

ECO.02

ANNUAL REPORT

2020-2021



English Community Organization
Saguenay-Lac-St-Jean

Organisme communautaire anglais
Saguenay-Lac-St-Jean

CONNECTING OUR COMMUNITIES

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This initiative is funded by Health Canada as part of the Action Plan for Official Languages – 2018-2023: Investing in our future.



The views expressed herein do not necessarily represent the views of Health Canada.



ABBREVIATIONS

SLSJ	Saguenay--Lac-St-Jean
CHSSN	Community Health and Social Services Network
HEY	Healthy Early Years
SWC	Senior Wellness Center
BOD	Board of Directors
WOTP	Work Oriented Training Program
LBPSB	Lester B. Pearson School Board
REISA	East Island Network for English Language Services
MEPEC	Monteregie East for English-Speaking Community
NSCA	North Shore Community Association
NPI	Networking and Partnership Initiative
CAMH	Canadian Association for Mental Health
RRHS/RRES	Riverside Regional High/Elementary School
MMS	MacLean Memorial School



ABOUT ECO•02

Mission

Our mission is to foster the well-being of the English-speaking communities through providing information and resources to promote improved access to Health and Social services.

Vision

Our vision is to support programs that enhance the quality of life and the well-being of English-speaking communities.

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Connecting our Communities

ECO-02 is dedicated to the development of health and social services for the English-speaking communities in the region O2 (Saguenay-Lac-St-Jean)

[START EXPLORING](#)



MESSAGE FROM THE PRESIDENT & THE EXECUTIVE DIRECTOR

This has been the second year that everyone has had to deal with the COVID-19 situation. Despite the constraints by the pandemic, ECO-02 has taken huge strides forward to offer workshops and webinars online. We have collaborated with many other organizations to provide mental health programs for the youth and staff at both English schools on our territory, a mental health dialogue webinar, and creating new partnerships in our region and the province. The talks have not stopped and neither has ECO-02.

We have been using our three-year strategic plan as a guide to keep us on track with our vision and goals. The challenges and orientations were defined in three areas.

1. Defining and promoting our business model
2. Being visible and fostering engagement in the community
3. Accessing the necessary resources to operate

We created an ECO-02 PowerPoint template when presentations are being used to new and existing partners. To increase our visibility, we were in the newspaper twice, on

"Despite the constraints by the pandemic, ECO-02 has taken huge strides forward to offer workshops and webinars online"

the radio once and sent out a press release about ECO-02. Newsletters have been written and increased our membership through our Facebook. Our website was updated, and an Instagram connection was created to expand our reaching capabilities with the younger adult group.



DEBBIE FORD-CARON
PRESIDENT

Debbie Ford-Caron

MESSAGE CONTINUED

Our grant with CHSSN was renewed, and we applied for new grants such as; Healthy Early Years (HEY), Senior Wellness Centre (SWC), Dialogue McGill grant funding and Dialogue McGill Student bursary. We were also approached to assist Riverside Regional High School with their Work Oriented Training Path (WOTP) program that will start up in the fall.

This past year, ECO-02, reached out to many new organizations through a discussion on Mental Health. We had 12 organizations that participated in this event that was held in December. We are considering the creation of a Youth Task Force on Mental Health for the coming fiscal year. With the pandemic, the mental health issue is on the forefront of importance for all organizations. A Fraud Prevention webinar was offered where we collaborated with MEPEC on this presentation.

We have a great staff working for ECO-02. They are the dynamic duo advocating for the Saguenay-Lac-St-Jean English-speaking community through health promotion programming for all ages.

"We had 12 organizations who participated in this event that was held in December."

We would like to thank our partners and sponsors for their generosity of their time and financial assistance in helping us to achieve our goals. The Board of Directors have provided much guidance, work related experience and their valuable time to ensure the continual growth of ECO-02.



ELIE PIERRE BLESSY

EXECUTIVE DIRECTOR

A handwritten signature in black ink that reads "BLESSY".

BOARD OF DIRECTORS

Meet the people who make up our incredible Board of Directors.



Debbie Ford-Caron
President



Eleanor Perry-Morrisette
Vice-President



Martin Caron
Treasurer



Charlene MacPherson
Secretary



Karen Knight
Director



Hélène Martin
Director



Xavier Dufour
Director



BOARD CONTRIBUTIONS

This year, we had 6 board meetings and 1 Annual General Assembly where we hosted our active members to discuss yearly programming and added two members to our Board of Directors. Xavier Dufour and H el ene Martin are welcome members to the ECO-02 team.

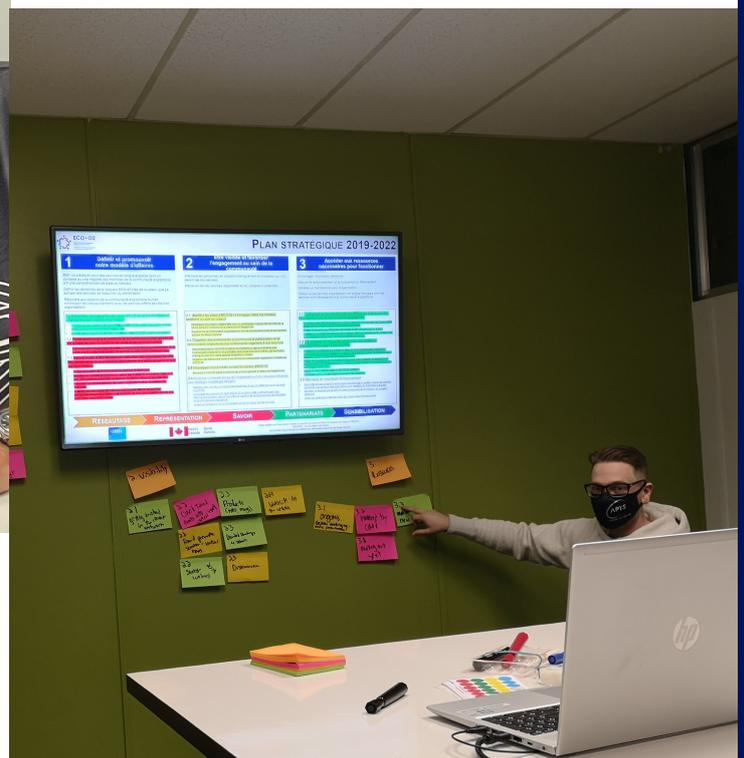
Although conferences and in-person community activities were curtailed by the pandemic, our Board of Directors have remained dedicated to the SLSJ

English-community. To maintain programming and sustain ECO-02, they volunteered over 400 hours during 2020-2021. These hours went towards personnel development and strategic plan development, among others (See below).

In total, seven (7) volunteers have provided \$5,235 service-in-kind to assist with various tasks required.



ECO•02 STRATEGIC PLAN REVIEW AND EVALUATION WITH XAVIER DUFOUR



PROJECT MANAGEMENT BEST PRACTICES WORKSHOP WITH MARTIN CARON

ECO-02 STAFF

ELIE-PIERRE BLESSY

Executive Director

Originally from the Ivory Coast, Elie Pierre moved to the Saguenay--Lac-Saint-Jean region to complete his university studies and be part of the community. After completing his bachelor's degree in Business Administration - Finance at the University of Quebec in Chicoutimi, he developed a passion to serve the community. His knowledge, international experience, and desire to build an integrated community for all and to provide guidance for ECO-02.

He is also an active volunteer, sportsman and artistic creator in his spare time. With his determination, love for the community, and ease of learning, Elie Pierre wishes to promote a better inclusion of ECO-02 and the community.



ANIKA KUHNERT

Project Manager

Ontario is where Anika calls home, and where she is completing her masters in Global Health at McMaster University via distance. Before starting her masters, Anika completed her undergraduate degree in Global Development Studies at Queen's University in Kingston. Each of these degrees have given Anika the tools and knowledge to translate her passion for community health into programming for ECO-02 such as the Dialogue on Mental Health and the upcoming Peer Health Ambassador Program.

Beyond her community involvement, Anika is also an accomplished student entrepreneur and a food enthusiast. She hopes to use the dynamism, dedication and creativity gained throughout her various experiences to better serve ECO-02 and its community.



OUR WORK

What we have accomplished throughout 2020-2021.

ECO-02 had three main drivers that guided our projects this year. They were: consult with service providers, develop a network of partners, and offer a variety of programs to the English-speaking population of Saguenay--Lac-Saint-Jean related to health and social services.

ECO-02 concentrated its services on mental health this past year based on the results of our consultation with service providers, education professionals, and community members.



**319 participants in
our various programs**

*(Over 122% increase in
participants compared to 2019-
2020)*

Projects completed in 2020-2021

- **Discussion On Mental Health**
- **Fraud Prevention Webinar**
- **Mental Health Presentations**
- **Mental Health Ressources**
- **Dialogue On Mental Health**



DISCUSSION ON MENTAL HEALTH

A discussion was held on December 17, 2020, concerning the topic of Mental Health with other French organizations that serve the community. Our goal was to present ECO-02's mission, objectives, jurisdiction, current projects, the priorities for ECO-02 and the CHSSN map of all the NPIs in Québec. The top priority being the growing burden of mental health needs stemming from the pandemic.

The pandemic has brought forth new discussions on Mental Health and the impact that it is having on everyone of all ages. A dialogue to discuss this issue and to ask if there is a need to have a Youth Mental Task Force formed to study the impact of this pandemic on our youth within this region.

As a result, nine (9) organizations participated and six (6) new

partners were developed in the region. These new partners are PANDA, Centre d'accompagnement aux plaints (CAAP), Association Canadienne pour la Santé Mentale Saguenay (ACSMS), REVIVRE, AMI-Quebec, The Centre of Excellence for Mental Health (CEMH-LBPSB).

Conclusion was that five (5) organizations felt that a Youth Task Force on Mental Health would be great idea and they are ready to participate with ECO-02 taking the lead on this issue of a task force creation.

Unfortunately, the pandemic delayed the creation of an in-person task force. However, ECO-02 has begun recruiting SLSJ youth for a Peer Health Ambassadorship program as a youth-to-youth component of this Youth Task Force on Mental Health.

Our Priorities



FRAUD PREVENTION WEBINAR

This project was completed in partnership with MEPEC.

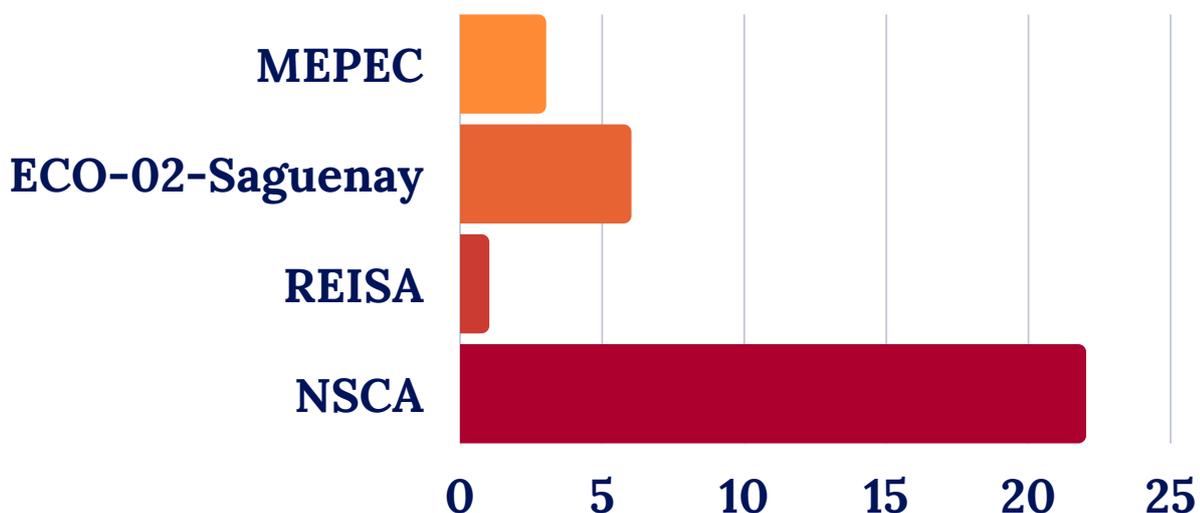
In collaboration with MEPEC a Fraud Prevention Webinar was presented to seniors from ECO•02 and other NPIs. ECO-02 extended an invitation to seniors from other NPIs and we received registrations from MEPEC, REISA and NSCA.

On January 21, 2021 where we had 32 attendees who actively engaged with one another and our speaker. This webinar featured Tarek Dahab, a retired police officer, who guided participants through key pieces of information through a PowerPoint.

Information included protective tips and tools to our senior members to protect themselves and to be vigilant against online fraud methods such as email's scams, fundraising scams, or phones scams.

An exit survey was completed by all participants at the end of the webinar. It revealed that 80% of participants identified as female, most were from the North Shore, and all participants found the webinar helpful.

Participation from NPIs



MENTAL HEALTH PRESENTATIONS

From November 2020 to March 2021, both Riverside Regional High School (RRHS) and MacLean Memorial School (MMS) staff and students were provided with presentations on:

- ***Adolescent & Adult Depression Indicators, Self-Protection, and Self-Care***
- ***Drugs and the Teen Brain***

Our **goals** were:

1. **To provide information to the students and the staff about mental health, and how to recognize the signs of poor mental health.**
2. **To encourage round table discussions with the students regarding the pandemic and the impact that this is having on them, family and friends.**

This information was presented using TEAMS to the staff, students. TEAMS was a great tool to overcome the challenges of the pandemic, though connectivity issues were a barrier during this event.

Through this collaboration between ECO-02, RRHS and MMHS, a stronger partnership has evolved. Students have requested to have further presentations on mental health. ECO-02 is very thankful to Paul Wilson for his facilitation of these presentations.

Presentation Results

MMS

- **95 students** ranging in age from 13 to 18 years of age.
- **10 staff members**
- **100% participation** for both PowerPoint presentations and pandemic discussion from the staff and students

RRHS

- **135 students** ranging in age from 13 to 18 year of age.
- **16 staff members**
- **100% participation** from the **students** for both presentations and pandemic discussions
- **97% participation** from the **staff** present for both workshops and 100% during class time.



DIALOGUE ON MENTAL HEALTH

Objective: To host a virtual webinar to discuss the impact on the mental health of three age group cohorts.

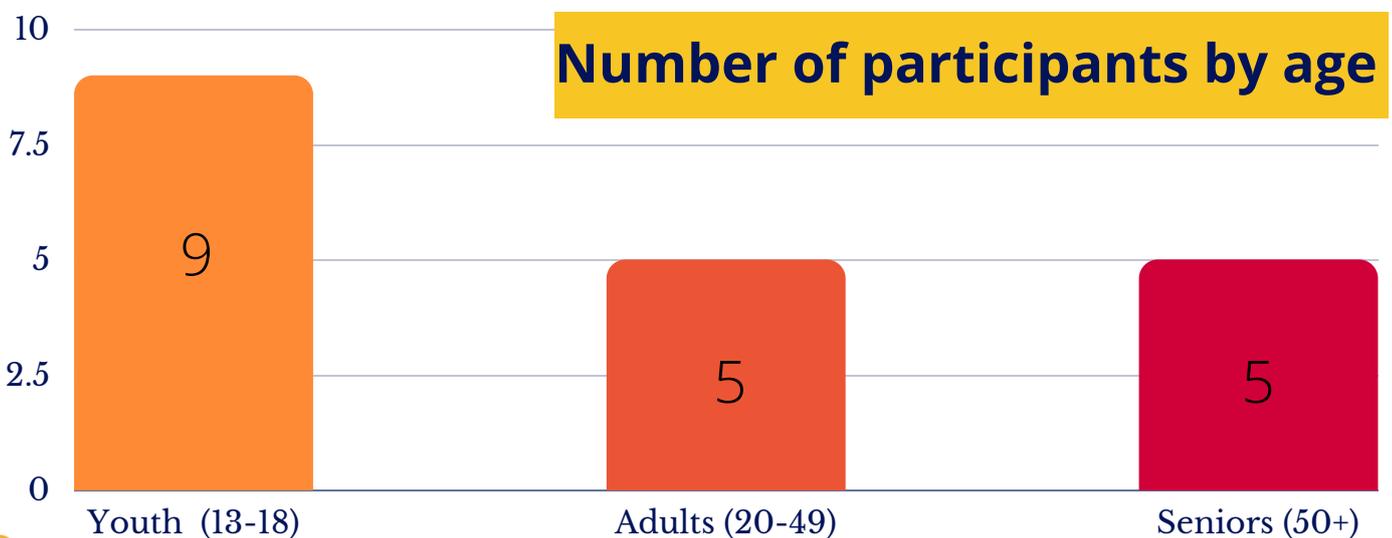
Targeted Population: Youth (14 to 19 years of age) - Adults (20 to 59 years of age) - Seniors (60 years and older)

Description: On Saturday March 13th, 2021, ECO-02 hosted a speaker series followed by guided breakout rooms to enable individuals at all stages of life to discuss the mental health impacts of the COVID-19. Our speaker series featured Ella Amir, Paul Wilson and Ruth Pelletier.

Ella Amir, PhD -Executive Director for AMI-Quebec gave a presentation on the impact of COVID-19 on our lives and how to protect our well-being. **Paul Wilson**, Social Services Consultant gave a presentation about the indicators of anxiety /depression in adolescents and adults.

Ruth Pelletier, founder of Seniors Action Québec (SAQ) and an avid senior volunteer gave a presentation on the consequences of being isolated and what seniors can do. PowerPoint presentations were provided by the following presenters, and these can be found on website.

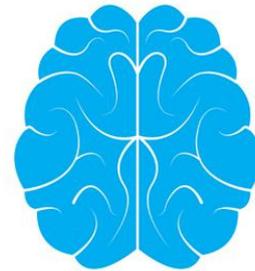
Conclusions: Youth are comfortable discussing the topic of mental health; are willing to share personal experiences in a safe environment; and are curious about learning about mental health and available resources. **Adults** have varying mental health experiences during the pandemic. Empowering individuality and listening to ones instincts was comforting. After all, we are all both similar and different, know what works for you! **Seniors** concluded this webinar feeling empowered to access the services available to them such as; banking, groceries, medications, exercise and calling a family member or friend.



MENTAL HEALTH RESOURCES

In July 2020, CAMH reported that 80% of Canadians have experienced a decline in their mental health as a result of the pandemic (CAMH, 2020). Since talking about mental health is a difficult, ECO-02 created a resource card (Below) to help individuals reach out. The intent was to facilitate our community's access to the various services provided locally, regionally, and provincially. ECO-02 also made a Student Mental Health Booklet (Right) made up of a series of activities designed to help students relax and refuel during the pandemic. ECO-02 distributed 95 copies of both resources to MMS and 135 to RRHS.

Activity Booklet



Ways to relax when life becomes overwhelming.



Resource Card

Your mental wellbeing matters, so reach out!

Action on Mental Health	1-877-303-0264
Kid's Help Phone	1-800-668-6868 or text 686868
Info-Santé	811
First Nations and Inuit for Wellness Help	1-800-463-5060
Suicide Prevention	1-866-277-3553
Victims of Sexual Assault	1-888-933-9007
Quebec Poison Control	1-800-463-5060
National Eating Disorder Information Center	1-866-633-4220

This initiative is funded by Health Canada as part of the Action Plan for Official Languages - 2018-2023: Investing in our future.

OUTREACH

The importance of outreach work was paramount in 2020-2021 due to the isolation that resulted from COVID-19 safety measures. ECO-02 invested into this priority by developing its social media presence, engaging in virtual consultation with our membership, and our newsletter. ECO-02 has also been showcased in the local newspaper twice and once on the radio in 2020-2021.

FACEBOOK

@ECO.SLSJ

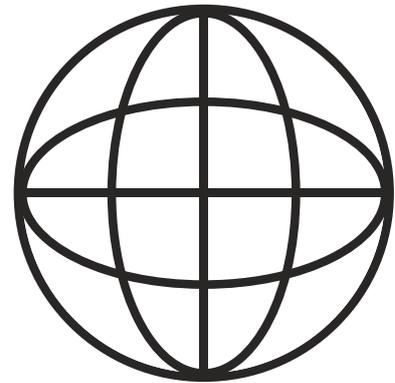
ECO-02 has a total of 168 followers. Follow us on Facebook to get access to all our latest activities.



Facebook has been a great tool for ECO-02. Currently, the ECO-02 page has 168 followers. It is also worth noting that our page's reach, engagement, and the number of views is steadily increasing. This growth is a result of the team's dedication to health promotion, and a new social media strategy.

WEBSITE

<https://eco-02.ca>



Our website is updated regularly to keep the community aware of our programs and events. This is also where you can find copies of our newsletters. Take the time to look our latest news!



INSTAGRAM

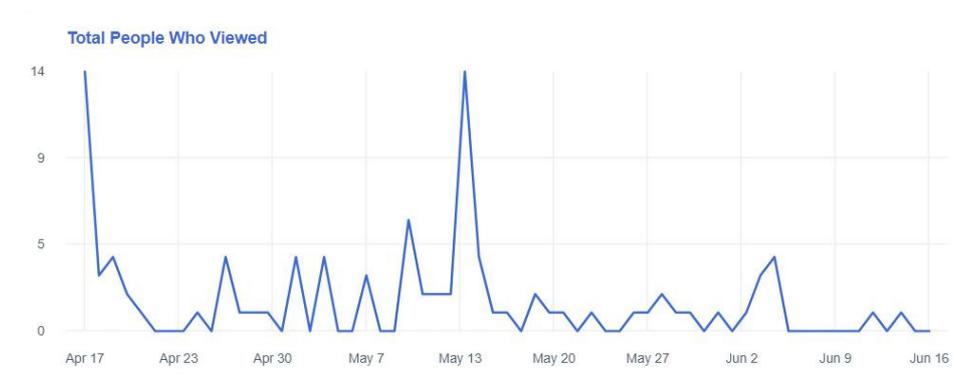
@ECO_02_

ECO-02 has created an Instagram account this year. Testimonies from other NPIs and community health promoters reveals that most youth use Instagram instead of Facebook or emails. This is how ECO-02 hopes to connect with the English-speaking youth in our community through this platform. Currently, the page only has 13 followers, though this will change in the fall.

OUTREACH

Through Facebook, ECO-02 is able to monitor the traffic, the reach and the engagement achieved by our content. This allows our team to recognize the topics that are most important to our membership. For example, during the pandemic, the topics of child care and daycare centres were more engaging than other content.

The graph below demonstrate the number of views on our page during the last quarter. What this graph does not show is the views attained by each individual post. In this regard, ECO-02 reaches 25-40 people regularly and up to 600 individuals for posts concerning childcare.



BURSARY



Arielle Jean-Dingle was the 2019-2020 recipient of the ECO-02 bursary. This 200\$ bursary is attributed to a student who has demonstrated outstanding commitment to the Saguenay--Lac-St-Jean English community.

Through her dedication to her community at Riverside and her skating club, Arielle notes that community engagement benefits not only the community, but the volunteer as well.

"Honestly, the election process lasted just a couple of days but the preparations that led up to it were the highlight of it all. I wasn't even elected yet, and already had no regrets about my decision to get involved." -**Arielle Jean-Dingle**

FUTURE PLANS

Plans for 2021-2022

This year, ECO-02 is expanding the programs offered to the English-speaking community in Saguenay-Lac-St-Jean.

HEALTHY EARLY YEARS

ECO-02 received the HEY grant from the CHSSN. Creative and intergenerational programming targeting 0-6 year old children is on its way.

SENIOR WELLNESS CENTER

ECO-02 also received the SWC grant from the CHSSN. Engaging and fun programming for seniors and their community is coming.

COMMUNITY HEALTH EDUCATION PROGRAM

CHEP is a program that provides health information webinars. ECO-02 is thrilled to once again offer interactive sessions in 2020-2021.

MCGILL DIALOGUE GRANT

ECO-02 received funding from Dialogue McGill to help young HSS professionals find opportunities in SLSJ.

MORE!

The ECO-02 team is always looking for new opportunities for the SLSJ English community!



FINANCIAL SUMMARY

2020-2021

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ECO-02

Operations and Changes in Net Assets

Year ended March 31, 2021

(Unaudited)

	<u>2021</u>	<u>2020</u>
	\$	\$
Revenues		
Grants - Community Health and Social Services Network	67 768	50 976
Government grants - Emploi Québec	<u>1 200</u>	<u>1 200</u>
	<u>67 768</u>	<u>52 176</u>
Expenses		
Salaries and employee benefits	42 012	18 950
Contractual personnel	4 211	6 859
External consultant	3 197	7 178
Travel and accommodations	544	2 148
Materials & supplies	3 289	2 633
Equipment	2 985	3 225
Rent & Utilities	8 061	5 106
Publicity & Dissemination	2 337	4 872
Volunteer recognition	214	180
Insurance	789	631
Senior Wellness Center Survey		394
Interest and bank charges	129	
	<u>67 768</u>	<u>52 176</u>
Excess of revenues over expenses and changes in net assets at the end of the year	<u>-</u>	<u>-</u>

The accompanying notes are an integral part of the financial statements.

ECO-02 received additional funding from CHSSN to acquire necessary material to facilitate remote working in compliance with COVID-19 safety measures.



PARTNERS



Santé
Canada

Health
Canada



Centre intégré
universitaire de santé
et de services sociaux
du Saguenay-
Lac-Saint-Jean

Québec



COMMISSION SCOLAIRE CENTRAL QUÉBEC
CENTRAL QUÉBEC SCHOOL BOARD



McGill

Dialogue McGill

Better Communication for Better Care

TRAINING AND RETENTION OF HEALTH PROFESSIONALS PROJECT



Association canadienne
pour la santé mentale
Saguenay
La santé mentale pour tous

ami québec

Agir contre la maladie mentale
Action on mental illness



MFRC
Bagotville



BMO

