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H O R I Z O N

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Welcome

Welcome to our winter newsletter. It has been exceptionally busy this fall at **Horizons**. We have had the privilege of working with some amazing people and groups that are doing such important work. That being said, we are also looking forward with gusto to our annual holiday break; to take a breath, to reflect and to appreciate all that 2021 brought to us.

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

Jean Vicki Paule

SNOW WAS FALLING,
SO MUCH LIKE STARS
FILLING THE DARK TREES
THAT ONE COULD EASILY IMAGINE
ITS REASON FOR BEING WAS NOTHING MORE
THAN PRETTINESS.

M A R Y O L I V E R



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

The Horizons Team

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A Learning Journey for Settler Canadians

The **Truth and Reconciliation Commission (TRC)** invited non-Indigenous people to explore their roles and responsibilities in the Truth and Reconciliation process. But we, as settler Canadians, wonder what we can do; we might think we don't know enough; we fear that we may say or do the wrong thing and make matters worse.

Indigenous people have told us that one of the first steps we can take is self-education, sometimes referred to as 'doing our own work'. Taking part in *Stepping Up: A Learning Journey for Settler Canadians*, is one way to do your own work. We hope you will join us on this journey.

During this virtual 25-hour course, you will work through an eight-lesson self-directed study guide. Each lesson includes learning activities such as watching videos, listening to audio recordings, reading short articles, writing, or reflecting. The learning activities vary in length – some are noticeably short; others take a bit more time. Each learning activity builds on the previous one, taking you through the course content in a planned, step by step fashion. You will also have opportunities to meet fellow settlers, including **Dr. Carolyn Campbell**, course designer and Horizons' Associate, through eight 90-minute Zoom sessions.

Dates	Journey Topic	Zoom Session (Tuesdays, 7:30-9 pm)
January 11-17	Stop 1: Orientation to Our Journey	January 11, 2022
January 18-24	Stop 2: Elements of Euro-Western World View	January 25, 2022
January 25-31	Stop 3: The Road Most Travelled (One Story of Canada)	February 1, 2022
February 1-7	Stop 4: The Road Less Travelled (Another Story of Canada)	February 8, 2022
February 8-14	Stop 5: What Were We Thinking?	February 15, 2022
February 15-21	Stop 6: Travelling as a Settler	February 22, 2022
February 22-28	Stop 7: What Are We Being Asked to Do?	March 1, 2022
March 1	Stop 8: Continuing the Journey	March 8, 2022

Seats are limited. Click [here](#) to register online, by email at admin@horizonscda.ca, or by phone at **902-542-0156**.

The registration fee to join us on this journey is \$230.

We look forward to learning together!



Current Contracts

■ **Shift Change: Advancing Women and Equity in the Skilled Trades** • YWCA Halifax (NSHA) • (Paula, Jean)



The **YWCA** of Halifax has contracted **Horizons** to develop and implement a three-year developmental and outcome evaluation for Shift Change. This project seeks to improve women’s economic security and prosperity by addressing the barriers that impede the participation and advancement of women, in all their diversity, in the skilled trades sector. In this work we are all listening and learning by convening networks of partners, engaging folks in reflective learning events and dialogue, as well as piloting and scaling promising practices. This project also draws on a unique combination of specialist expertise provided by Horizons, Steve Law (Gender Inclusive Leadership Facilitator) and Corrie Melanson, (Facilitator and Graphic Harvester).

■ **Low Intensity Community Support Project** • Nova Scotia Health Authority • (Jean, Paula)



Horizons is currently working with Mental Health & Addictions, Nova Scotia Health Authority to develop and implement a two-phased consultation to identify innovative approaches to providing supports for mild to moderate mental health and/or substance use concerns in the community. Our work included identifying the key factors that need to be in place within these support services. Phase 1 of this consultation is complete and included conducting focus groups and key informant interviews with stakeholders. Phase 2 has begun and includes gathering more detailed information about implementation via focus groups.

■ **Stakeholder Engagement** • NS Remembers Legacy/Portipique Community Hall Trustees • (Jean, Paula)



Horizons is working with the **NS Remembers Legacy Society** to conduct a stakeholder engagement to determine what organizations exist that could provide programs, services, and supports, and to identify gaps in the programs, services and resources.

So far we have partnered with Nova Scotia 211 to create an extensive directory of resources and services available to “West Colchester”, participated in a meeting of stakeholders, and met with representatives of the Mass Casualty Commission, regarding their resources and supports.

■ **Assessing and Mapping Existing Model of Services and Development of 5-Year Strategic Plan and Business Case**

• Naomi Society • (Jean, Paula)



The Naomi Society, based in Antigonish, offers support for individuals who experience family and intimate partner violence through community outreach services. We are working with them until March 2022 to evaluate their work, create a strategic and operation plan, and develop a business case for their services. This work is part of their Exploring Rural Services in Domestic Violence project.

So far we’ve carried out an evaluation of their current programs and services, conducted a scan of other related models, focusing on web-based services. We were finally able to hold an in-person strategic planning session with the Board of Directors this fall, and have been refining that document and creating an operational plan.

(Cont’d.)



Current Contracts (Cont'd.)

■ Job Links Club Pilot Program Evaluation • Prescott Group • (Paula)



Horizons is working with **Prescott Group** to conduct a process and outcome evaluation of the Job Links Club, a pilot program that aims to address employment issues amongst the disability community. Our work will include developing an evaluation plan with data collection tools, implementing the evaluation and completing the data analysis; and writing a final report.

■ Fountain of Health • (Jean, Vicki, Murphy)



Our ongoing project management of the **Fountain of Health** (FoH) initiatives continues, supporting national and Nova Scotia teams and projects. Our work with the Optimal Aging Workshop program continues with a primary focus on Thrive MD, a physician wellness project.

■ Nova Scotia Network for Social Change Evaluation • Inspiring Communities • (Jean, Paula)



Horizons has been working with **NS GovLab** and **Inspiring Communities** on a three-year evaluation to assess the impact of the NSN4SC, their federally funded social innovation network project. We have begun working on the initiative's final evaluation.



Recently Completed Contracts

Our work with the Department of Justice to develop and implement a consultation process to review the effectiveness of the **Adult Capacity and Decision-making Act** (ACDMA) in meeting its purposes and to assess if a formalized supported decision-making should be recognized in Nova Scotia law has been completed. A final report of what we heard, also provided in a plain-language version, was submitted to the Department of Justice in September.

Also completed since our last newsletter is our work with People First, Community Homes Action Group, and McMaster University for the **Canadian Progress Club** to conduct research to better understand the impact and challenges that COVID 19 has presented for persons with intellectual and developmental disabilities (IDD). The research done will help partners in Nova Scotia in planning and advocacy.

With lockdowns lifted, we were also able to hold the one-day strategic visioning session with South Shore Opportunities' Board of Directors, a part of their strategic planning process.

Update on Events



Liverpool International Theatre Festival



Jean continues in her leadership of this festival. On December 12th, LITF presented *A Dramatic Reading of Charles Dickens' A Christmas Carol*, at the Astor Theatre.



The festival is also promoting its early bird subscription package, **The Stage & Beyond**, which includes all plays, workshops, socials, and the popular Coffee Critiques, the daily 'morning after' discussions with the festival adjudicator about the plays from the day before.

My Home, My Rights is Wrapping Up!



Back row: Conar Cleary, Sheila Wildeman (PI), Patricia Neves (Inclusion Nova Scotia), Sarah Cooper. Middle row: Simon Snyder, Paula Hutchinson, Chantel Meister, Jen Walters. Front row: Melly Thompson. Missing team members: Isai Estey and Justin McGarragh. Photo taken by: David Simmonds.

The last two years have been very busy for the **My Home, My Rights** research team. We were so happy to celebrate International Day of People with Disabilities in person and together! **Horizons** has been honoured to be a part of this rewarding research project. Working together, we have re-researched the most important rights for our community (i.e., Security, Equality, Freedom and Choice, and Political Participation). We used our collective voices to speak up when people's rights were violated, and the final step of this project is filming vignettes about how to speak up for these rights. So, stay tuned for our video launch date.

Holiday Break

Horizons will be closing for the holiday break on December 20th and will reopen on January 5th, 2022.

Happy Holidays Everyone!



Wishing you
all the best
of the season

Jean Paula Vicki



Welcome to the Family



We would like to welcome the new additions to our family. **Paula** is pleased as punch that **Penni** the adorable pooch has come to live with her family, and **Roscoe** the ferocious feline has joined **Vicki's** family.



HORIZONS

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