

We're looking for computer engineers who like to solve difficult problems. Call us on this number now:

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what is the objective?

keep it simple.



COMMUNICATE

C is for [contrafibularity](#)

What's SWAT?

Evaluating the Sex Workers Addressing Treatment (SWAT) Support Group

Sage House and Clinic have partnered since 2010 to deliver the Sex Workers Addressing Treatment (SWAT) program. The SWAT program has 18 sessions about things like safety, health, budgeting, self esteem and coping. In May 2012, three focus groups were held to get feedback about the program. The evaluation wanted to know: why women were coming to SWAT; what they didn't like about the program; and what they would change. 21 women participated in the focus groups, whose recommendations included: taking the group on more outings; encouraging women to come more regularly; having groups in other locations like The 595 or Clinic; training women to be peer mentors and co-facilitators; and including more chances for women to give feedback.

The SWAT program has been offered three times at Sage House since 2010. The group is facilitated by two women (one experiential and one non-experiential). So far, 85 women have been to at least one SWAT session. Ten women have been to at least ten sessions.

Reasons women gave for going to SWAT included:

- Personal healing
- Support
- Incentives
- Wanting to learn new things

Benefits of SWAT included:

- Learning new things about safety and health
- Developing new coping skills
- Developing a more positive attitude about themselves and their peers
- Adopting healthier behaviours

Changes that could be made to the program included:

- Having more outings
- Including sessions about 'coming out' as a sex worker, advocacy and knowing your rights
- Having sessions that are geared towards women who have transitioned away from the street and/or addiction
- Training peer mentors to be co-facilitators of SWAT sessions

"You can talk about anything. In treatment, I don't tell people that I'm a hooker. In SWAT, everybody comes from the same place."

"I can come and I can learn positive ways instead of negative ways to deal with things that come up every day. I learn that it's okay to be triggered, it's okay; it's a normal reaction. It's a great group."

"It's learning who we are on the inside and not who everybody sees outside in the world."

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Recommendations → **Next Steps**

Encourage women to come to SWAT weekly

Keep encouraging women to come each week.
Post a schedule of all sessions at Sage House.



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KELSEY RECREATION COMMISSION
NORTHERN HEALTH REGION &
TOWN OF THE PAS
One Step Ahead Program
Final Evaluation Report
April, 2013

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One Step Ahead

Evaluation Summary May 2013

What's One Step Ahead?

The One Step Ahead Program supported 64 people living with diabetes or at risk of developing diabetes to self-manage their health and maintain their wellbeing.

The program was delivered by the Kelsey Recreation Commission, the Northern Health Region and the Town of The Pas from October 2011 to September 2013.

How did it work?

The 2-year program offered participants a range of supports to encourage and enhance a complete lifestyle change.

This included:

- Health education sessions, such as: Quitting Smoking; Behaviour Change; Stress Management Support; Diabetes Education; Nutrition; Healthy Living;
- massage therapy treatments;
- a Wellness Centre membership;
- individual assessments with a physical trainer to develop a personal fitness training plan;
- one-on-one coaching to help set and achieve goals; and
- referrals to health services such as retinal screening, dietician sessions and/or smoking cessation support.

Planned lifestyle changes

The program workshops provided participants with motivation to adopt healthy lifestyle changes. Participants said they plan to increase physical activity and incorporating more regular movement into everyday life, and apply new knowledge and skills about healthy eating and food preparation into their diets.

Participant feedback about planned lifestyle changes

eat healthy
exercise
move more
self care
keep at it
monitor sugar/A1C
talk to healthcare provider
manage triggers

LESSONS LEARNED

- Greater efforts are needed to reach out and engage First Nations people in the program.
- Finding ways to engage people not ready to commit fully to a program like One Step Ahead to support those in the earlier stages of behaviour change.
- Reduce transportation barriers and increase attendance by arranging carpools, offering on line sessions, video recordings or teleconferencing.
- Use different ways to share information about the program; picking up the phone to reach those without email can encourage higher participation.
- Engaging more participants in wellness coaching and mental health support services may reduce barriers related to emotional distress and depression.
- Include family and friends in One Step Ahead activities to increase program awareness and ways they could offer support.
- Build more opportunities for peer support built into the program. Strong leadership and personal relationships with program coordinators, coaches and trainers helped participants feel connected and motivated.

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Conseil régional de santé publique

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Community Composting 30K Celebration!
Public · By Daniel McIntyre St Matthew's

Going (19)

Maybe (15)

Tuesday, March 12, 2013 6:30pm until 8:30pm in UTC-05

Celebrate 2 years and 30,000 pounds of Community Composting in the West End!

Tuesday, March 12th, 2013
823 Ellice Ave.
Doors open at 6:30pm
... See More

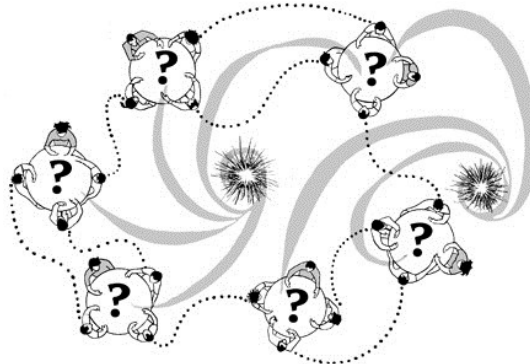


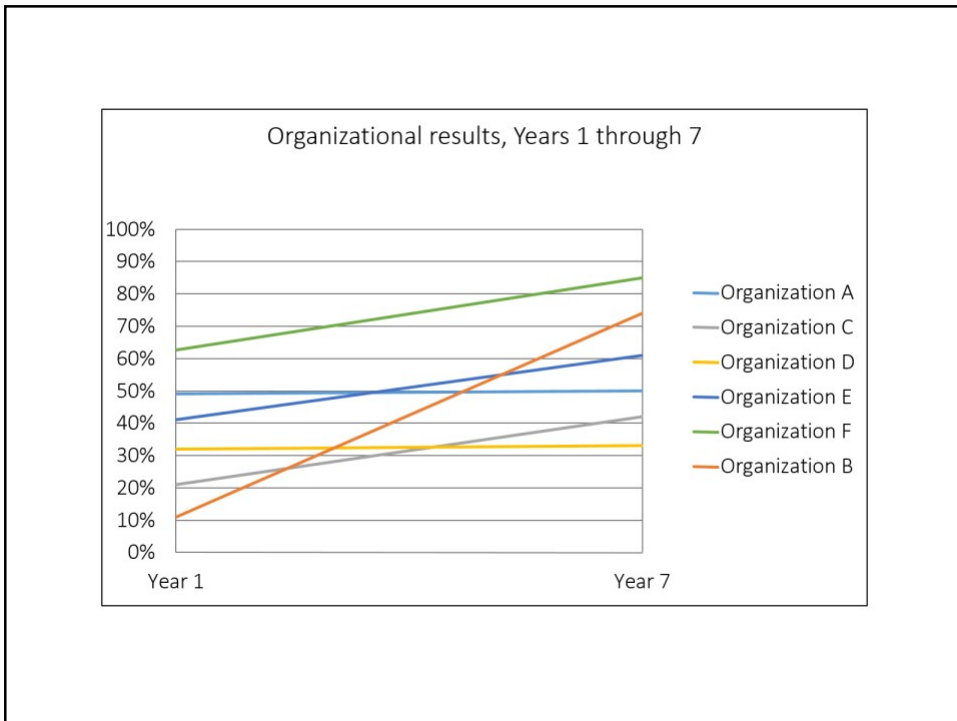
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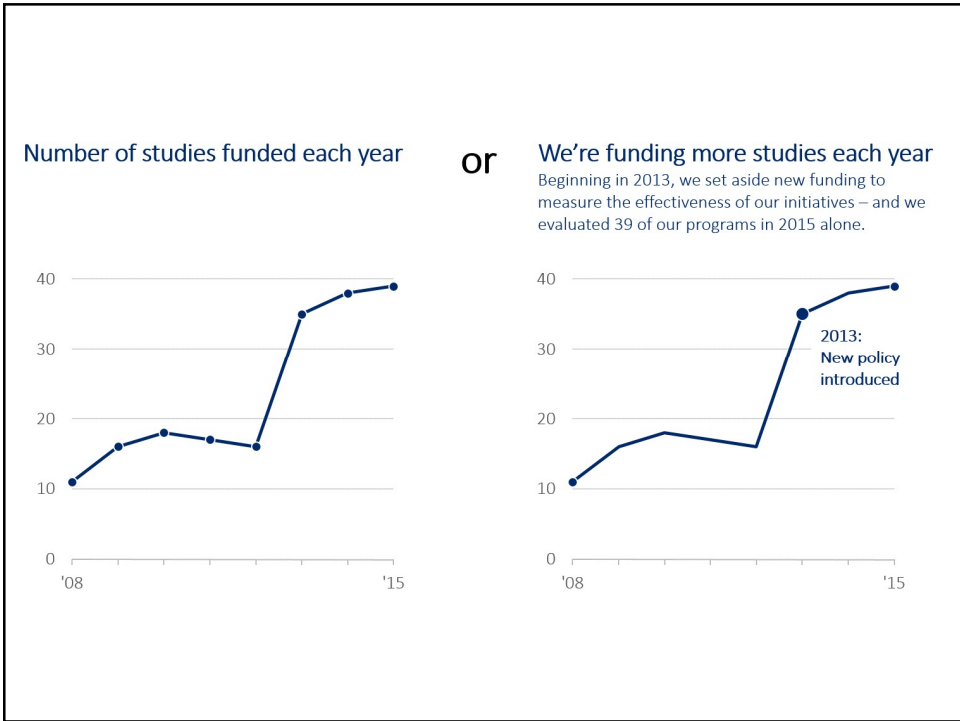
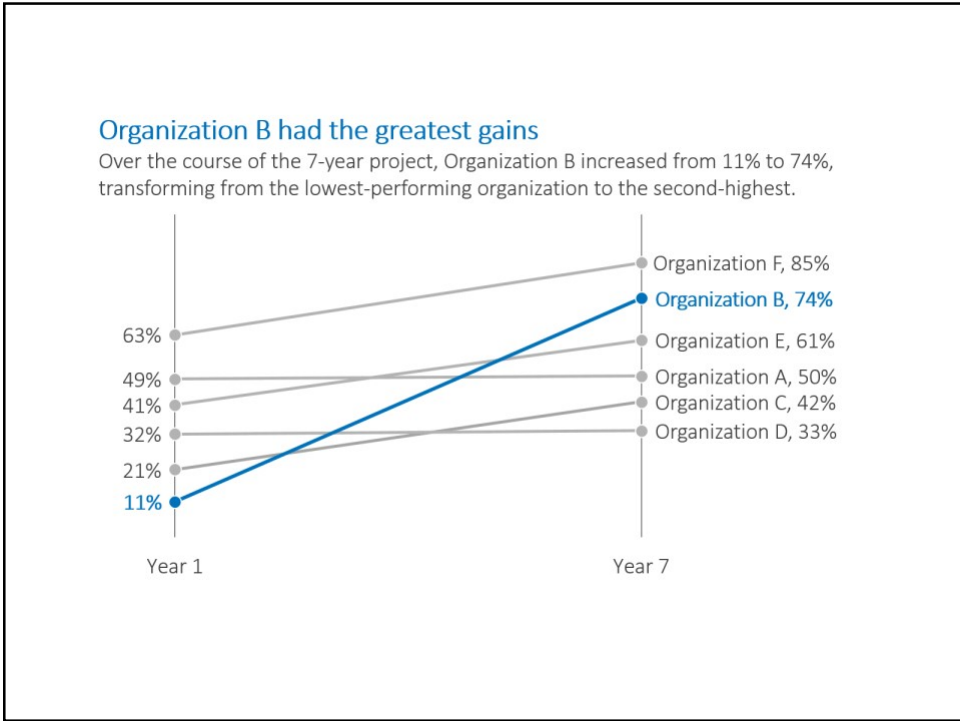
We did some number crunching and our Composting for Community program diverted the equivalent of ONE HUNDRED AND EIGHTEEN city garbage carts. All by bike! Now that's something worth celebrating.

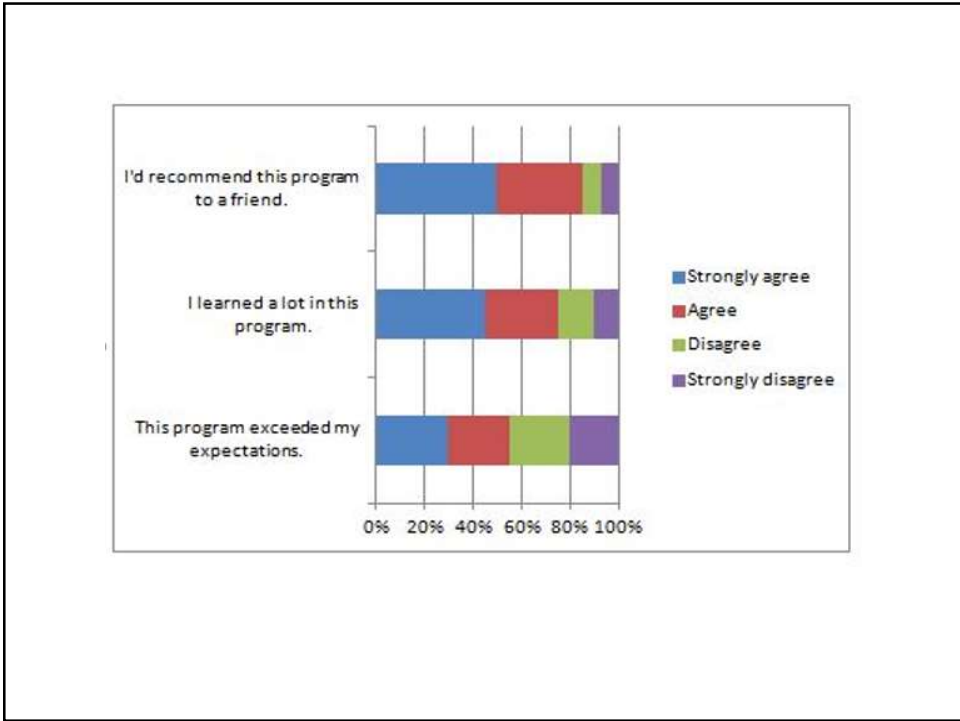


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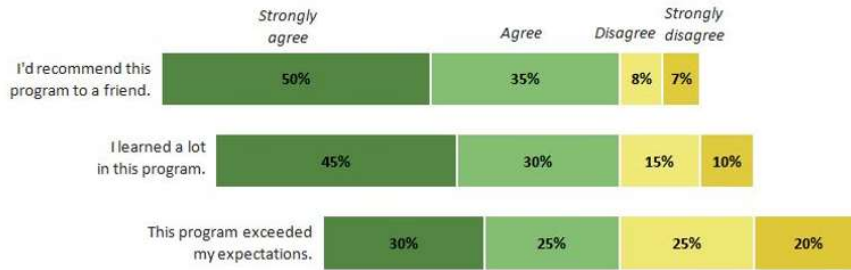






A majority of participants **would recommend this program to a friend** (85% strongly agreed or agreed). Three-quarters (75%) strongly agreed or agreed that they **learned a lot in this program**, but only half (55%) felt the program **exceeded their expectations**.

Please indicate how much you agree or disagree with the following statements. (n=100)



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