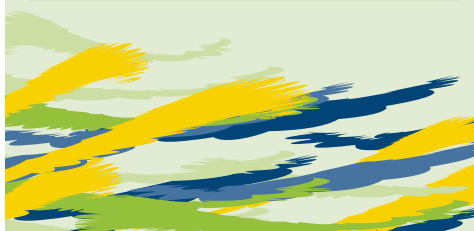




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## Welcome

Welcome to the Winter edition of *On the Horizon*! This past year has been one of change for **Horizons**. We look back fondly on memories of 2019, and we look ahead with great anticipation and excitement for all that is to come in the new year. Please join us as we share a bit about what we have been up to the last little while.

We would also like to extend our heartfelt appreciation to everyone in our **Horizons** family. We wish you and your loved ones all the best for the holidays and in the coming year.

*Jean Vicki Paule*

## Reflection

Happy Holidays! As many of you know, a lot of my volunteer life is connected to the arts and culture of my community. These last few weeks have been full of preparations for the 2020 Liverpool International Theatre Festival, choir performances, and an event I produced/directed – A Dramatic Reading of Charles Dickens' 1843 novella, *A Christmas Carol*, which took place on December 8th. As our readers rehearsed their sections of the story, and during the performance itself, I was struck by the lessons from the story that are as relevant today as they were 176 years ago.

The words got me thinking about how do we show up in our communities and help however and whenever we can; how do we advocate and push for policy change that will positively impact those who struggle day to day and/or work to right injustices; and how do we show our family, friends, and colleagues that they are important to us.

From a personal perspective, I'll be thinking about all those challenges. And to my beloved family and friends and wonderful colleagues, you're always in my heart, and I'm grateful to have you in my life.

Wishing you all the blessings of the Season,

*Jean*



**Please note:** Throughout this newsletter, all embedded links are identified by **purple text** and underlining.



# The Horizons Team

## Executive Team

Jean Robinson-Dexter  
Paula Hutchinson  
Vicki Crowell

## Circle of Associates

Andy Horsnell  
Angela Day  
Anne Stieger  
Barbara Kaiser  
Bob Kanygin  
Carolyn Campbell  
Clare LeBlanc Northcott  
Craig Moore  
Elaine Rivers  
Joanne Hussey  
Joanne Linzey  
John Colton

## Research Assistants

Berta Klooster  
Dana Pettipas  
Emily Kathan  
Maria Wilson  
Marie-Claire MacPhee  
Michelle Wolf  
Penni Burrell  
Sandra Bornemann  
Susanna Steinitz  
Tressie Dutchyn  
Trudy Watts

## Administrative Assistants

Cynthia Keizer  
Erin Wolfe  
Helen Woodward  
Shannon MacLean

## Support

Greg Tutty, Graphic Design  
Jeff VanderWal, Information Technology

## PATH: Planning Alternative Tomorrows with Hope



From Left to Right: Brian Foster (Autism Nova Scotia), Paula Hutchinson (Horizons), Vicki Harvey (Autism Nova Scotia), and Wendy Mattson (Dartmouth Adult Services Center).

In October, **Paula** joined **Jack Pearpoint** and **Linda Kahn**, with a group of people from across Canada, to learn with, from, and about *PATH (Planning Alternative Tomorrows with Hope – AKA Person-Centered Planning)*. This is a guided process assisting individuals, organizations, and communities to identify the steps needed to make their dreams become a reality. PATH is a proactive and positive approach. It emphasizes strengths and brings together those who wish to create and commit to a plan. PATH is a creative planning tool that starts in the future and works backwards from the dream to the very first steps needed to realize their vision.

PATH is designed to be entirely accessible for people of all ages and abilities. It speaks to those who value pictures, stories, and collective action. It is a transparent process that strives to balance power and increase collaboration. For many years, decision-making, power, and overall authority about peoples' lives were located primarily in the hierarchy of existing and established services. Now the tide is turning. Many of us have worked hard to find other ways of working that ensure people and communities are supported to plan their own lives in the ways that they want to create them.

Most importantly, we learned that the PATH process is excellent for team building. It has been used to mediate conflicts. It is loved by people who want to change the ways we currently work. We can't wait to share what we learned with all of you!

## Horizonized and Loving It!

By Paula Hutchinson

It has been a big year! In December of 2018, I joined **Horizons** and we hit the ground running. It's a privilege to work with my team members, **Jean** and **Vicki**, and the rest of the **Horizons'** crew. I want to thank them all for being wonderful and generous humans. They (oops, now I'm a "we") work with un-wavering integrity, determination, and a solid belief in abundance and justice. It's very heartening and inspiring.

Early on in my journey with **Horizons**, I quickly learned that although we work hard, we also laugh a lot and support each other through thick and thin! I am so blessed; being a member of **Horizons** has allowed me to do the work I care about, with clients, organizations, and communities I care about, tackling important issues and making a difference.

All-in-all, I am happy to say that I have been thoroughly "**Horizonized**". I look forward to many more years of sharing, learning and growing wise together.

Sincerely and with gratitude,

Paula



## Holiday Break

We will begin our holiday break on December 18th and return to work on January 6th.

Happy Holidays



# Current Contracts

## Social Innovators Network Evaluation • (Jean, Paula)



Horizons has recently begun a new project with **Inspiring Communities** to design and implement a 3-year comprehensive evaluation to assess the impact of the **NS GovLab** and Inspiring Communities' federally funded Social Innovators Network Project. The project is intended to **1)** use experimentation to develop a deeper understanding of population aging in NS and identify gaps in current services and approaches; **2)** build a diverse network of engaged and connected social innovators by working with partners in new ways to improve services, programs and policies directed at Nova Scotia's aging population; and **3)** create new multi-sectoral sector partnerships to build and test potential solution.

We're in the early stages of developing an evaluation plan and updating the project's logic model and theory of change.



Jean at NS GovLab session  
(Photo: Tyler Colbourne, Comm. Coordinator)

## Atlantic Mentorship Network • Pain & Addiction Evaluation – Nova Scotia Health Authority Primary Health Care • (Jean, Paula)



We have recently begun work with the Nova Scotia Health Authority to plan and implement an evaluation of the **Atlantic Mentorship Network – Pain & Addiction (AMN-P&A)**. The Network supports and connects health care professionals in providing care to people for pain and/or addiction in Atlantic Canada through professional development opportunities; mentorship; providing structure for inter-professional communities of practice; and leadership in the development of evidence informed policy dialogue.

Our work includes development of a theory of change, evaluation framework, and in the new year, carrying out the evaluation, including a document/database review, web-based questionnaires, a Network analysis, key informant interviews and focus groups. We'll be creating evaluation tools with an eye to the Network staff and leaders being able to collect data going forward in the upcoming years of their work.

## Substance Use Disorders Project • Canadian Coalition for Seniors Mental Health • (Jean)



Our work continues with **CCSMH** to evaluate its three-year Health Canada funded *Substance Use Disorders Program (SUAP)* project. CCSMH has been working with clinicians and academics from varied fields (including geriatrics, addictions and mental health) across Canada to develop four sets of clinical guidelines for the prevention, screening, assessment and treatment of alcohol, benzodiazepine, cannabis and opioid use disorders among older adults. The guidelines are aimed primarily at health professionals. During this final year of the project, user-friendly tools, including pocket cards, brochures, info-sheets, presentations and webinars for health professions and seniors and their families are being developed and implemented.

Our work includes updating their evaluation framework; creating evaluation tools and collecting data from project documents, through key informant interviews, and web surveys; the analysis and synthesis of the data; and a final report of evaluation findings and recommendations, due March 2020.

(Cont'd.)



# Current Contracts (Cont'd.)

**Our Food Project Evaluation • Ecology Action Centre • (Jean, Paula)**



**Horizons** has begun work with the **Ecology Action Centre** to complete the evaluation of the **Our Food Project**. Building on work done to date, the evaluation will include a synthesis and analysis of existing project data and newly collected data, collected through key informant interviews, that we will use to complete their *Phase 3 Funder Report* to the Public Health Agency of Canada (PHAC).

**Fountain of Health • (Jean, Vicki)**



Our work with the **Fountain of Health** (FoH), the national brain health initiative, continues on a number of fronts. We continue to provide a combination of project management, strategic leadership, and secretariat services to national and Nova Scotia initiatives. Most recently, we have been working with FoH leadership to look at sustainability through grant identification and development and considering knowledge translation and communication. We continue to participate in and support meetings of the FoH National Leadership Team and the Nova Scotia core team.

### New Horizons Optimal Aging Workshops

Our work managing the New Horizons for Seniors funded Optimal Aging Workshops continues until the new year. Successful workshop series have been happening across the province with our retired doctors facilitating in collaboration with committed community partners.

In the new year, we'll be coordinating a train the trainer session, discussing sustainability, and developing the project report for the funder.

**Evaluation of the Direct Health Benefits Program • Department of Health & Wellness • (Jean, Paula, Maria, Tressie)**



The evaluation of the **NS Department of Health & Wellness's** Direct Benefit Programs will be wrapping up in the new year. With the project's Evaluation Working Group, we've submitted the second of two reports, this one focusing on the Supportive Care Program and the Self-Managed Care Program.

Our final task will be presenting the findings and considerations to Continuing Care Senior Leadership.

Kindness is like snow.  
It beautifies everything it covers.

- Kahlil Gibran





# Recently Completed Contracts

**Eskasoni Patient How Session Facilitation** • Department of Health & Wellness (DHW) • (Jean, Paula)



**Horizons** worked with a planning team from DHW, Eskasoni Health Services and Mental Health Services, Nova Scotia Health Authority (NSHA) – Mental Health and Addiction Services, and the IWK Health Centre – Mental Health to support the planning and delivery of a one-day session in Eskasoni First Nation. The purpose of the session was to create a shared understanding of the current patient/client flow for Eskasoni children and youth for mental health services to Eskasoni Mental Health, the NSHA, and the IWK. We then facilitated a half-day session with leaders to reflect on the learnings from the previous day and identify next steps. We're expecting the session will result in ongoing important conversations, more learning, and greater collaboration.

**Environmental Scan to Review Treatment Centre Governance Models** • Atlantic Policy Congress of First Nations Chiefs Secretariat (APC) • (Jean, Marion, Penni)



We completed our work with the **APC** to conduct an environmental and best practice scan related to Atlantic First Nations treatment centres' regional priorities. Following feedback from the project's working group, a sub-committee of the Atlantic Health Partnership's Mental Wellness Committee, we submitted an updated summary report.

**Safety Assessment & Risk Management Approach Evaluation** • Juniper House • (Jean, Cari)



The evaluation for **Juniper House** of the implementation of the Safety Assessment and Risk Management approach to working with women who access their supports was completed this fall. Our evaluation found clients, staff, and leadership value the comprehensive, more easily used tool and approach, that becomes incorporated into the day to day work with clients.

**Building to Better: Supported Housing Summit** • Autism Nova Scotia • (Paula)



From Left to Right: Cynthia Carroll, Executive Director ANS, Brian Foster, Operations Director, ANS, and Paula Hutchinson, Senior Associate, Horizons Community Development Associates

This fall **Horizons** contributed to and participated in the Supported Housing Summit presented by **Autism Nova Scotia** (ANS). This was our second engagement with the community and ANS. The purpose of this event was to unite the disability community to ignite change in Nova Scotia's supported housing system. One of **Horizons'** contributions to this important work was a "current state" paper, *Building to Better*, prepared with **Brian Foster** and **Cynthia Carroll** of Autism Nova Scotia, on the current supported housing system. In this paper, we identified the major strengths and gaps in meeting the desires, needs and expectations in the autism and developmental disabilities communities. *Building to Better* also serves as a guide to help individuals, families, and service providers navigate supported housing options, collaborate with stakeholder agencies and individuals in relevant sectors, and lays the groundwork for building opportunities for supported housing across Nova Scotia. It was a productive day, and headway was made by:

- (1) Delivering resources and best practices based on a cohesive, person-centered framework;
- (2) Prioritizing action and collaborative efforts through open consultation with experts and community stakeholders; and
- (3) Building to a better future of housing for persons with developmental disabilities such as autism by engaging all levels of government, non-government supports, individuals, and family networks within Nova Scotia.

*A shout out goes out to **Brave Space!** See their work in progress at left.*

(Cont'd.)

## HAPPENINGS



### Developmental Evaluation Course

This fall, **Jean** and **Paula** took part in **The Art of Learning: Developmental Evaluation**, a four-session online course in the practical application of developmental evaluation. The course explored the core concepts, art and practice of developmental evaluation through sharing of stories and examples, gave practical guidance on working with common patterns, and helped us apply the principles of DE to our own context. The course discussed how to create and protect spaces for exploration and innovation, how to prepare for change, how to design an infrastructure to nurture learning in an evolving way; and how to make sense out of complexity, working across multiple threads and layers of learning. The course was hosted by Beehive Productions, based in California and the sessions led by developmental evaluators Rita Fierro and Carolyn Camman. The course was well worth our time and provided us with a further and deeper understanding of DE, and a number of practical tools we can incorporate right away in our work.

The course was offered through *Zoom*, a web-based meeting platform, which we also use. As a bonus, the webinars allowed us, in a first-hand way, to experience this mode of learning opportunity as we consider it for future **Horizons** training and mentoring experiences we are developing.

### Liverpool International Theatre Festival



Planning has begun for the 2020 **Liverpool International Theatre Festival**. We've hired our Artistic Directors and applications are now winging their way across the world to amateur theatre troupes, to apply to attend.

Closer to home, **Jean** produced and directed A Dramatic Reading of Charles Dickens' *A Christmas Carol*, which involved local 'personality' readers and the Queens County Community Choir providing seasonal music. This event has been a highlight for Jean, as she's had the script and concept for this event sitting on her computer hard drive for years – just waiting for the right timing. The event was a great success and there's already talk of an annual reading.

### Queens County Community Choir

It's a busy time of year for choirs, and the QCCC, which Jean is a part of, is no exception. The choir has spent the fall learning seasonal music and have performed several times in December. On December 14th, the Choir hosted their own concert, *Home for the Holidays*. Jean had the pleasure of helping a small team produce the event.

### Take Your Kid to Work Day

**Vicki** and her daughter **Grace** visited the set of the television show *Curse of Oak Island* (pictured in front of the War Room). Grace's Uncle **Doug** is a researcher on the show and was kind enough to host her for "Take Your Kid to Work Day". Grace was thrilled to join the hunt for treasure!



Doug Crowell, Vicki and Grace on the deck of the War Room.

## Completed Contracts

Continued

### Health Facility Needs Assessment

- Glooscap First Nation
- (Jean, Tressie, Ted)



Our work with **Glooscap First Nation** to conduct a health facility needs assessment for their Health and Healing Centre is complete, with the final report submitted to Glooscap's Health Director. The assessment is the first step of the Health Facilities and Capital Program (HFCP) of Indigenous Services Canada's First Nations and Inuit Health Branch (FNIHB) which assists First Nations and Inuit communities with designing, developing, implementing, coordinating and evaluating capital projects required to support the delivery of health services in their communities. The assessment certainly made clear the breadth of programs, services, and supports the Health and Healing Centre is involved in.



P.O. Box 2404  
 Wolfville, Nova Scotia B4P 2S3  
**902.542.0156**  
 email: [admin@horizonscda.ca](mailto:admin@horizonscda.ca)  
[Facebook](#) and [Twitter](#)  
[www.horizonscda.ca](http://www.horizonscda.ca)