

Who We Are:

The Dartmouth Community Health Board is a group of dedicated volunteers with a genuine interest in the health of our community. Our goal is to make a difference in our community by learning more about Dartmouth and its health needs. We partner with, and support community action that impacts health. **Join us!**



Dartmouth Community Health Board members, 2012-2013

Back row: Austin Zygmunt, Ann Leahy, Devin Piccott, Mike McMurray, Jennifer Melanson, Arne Martens

Front Row: Sue Lemon, Shelia O'Leary, Monique Mullins-Roberts, Meryl Cook, Glenn Mason

Missing: Rugi Jalloh, Tanya Swinamer and Brigitte L'Heureux

The Dartmouth Community Health Board offers opportunities to make a difference in the health of your community.

If you are interested in becoming a board member contact us at:

**Dartmouth Community Health Board:
460-6869
Monique.mullins-roberts@cdha.nshealth.ca**

We want to hear from you!

In the coming months we will be refreshing our Health Plan and will be hosting community conversations to ask people what matters to you about your health. The information gathered will help to shape our health plan recommendations to Capital Health. If your group or organization is interested in hosting us, we would be happy to meet with you.



Like us Facebook (Dartmouth Community Health board) and follow us on Twitter @dartmouthchb. We will gladly post your community event on our page.

Community Development Fund

The Dartmouth Community Health Board has a small pot of funds available to support creative, local community health initiatives. The funds come from the Department of Health & Wellness. We distribute grants in the spring and fall of each year. Funding is available for non-profit community based groups and organizations. In the past seven years we have supported over 350 community projects. For a list of our past recipients visit our website at: www.dchb.ca

Priority is given to applications that address the health priorities identified in our community health plan. The priorities include:

- Health Inequities
- Physical Activity, Healthy Eating, Healthy Weights
- Mental Health
- Access to Health Services and Information
- Stress
- Sense of Belonging
- Chronic Conditions
- Health Screenings

Application deadline is Friday, April 19th, 2013.

Highlights from Past Community Development Fund Recipients:

Literacy Lessons for Youth

With funding received from the Dartmouth Community Health Board last year, Frontier College (a National Literacy Organization) was able to put together a unique project to support nine youth from the community of Demetrious Lane. The project was called Demetrious Lane "Wall of Fame" and our goal was primarily to use creative literacy based activities to build self-confidence and a sense of pride in the abilities of these youth.

After the youth designed and painted a square on the wall to create a collective mural of individual squares, a local author named Shauntay Grant visited to inspire creative writing skills. This led to a collaborative book titled "Show Your Best Self". We were very fortunate to be featured on CTV Live at 5 which proved to be a huge highlight for everyone involved. The youth were so proud that their achievements were being recognized. It reinforced that success takes commitment and dedication.

A new project is planned this year with a focus on younger children. Thank you to the Dartmouth Community Health Board for your generous funding and support in helping Frontier College carry out their mission to improve the literacy skills of the children and youth in Demetrious Lane.

The Dartmouth North Community Ice Rink

This past summer "The Take Action Society" transformed an old ball hockey arena behind Harbour View Elementary School into an outdoor positive play area for the community of Dartmouth North. The theme of this play area is "DTRT - Do The Right Thing" and partners with the school and the community to deliver a common message to our children. DTRT means following your inner voice and learning to think for yourself, to be proud of who you are, to respect yourself and others, to be a good friend, to stand up, speak up and take action against bullying. It shows kids how they can make a difference in their own community when they choose to "Do The Right Thing."

To further promote a healthy lifestyle to community members, "Take Action" turned the DTRT positive play area into the Dartmouth North Community Ice Rink. With tremendous help and the generous support received from Halifax Regional Police and Fire Service, HRM, Dartmouth Community Health Board and many community volunteers, skating has become a favourite winter sport of many families in the community. The first weekend of operation saw 120 skaters enjoy the ice. Young and old alike, felt the community bond flow from the hard and rewarding work of making positive change in the community of Dartmouth North.



Literacy Lessons for Youth



Dartmouth North Community Ice Rink



What We've Been Up To This Year

High Five Training

This year, we were pleased to partner with Recreation Nova Scotia to offer High Five Training in Dartmouth

The High Five training - Principles of Healthy Child Development is designed to help anyone working with children aged 6 to 12 to improve the quality of their program.

It provides in depth training in the HIGH FIVE Principles of healthy child development so front-line leaders understand what they need to ensure that each child's social, emotional and cognitive needs are met.

Friends for Life Training

We were also pleased to work with several organizations (IWK, Dartmouth Boys & Girls Clubs, Schools Plus) to partner to make the Friends for Life Anxiety Prevention program a reality here in our local Dartmouth schools and community centres. Thanks to a grant from Bell Aliant Let's Talk Community Fund we were able to train a number of teachers, school administration and community centre staff in Dartmouth in Friends for Life training. This program assists children to deal with anxiety.

FRIENDS for Life helps children cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive and emotional skills in a simple, well-structured format.

Photo courtesy of Leigh Beauchamp Day



COMMUNITY REPORT 2012-2013

The Dartmouth Community Health Board consists of community members who voluntarily work to create healthier communities.

Together we work closely with community members and groups to:

- Identify local health issues
- Develop a community health plan
- Foster community development
- Provide community development funds
- Advocate on community health issues
- Participate in health service planning
- Serve as a link between the community and the health system.

Helping Tree Update

This year we are printing our Dartmouth Helping Tree one last time. After this, we are confident that the new 211 system will take over this need to access information about our community. The Dartmouth Community Health Board and other Community Health Boards have been advocating for a 211 system for a long time.

**Nova Scotia
Helping you find the right community and social services**



211 provides information to assist Nova Scotians in accessing over 3,000 community and social services across the province.

211 is a new service that gives Nova Scotians the ability to connect with a wealth of local community groups, non-profit agencies and government departments. The service is completely confidential and available free across the province - 24 hours a day, 365 days a year - simply by dialing "2-1-1" or visiting www.ns.211.ca.

DARTMOUTH HELPING TREE

This tool was designed by the Dartmouth Community Health Board, Community Health Team, HRM Community Development, and The Self-Help Connection to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

Support Groups & Help Lines
 Self Help Connection 466-2011
 Alcoholics Anonymous 461-1119
 Al-Anon Public Outreach 466-7077
 Narcotics Anonymous 453-2913
 Smokers Help Line 1-877-513-5333
 Stop Smoking Services 424-2025
 Gambler's Helpline 1-888-347-8888

Community Centres
 Findlay 490-4728
 Dartmouth North 490-5900
 East Dartmouth 435-9912
 Northbrook 490-6666
 North Woodside 463-9276
 South Woodside 404-1971
 Dartmouth YMCA 422-9622

Recreation Information
 HRM Info Line 490-4000
 HRM Kids (rec assistance) 490-4114
 HRM Financial Assistance for Recreation – contact individual rec centres
 Active Halifax Communities 490-5447

Physical Activity & Sport
 Walk-about program 423-7530
 Sport Nova Scotia 425-5450
 Kidsport 425-5450

Treatment Services
 Addiction Prevention & Treatment Services 424-8866
 Mainline Needle Exchange (Dartmouth Outreach) 423-9991

ADDICTION TO ALCOHOL, OTHER DRUGS, TOBACCO, & GAMBLING

RECREATION AND PHYSICAL ACTIVITY

After School Programs
 Excel Programs 464-2000 ext. 2787
 East Dartmouth Boys & Girls Club 435-3204
 Dartmouth Boys & Girls Club 463-1210

Literacy/Education
 Dartmouth Learning Network 464-3444
 Solutions Learning Network 468-1320
 Frontier College 494-7003
 Flexible Learning & Education Centre 832-8630
 Woodlawn Public Library 490-2636
 Dartmouth North Public Library 490-5840
 Alderney Gate Library 490-5745

Services & Programs
 Public Health 481-5800
 Family Services Association (Counseling) 420-1980
 IWK Women's Health Community Clinic 470-6400
 Child Pharmacare 1-866-424-1269
 Family Pharmacare 496-5667
 Services for persons with disabilities (Dept. of Comm. Svcs.) 424-1600
 Licensed Child Care & Family Home Day Care (Dept. of Comm. Svcs) 424-6679

Family Resources
 Dartmouth Family Centre 464-8234
 Progress Centre for Early Intervention 423-2686

HELP FOR FAMILIES

Grief Support Groups
 Dartmouth General Hospital Bereavement Support 465-8472
 Widowed in Self Help (WISH) 443-1486
 IWK Pregnancy & Newborn Loss 470-8149
 Survivors of Suicide 835-3812

Self Help & Support Groups
 Self-Help Connection 466-2011
 Excalibur ADHD Association 461-1761
 Contact your local church for information on grief support and self help groups.

Programs & Associations
 New Beginnings Clubhouse 464-3588
 Among Friends Social Club 463-2187
 Empowerment Connection 404-3445
 Healthy Minds Co-op 404-3504
 Self Help Connection 466-2011
 Consumer Initiative Centre 404-7800
 Canadian Mental Health Association (CMHA) 466-6600
 Schizophrenia Society 465-2601

Mental Health & Counselling
 Dartmouth Mental Health 466-1830
 Family Services Association 420-1980

Help Lines
 Help Lines
 Bullying HelpLine 490-7283
 Help Line 421-1188
 Parent Help Line 1-888-603-9100
 Mobile Crisis 429-8167

MENTAL HEALTH, SUICIDE, GRIEF, COUNSELLING

Capital Health

Dental
 Dal Dental 494-2101
 Public Health 481-5800

Pregnancy & Newborn
 Doula Program 479-0508
 IWK Health Centre 470-8888
 Public Health 481-5800
 Dartmouth Family Resource Centre 464-8234

Family Physicians
 Physician Information Line 424-3047
 Doctors Nova Scotia 468-1866

Walk-In Medical Clinics
 Family Focus Clinic & Well Women's Clinic 420-6060
 Dartmouth Medical Centre 465-4530
 Montebello Medical 406-4444
 Tacoma Family Medicine & Well Women's Clinic 466-1531
 Medicine in Motion 468-2774

Health & Support Services
 Dartmouth Community Health Team 460-4555
 Dartmouth Community Health Board 460-6869
 Your Way to Wellness 473-7709
 Self-Help Connection 466-2011
 Mobile Outreach Street Health (MOSH) 802-9696

COMMUNITY HEALTH & WELLNESS

Community Health Team

Courts
 Halifax Provincial 424-8718
 Family 424-3990
 Probate 424-7422
 Small Claims 424-8722
 Supreme Court (General Division) 424-4900
 Supreme Court (Family Division) 424-3990

Supports
 Coverdale Centre 422-6417
 Elizabeth Fry Society 454-5041
 John Howard Society 422-6429

Human Rights
 NS Human Rights Commission 424-4111
 Labour Relations Board 424-6730

Police & Reporting
 Non-emergency Police 490-5020
 Crime Stoppers 1-800-222-8477
 Adult Protection 1-800-225-7225

Legal Aid
 Dalhousie Legal Aid 423-8105
 Nova Scotia Legal Aid 420-8815
 Nova Scotia Legal Aid (Poverty law) 420-3450

Legal Information
 Dial-A-Law 420-1888
 Legal Information & Lawyer Referral 455-3135

LEGAL PROBLEMS

HALIFAX REGIONAL MUNICIPALITY

Sexual Health
 IWK Women's Health Community Clinic 470-6400
 AIDS Coalition of NS 425-4882
 Halifax Sexual Health Centre 455-9656

Rape & Sexual Assault
 Avalon Sexual Assault Nurse Examiner 425-0122
 IWK Emergency 470-8050
 QEII Emergency 473-3383

Victim
 Avalon Sexual Assault Centre 422-4240
 LOVE 429-6616
 New Start 423-4675
 Victim Services 490-5300

Emergency Shelters
 Bryony House Crisis Line 422-7650
 Adsum House Crisis Line 423-4443 or 429-4443
 Barry House 422-8234
Second Stage Housing
 Marguerite Centre 876-0006
 Alice Housing 466-8459
 Adsum Centre 876-5011

Abuse
 Dept. of Comm. Services – Child Welfare Dept 424-3298
 Reporting Child Abuse 424-3298
 Adult Protection 1-800-225-7225
 Seniors Abuse 1-877-833-3377

SEXUAL HEALTH, VIOLENCE & SEXUAL ASSAULT

Dartmouth COMMUNITY HEALTH BOARD

Furniture and/or Household Goods
 Parker St Furniture Bank 453-4886
 Circle of Care 463-9074

Food and/or Clothing Banks
 Feed Nova Scotia 457-1900
 Feeding Others of Dartmouth 464-2919
 Woodlawn United Church 434-5819
 Christ Church 466-4354
 Salvation Army 466-6847
 STAIRS Church 469-2188
 First Baptist Church 466-2475
 Holy Trinity Anglican Church 463-3713

Emergency Shelters for Youth (16-24)
 Phoenix Shelter 446-4663

Emergency Shelters for Men
 Metro Turning Point 420-3282
 Salvation Army 422-2363

Emergency Shelters for Women

Housing
 Tenancy Board 424-5200
 Habitat for Humanity 464-0274
 Metro Regional Housing Authority 420-6000
 Community Action on Homelessness 420-2186
 Halifax Housing 423-0722
 Metro Non-Profit Housing 466-8714
 Dartmouth Non-profit Housing 469-0543

HOMELESSNESS/ HOUSING

Self Help Connection

Revenue Canada
 1-800-959-8281

Heat & Water
 The Good Neighbor Energy Fund 422-3435 (only available January to end of April)
 The H2O Fund 422-3435

Prescription Medications
 Low Income Pharmacare for Children 1-866-424-1269
 Family Pharmacare 496-5667

Budget & Debt Counselling
 Credit Counselling Services 1-888-753-2227
 Debtor Assistance Program 424-5200
 Financial Planning for Immigrants & Refugees, YMCA Dartmouth 457-2680
 Gamblers Hotline 1-888-347-8888

Student Loan
 Student Loan Assistance 424-8420

Income Assistance
 Canada Pension Plan 1-800-277-9914
 Dartmouth Dept of Community Services 424-1600
 Employment Insurance 1-800-206-7218
 Child Care Subsidy – Dept. of Comm. Svcs. 424-6679

FINANCIAL

Health Link: 811 health information & advice (24 hours)
 Help Line (Adults): 421-1188
 Emergency: 911
 Nova Scotia 211

Connecting to Services
 Wellness Navigators
 Dartmouth Community Health Team 460-4555
 Public Good Society Connections that Work
 Program Community Outreach Facilitator 476-0785

Immigrant Services
 Salvation Army/Arise Project 477-5393
 ISIS 423-3607
 YMCA of Greater Halifax/Dartmouth Immigrant Programs 457-9622

Adult Employment
 YMCA Dartmouth Career Development Centre 461-2513
 Dartmouth Learning Network 464-3444
 Watershed Association Development Enterprises 435-4648
 Employment Support Services 424-1600
 Job Search Services 435-0957
 Halifax Services Canada 1-800-622-6232
 NS Career & Transition Services 491-3527
 Women's Employment Outreach 422-8023

Disabilities
 Lake City Employment 465-5000
 Solutions Learning Centre (formerly Dartmouth Work Activity) 468-1320
 Affirmative Industries 464-3431
 Teamwork Cooperative 422-8900
 The Work Bridge 422-8900
 Dartmouth Adult Services Centre 468-6606
 Consumer Initiative Centre 404-7800

EMPLOYMENT EDUCATION CAREER

YOU START HERE

For revisions and updates, please call 460-4555



Like us on Facebook!
www.facebook.com/DartmouthCHB
 Mobile website: m.dchb.ca/ht

This helping tree is for informational purposes only. For youth or senior specific needs please see the "Dartmouth Seniors Helping Tree" and the "Dartmouth Youth Helping Tree" (under development)