

## SUMMER 2018

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Long time Board member Doug Meggison accepts his thank you gift upon his completing his term as Board member.



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## EXECUTIVE DIRECTORS UPDATE



We continue to stay busy with interesting research work at ESPC as we move into the summer months. To our good fortune, this year we have been able to hire not one but two summer students to help us with the extra projects including the Edmonton Food Bank Client Survey and the Alberta Council of Women's Shelters annual shelters survey report. Read the biographies on Yasmin and Alexa to find out a bit more about their areas of study when they return to school in the fall.

As you will see in this edition of the fACTivist we have completed the Tracking the Trends Biennial report as well as the 2018 Living Wage, just to name a couple. We are also scheduling some lunch and learn sessions to both inform and educate and promote agencies doing great work in our community.

I hope you will enjoy catching up from our AGM and hearing about our Award of Merit winners and being introduced to our newest Board members.

Wishing you a same, sunny and relaxing summer.

Susan Morrissey  
Executive Director

*Susan*

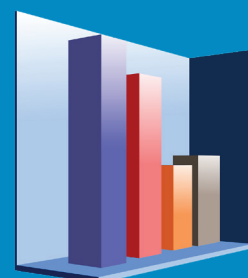
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### LOOKING FOR RESEARCH ASSISTANCE?

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Housing, Transportation, Health, Education, Food Security, Income Security Programs, Urban Issues, Social Services, Women, Disabilities, Poverty, Immigration, Families, Children and Child Care, Seniors, Indigenous Peoples, Labour Force, Crime and Safety ... and more!

If you or your organization needs a hand finding information about local social issues or related topics, feel free to contact our Resource Coordinator, Sandra Ngo by phone at 780.423.2031 or by email at [sandra@edmontonsocialplanning.ca](mailto:sandra@edmontonsocialplanning.ca).



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## FEATURE ARTICLE: GROCERY RUN

### DRAGANA MISITA, RD

ENRICH Resource Coordinator, Department of Agriculture, Food, and Nutritional Sciences, University of Alberta

More than 200 million people migrate from one country to another every year. Nearly half are women who will experience pregnancy, birth and motherhood in new countries, such as Canada. Given the importance of the prenatal period for long-term health of women and infants, and the fact that 1 in 5 people in Canada are foreign born, understanding how to better support migrant/refugee women during pregnancy and postpartum will impact the health of future generations in Canada (Statistics Canada, 2016).

In 2015, the University of Alberta's ENRICH research program (<http://enrich.ales.ualberta.ca/>) partnered with The Multicultural Health Brokers (MCHB) Cooperative (<http://mchb.org/>) to explore how best to support maternal health for migrant women. The ENRICH research program is a 6 year program funded by Alberta Innovates that focuses on optimizing maternal weights in pregnancy and postpartum through healthy eating. The research has a strong focus on supporting diverse groups of women throughout the province. ENRICH has partnered with various groups and communities to implement and evaluate strategies that are targeted at supporting both the general population of women in Alberta, and also women who are more likely to experience barriers to appropriate weight gain throughout pregnancy. The Multicultural Health Brokers (MCHB) Cooperative is an organization based in Edmonton that works with newcomer families to enable them to thrive. Health brokers at the Cooperative work to support families in bridging their knowledge from their home country and Canada's health, social services, education, justice, immigration and employment systems. The Brokers own cultures represent the 25 different communities that they work with, and collectively, they serve over 2000 families a year.

Through their research partnership, ENRICH and the MCHB Cooperative found that nutritional needs were not of immediate concern to migrant women; instead, food—of any kind—was an urgent need. Pregnant and postpartum migrant women, and their families, lacked “same day” foods, or foods that will be consumed by a family that day. In 2016, a sample of 213 women served by the MCHB completed the Canadian Community Health Survey, Household Food Security Survey Module. The survey uncovered a staggering amount of food insecurity: 94% of families were food insecure (did not have enough food due to lack of money), and 53% were severely food insecure (had disrupted eating and reduced food intake). Furthermore 39% cut meal sizes or skipped meals (mothers usually go without so their family can eat).

In response to a requirement for “same day” food for these migrant families, the partnership developed the Grocery Run Program. The Grocery Run Program is a food rescue initiative that collects donated foods—that would otherwise go to waste—and distributes them to migrant women and their families who require “same day” food. The Grocery Run Program is open to MCHB clients and operates year around with food available each week. Food pick-ups and distribution is done by community and University of Alberta Alumni volunteers. The Grocery Run Program currently supports approximately about 100 families each week. However, as the number of families accessing the Grocery Run Program continues to grow, MCHB and ENRICH are working toward increasing the number and diversity of food donations.

The Grocery Run Program aims to address the need for emergency food for immigrant and refugee families, while also minimizing food waste and promoting collaboration among organizations doing similar work in our city.

## ABOUT THE AUTHOR

Dragana Misita, RD

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## COST OF MENTAL HEALTH & SUBSTANCE ABUSE IN CANADA

BY YASMIN HUSSEIN

ESPC Summer Placement Student

Mental illness and substance abuse is a worldwide problem that was estimated to impact over 450 million individuals in 2001 (World Health Organization, 2001). In our lifetime, it is projected that 1 in 5 people will experience an addiction or mental illness and as many as 10% will battle drug and alcohol dependency in Canada. The societal impact is in the billions of dollars.

While mental health and substance abuse is not a new consideration for the criminal justice and health care systems, there has been growing concern about the prevalence of mental illness and substance abuse among adult offenders in corrections or hospital facilities (Canadian Institute on Health Information, 2008). Correctional services include both custody and community services. When an accused with mental illness is admitted to custody, the provincial/territorial or federal facility will determine if the offender needs a treatment centre, such as one offering psychiatric care. Recently, Correctional Service Canada has adopted a number of strategies to improve the assessment of an offender's mental health upon admission. Assessments are undertaken to establish treatment plans, facility placement, and data collection for future planning, and to provide successful transfer of care upon releasing offenders (Standing Senate Committee on Social Affairs, Science and Technology, 2006).

In the local context, total public spending for mental health and addiction programs, services, and initiatives in Alberta was estimated at \$753.8 million in 2012 (Wild et al., 2014). In particular, substance abuse costs Albertans \$155 million dollars in lost productivity, \$407 million for direct healthcare services and \$275 million for law enforcement annually (AHS 2006; AGLC 2007). Substance-attributed illness accounts for approximately 1.6 million hospital stays, representing \$1.5 billion in direct costs to the Canadian economy annually (CCSA, 2010). Mental Health & substance abuse programs are the largest component of costs following hospitalization. In prisons, the majority of offenders show some kind of substance abuse problem; Canadian national prevalence data indicate that at least 7 out of 10 offenders in the federal correctional system have engaged in problematic use of alcohol or other drugs during the year prior to their incarceration (Public Safety Canada Portfolio Corrections Statistics Committee, 2007).

### Calculating the cost of incarceration

In federal prisons, the cost of incarceration per day to house an inmate has increased from \$260 in 2007-08 to \$288 in 2015-16 (Correctional Service of Canada expenditures, 2015-16). Given that about 51% of prisoners housed in federal correctional institutions have substance abuse and/or mental health issues, the economic impact is felt throughout the criminal justice system.

Moreover, as noted by the Correctional Service of Canada (CSC), in Alberta the cost of incarceration per day in provincial prisons is \$142. In 2015-16, according to adult correctional statistics, there was an average of 12 441 adult offenders in a given day in custody.

Given these astronomical costs, it is clear that federal, provincial and territorial leadership is needed to address the annual cost of an offender dealing with substance and mental health issues. For starters, in 2015, the average annual cost of an offender was approximately \$116,000 and \$3,000 to maintain an offender in a CSC institution and in the community, respectively. In an age of understanding addiction and mental health and its overall impact on society, community out-patient treatment and providing social supports such as permanent housing should be the first step for offenders with substance and/or mental health issues rather than focusing on increasing short-term incarcerations or hospitalizations.

### Calculating the cost of hospitalization

In the year 2010, Alberta Health Services spent \$520 million on mental health and addiction services. In-patient hospitals and emergency physicians are on the front lines treating acute-care concerns resulting from mental health and addiction issues. One such individual is Dr. Katherine Dong, director of the inner city health allowance program at the Royal Alexandra Hospital. As an emergency physician, Dr. Dong was trained to treat patient's acute issues and discharge patients after a standard hospital stay. She realized that the medical system would not help her deal with a lot of the underlying issues that were presenting themselves in the emergency department. "It's obvious that we would help someone coming to the emergency department for a broken arm, but what if they broke their arm because of addiction or homelessness? Helping someone deal with the issues that caused that broken arm will ultimately help them more than just the trauma treatment" (Klingbeil, 2015).

Research has shown that many patients seen at the Royal Alexandra hospital's busy emergency department could benefit from additional services and counseling that go beyond what is considered traditional emergency department medicine (Willis, 2015). Viewed through this framework, sending offenders with a history of drug and alcohol abuse to addiction treatment programs rather than incarceration or hospitalization is not only the humanitarian choice, but will cut crime rates and save billions of dollars. To meaningfully address the increasing costs of mental health and addiction services, Housing First programs providing housing with wraparound supports was established in 2008. That said, Ambrose place is a Housing First program which aims to provide permanent housing for homeless individuals and couples of Indigenous descent with a culturally sensitive

and safe environment. Based on findings from these studies, it is estimated that, if executed fully, the Housing First program will yield cost savings of at least \$230 million for Edmontonians in reduced usage of health, justice and other systems (End Homelessness Yeg, 2017).

### **Moving forward: The case for non-profit mental health and addiction services**

"Alcohol is a powerful drug, a lucrative source of revenue, and a symbol of admired and deviant behavior – all at the same time," explains Cameron Wild, Epidemiology professor in the School of Public Health at the University of Alberta. In the local context, addictions directly affect 1 in 5 Albertan adults. Addictions can involve alcohol, gambling, legal and illicit drugs and a variety of other substances and types of behavior.

In this scenario, mental health services primarily operated and funded by the provincial government are not enough to meaningfully address this expensive problem. If a national strategy is going to be successful, it must take the contribution of charitable or non-profit organizations into account. These organizations can augment the government provision of services with outpatient treatment and residential facilities, as well as employment, education, and advocacy. Ironically, given that the Canadian government's investment of \$5 billion dollars over 20 years on mental health care across Canada, there have been no studies on the contribution of the non-profit sector in mental health in Canada (Escobar-Doran et al., 2017). Non-profit treatment centers such as Our House Addiction and Mental Health Residential Treatment center in Edmonton would benefit from federal and provincial grants. Clients come to the center for the one year treatment program after completing short term treatment and many of them spent time in the hospital and/or prison.

Research suggests that successful treatment programs involve prison-based treatment, complimentary community-based follow-up treatment, and on-going maintenance support

and aftercare services. The focus on skill development through workshops, recreation and leisure activities, and participation in self-help groups is critical in reducing the risk of relapse and further criminal activity among offenders with substance abuse problems.

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## **ABOUT THE AUTHOR**



**Yasmin Hussein**

Yasmin Hussein is a Summer Student Research Assistant with ESPC. She has also worked at the City of Edmonton as a Summer Student in the summers of 2015 and 2016, currently volunteers at various non-profits including Somali-Canadian Cultural Society and Islamic Family and Social Services Association (IFFSA) in a communications and advocacy role and is completing for a Bachelor of Science degree specializing in Physiology. She spends her spare time travelling inside Canada and abroad with family and friends, playing recreation soccer and spending time with her furry kitten, Laila.

## THE JOURNEY BEGINS – INDIGENOUS CULTURE AND WELLNESS CENTRE

### INDIGENOUS CULTURE & WELLNESS CENTRE

endpoverty  
edmonton



During extensive community engagements undertaken by the EndPoverty Edmonton (EPE) Mayor's Task Force in 2015, many Indigenous participants identified a longstanding need for a unique place and spaces where diverse Indigenous cultures could be brought together and celebrated. They also stated quite clearly "nothing about us without us" revealing a profound sense of partnership that was needed to go forward with a project like this. These sentiments were echoed strongly in the What We Heard Report endorsed by City Council later that year when the EPE Strategy was approved.

Both the EPE Strategy, and its 5 year implementation Road Map, reference the design and planning of an Indigenous Culture and Wellness Centre (ICWC). In 2016, City council has approved initial funding for the first 3 phases of the Centre's development.

Planning for the first phase of the Centre began in fall 2017 with the formation of the Indigenous Culture and Wellness Centre Steering Committee. This dynamic committee is equally composed of community members from the EndPoverty Edmonton Indigenous Circle and City staff.

The initial step of the journey is to conduct an Environmental Scan (E-Scan) that will examine current and emerging practices around similar type centres in Edmonton, Alberta, as well as across Canada, that fulfill the needs and interests of Indigenous Peoples.

In addition, Indigenous Peoples and key stakeholders within Edmonton and Area will be engaged in community conversations to identify existing programs, services, and initiatives that will inform the development of an Indigenous Culture and Wellness Centre. Community Conversations are set to begin in June. Indigenous Peoples from all walks of life are invited to participate in the conversations.

If you would like to get connected with ICWC community conversations please:

- Check [www.endpovertyedmonton.ca](http://www.endpovertyedmonton.ca) and Twitter @endpovertyeg for updates or,
- Contact Ward Antoniuk at [ward.antoniuk@edmonton.ca](mailto:ward.antoniuk@edmonton.ca) or Karen Watson at [watson@wmc.ca](mailto:watson@wmc.ca) for further information.

## ESPC UPDATES

### EDMONTONIANS MUST CONTEND WITH RISING COSTS - 2018 LIVING WAGE UPDATE

BY SANDRA NGO, RESEARCH COORDINATOR

The Edmonton Social Planning Council has calculated a living wage for the Edmonton region since 2015. However, for the first time, the living wage for Edmonton has risen. For 2018, an income earner must make \$16.48/hr to support a family of four, an increase of \$0.17/hr from last year's living wage. The living wage is intended to represent the wage required for a family unit to provide for themselves and their children, participate in their community, and have basic financial security. Ultimately, it is a call to the private and public sector to pay wages that are sufficient for families to live with dignity and a decent quality of life (Canadian Living Wage Framework, 2015).

In 2018, total annual expenses for a family of four has gone up. Median rent for three bedroom housing has increased, in addition to costs of transportation, continuing parent education, and extended health/dental plans. Other expenses like communications and food went down slightly. The \$25/day subsidy for childcare has received an expansion for 2017, but it is only available for 11.4% of available childcare spaces in Edmonton. While this has the potential to be a game changer for families, it is not widely available and has not been included in this year's calculation.

The main question moving forward with the Edmonton living wage is whether or not indexation of benefits and government transfers will keep pace with rising costs of living. The federal government proposed legislation that the Canada Child Benefit would be indexed starting in July 2018, which is welcome news since they had previously said it would not be indexed until 2020. Other benefits like the provincial Child Care Subsidy are not indexed at all. Because of this, the ability of low and modest income families to maintain a decent standard of living may be challenged.

The Edmonton Social Planning Council will be working with stakeholders across community organizations and municipalities to establish an Alberta Living Wage Network. The Network has been granted preliminary funding and will encourage employers and policymakers to implement a living wage and best practices across industries. This is a positive development and will lend momentum to the living wage campaign. Advocating for decent pay to all is more important than ever: the wealth gap between the rich and poor is the highest it has ever been, with net wealth of the lowest quintile of income earners being one hundredth of the wealth of the highest quintile of income earners (Kolkman, 2018). You can refer to our 2018 Tracking the Trends update for more details.

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### TRACKING THE TRENDS SUMMARY

BY JOHN KOLKMAN RESEARCH ASSOCIATE, ESPC

Our 2018 edition of its flagship publication Tracking the Trends was released earlier this year after 6 months of gathering, analyzing and writing the 131-page publication which provides a detailed analysis of social and economic trends in Edmonton. The report contains information about population demographics, education and employment, living costs & housing, income & wealth, poverty & government transfers, and key indicators of Edmonton's social health.

Here are a few highlights:

#### Planning Strategically for the Future:

Edmonton is the youngest major city in Canada and the only one that has become younger in the past ten years. Not only does this mean that we need to build more seniors housing, but booming enrollments means Edmonton also has to build many new schools.

- Bucking national trends, in the most recent ten year period, Edmonton has become slightly younger as the median age fell from 36.1 to 35.7 years.

#### Increased Diversity

A key message in this year's Tracking the Trends is that – despite a difficult economy caused by struggling oil and natural gas prices – Edmonton is still attracting thousands of newcomers from around the world who are eager to make a contribution in their new home. At quite a rapid rate, Edmonton is becoming increasingly diverse, racially and culturally.

- The number of immigrants and refugees permanently settling in metro Edmonton increased by 270% between 2000 and 2017.
- Reflecting this increased diversity, the number of non-Indigenous Edmontonians who are visible minorities (non-Caucasian in race or non-white in colour) more than tripled from 110,160 in 1996 (18.1% of Edmontonians) to 339,040 in 2016 (37.1% of Edmontonians).
- The number of Indigenous people living in the city

(50,280) and region (76,205) has grown at about double the rate of the overall population in the past twenty years.

### Better Educated

A consistently positive trend is the continuing improvement in educational attainment both in terms of high school graduation and post-secondary completion. This trend is particularly impressive considering the extra challenges posed by the rapid growth in the number of English Language Learners in our schools.

- For the past 15 years in which data is available, the three-year high school completion rate for the Edmonton Public School District improved by 18.4% from 57.0% in the 2000/01 school year to 75.4% in 2015/16.
- In the Edmonton Catholic School District, the three-year completion rate improved by 24.8% from 59.7% in 2000/01 to 84.5% in the 2015/16 year.

### Economic Picture Not Great

The economic picture in Edmonton is more negative with many of the employment and income support trends getting worse or at best stuck in neutral for the past several years:

- Despite modest improvement toward the end of the year, the unemployment rate averaged 8.1% in 2017, a twenty-year high.
- Vulnerable groups are being particularly hard hit with the unemployment rate for Indigenous people averaging 13.4% in 2017 and youth unemployment averaging 14.9%.
- The number of people receiving Employment Insurance regular benefits peaked at a twenty year high of 27,388 in 2016, and declined only slightly to 24,894 in 2017.
- The number of Edmonton households relying on Alberta Works (income support) benefits hit 27,439 in 2017, also a twenty-year high.

### Income Inequality Significant

While median after-tax incomes are up overall, much of this increase has gone to the highest income earners.

- Between 1982 and 2015, the top 1% of Edmonton taxfilers have seen their after-tax incomes go up by 69.7%, after accounting for inflation, compared to only a 3.2% increase for the bottom 50% of taxfilers.
- There continues to be a significant income gap based on gender. In 2015, female taxfilers median after-tax was \$30,580, or 63.7% of the \$47,990 in after-tax income for male taxfilers.
- Employment earnings provide the main source of income for all family types including 72.2% of the total income for lone-parent families in 2015.
- Despite recent increases in Alberta's minimum wage, over one in five (21.5%) Edmonton workers earned below the \$16.31 living wage.

### Poverty Trends

Tracking the Trends 2018 includes the most recently available poverty and low wage trends.

- 135,240 people in metro Edmonton lived in poverty in 2015, 10.5% of the population.
- The younger a person is, the greater the likelihood they will be living in poverty. 41,580 of those living in poverty were children and youth under 18, or 15.2% of all children and youth.
- Government income transfers, especially refundable child benefits, are a crucial tool in lifting children and youth out of poverty. In the absence of these transfers, child poverty would have been 27.3% higher in 2015. The poverty reduction impacts of new and enhanced federal and provincial child benefits - introduced in mid-year 2016 - should lift even more children out of poverty.

### Edmontonians Still Struggling to get Enough Food

- Edmonton's Food Bank served 23,181 individuals through its hamper program in March 2017, the fourth consecutive year usage was up.

Download a copy of the report by going to our website at <http://bit.ly/2lqITee>

## ISOLATION OF INDIGENOUS SENIORS: PROJECT UPDATE - FACTIVIST SUBMISSION

BY SANDRA NGO

"I can't afford to die!"

These words have followed me in the weeks since I heard them. They were spoken at a focus group with service providers who play a role in reducing social isolation of Indigenous seniors. This research project is a component of the Vision for an Age Friendly Edmonton Action Plan, which provides a strategic direction and framework to meet the needs of seniors living in the City of Edmonton. The basic vision is that Edmonton is a community that values, respects, and actively supports the safety, diversity and well-being of seniors.

Social exclusion can be the result of a variety of physical, emotional, mental, or spiritual challenges (Sliver, 2015). One vulnerable group is Indigenous people aged 55 or over as they are at risk of several factors that lead to social isolation: having a different cultural or language background than the general Canadian population; living in a rural or remote area; having health issues; lack of access to affordable housing and care options; a lack of access to transportation; and living in a deprived community (National Seniors Council, 2017). From an Indigenous standpoint, the importance of relationships is incorporated into their culture and teachings, such as the medicine wheel, which many perceive as central to achieving healthy development in mind and body (Wegner-Nabigon,

2010).

The health and well-being of older generations is crucial, as learned assumptions about cultures and traditions may be transmitted to younger generations. This includes ideas of inferiority learned during their time separated from their families. As a result, “populations historically subjected to long-term, mass trauma exhibit higher prevalence of disease even several generations after the original trauma occurred” (Braun et al, 2013). Tragically, many Indigenous seniors experienced being forcibly removed from their homes as children and adopted into mainly non-Indigenous families across the country. The Sixties Scoop, as this came to be known, led to a rapid increase of Indigenous children in government care in Canada: a 44% increase in Alberta; 51% in Saskatchewan, and 60% in Manitoba (Sinclair, 2007).

In 2017, Edmonton Social Planning Council began working with this community by following a participatory process. We invited seniors to tell us how they defined the aging process, social isolation, and to identify barriers to fully participating in society. Lastly, we asked what could be done among service providers and across systems to address these barriers. During our interviews, seniors shared stories of how they have survived through tremendous suffering, isolation, and trauma. Despite this, many continue to be pillars of their community, supporting families and friends while being involved in programs and ceremonies.

In addition to interviews with seniors, we also conducted focus groups with both Indigenous and non-Indigenous service providers to achieve as wide a view as possible. One of our findings revealed a need for agencies to support one another by increasing awareness of different services available and streamlining referrals. Service providers also cited the importance of having the trust of their clients, as it is a key component for relationship building and healing. This trust is greatly benefited when practitioners and service providers have an awareness of the history of Indigenous people, ceremonial protocols, and an openness to different ways of knowing and being. However, knowledge of this sort requires time and study to acquire; it was suggested that current training and workshops are insufficient to address this need. Resource and knowledge sharing between Indigenous and non-Indigenous service providers could be one way to help address this issue. Another is to increase representation of Indigenous peoples in service provider roles, such as nursing, social work, and community programming.

A recent article highlights that in Canada, First Nations, Métis, and Inuit peoples are twice as likely to die from avoidable deaths and live an average of 15 years less than the rest of the population (The Canadian Press, 2018). Historical trauma can impact health outcomes (Pace, 2013) and have higher prevalence of chronic diseases, mental health, nutrition, and mobility challenges (National Aboriginal Health Organization, 2010). When taken to the extremes, poor health outcomes manifest as higher rates of death and suicide; many of our participants cited experiences of loved ones such as children and grandchildren passing away at a young age, and sometimes multiple deaths would happen in quick succession. In addition to the extended grieving, Indigenous

seniors must also contend with costs of multiple funerals a year, which may climb to upwards of \$10,000 each (Parrish, 2017). It is no surprise then, that many Indigenous people, young and old alike, are fearful of the costs of dying.

Early separation from loved ones, either through death or forced government policy is especially painful for a people where interconnectedness is foundational to their world views and health. Rebuilding connections between Indigenous seniors and their culture, is one way in which healing and trust building may occur. Because of the power and meaning behind this reconnection, participants informed us that more than anything, Indigenous people need to be connected with other Indigenous peoples so that they can come together more strongly as a community. As non-Indigenous peoples, it is our role to help facilitate this and be allies when called upon.

The Edmonton Social Planning Council has been deeply humbled by study participants inviting us to their homes, workplaces, and ceremonies. We'd like to thank all of them from the bottom of our hearts for the stories and knowledge they have shared.

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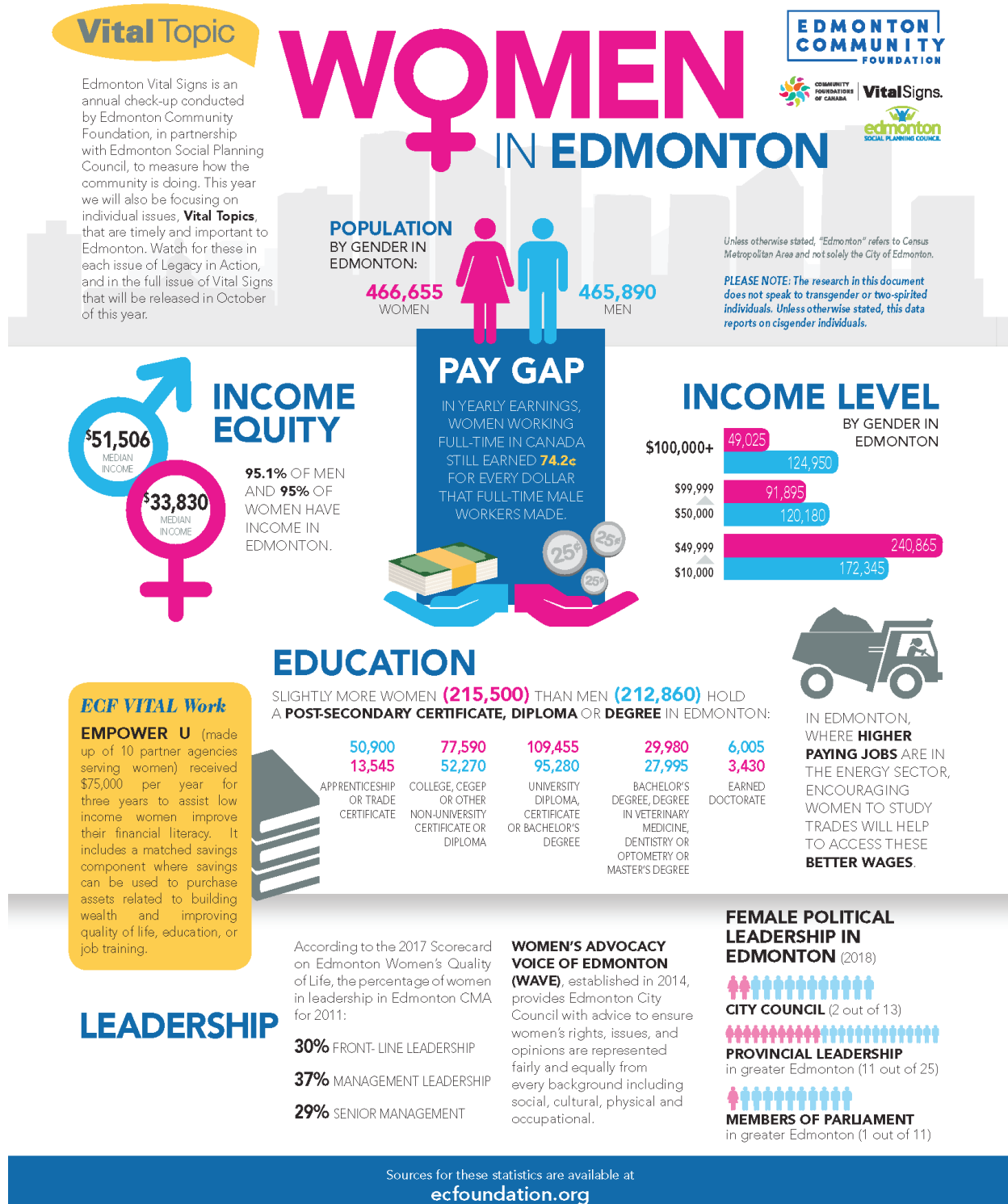
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## VITAL SIGNS

This year in partnership with the Edmonton Community Foundation we are researching and preparing a number of two page information sheets called Vital Topics which will be included in the ECF Legacy quarterly magazine. These information sheets will also supplement the larger Vital Signs report which will be released in October of 2018.

The first Vital Topics provides information that looks at Women's issues in the city of Edmonton. The second Vital Topics was on Sexual Identification and Gender Identity which is available on our website at <http://bit.ly/2MoPj6K>



# PERSONAL SECURITY FOR WOMEN

EPS Says...

**13% spike in sexual assaults in Edmonton over 2016.**  
In the first seven months of 2017, around 540 victims reported being sexually assaulted to police in Edmonton, 63 more compared to this time last year.

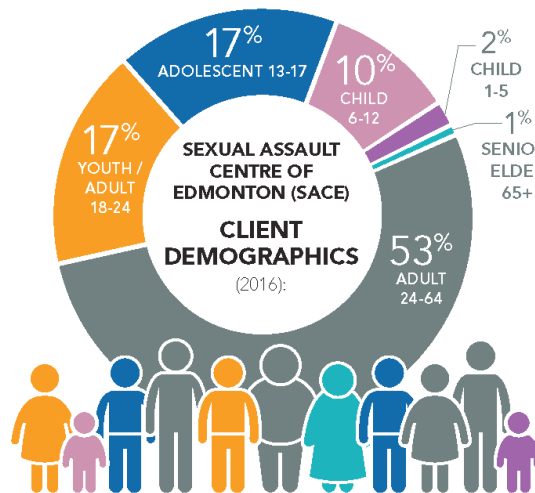
In 2014, police chief Rod Knecht reported, "I can tell you we have six or seven serious sexual assaults in the city every weekend, so every Friday and Saturday night."

## ECF VITAL Work

**YWCA** will receive \$75,000 for three years to support YWCA Edmonton's Counselling Centre to address growing demand. It will increase the number of sessions delivered each year and reduce wait times.

YWCA Edmonton has been offering counselling services since 1972, with programs that evolve to meet the needs of an evolving community.

## SEXUAL ASSAULT



## SACE CLIENT FACTS (2016):

**86% FEMALE 14% MALE**

**1% TRANSGENDER**

**83% OF WOMEN WITH DISABILITIES EXPERIENCE SEXUAL ASSAULT IN THEIR LIFETIME.**

**57% OF ABORIGINAL WOMEN EXPERIENCE SEXUAL ASSAULT IN THEIR LIFETIME.**

**SEXUAL ASSAULT ACCOUNTS FOR 11% OF VICTIMIZATION AGAINST THE ELDERLY.**

## DOMESTIC VIOLENCE

According to a report on domestic violence in Edmonton over a four-year period (2010-2014),

### VICTIMS OF DOMESTIC VIOLENCE ARE MORE LIKELY TO BE:

**FEMALE**

**20 TO 34 YEARS OF AGE (AVERAGE AGE 33.2)**

**VICTIMIZED BY AN INTIMATE PARTNER**

**WHITE**

**A MOTHER**

**LIVING WITH (OR MARRIED TO) THEIR PARTNER.**

## ECF VITAL Work

**Sexual Assault Centre of Edmonton (SACE)** received \$55,035 to update their marketing materials and communications, expand crisis services, and raise awareness to build a shared vision of ending sexual violence in the community. SACE exists to empower individuals affected by sexual abuse and assault and empower communities to take action against sexual violence.

## SEXUAL ASSAULT RATE IN EDMONTON (2016)

The sexual assault rate per 100,000:

**72**

EDMONTON

**58**

CANADA OVERALL

Falling behind Winnipeg as the second-highest of all the major cities.

## 3 THINGS YOU CAN DO:

### LISTEN.

Allow women to speak without interruption. Research shows that women are interrupted far more than men. It is only courteous to listen to each other. The other part of listening is hearing – so when a woman says she has been harassed, hear that she feels victimized.

### SPEAK UP.

It's just a joke, right? No harm was meant. It feels differently on the receiving end. Speak up for your fellow human and make it a less caustic atmosphere. This is especially true on social media where it is easy to say harmful things anonymously.

### ADVOCATE.

Publicly support universal policies that do not discriminate, either in purpose or effect, based on race, gender, sexual orientation, class, etc. And, identify situations where people are being treated unequally and speak up for equal treatment. It is the right thing to do.

There are many resources and volunteer opportunities available by connecting with 211 information.

Sources for these statistics are available at [ecfoundation.org](http://ecfoundation.org)

## ESPC ANNOUNCEMENTS AND UPCOMING EVENTS



### LUNCH AND LEARN

#### EMPLOY ABILITIES INFORMATION SESSION SEPTEMBER 11, 2018,



#### VITAL SIGNS REPORT - OCTOBER 17, 2018

### AGM 2018 – HELD MAY 24, 2018 - SUMMARY

BY STEPHANIE HAAR, EXECUTIVE ASSISTANT

The 78th Edmonton Social Planning Council Annual General Meeting was held on May 24th, 2018 at the Edmonton Food Bank Annex. Many thanks to the Edmonton Food Bank for generously donating their Annex facility for our event.

The event was well attended with approximately 54+ members, staff, board and general public in attendance.

The event was hosted by our Board President, Gwen Feeny with support from our Executive Director, Susan Morrissey as well as presentation given by various Board Committee Chairs. We released our 2017 Annual Report that outlined all the activities of the Council with updates of research projects planned for the future.

We welcomed 4 new members to our board, Theresa Vladicka, Vanessa Zembal, Zahro Hassan and Melissa Scott and we bid a sad farewell to Doug Meggison who completed his term.

We were excited to be able to award the ESPC's "Merit for Advocacy of Social Justice" award to 2 recipients this year. Paula Kirman was one of the winners in the "individual" category for her extensive work in the Boyle McCauley community and her work with marginalized individuals, and a variety of other activities through her years of social inclusion work.

The Jasper Place Wellness Centre was the second winner in the "organizational" category for their exceptional work that has contributed significantly to the less fortunate in Edmonton through a series of successful programs. Each of these programs merit recognition all on their own, but together they represent a commitment to the community which provides support and encouragement to people in need.

Our guest speaker was Aaron Paquette, Ward 4 City Councillor. He spoke about community engagement and food security in Edmonton encouraging everyone to learn more and get involved. Overall, he left the audience with the message that everyone has a voice to effect change in their community.

Thank you to all who attended and we look forward to seeing you again next year.

## VOLUNTEER NOW!

Are you concerned about social issues? Do you want to give back to the community? The Edmonton Social Planning Council is always looking for volunteers to help with its research and outreach endeavors. We will do our best to align your interests, availability and skills with the tasks we offer. In addition to writing for our Research Reviews and newsletters we occasionally call on our volunteers to act as note-takers, photographers and fund-raisers.

Visit our website at <https://www.edmontonsocialplanning.ca/index.php/about-us-2/volunteer-opportunities> to learn more about our volunteer opportunities and to sign up today.

If you'd like to join our ranks but don't see your perfect task, please write to our research associate to discuss your interest. He can be reached at [johnk@edmontonsocialplanning.ca](mailto:johnk@edmontonsocialplanning.ca)



City of Edmonton Councillor, Aaron Piquette, guest speaker at the ESPC Annual General Meeting.



Award of Merit recipient Paula Kirman (with Dave Trautman, ESPC Board member)

## STUDENT BIO ALEXA BYRD



"Alexa Byrd is currently completing her Honors Psychology degree at the University of Alberta, where she is researching potential speech markers and visual attention patterns of individuals with alexithymia. Prior to joining the Edmonton Social Planning Council she worked as a community disability services worker with individuals in the Edmonton area, which allowed her to learn about the different challenges people face in our city. Upon graduation, she ultimately hopes to obtain a seat in a Clinical Psychology PhD program where she can continue to hone her research skills and become a registered psychologist.

In addition to her work on campus and with the Edmonton Social Planning Council, Alexa spends most of her time with her husband and four cats. She enjoys Japanese food, horror films, iced lattes, and journaling about her day-to-day experiences. She also enjoys recording music, but she probably won't want you to listen to it."

## NEW BOARD MEMBER BIOGRAPHIES

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### ZAHRO HASSAN

Zahro Hassan is an activist and a community worker. She is currently a Doctoral student in the Department of Educational Policy Studies at the University of Alberta. Her research focuses on young adult refugees and access to postsecondary education. She has an extensive community and youth development experience within the multi-racial and multi-cultural immigrant communities of Toronto, Ottawa and Edmonton.

Zahro is passionate about education and literacy. She is the founder Buugaag, a charitable organization that helps schools in Somalia establish school libraries. Zahro is multilingual speaking English, Somali and conversational Arabic.

### VANESSA ZEMBAL

Vanessa Zembal currently works as the Farmers' Market Manager with the University of Alberta Students' Union and is also pursuing her Master's in Human Ecology from the University of Alberta. Vanessa is an active volunteer, working with organizations such as the Human Ecology Graduates Students' Association, Homeward Trust, and as a previous volunteer research writer with the Council.

She completed a Bachelor's of Science in Human Ecology in 2011. Vanessa is interested to serve on the Board of the Edmonton Social Planning Council in order to learn about and contribute to conversations about the Edmonton community, our history and what the Edmonton of the future might look like. She is also excited to learn more about how research is communicated to the public and applied directly to communities.

### MELISSA SCOTT

Melissa Scott is a policy and development professional. Her work has involved academic research, policy analysis, international and community development, policy training and program development and delivery, with a focus on immigration and refugee policy and newcomer settlement in Canada. Melissa holds a Master of Arts in Development Studies from York University, where she specialized in public policy and international migration, as well as a Graduate Diploma in Refugee and Migration Studies from York's Centre for Refugee Studies (CRS).

She is currently a Refugee Sponsorship Trainer and the Northern Alberta Program Representative for the Refugee Sponsorship Training Program (RSTP), a national program and implementing partner of the federal government's Immigration, Refugees and Citizenship Canada (IRCC). Melissa has extensive experience volunteering in leadership capacities, on both a municipal and national scale. She currently serves as a Steering Committee Member for the Canadian Council for Refugees (CCR), a national non-profit umbrella organization. As an advocate for advancing social justice and fostering diverse and welcoming communities, she has particular social policy interests in poverty reduction, addressing racial inequality and working towards improved

access to services to address gaps and to strengthen programs and policies that impact newcomers and all Edmontonians.

### THERESA VLADICKA

Theresa Vladicka has extensive experience in strategic policy development, stakeholder relations and issues management. Theresa is a proud member of the Alberta Public Service and has served with Culture and Tourism (present), Children's Services, and Advanced Education. Theresa earned a Bachelor's of Arts from the University of Alberta in 2001 and a Master's of Arts in Sociology from the University of Victoria in 2006. Theresa has actively developed her skills through professional training, including ongoing executive coaching and the Management Development Program certificate through the University of Alberta's Faculty of Extension. She currently serves as the Secretary for the Garneau School Council and was previously a Board member with the Garneau/University Early Learning Centre.

Theresa considers joining the Board of the Edmonton Social Planning Council an opportunity to combine her passion for social issues and community building with her expertise in policy, legislation and governance.



Award of Merit - Jasper Place Wellness Centre



## ESPC NEWS

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### ESPC SUMMER STUDENTS

We are so pleased to have with us two students who will be helping us out with our research projects this summer.

Yasmin Hussein and Alexa Byrd joined us in early June and will be with us until the end of August. Each one brings strengths in specific areas of research and will be an asset to our team.

Yasmin started one week before Alexa and therefore got the honor of doing some research on the cost of medical and substance abuse in Canada which is one of our feature articles. She will also be assisting us with the Food Bank Client Survey analysis and Vital Signs.

Alexa will be working with us on the Age Friendly Indigenous Seniors Social Isolation research project as well as the Alberta Council of Women's Shelters yearly survey.

### ESPC ENDOWMENT FUND - LEAVING YOUR PERMANENT MARK ON THE ORGANIZATION

Late last year the Edmonton Social Planning Council was fortunate enough to be in a financial position to establish our endowment fund. Through the Edmonton Community Foundation, the Edmonton Social Planning Council Fund was created to provide donors with an option to contribute a financial gift that will have the ability to contribute toward the organization for many years to come.

For some who may not be familiar with endowment funds, here is an excerpt from a paper written by Kathy Hawkesworth, Director of Donor Services at the Edmonton Community Foundation entitled: "The Well Endowed Charity, For Good, For Ever"

Endowment means:

- A separately identifiable fund,
- Created by a gift that is not spent (in perpetuity),
- Which is prudently invested,
- So as to generate sufficient earnings and growth to allow an appropriate portion of the earnings/fund to be spent each year to support the charities and activities for which the endowment was created,
- To allow the endowment support to remain meaningful over the VERY long term.

For the donor this means their endowment contributions operate as a permanent legacy of their goals, values and passions. The principle amount is invested by ECF and will continue to grow over time.

For the ESPC, this means a reliable source of steady, dependable financial support and the endowment bestows an aura of permanence on the organization or some aspect of its work. This in turn gives potential contributors and collaborators great confidence in our long term value.

When someone donates to ESPC through an endowment, each year (the following anniversary date of the establishment of the fund) the Net Income of the market value of each fund at the prior Year end will be granted back to the organization in the form of an annual disbursement.

For further information about ECF Endowments and to contribute to the ESPC Fund, please go to the following website <https://www.ecfoundation.org/donors/how-funds-work> and speak with an ECF representative.

## ESPC MEMBERSHIP

*I'm proud that my membership supports the Edmonton Social Planning Council's projects and provides me with valuable resources. Keep up the great work! - Kim H, Edmonton*

The strength of our voice is dependent upon the support of people and organizations concerned about social issues—people like you. By getting involved with the Edmonton Social Planning Council, you add your voice to our message of positive social development and policy change.

### Membership has its benefits:

- To be a part of making Edmonton a community in which all people are full and valued participants.
- To make it possible for us to distribute our material freely and widely.
- To have a say in the direction of the organization.
- To be eligible to serve on the board of directors.
- To stay informed by receiving our newsletters, fact sheets and other publications.

### ANNUAL MEMBERSHIP FEES

Small organizations (budget < \$1M)	\$50.00
Larger organizations (budget > \$1 M)	\$75.00
Individuals	\$25.00
Senior/Limited Income/Students	\$5.00
Associate (non-voting)	\$15.00

To become a member, visit [www.edmontonsocialplanning.ca](http://www.edmontonsocialplanning.ca)

Register and pay for your membership online (through PayPal) by clicking on the button in the category you wish to purchase (below), or;

Print out a membership form and mail it to our office, along with a cheque or money order made out to the Edmonton Social Planning Council [ESPC MEMBERSHIP FORM](#)

\*Online payments are processed using PayPal. If you choose to pay online, you will be directed to the PayPal payment page after you fill out and submit your membership form. PayPal is a secure and trusted site for paying online using credit card or Interac email money transfer. You will not be required to sign up for a PayPal account.

## DONATIONS

The ESPC relies on the generosity of individual donors to support our ongoing research and public education. (Registered Charitable Tax #10728 31 94 RP 0001)

Financial contributions are fully tax deductible and you will receive a registered charitable tax receipt.

Your donation helps us do our work. It keeps our social research current and comprehensive. It allows us to take on bigger projects and make a greater impact in the community. It strengthens our voice—your voice, and the voices of those who lack the opportunity to speak for themselves.

To donate please go to:

<https://www.edmontonsocialplanning.ca/~edmont65/index.php/support-us>

## ABOUT THE EDMONTON SOCIAL PLANNING COUNCIL

### 2018-2019 BOARD OF DIRECTORS

- Calypse Agborsangaya
- Candas Jane Dorsey
- Gwen Feeny
- Zaharo Hassan
- Peter Schalk
- Melissa Scott
- David Trautman
- Ben Whynot
- Theresa Vladicka
- Venessa Zembal

The Edmonton Social Planning Council is an independent, non-profit, non-partisan social research organization, with registered charitable status. Our focus is social research, particularly in the areas of low income and poverty. ESPC is a source of knowledge and expertise on social issues within our community.

We are dedicated to encouraging the adoption of equitable social policy, supporting the work of other organizations who are striving to improve the lives of Edmontonians, and educating the public regarding the social issues that impact them on a daily basis.

Our Vision - A community in which all people are full and valued participants.

Our Mission - Through rigorous research, detailed analysis, and community engagement, we deepen community understanding of social planning issues, influence policy, and spark collaborative actions that lead to positive social change.

### STAFF MEMBERS

- Susan Morrissey, Executive Director
- John Kolkman, Research Associate
- Sandra Ngo, Research Coordinator
- Stephanie Haar, Executive Assistant

### CONNECT WITH US ON SOCIAL MEDIA!

@EDMONTONSPC



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