



Community Viewpoints

Community Workshop - Petit-Rocher, New Brunswick - March 2, 2023

- 21** participants
- 24%** not bilingual (French speaking)
- 25%** prior knowledge of ASI's work

The workshop in Petit-Rocher was hosted in French

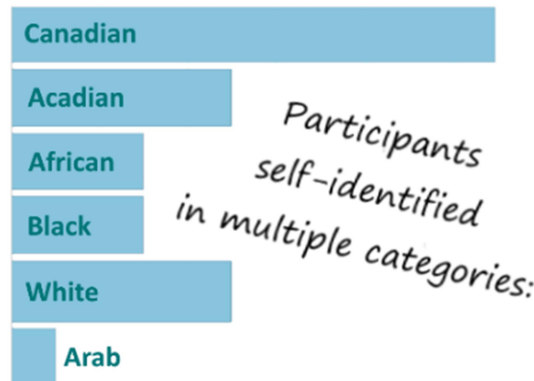
LOCATION



AGE



DIVERSITY



The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is a bilingual, not-for-profit organization with a mission to serve as a catalyst for social change, ultimately resulting in more inclusive and equitable Atlantic Canadian communities.

The workshops introduced participants to the ASI policy brief, 'Upstream Investment – Placing child and youth mental health promotion at the forefront' and gave an opportunity to explore initiatives happening in their community and innovative models from other regions.



What participants had to say...

Petit-Rocher, New Brunswick

Quotes:

"Today planted a seed – we have names and numbers so we can connect after this workshop to share... Altogether we have the same objectives and can make things move."

"I work for public health with direction from above. Happy to be here as it reminds me how important it is to work with community for community."

"I am pleased with the day and the discussion. For the first hour everyone was wondering, 'why am I here?', and then, everybody – no exception, began sharing information – sometimes profoundly personal; and not only that, they expressed the will to meet again. When you have achieved that you have achieved your 'raison d'être'."

"I really appreciate that you were able to bring this workshop to Petit-Rocher. In more of our rural areas, we are often expected to travel to the southern part of the province to meet. So, it's nice to have people come here and join us in our own space. I am leaving with some great connections and really appreciate it!"

Common Themes:

Importance of having organized, facilitated, intergenerational and intercultural events for sharing between community members.

...and Barriers:

Downstream focus and a lack of understanding of what upstream initiatives are.

Lack of access to support and resources (space, cultural specificity, transportation, technology, etc.).

Lack of sharing and communication, continuity and/or motivation, and resistance to change and inclusion of immigrants.

Considerations Going Forward:

Profound need for communities to convene, network, and learn from each other.

Community collaboration can make a difference for mental health and well-being.

Transformative change will require leaders at all levels.

Policy change at federal and provincial levels must extend beyond short-term projects and elected officials' terms in government.

Commitments to Action:

Stay connected with relationships made during the workshop.

Plan another event for everyone to get together again and continue this work.

