

Achievements

The Coasters Association has had many achievements over the years that it is proud of. Its pride is rooted in its belief that these achievements have contributed to the development and vitality of the region's communities. What follows is a selection of the organization's major initiatives.

In terms of **health and social services**, Coasters has:

- ◆ Health Promotion Calendar implemented on the coast through partnerships with CSSSBCN and the four CLC's on the coast to promote activities and programs regarding health initiatives in 2013.
- ◆ Supported the development of the Municipality of Bonne Esperance Community Profile with INSPQ and CHSSN in 2012.
- ◆ Lobbied for new and improved services in every aspect of health and social services.
- ◆ Supported the Dr. Camille Marcoux Foundation in their fundraising campaign.
- ◆ Produced a 'How to Guide' for use by other community organizations seeking to establish a social economy project to provide health and social services to their own communities in 2008.
- ◆ Purchased two hundred and fifty (250) Health Matters bags for CSSSBCN professionals to disburse to chronically ill patients to provide tools and resources during their therapy in 2008.
- ◆ Carried out a health survey to two thousand, three hundred and forty-nine (2349) households and seven (7) priorities were set: Public Health, Physical Health, seniors and those with loss of Autonomy, Youth and Families, Mental Health, Physical and Intellectual Disability, and alcohol and Drug Addiction in 2005.
- ◆ Sustainability plan regarding Health and Social Services Issues completed with new priorities established: Youth and Children, Drugs and Alcohol, Women's Issues, Off Coast Services, and Services to the Intellectually Challenged for 2004-2008.
- ◆ Constructed a pamphlet entitled "Health Matters on the Lower North Shore", in the year of 2000.

Networking & Partnership Initiative

- ◆ Participated in the 2008 Coastal Tour with members of the Coasters Association, CSSSBCN, McGill University, CHSSN, and LEARN.
- ◆ Became a member of the Health and Social Services Networking Partnership (HSSNPI) to improve access to health and social services in English in 2004.
- ◆ Developed two (2) Lower North Shore Coalition for Health Strategic Plan in 2004 (2004-2008) and in 2008 (2008-2013).
- ◆ Assisted with the sustainability of the three (3) Community Learning Center's established in St. Paul's School, Mecatina School, and Netagamou School since 2007.

- ◆ The Lower North Shore Coalition for Health was formed to build the networking and partnership capacities of English speaking communities and improve access to health and social services on the coast in 2004.

Drugs and Alcohol

- ◆ Built an inventory of organizations (National, Provincial and Health Regions) listing services and / or programs regarding substance abuse issues in terms of awareness, prevention, treatment or rehabilitation in 2010.
- ◆ The Coasters Association hosted a Provincial Drug and Alcohol conference in Gatineau, Quebec, with twenty (20) English organizations in attendance in 2010.
- ◆ Partnered with MADD Canada and CSL and offered High School students from the Municipality of Bonne Esperance and Blanc Sablon a multimedia presentation on drugs and alcohol in St. Paul's School in 2009.
- ◆ Held the first Drug and Alcohol Awareness and Prevention Summit on the Lower North Shore in 2009.
- ◆ 5 'Did you Know' pamphlets on drugs and alcohol were developed and distributed to all mailboxes on the Lower North Shore (2,074) in 2007 and 2008.
- ◆ Collaborated with CASSBCN and orchestrated 'Mock tail' competitions with the graduating classes of St. Paul's School and Ecole Mgr Scheffer in 2007 and 2008.
- ◆ CAD Program implemented in the Municipality of Bonne Esperance in 2008.
- ◆ Interregional school dance held in Lourdes de Blanc Sablon with three schools participating (St. Paul's School, St. Theresa School, and Ecole Mgr Scheffer) in 2008.
- ◆ Held 2 Community Against Drugs (CAD) public information sessions in the Municipality of Bonne Esperance in 2007.
- ◆ Held a logo contest on the Lower North Shore and found a logo for the CAD program in 2007.
- ◆ Promotional items purchased with the CAD logo and distributed throughout the LNS in 2007.
- ◆ Partnered with MADD Canada and CSL and offered High School students from the Municipality of Bonne Esperance and Blanc Sablon the opportunity to travel to Forteau NFLD to receive a multimedia presentation on drugs and alcohol. Two hundred and fifty (250) students and twenty (20) teachers attended in 2007.
- ◆ A 'Reach for the Top' competition was held at St. Paul's School with twenty (20) Elementary and six (6) Secondary students participated in 2007.
- ◆ Created 2 community LAGs (Local Action Groups) with eleven (11) High school students of St. Paul's School, regarding the CAD program in 2006.
- ◆ Partnered with Quebec 4-H and provided both the Community LAG and the Youth LAG training on youth inclusion, team building and leadership development in 2006.
- ◆ Created a 400-page information tool entitled "Life Choices" to inform youth of important life choices (i.e. health and sexuality, responsibility & legality, smoking, drugs and alcohol, etc.) in 2004.

- ◆ Developed a prevention plan on drugs and alcohol in 2002-2003 to teach youth the consequences of their actions and help them analyze situations, be tolerant and accept differences in others
- ◆ Created two pamphlets entitled, “Just say No” and “A Worthwhile Initiative”, on the Youth Services Canada Project in 2003.
- ◆ Produced a CD-ROM in 2003 on the results of a drug and alcohol abuse action plan.

Diabetes

- ◆ Supported in the implementation of the Tele Medicine Diabetes Prevention Program with CSSSBCN by purchasing monitoring equipment (laptops, software, glucometers, and test strips) for patients in 2012.
- ◆ Tele-medicine Diabetes program established on the LNS since 2009.
- ◆ Created diabetes Health Matters Survival Kit in 2010.

Extra Regional Services

- ◆ Purchased Legal Information Toolkit for service professionals through Éducaloi in 2012.
- ◆ Provided funding to CSSSBCN to aid with additional training for social workers from 2008-2012.
- ◆ Provided funding to aid CSL for teachers to travel off coast to receive software training in 2010.
- ◆ In partnership with CSSSBCN initiated in the Volunteer Assistance Program (Liaison Officer) for English speaking patients travelling to Centre Hospitalier regional de Sept-Iles in 2009.
- ◆ A community guide developed in both official languages detailing community resources of each village on the Lower North Shore in 2009.
- ◆ Training and skills audit survey created in both official languages to help determine employees of CSSSBCN where skills need to be upgraded and / or refreshed in 2009.
- ◆ An employee buddy system survey created in both official languages to aid with listing employees of the CSSSBCN with similar profiles to newly hired personnel in 2009.
- ◆ A report was produced on Access to Extra Regional Health Services in Eastern Quebec in 2006.

Retention of Professionals

- ◆ Through the McGill bursary program, \$80,000 was awarded to eleven (11) students ranging from \$2,500 to \$10,000 in scholarships from 2008-2013. To date, a total of \$80,000 was issued.
- ◆ Two (2) McGill scholarship recipients were able to obtain fulltime employment on the Lower North Shore in their field, one hired in 2013 in Blanc Sablon as a Social Worker and one hire in 2014 in La Tabatiere as an Occupational Therapist.
- ◆ Supported the Nursing Assistant Program (McGill Internship Scholarship) in partnership with CSL and CSSSBCN from 2008-2012. A total of sixteen (16) Nurse’s Assistant Interns and one Occupational Intern received (\$5000) to carry out stages off coast.

- ◆ In collaboration with McGill University and CSSSBCN, carried out an internship in St-Augustine and Pakaushipi from Université de Trois Rivières á Quebec with five nursing students along with their teacher performing a supervisory role, in 2008.
- ◆ A needs assessment was produced on the issue of hiring and retaining English professionals on the Lower North Shore in 2006.
- ◆ Identified the issues of hiring and retaining English Professionals on the Lower North Shore in 2006.

Nutrition

- ◆ Purchased tools and resources for the Nutritionist at CSSSBCN from 2008-2012.
- ◆ Eight (8) additional community kitchens established on the coast in 2013.
- ◆ Created a “Back to Basics and Cooking Essential Cookbook” by the Youth Participants on the Youth Skills Link Project – Breaking down Barriers in 2012.
- ◆ Created Health Matters Survival Kits on Heart Health in 2010.
- ◆ A project on Healthy Lifestyles used as a case study by Health Canada in 2010.
- ◆ In partnership with CHSSN the 5/30 Health Challenge was carried out in five (5) communities along the coast with High Schools (Chevery, La Tabatiere, St. Augustine, St. Paul’s River, and Blanc Sablon) in 2009 to date.
- ◆ Nutritional Course developed and course implemented in schools in cooperation with teachers in 2008.
- ◆ Ten (10) community gardens and four (4) community kitchens established in 2007.
- ◆ Lower North Shore Food Guide produced in 2007.
- ◆ Created a Lower North Shore Food Guide Kit, which consists of a cookbook of healthy recipes using local resources, booklets, facts sheets, etc... in 2007.
- ◆ A Nutritionist and a Coordinator were employed under a nutrition project in January 2005 to identify the needs of residents regarding better eating choices.
- ◆ Established the Breakfast Program in St. Paul’s School and Mountain Ridge School since 2006.
- ◆ Established the Fitness Center at St. Paul’s School in 2006.

Cancer

- ◆ Provided tools and resources to CSSSBCN for cancer patients from 2008-2012.
- ◆ Carried out ‘For a Cure Day’ in St. Paul’s River for the population of the Municipalities of Bonne Esperance and Blanc Sablon, raising money for cancer patients residing on the LNS. The total amount raised from this event was \$4,681 in 2010.
- ◆ Created fifteen (15) Cancer donation boxes to be placed in the Relais Nordik terminals, Air Labrador counters, and the Ferry terminal in Blanc Sablon in 2010.
- ◆ Carried out a ‘Cupcakes for Cancer’ fundraiser drive in the Municipalities of Bonne Esperance, Blanc Sablon, and St. Augustine and in the communities of Harrington Harbour, La Tabatiere, and Chevery. A total of \$1,738 was raised and all products went to cancer patients on the LNS in 2010.
- ◆ Lower North Shore Cancer Fund established to support cancer patients on the Lower North Shore in 2010.

- ◆ An Administrative Committee established, comprised of a representative of the CSSSBCN, CSL, MRC, Caisse Populaire du Blanc Sablon and Coasters Association in 2010.
- ◆ Created two (2) Health Matters Survival Kits on Colon and Breast Cancer in 2010.

Lower North Shore Health Fund

- ◆ The Uni-Aide Foundation Strategic Plan completed in 2013.
- ◆ Through the partnership with the Uni-Aide Foundation, the Lower North Shore Health Fund (previously named LNS Cancer Fund) was created in 2012 to better serve the population burdened by illness and to enhance the quality of life for those living with health issues.
- ◆ Through the LNS Health Fund, a total of eighteen (18) patients were supported totaling \$26,150 since 2010.

Telehealth

- ◆ Produced a Telehealth Resource Library in 2007.
- ◆ Tele-health sessions ongoing since 2005 offered in health centers and the four (4) Community Learning Centers on the coast.
- ◆ Developed a Tele Health project in 2004 to build community capacity.

Reducing Smoking on the LNS

- ◆ Coast wide promotions and contests of the “Quebec non-smoking Week” campaign in 2010 and 2011.
- ◆ A youth assessment study was carried out with five (5) High Schools in 2010.
- ◆ Created labels to be used on the C.S.S.S.B.C.N. Pharmacy packaging bags for client medications in 2010.
- ◆ Coast wide poster contest held in 2010 under the theme “create a poster with colored post-it notes.”
- ◆ Coast wide promotion of the campaign “Take your Butt Outside” in 2010.
- ◆ Phone-In program established in every community on the Lower North Shore which carried out four (4) phone in session on C.O.P.D., Second Hand Smoke, Tobacco Nutrition, and How to Quit Smoking in 2009 and 2010.
- ◆ Pamphlet completed and distributed to all residents of the Lower North Shore on CAT, and C.O.P.D. in 2010.
- ◆ T-shirts were purchased with CAT logo and distributed during promotional events in 2010.
- ◆ Carried out the ‘Blue Light Project’ in the five (5) Municipalities on the coast in 2010.
- ◆ Carried out a logo contest for the Centre d’Abandon du tabagisme (CAT) program in 2009.
- ◆ Forum carried out on Reducing Smoking held in the Municipality of Blanc Sablon in 2009.
- ◆ Radio contest held in 2009 in each radio station on the LNS regarding tobacco.

- ◆ Coast wide promotion of the campaign / contest Smoke Free Family 2009 was launched to residents on the LNS.
- ◆ Study conducted to the population of the LNS in 2009 to gain a portrait of the number of smokers and non smokers.

Poverty

- ◆ Participated in the creation of the Poverty Action Plan in 2013 with CSL, CLD, QLF, CEDEC, MRC, and the Sûreté du Québec.
- ◆ Worked with CHSSN under the Tamarack Vibrant Communities Initiative to develop tangible strategies for tackling poverty issues on the Lower North Shore in 2011.
- ◆ Presented a poverty brief to the Honorable Jean Rochon, Quebec Minister of Health and Social Services, and Madame Nicole Léger, Deputy Minister for Poverty, at a forum in Sept-Iles in 2001.

Early Childhood Development

- ◆ Avenir d'enfants program implemented in three (3) municipalities and five (5) part time animators hired through the partnership with the four CLCs on the coast in 2013.
- ◆ Purchased 'Rock n' Talk' program and disbursed to Avenir d'enfants animators to implement in 2013.
- ◆ Purchased the mascot 'Litou' to aid with the 'Show me the Way' program in 2010.
- ◆ Purchased Real Game software for the High Schools' POP classes in 2009.
- ◆ Carried out a needs assessment study and identified the resources, programs, services, and the needs of each community on the Lower North Shore in regards to youth ages 0-5 in 2009.
- ◆ Aided in the translation of the Entraide Parent program on the Lower North Shore in 2008.
- ◆ Collaborated with social workers from CSSSBCN to carry out the program 'Discipline to Love' consisting of seven (7) parent workshops aimed to guide the parents in the supervision of their children by a healthy discipline in 2008.
- ◆ Worked in partnership with CSSSBCN to offer a Breastfeeding Support Group to support nursing mothers on the coast in 2008.
- ◆ Began the ground work in creating a mascot to promote reading and writing for 0-5 year old in 2008.
- ◆ Purchased learning material from Invest in Kids and launched the First Five Years program in Lourdes de Blanc Sablon, St. Paul's River, La Tabatiere, and Chevery with CSSSBCN via video conference in 2008.
- ◆ Collaborated with CSSSBCN and developed a base of information for the Healthy Baby Clubs in 2008.
- ◆ Early Childhood Development Program "Show me the Way" established in 2008.