

National Rollout of STARSS
Start Thinking About Reducing Second-hand Smoke

Teleconference Minutes
11 June 2010

- Present:** Wendy Reynolds and Brenda Miller (AWARE, Kingston, Ontario); Lindsay Roberts and Shannon Duke (Whitehorse, Yukon); Lynne Parker (Portage la Prairie, Manitoba); Christine Sim (Port Alberni, British Columbia); Linda Floyd Sadler (Sussex, New Brunswick); Lisa Osmond and Nicole Hoben (Carbonear, Newfoundland); Cheryl Stetsko Mayne and Terry Weber (Grande Prairie, Alberta); Jacquie Lidstone (Alberton, PEI); Jennifer Sells (Owen Sound, Ontario); Joanne Chabassol (Sydney, Nova Scotia); Marie Bourassa (CAPC/CPNP National Projects Fund, Ottawa)
- Regrets:** Raylene Witt (Regina, Saskatchewan); Genevieve Clarke (Hay River, North West Territories); Sandra Duncan (Whitehorse, Yukon); Nancy Poole (BCCEWH, British Columbia); Karen Langevin (PHAC Atlantic); Lisa Kehler (PHAC Manitoba); Sylvie Palin (CAPC/CPNP National Projects Fund, Ottawa); Phyllis Price (Nova Scotia Health, Nova Scotia); Shandy Reed (PHAC Alberta); Suzanne Beaulieu (PHAC Ontario); Stephanie Curtis (PHAC, British Columbia)

- 1. Welcome and Introductions:** Wendy welcomed everyone (from her perch in Jacquie's office in beautiful downtown Alberton, PEI – thanks, Jacquie!) to the teleconference and thanked everyone for accommodating her travel schedule and allowing us to have the teleconference one hour earlier than usual and a few minutes shorter than usual. Wendy indicated that the teleconference today would be limited to regional reports due to the time restraints of her travel arrangements (she needs to get from Alberton to Charlottetown for an afternoon flight to Montreal). The training trek across Canada is going well so far; it began in Regina with Raylene, followed by this week in PEI. Next week, she is in New Brunswick with Linda and the Sussex STARSS gang and then Wendy arrives in Port Alberni, British Columbia on June 21st to be with Christine there. Finally, Wendy will join Lisa and Nicole in Carbonear, Newfoundland from July 21st to 23rd. Wendy will provide a summary of all the visits after their completion.
- 2. Review of the Minutes of the May 2010 National Teleconference:** There were no changes regarding the minutes.
- 3. Update on Regional Activities:**

Ontario: Jennifer stated that their **STARSS** groups are beginning to wind down for the summer, although they are still hoping to do more training. An interest in **STARSS** has been shown by the CCAC (Community Care Access Centre) which is very exciting. Wendy agreed on that the CCAC is a great untapped

outlet for **STARSS**, so we will be interested in hearing from Jennifer if anything comes of this. There hasn't been any response yet from the posting to the provincial CAPC/CPNP web board, on which Jennifer made a (time-limited!) commitment for her/one of her staff to act as a trainer/facilitator for those who want to implement **STARSS** in Ontario CAPC/CPNP sites.

Manitoba: Lynne is still planning to have her Star-B-Ques at the Friendship Centre where she now works and also at the Aboriginal Head Start centre. There has also been interest expressed in **STARSS** by some of the local daycare centres, so Lynne is trying to set up an evening workshop for those folks. This is another great idea for an “untapped market” for **STARSS**.

Saskatchewan: Wendy reported on behalf of Raylene that the Regina rollout site is involved in a community picnic in collaboration with The United Way, with a “Family Wellness” focus. At the picnic, Raylene and her staff will provide **STARSS** activities for kids. As the kids participate in activities the adults will receive handouts about **STARSS**. Raylene will be focussing her **STARSS** activities over the summer on the participants at her home base, the Al Ritchie Health Action Centre, as the school programs are obviously inactive over the summer. The community **STARSS** training that Wendy and Raylene provided in Regina went really well, with 12 women participating including staff from the Al Ritchie Health Wellness Centre (the CAPC project that is a companion to Raylene's CPNP project), a number of health educators and home visitors from neighbouring reserves, and the tobacco educator from the Aboriginal Health program. Check out the website for pictures!

Alberta: Cheryl is preparing for a **STARSS** gala later in August or in the fall. They are also having a year end picnic and pool party with a star theme. She is also hoping to expand the **STARSS** program into an Aboriginal Head Start program. Terry is also winding up **STARSS** for the summer, but before that happens, there will be a celebration with a picnic including a person who can make star-shaped balloons, which will be very cool!

British Columbia: Christine reported that she will be doing a display on National Aboriginal Day at the Port Alberni Friendship Centre on June 21st. This is a very well attended event, typically with over 200 people in attendance, so it will be a great venue for getting the **STARSS** message out. Christine had her parents make some **STARSS** posters of their own to include on the display table for the event. Christine is formulating other ideas to keep **STARSS** going over the summer, even though she is officially off laid off from work for the summer months. Unfortunately, there will not be a CAPC regional conference in BC this year so Christine will write an article for the regional CAPC magazine.

Yukon: Lindsay and Shannon reported that they have completed the group cycle for two **STARSS** groups, one in Community Kitchen, the other in the

baby group, both of which were considered to be very successful. During the celebrations for Whitehorse 60th anniversary, Lindsay followed up on Wendy's idea to show old ads for cigarettes and the way they targeted women. They had loads of interest in this display and lots of good discussion as a result. They also had their **STARSS** cigarette ring toss available for people to play during the event. Over the summer, there are a few individual **STARSS** sessions they are finishing up with some participants, but for the most part, programming is over for the summer; groups will start up again in the fall. The Whitehorse rollout site has had the opportunity to develop a **STARSS**-based, eight week group. Wendy asked if Shannon could write a summary of the group approach, as others are also interested in this, and we can attach it to the minutes next time. Thanks for agreeing to this, Shannon, just before her three month break!

Northwest Territories: Genevieve reported that she has been running the **STARSS** program from the beginning of the month; moms have been picking up the information and getting involved in **STARSS**-themed crafts.

Newfoundland: Nicole reported that her three prenatal and two postnatal groups continue to add new stars to their **STARSS** "Hall of Fame" on a weekly basis. You can see some of the moms who decorated their own stars on the AWARE website and on Facebook. Lisa did a presentation on **STARSS** for their Annual General Meeting. Family Resource Centres from the eastern region of Newfoundland are on board for the **STARSS** training that Wendy will provide when she's here in July.

New Brunswick: Linda reported that the Family Wellness Challenge was a big, successful event which she hopes to continue on an annual basis. **STARSS** fit into the healthy environments piece of the event very nicely. A family information package was created for over 200 families, including some **STARSS** information that Linda had adapted specifically for this purpose. At the end of the month, a presentation (about 20 minutes long) was provided for the parents using the **STARSS** "Truth or Myth" format, along with handouts. The children were engaged in **STARSS** crafts during the presentation ... again, look for the super cute pictures on the AWARE website! In the outreach locations, there were also star-based crafts for kids supplemented by handout materials for the parents. Over the summer, a student who has been hired will help support **STARSS** activities for kids and the groups in the various locations that would like to continue meeting over the summer. Linda also found the time to do an overview of **STARSS** for one of the local CPNP projects, Health Baby and Me, which was very enthusiastically received. Linda agreed to write up a brief summary of the Wellness Challenge for us to append to the minutes and/or put up on the website.

Prince Edward Island: Jacquie reported that, like others, she is winding down activities for the summer. Jacquie indicated that their time with Wendy this week has been fantastic; she trained eight Best Start staff and the FRC volunteers with excellent feedback. Everyone was thrilled with the program, including their new CAPC coordinator at the centre (Sarah) who has been very active and helpful getting **STARSS** display boards, crafts, and posters set up. For example, the children made little stars, decorated them, and they are now hanging from the ceiling.

Nova Scotia: Phyllis sent her regrets but had reported to Wendy that she was hoping to get feedback and follow-up from all the Family Resource Centre staff on the South Shore who have been trained on **STARSS**. There is also a possibility that a front line staff from one of these FRCs could become involved in the teleconferences and give updates from that perspective on the progress of **STARSS**.

4. **Next Teleconference:** Wendy thanked everyone for participating in the teleconference. The group agreed with Wendy's suggestion to forego a July teleconference and schedule the next one for August. Because of a conflict for some members on the usual time (second Friday of the month), the **August teleconference ONLY will be scheduled for the THIRD Friday of the month** which is:

**Friday August 20th
1:00 Eastern**

Just a reminder: The STARSS second National Meeting is scheduled for September 23rd and 24th in Ottawa. Brenda will be starting to organize the accommodations and Wendy will be making flight arrangements, so expect to hear from us about this early in July! Thanks again.