



MIDDLESEX-LONDON HEALTH UNIT

## Alice in Wonderland – The Adventures in Partnerships

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## Down the Rabbit Hole

Core Competencies for Public Health in Canada: “Partnerships, Collaboration and Advocacy”<sup>1</sup>

- Common goal

Competencies of the Health Practitioner:

- Identify & collaborate with the ‘right’ partners
- Healthy public policies




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## Down the Rabbit Hole - Partnerships -

<p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Shared resources and responsibilities</li> <li>• Increased capacity</li> <li>• Greater impact</li> <li>• New and diverse perspectives</li> </ul>	<p><b>Types</b></p> <ul style="list-style-type: none"> <li>• Partnership, network, collaborative</li> <li>• Formal /informal</li> <li>• Simple / multi-layer</li> <li>• Topic vs. population focused<sup>2</sup></li> </ul>
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\* COMPLEXITY

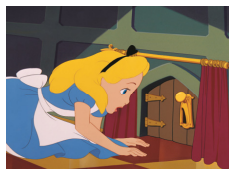



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## Down the Rabbit Hole - Reflective Questions -

Ask yourself: why is a partnership in this case better than working alone?

What to do	3	Done
1. Review your organization's reason for being, what you are trying to achieve.		
2. Develop a realistic assessment of your current reality—your strengths and the challenges you face.		
3. Identify your key priorities.		
4. Determine your partnership “readiness”—what are your expectations from a partnership and what are you willing to commit to building a partnership.		
5. Establish your partnership “limitations”—it is important to know in advance where your organization cannot or will not go.		

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Population Change 2006-2011


Population Change by municipality (%)

- Growth: 1.0 to 1.8
- Stable: -1.0 to 1.0
- Decline: -2.5 to -1.0

Map labels include: North Middlesex (-1.2%), Lambton Kent (1.6%), Middlesex Centre (5.0%), London (4.6%), Middlesex West (-1.2%), Middlesex East (3.9%), West Middlesex (5.0%), London (4.6%), South Middlesex (-0.5%), Wellington (1.6%), and Huron (1.6%).

HEAL: Health, Environment and Active Living Research Laboratory

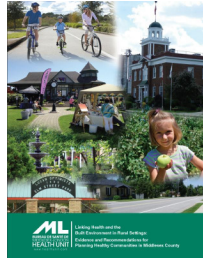
Data Source: Statistics Canada 2006, 2011



## The Pool of Tears

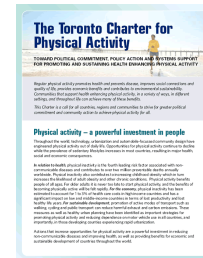
Linking Health and the Built Environment in Rural Settings <sup>4</sup>

- Get to know context
  - Population
  - Geography
  - Politics
  - Health Priorities
- Cultural sensitivity



## The Rabbit Sends a Little Bill

- Toronto Charter for Physical Activity <sup>5</sup>
- Political commitment
- Clear focus uncovered champions
- Sense of ownership
- Relevant & relatable
- Framework – 9 Guiding Principles



## The Caucus Race and a Long Tale

Register Today for:  
Creating Healthy Active Communities  
in Middlesex County

Join us  
as we bring together local stakeholders to discuss how supportive environments and policy can promote healthy and active communities in Middlesex County.  
(See Attachment for more detail)

Please RSVP by Wed. Jan 8th, 2014



DATE: Thursday January 23, 2014  
TIME: 8:30am - 3:00pm  
LOCATION: Middlesex Centre Wellness & Recreation Complex, 1 Tunks Lane, Komoka

Presented by: HEALTHY COMMUNITIES PROGRAM  
funded by THE MINISTRY OF HEALTH AND LONG-TERM CARE



## Advice from a Caterpillar

LISTEN!!!

TOOLS:

- Take their opinions seriously
- Active Middlesex
- Be honest & transparent
- Reflect

1. Top 10 Powerful Listening Practices <sup>6</sup>
2. Reflective Listening / Mirroring Technique <sup>7</sup>



## A Mad Tea-Party

- Make it interesting / engaging
- Language
- Have little wins



## The Queen's Croquet Ground

### Impromptu Networking

1. A healthy, active community is important to me personally because... (*personal*)
  2. My sector contributes to the overall health of the community by... (*common ground*)
  3. My greatest hope for our time together today is... (*professional & personal overlap*)
- \*identifies key champions\*



## The Queen's Croquet Ground

### 1-2-4-All

Question: personal, action-oriented, responsive  
 Example: What is standing out for you so far about your role in creating healthy, active communities?

Minute 1: self-reflection

2 minutes: build on ideas in pairs

4 minutes: share and develop ideas in foursomes

ALL share for 5 minutes: "What is one idea that stood out in your conversation"



## The Queen's Croquet Ground

### Conversation Café / The World Café <sup>8</sup>

- Fosters interaction and dialogue
- Collective insight / wisdom

Questions:

1. Start with the big picture
2. What can we do?

Brainstorm the How?

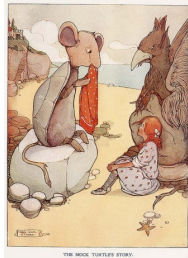
1. Barriers and Resources?
2. What could you do now?



## The Mock Turtle's Story

### Relationship building

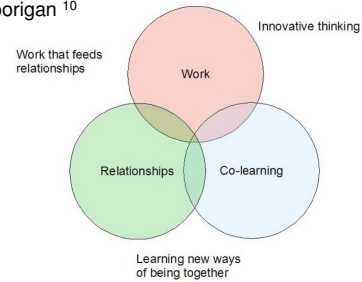
- Take the time to get to know your partners
- Find out what is important to them
- Who else is doing what you are doing?
- Constellation Model <sup>9</sup>
- Don't be afraid to let people go
- Clear focus



## Lobster Quadrille

### Three Conditions for Deeper Conversation

Chris Coorigan <sup>10</sup>



## Who Stole the Tarts?

- Think it would be easier to do it yourself?  
DON'T!!!
- Short vs. long-term goals
- Identify strengths
- Make them important
- Recognition & Praise



## Alice's Evidence

- Evaluate – Reports, Partnership Evaluations
- Reflection
  - New skills: conflict resolution, communication, leadership, chairing and facilitating
- Models
  - Developing Effective Coalitions: An Eight Step Guide <sup>11</sup>
  - Public Health Ontario – At a glance – the eight steps to developing a healthy public policy <sup>12</sup>



## The End



## Special Thanks

**Mary Lou Albanese**, Manager, Healthy Communities and Injury Prevention Team, Middlesex-London Health Unit

### Middlesex Active Communities (MAC) Partnership

Jason Boyer, Lucan Biddulph  
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Al Edmondson, Middlesex Centre  
Cindy Howard, Middlesex County  
Jo-Ann Hutchison, Ontario  
Rob Lilbourne, Strathroy-Caradoc  
Steve MacDonald, Southwest  
Middlesex  
Scott Mairs, Middlesex  
Centre  
Liz Murray, Thames Centre

Lindsay Neale, YMCA  
Scott Nickles, North Middlesex  
Ben Puzanov, Middlesex County  
Denise Smith, Heart & Stroke  
Foundation  
Soyuth Sok, YMCA  
Tracey Tiersma, Thames Centre  
Chris Traini, Middlesex County  
Geoff Vogt, YMCA



## End Notes

- <sup>1</sup> Public Health Agency of Canada. (2008) *Core competencies for Public Health in Canada*. Ottawa: Author.
- <sup>2</sup> HC Link Webinar Slides. (2015, April 23). *The genius of partnerships: New relationships and diverse perspectives within a common vision*. Retrieved from [http://www.hc.linkontario.ca/images/Uploaded\\_files/2015/Part%201%20-%20Collaborative%20Partnership%20series%20slides.pdf](http://www.hc.linkontario.ca/images/Uploaded_files/2015/Part%201%20-%20Collaborative%20Partnership%20series%20slides.pdf)
- <sup>3</sup> Wild Rose Foundation. (2001). *Working in Partnership – Recipes for Success*. Alberta: Author.
- <sup>4</sup> Middlesex-London Health Unit. (2013) *Linking Health and the Built Environment in Rural Settings: Evidence and Policy Implications for Planning Healthy Communities in Middlesex County*. London, Ontario: Author.
- <sup>5</sup> Global Advocacy Council for Physical Activity, International Society for Physical Activity. (2010, May 20). *Toronto Charter for Physical Activity: A Global Call to Action*.
- <sup>6</sup> Lindahl, K. (2009). Workshops and Presentations on the Sacred Art of Listening: Top 10 Powerful Listening Practices. *Sacred Listening*. Retrieved from [http://www.sacredlistening.com/tlc\\_top10en.htm](http://www.sacredlistening.com/tlc_top10en.htm)



## End Notes

- <sup>7</sup> The Compassionate Listening Project. (2013). Reflective Listening/Mirroring Technique. In, *The Fundamentals of Compassionate Listening: Healing Our World From the Inside Out* (p. 6). [www.compassionatelisting.org](http://www.compassionatelisting.org)
- <sup>8</sup> Leading Edge Summit. (2012). The World Café. In *Bold Leadership to Recharge Our Rural Communities: Tools and techniques for energizing and mobilizing participation* (p. 28). Retrieved from [2012LeadingEdgeSummitworkbook.pdf](http://2012LeadingEdgeSummitworkbook.pdf)
- <sup>9</sup> Centre for Social Innovation. *Constellation Governance Model*. Retrieved from <http://socialinnovation.ca/constellationmodel>
- <sup>10</sup> Corrigan, C. (2012). Three Conditions for Deeper Conversation. In Leading Edge Summit, *Bold Leadership to Recharge Our Rural Communities: Tools and techniques for energizing and mobilizing participation* (p. 13). Retrieved from [2012LeadingEdgeSummitworkbook.pdf](http://2012LeadingEdgeSummitworkbook.pdf)
- <sup>11</sup> Cohen L, Baer N, Satterwhite P. Developing effective coalitions: an eight step guide. In: Wurzbach ME, ed. *Community Health Education & Promotion: A Guide to Program Design and Evaluation*. 2nd ed. Gaithersburg, Md: Aspen Publishers Inc; 2002:144-161.
- <sup>12</sup> Public Health Ontario. (2013, October 4). *At a glance – the eight steps to developing a healthy public policy*.

