order to better understand the needs and usage of that service and suggest possible improvements.

Local partner: Heather Brown, Central Health

5) Mental health resources for classroom teachers

Classroom teachers deal with students who have multiple mental health needs. In order to meet those needs the teachers need a suite of resources and toolkits that are currently not easily available. We need to figure out how to close the gap between teachers' needs in the classroom and the resources that are available to them.

Local Partner: Chelsea Quinlan, Central Health

6) Delirium treatment study

There is a need for a study that would determine how effective is a Canadian Mental Health Association education on delirium treatment in Central Health region.

Local Partner: Troy Hollett, CMHA Central region

7) Cost-benefit analysis of local methadone program access vs. the transportation costs to access it in St. John's.

Right now people in Central Newfoundland region who require methadone treatment have to go to St. John's to access treatment. Their transportation costs and accommodations are covered through the health system. We need to understand what are the costs and benefits of the existing program and what would be the costs and benefits of setting up a methadone program in the Central Region.

Local Partner: Darlene Rideout, Exploits Valley Community Coalition

8) Mental health indicators for laid off long distance commuters

We need to understand what are the mental health needs of long distance commuters who have been recently laid off and who are returning to their communities where mental health services may be difficult to access. We need to understand what the mental health indicators are and what changes in mental health indicators occur with regards to long distance commuter workers after they are laid off.

Local Partner: Kim St. John, Faculty of Medicine

4.2 Youth Engagement

1) An action plan for community organizations: how to better engage youth volunteers in leadership positions

How do we make youth feel important and communicate to them that their contributions are valuable? How do we create opportunities for youth to take leadership positions in organizations?

Local partner: Bettina Ford, Community Sector Council NL

2) Enhancing inter-school collaboration for inclusion through recreation: What is the role of competitive sports in youth engagement?

This could be a potential research project that looks at how to engage youth as they are consolidating. Sports and recreational activities often focus on the ‘elite players’, so how do we ensure that youth that are looking for a less competitive experience can feel welcome? What are the links between recreational activities and wellness for youth? What should curriculum entail, how do you find coaches? What is the community impact of recreational events such as sports tournaments?

Local partner: Desmond Coombs, Central Health

Memorial University partner: Potentially someone from HKR or Faculty of Education

3) How to market for youth engagement in the new economy in Rural Newfoundland?

There is a need to understand how best to how to frame messaging so that youth are aware of economic opportunities in Rural Newfoundland so to attract young professionals to those regions. What opportunities are attractive to them? What messages would resonate with a young person trying to decide whether or not to seek employment in a rural area?

Memorial University partners: Gardiner Centre; Enactus Memorial; Faculty of Business Administration

4) Socio-economic/cost-benefit analysis for retention of health experts in Rural Newfoundland

The community could benefit from research that answers the question: is there, in reality, a benefit to using monetary incentives for doctors and health experts in drawing them to rural Newfoundland (i.e. Fogo)?

Local partner: John Kattenbusch, Central Health

Memorial University partner: Faculty of Business, Gardiner Centre

5) Integrating all forms of wellness into Wellness Café collaborative model for better collaboration

This project could involve engaging youth in a wellness café model in family practice in St. John's. It could explore art therapy as a possible aspect of the program, or focus on different themes to support the project (i.e yoga, music, art). Horticultural therapy, for example, creating a community garden lead and supported by youth, could be another avenue. The model (currently being tried with great success in schools in Central NF) could be applied to family practice in St. John's by developing a collaborative network.

Local partners: Sue Rodgers, NLESD/Central Health; Heidi Anderson, CHANNAL; Chad Langdon, Exploits Community Health Centre; Kim Murphy, Community Youth Network; Kristie Jamieson, Food First NL

Memorial University partners: Lisa Bishop, School of Pharmacy; Stephen Darcy, Faculty of Medicine

6) Horticultural Engagement for community collaboration and sustainability

A horticultural engagement initiative that could be designed as a way to integrate youth, new Canadians, elderly people in inter-generational community-learning projects through horticulture.

Local partners: Jill Wheaton, Central Health; Norman Goodyear, MUN Botanical Garden; Dave Morrow, Healthy Schools, Healthy Communities

7) Youth-Elderly Partnership Engagement

This project could integrate teaching/learning initiatives between youth and elderly that help to promote the transfer of traditional and new skills across generations. Examples of these could be rabbit snaring, gardening, snowshoeing, and the use of new technologies and social media.

Local partners: Linda Oldford, Central Regional Wellness Coalition; Corey Samson, NLESD

Memorial University partners: School of HKR; Folklore (co-op program)

8) Lessons Learned in community engagement in wellness from the School of Pharmacy

How can the model developed by Memorial's School of Pharmacy be applied to other regions? How can it be applied not only to mental health, but to other kinds of health? This would mean engaging physicians who have specific skill sets in public engagement. Is there

a need for further training of physicians in the skills required for effective public engagement to expand and build upon this type of community-oriented model? Could this model be applied beyond healthcare entirely?

Local partners: Sue Rodgers, NLESD/Central Health; Sandra Carpenter, Central Health

Memorial University partners: Lisa Bishop, School of Pharmacy; Steve Darcy, Faculty of Medicine; Jared Butler, Faculty of Medicine; Ken Stevens, Faculty of Education

9) Fishbowl model for young male engagement on mental health and wellness issues

This program would focus on suicide prevention by engaging young men in discussions on “masculinity” and what it means to be “male” in our culture. It would require a male facilitator and would intentionally create a safe, open space where conversations surrounding male stereotypes and other pressures on male youth could happen. It would also look at issues such as rape; how do we educate men not to rape, how does “masculinity” (i.e. what it means to be a man in our culture) contribute to a culture which allows for violence against women? This model has been tried in Nova Scotia and some movement has been made already; Sue Rodgers will bring Maurice Green from the Nova Scotia Department of Health to train facilitators to be able to lead this program.

Local partners:

Sue Rodgers, NLESD/Central Health; Maurice Green (Nova Scotia Department of Health)

Memorial University partner: Faculty of Education; Faculty of Social Work

10) Developing a plan for better civic engagement in rural Newfoundland and Labrador

This project would be aimed at developing an understanding among youth and adults of democracy, volunteerism and citizenship. The Harris Centre civic engagement program (currently in development) could be part of this process. It could include opportunities for individuals such as job-shadowing community leaders, being exposed to the volunteers in their community, learning by example what it means to be an “active citizens”, creating awareness about basic rights, and how the justice system works. Happy City might be a good partner in this as they have a focus on civic engagement.

Local partner: Bettina Ford, Community Sector Council

Memorial University partner: Mike Clair, Harris Centre

11) Developing a model for post-high school youth engagement in careers

How do we focus on young people who are unsure of where to go in terms of their career post-graduation? What mentorship opportunities might be created to facilitate this transition? The Linkages program with Advanced-Education and Skills offers a program where an individual can go to work at an organization for 6 months, with monthly meetings with a coordinator to receive additional training. What could MUN offer as a similar program to help bridge that gap? Are there lessons MUN can learn in terms of Service-Learning?

Local partners: Bettina Ford, Community Sector Council; Darlene Rideout, Dept. of Advanced Education and Skills

Memorial University partner: Faculty of Education; Student Affairs and Services - Career Development and Experiential Learning

12) Model for creating a more effective School Career Development Program: integrating reflection

How does this contribute to quality of life? How do you contribute to others' quality of life? How do you evaluate the impact of volunteerism through the career development curriculum? How do we ensure that students are going beyond those 20 hours of mandatory community service work and continuing to be engaged? What would be the department of education's interest in finding ways to evaluate the impact of volunteerism through the career development curriculum in high schools?

Local partner: Bettina Ford, Community Sector Council

Memorial University partner: Faculty of Education; MAASP program

13) Research on family volunteering and impact on children

This project could aggregate lessons learned and look at the impacts of high school programs.

Local partner: Bettina Ford, Community Sector Council; Stephanie Bartlett, Status of Women Central; Family Resource Centers; Exploits Valley Community Centers; Exploits Community Coalition

Memorial University partner: Department of Sociology

14) Developing young women leaders

MUN could partner with other organizations to provide programming that develops leadership skills in young women. This program could tackle themes such as ending violence against women, confidence and body image.

Local partners: Linda Brett, Edwina McCarthy, Anna Smith, NL Office of Public Engagement; Equal Voice; Roads to End Violence; Tammy Barton, Fundamental Family Fitness; Municipalities NL

Memorial University partners: Amanda Bittner, Department of Political Science; Department of Gender Studies

4.3 Innovation and Entrepreneurship in the Creative Arts

1) Pipeline of Communication

The idea of this project would be to create a Liaison Officer position that would have privileged access to MUN from Central Newfoundland. This access will create new opportunities as well as an exchange of resources, and would help “sell” MUN to local stakeholders.

Local partner: Gary Hennessey, Town of Grand Falls-Windsor

Memorial University partner: Morgan Murray, Office of Public Engagement

2) Medical Resident Initiative

Mobilize Medical Residents to take on a project rooted in the community, or to do clinical work in a community-based organization (“Gateway Model”).

Local partners: Jeff Cole, Kris Luscombe, Lynette Powell, Central Health

Memorial University partner: Stephen Darcy, Faculty of Medicine

3) Community Gardens

Community gardens offer many potential ways of contributing to wellness and intergenerational connection. This project would be aimed at promoting school and community gardens to youth, seniors and mental health organizations.

Local partner: Town of Grand Falls-Windsor

Memorial University partner: MUN Botanical Garden

4) Promotion of mun.yaffle.ca

Promote Yaffle to community leaders and stakeholders to create netter connections among people working towards common issues. Piloting a project in Central NL could be a good first step to increasing Yaffle’s profile as a useful tool for collaboration.

Local partner: Stan Singh, Town of Grand Falls-Windsor

Memorial University partner: Bojan Furst (Harris Centre), bfurst@mun.ca

5) Research project on responses to mental health emergencies

There is a need for a research project that compares triage methods for mental health emergencies.

Local partner: NLCAHR

6) Expanding focus on mental health in medical school curriculum

Explore expanding mental health in the curriculum of the medical school, and focus the work of MUN medical interns, clerks, and residents in central NL on mental health issues.

Local partner: Lynette Powell, Central Health; ACT Team; Hope Valley Treatment Centre

7) Increasing public engagement skills amongst medical students

There is potential to increase the emphasis on public engagement in medical education. A potential starting point could be to re-evaluate the public engagement objectives of medical student's placements, and residencies

Local partner: Mental Health Consumer Group (CC4MH, CHANNAL)

Memorial University partner: Rob Greenwood Harris Centre/OPE; Faculty of Medicine

8) Increasing public awareness of mental health issues in NL

To stimulate more public dialogue on mental health issues in Newfoundland and Labrador, MUN could host public forums on mental health, provide platforms for MUN experts as well as external experts to share information and expertise, or organize a "Year of Mental Health" throughout MUN

Memorial University partner: Mike Clair, Harris Centre; Stephen Darcy, Faculty of Medicine

9) "ENACTUS for the Arts"

MUN Fine Arts programs could be matched with vulnerable populations to create a therapeutic environment for participants.

Memorial University partner: Ken Carter, Grenfell Office of Engagement; The Harris Centre

5.0 FOLLOW-UP PROCESS

The Harris Centre will follow up with individual session participants to determine contacts and descriptions for the opportunities for further Memorial collaboration with stakeholders in the region. The goal is to develop each opportunity, or research question, into a one-page description, with a lead individual or organization specified from within the region as a local champion. These one-page opportunity descriptions will be circulated to appropriate Memorial University faculty, staff and students and the Harris Centre will track, facilitate and report results. Opportunities will also be listed in Yaffle (www.yaffle.ca), Memorial's online connecting tool, to enable web-accessible listings for further follow-up.

6.0 MEMORIAL PRESENTS

A Memorial Presents public forum was held the evening before the Regional Workshop. It was attended by fifty-six people, with another two watching online. The entire forum can be seen here: <http://www.mun.ca/harriscentre/policy/memorialpresents/2015f/index.php>

Symptoms of mental health issues often begin in adolescence, but it is alarming that many of these youth fail to receive treatment. As a result, mental illness continues to burden youth and their families. Prevention, early identification, and interventions for youth mental health will help these youth receive the best start in life.

Dr. Lisa Bishop (MUN School of Pharmacy) and Dr. Stephen Darcy (MUN Faculty of Medicine) discussed how, recognizing the complex and sensitive nature of the issue, clinicians at a community health centre began an open dialogue with citizens to determine whether they perceived this issue to be a concern in the community. As a result of this dialogue, a community alliance of three organizations emerged, with the goal to develop a community action plan to address youth mental health and wellness.

This presentation looked at the issues related to youth mental health and highlight the team's engagement efforts with the community. They demonstrated the value of engaging a community in pursuit of their goals, and how these outreach efforts have become the foundation of their work. The presentation was followed by a panel of local leaders in the Exploits Valley Region, who discussed existing and emerging initiatives tackling youth mental health issues in that area.

7.0 CONCLUSION

Based upon the evaluation results from the events, participants of Regional Workshop and the Memorial Presents public forum felt that these events were a useful and worthwhile way

to become better informed on how Memorial University and communities can work together. The workshop also provided a good opportunity for dialogue. Memorial faculty, staff and students felt that it was a valuable way to learn about the needs and priorities of those in Western Newfoundland. Memorial University is committed to the social and economic development of all areas of Newfoundland and Labrador; the Harris Centre is dedicated to advancing this mission through these workshops and the many opportunities they highlight and initiate.

APPENDIX A

Exploits Valley Regional Workshop Agenda

Thursday, October 8th, 2015 @ Memorial United Church, Grand Falls-Windsor

8:00 – 9:00	Breakfast (provided by the Harris Centre)
8:30 – 9:00	Workshop Registration
9:00 – 9:10 (10 mins)	Welcome <i>Deputy Mayor Barry Manuel, Town of Grand Falls-Windsor</i> <i>Kimberly St. John, Faculty of Medicine, Memorial University</i>
9:10 – 9:30 (20 mins)	The Role of Memorial University in Regional Development <i>Rob Greenwood, Harris Centre, Memorial University</i>
9:30 – 9:45 (15 mins)	Profile and Priorities of the Region <i>Stan Singh, Business Development Officer, Town of Grand Falls-Windsor</i>
9:45 – 09:55 (10 mins)	Follow-Up Process for New Opportunities <i>Bojan Fürst, Harris Centre, Memorial University</i>
10:00 – 10:15 (15 mins)	Break
10:15 – 12:00 (1hr 45 mins)	Parallel Sessions: Current Memorial Activities in the Region Participants will break out into groups based on the 3 workshop themes and discuss current activities in the region and various Memorial departments/centres.
12:00-1:00 (1 hr)	Lunch (provided by the Harris Centre)
1:00-2:45 (1hr 45 mins)	Parallel Sessions: New Opportunities Participants break out into the 3 groups again and discuss potential new opportunities for collaboration. Groups will brainstorm new research questions, engagement activities, teaching opportunities, etc.
2:45-3:00 (15 mins)	Break
3:00-4:00 (1hr)	Report Back/Wrap-Up and Next Steps <i>Rob Greenwood and break-out group rapporteurs</i>

APPENDIX B

Exploits Valley Regional Workshop Attendee List

Last Name	First Name	Organization
Barry	Jessica	Harris Centre
Bartlett	Stephanie	Status of Women Council – Central
Beaton	Darlene	Lewisporte Family Resource Centre
Bishop	Lisa	Memorial University
Brown	Heather	Central Health
Cann	Leigha	Central Health
Carter	Ken	Grenfell Campus – Office of Engagement
Chaulk	Jason	Citizen
Clair	Mike	Harris Centre
Coates	Jeannette	Citizen
Cole	Jeff	Central Health
Coombs	Desmond	Central Health
Crowe	Jennifer	Radhoc Youth Leadership
Darcy	Stephen	Memorial University
Downer	Sheila	MUN – Office of Public Engagement
Drover	Darryl	Windsor Pentecostal Church
Eledi	Seth	Memorial University
Elson	Valerie	Central Health
Ford	Bettina	Community Sector Council NL
Forward	Marilyn	Grenfell Campus – Office of Engagement
Furst	Bojan	Harris Centre
Gaudine	Alice	MUN – Centre for Nursing Studies
Goodyear	Rosemarie	Central Health
Goudie	Craig	Central Newfoundland Visual Arts Society
Greenwood	Rob	Harris Centre
Hennessey	Gary	Town of Grand Falls-Windsor
Hollett	Troy	Canadian Mental Health Association – NL Chapter
Hynes	Heather	Central Health
Islam	Jannatul	Grenfell Campus
Kattenbusch	John	Central Health
Kilborn	Michelle	Memorial University
Knee	Vicky	VK Productions
Langdon	Chad	Central Health
Lukewich	Julia	Memorial University
Maddigan	Joy	Memorial University
Murray	Morgan	MUN Office of Public Engagement

Last Name	First Name	Organization
Pike	Shannon	Central Health
Quinlan	Chelsea	Central Health
Rahaman	Zaida	MUN Centre for Nursing Studies
Rideout	Darlene	Exploits Valley Community Coalition
Sheppard	Nancy	Central Health
Slaney	Angela	Radhoc Youth Leadership
Snow	Nicole	Memorial University
St. John	Kim	Memorial University
Sweet	Katherine	Dept. of Justice
Thompson	Jackie	Status of Women Council – Central
Watkins	Kathy	MUN – Centre for Nursing Studies
White	Will	Youth 2000 Centre
Whyte-Jones	Kimberley	Grenfell Campus
Williams	Stephen	YMCA of Exploits Valley

APPENDIX C

Summary: Regional Workshop and Memorial Presents Evaluations

Participants provided a scoring of 1 to 5 for each of the below questions, with 1 being strongly disagree to 5 being strongly agree. The average score given to each question is provided.

Regional Workshop

<p><i>Total Number of Participants: 49</i> <i>Total Forms Returned: 14</i> <i>Response Rate: 29%</i></p>	<p>Average Score (out of five)</p>
The workshop increased my awareness of how Memorial University and community members can work together	4.7
There was good opportunity for dialogue at this workshop	4.9
Regional Workshops are helpful for Newfoundland and Labrador communities and/or Memorial University.	4.9
Regional Workshops are good for Memorial University	4.7
Memorial University plays a key role in finding solutions to issues in NL	4.5
The facilitated workshop format was a good way to conduct such a workshop	4.5
I will follow up on ideas and opportunities identified at this workshop	4.6

Additional Comments:

- Kept on time. Great facilitators. Great summary/wrap up.
- Excellent organization.
- Fantastic networking opportunity
- Fantastic opportunity to meet with community partners and stakeholders. I am now aware of initiatives in the community which directly relate to my work in youth mental health of which I was previously unaware. Walking away from today re-energized and enthusiastic about the capacity and engagement of my community.
- First time attending. Very worthwhile attending.
- Great workshop! I very much enjoyed the Mental Health Forum!
- Would have been great to link and show us how Yaffle works / what it looks like.

Age Groups:

30 and under – 46%

Between 31 and 54 – 46%

55 and over – 8%

Memorial Presents

<i>Total Number of Participants: 56 Total Forms Returned: 16 Response Rate: 29%</i>	<i>Average Score (out of five)</i>
The speakers were well informed and provided relevant information.	4.6
The promotional materials for this event accurately described the content of the forum	4.3
There was sufficient time provided for the Q&A period	4.6
The presentation and the following discussion have given me a better understanding of the issues involved	4.4
I am interested in this topic	4.9
Memorial University plays a key role in finding solutions to the issues in Newfoundland and Labrador	4.1
Overall, this public forum met my expectations.	4.6

Additional Comments:

- There was not enough promotion regarding this event
- Very good, need to make sure terminology used is audience appropriate
- Very interested in being a part of the process. So happy we are connecting all services... gov't and non-gov't.
- Awesome! :) Thank you.
- Very informative :) Great panel.
- Awesome event!
- How do we maintain youth engagement as we attempt to main collaboration?
- I would be interested in learning what MUN is planning to do with this info.

What other information would you like to see on this topic?

- More on the St. John's work
- Addictions issues / youth
- How to educate people who provide front lines services.

- Broader public information & access of key resource help.
- Was a great session

What other topics would you like to see Memorial Presents address?

- Youth Volunteerism and Engaging Youth
- Substance use; Methadone; Trauma (PTSD)

How did you find out about this session?

- Harris Centre E-mail
- E-mail from a friend/colleague
- Office of Public Engagement
- Work
- RADHOC Youth Leadership
- Angela Seaward
- Des Coombs
- Sue Rodgers

Age Group:

30 and under – 38%

Between 31 and 54 – 34%

55 and over – 28%

APPENDIX D

List of Memorial University Projects in Exploits Valley (Completed in last 5 years)

This list is not exhaustive, and most of these projects are from Yaffle (www.yaffle.ca). Visit Yaffle to explore Memorial's current projects and opportunities, along with the research interests and expertise of Memorial's faculty, students and staff. You can also use Yaffle to enter your own project ideas.

Lead Investigator(s)	Project Title
"Our Strength Is Ourselves": Identity, Status, and Cultural Revitalization among the Mi'kmaq in Newfoundland	<i>Janice Esther Tulk, School of Music, Memorial University</i>
The Never Forgotten Days at Miller's Passage, Sagona and Harbour Breton	<i>Bill O'Gorman, History Department, Memorial University</i>
Age-Friendly Acute Care in Newfoundland and Labrador	<i>Dr. Belinda Parke, Faculty of Nursing, University of Alberta</i>
Engaging Youth for Sustainable Coastal Community Economies	<i>Räisa Mirza, MSc Student, Department of Geography, Memorial University</i>
Rural Mental Health Interprofessional Training Project	<i>Dr. Peter Cornish, Counselling Centre, Student Affairs and Services, Memorial University</i>
Canadian Primary Care Sentinel Surveillance Network (CPCSSN) - A Proof in Principle Investigation	<i>Richard Birtwhistle, Director, Centre for Studies in Primary Care, Queen's University and Walter Rosser, Family Medicine, Queen's University</i>
Addressing Mental Health Issues in Rural Communities: Can a Self-help Program for Depression Have an Impact?	<i>Dr. Ted Callanan, Psychiatry, Faculty of Medicine, Memorial University; Dr. Elizabeth Church, Department of Education, Mount St. Vincent University</i>
Evaluation of Extended Live Holding in the Blue Mussel, <i>Mytilus edulis</i>: Changes in Condition, Lipid Profile and Organoleptic Testing	<i>Daria Gallardi, M.Sc. Aquaculture candidate, Memorial University</i>
Cod and Halibut Aquaculture	<i>Danny Boyce and Ian Fleming, Ocean Sciences Centre, Memorial University</i>
First Record of the European Giant File Clam, <i>Acesta excavate</i> (Bivalvia: Pectinoidea: Limidae), in the Northwest Atlantic	<i>Richard L. Haedrich, Department of Biology, Memorial University</i>

Reproductive Relative to Economic Value in Sustainable Fisheries Management: Lobsters in Newfoundland	<i>Dr. David Schneider, Ocean Sciences Centre, Memorial University</i>
Gear-Independent Patterns of Variation in Catch of Juvenile Atlantic Cod (Gadus morhua) in Coastal Habitats	<i>D. A. Methven; D.C. Schneider, Ocean Sciences Centre, Memorial University</i>
Twentieth Century Shore-Station Whaling in Newfoundland and Labrador	<i>Anthony B. Dickinson, International Centre and Department of Biology, and Chesley W. Sanger, Professor Emeritus, Department of Geography, Memorial University</i>
Non-native and Invasive Species in Newfoundland Harbours and Coastal Waters	<i>Dr. D. Deibel, Ocean Sciences Centre, Memorial University</i>
Ocean Sciences Centre Partners in Cod Demonstration Farm	<i>Danny Boyce, Dr. Joe Brown Aquatic Research Building, Ocean Sciences Centre, Memorial University</i>
Investigating the Role of Coyote in Predator-Prey Relations in Central Newfoundland	<i>Dr. Yolanda Wiersma, Department of Biology, Memorial University</i>
The Development of a Sustainable Bioremediation Process for the Treatment of Severe Acid Mine Drainage by Removing Toxic Metals using Bioadsorbents	<i>Dr. Shafiq Alam, Faculty of Engineering and Applied Science, Memorial University</i>
Changing Technologies and Personal Patterns in 19th Century Newfoundland Sealing	<i>Chesley W. Sanger, Professor Emeritus, Department of Geography, Memorial University</i>
Youth Residential Treatment Options in Newfoundland and Labrador	<i>J.S. Lyons, University of Ottawa</i>
The Lasting Breach: The Omission of Aboriginal People from the Terms of Union between Newfoundland and Canada and its Ongoing Impacts	<i>Maura Hanrahan, Adjunct Professor, Division of Community Health, Faculty of Medicine, Memorial University</i>

Health Promotion Through the Arts: Exploring New Methodologies in Research; Creative-Arts Workshops for Caregivers of Partners with Dementia	<i>Megan Jane Morrison, PhD. Candidate, Community Health and Humanities, Faculty of Medicine, Memorial University</i>
Bridge Watch Program	<i>Marine Institute Registrars Office, Offshore Safety and Survival Centre, Safety and Emergency Response Training Centre</i>
Marine Protected Areas in Canada with a Particular Emphasis on Newfoundland: Science, Policy and Implementation at Multiple Institutional Levels	<i>Kate Jones, David C. Schneider, Paul V.R. Snelgrove, Ocean Sciences Centre, Memorial University</i>
Reproductive Potential of V-Notched American Lobsters (<i>Homarus americanus</i>) in Newfoundland: Does V-Notching Work?	<i>Cathy Whiffen, Department of Biology, Memorial University</i>
The Politics of Newsprint: The Newfoundland Pulp and Paper Industry, 1915-1939	<i>James K. Hiller, Honorary Research Professor, Department of History, Memorial University</i>
Small Vessel Operator-Com/Fishing Vessel	<i>Marine Institute Registrars Office, Offshore Safety and Survival Centre, Safety and Emergency Response Training Centre</i>
Marine Emergency Duties for Small Vessels (MED A3)	<i>Marine Institute Registrars Office, Offshore Safety and Survival Centre, Safety and Emergency Response Training Centre</i>
The Known Soldier Portrays Story of Great War Hero (Review of The Known Soldier)	<i>Dr. Gordon Jones, Department of English Language and Literature, Memorial University</i>
Youth Engagement in Social Policy Phase 2: Action and Change	<i>Dr. Nancy Sullivan, Project Team Member ; Dr. Michelle Sullivan, Project Team Member; Dr. Donna Hardy Cox, Project Team Member, School of Social Work, Memorial University</i>
From Radio Broadcasts to Virtual Reality: A Case Study of Distance Education in Hermitage Bay Schools	<i>Doug Furey, Ph.D. Candidate, Faculty of Education, Memorial University</i>
Conceptual Design for Two Vessels to Service Aquaculture Operations on the South Coast of Newfoundland	<i>Dag Friis, Ocean Engineering Research Centre, Faculty of Engineering and Applied Science, Memorial University</i>