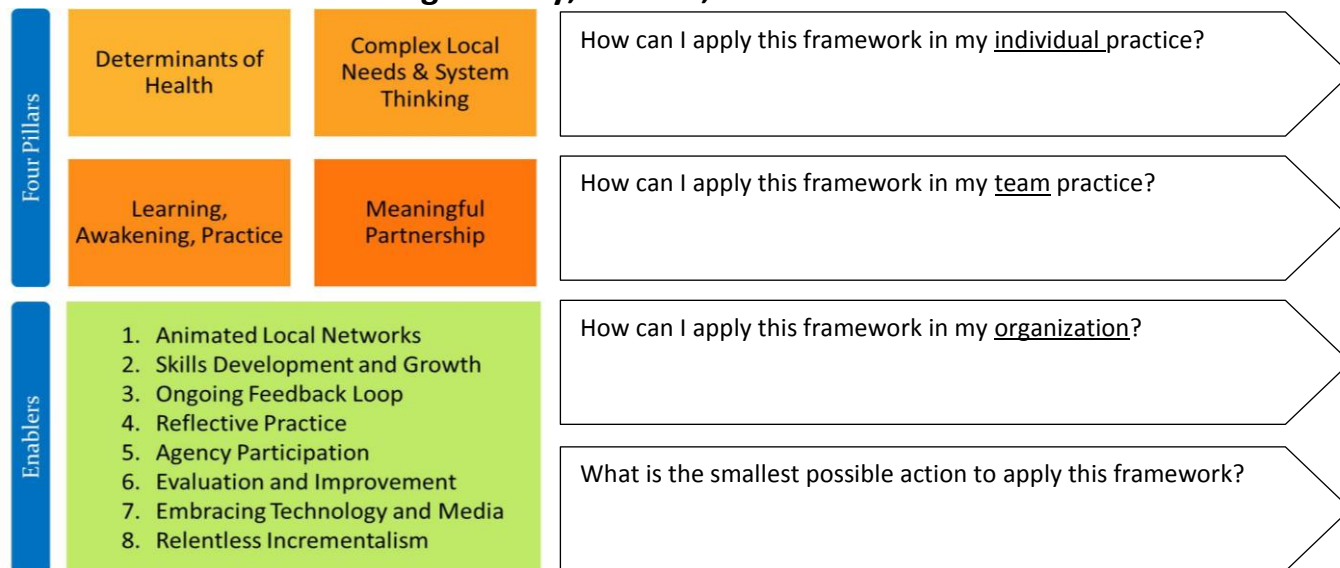


## A. Framework for Sustaining Healthy, Vibrant, Resilient Communities



## B. Analyzing Community Needs using N3C

<b>Needs (N)</b> e.g. Security, shelter, connection	<i>The needs of my community...</i>
<b>Circumstances (C)</b> e.g. Existing services, public funding availability, built environment	<i>The circumstances of my community...</i>
<b>Characteristics (C)</b> e.g. Concentration of newcomers, age cohorts, family living arrangement	<i>The characteristics of my community...</i>
<b>Capacities (C)</b> e.g. Resources, knowledge, skills, social capital, readiness to mobilize	<i>The capacities of my community...</i>

## C. Assessing Community Capacity: The Community Participation Scale<sup>1</sup>

Level -1	Negative Respondent	Respond to program negatively, including hostility and aggression towards worker, program or organization.
Level 0	Non-respondent	Does not respond to worker's input, or refuse to engage.
Level 1	Passive Respondent	Passively responding to invitation or input: Willing to receive information about community activities, answer questions.
Level 2	Active Respondent	More active response such as showing interest in the group or its activities, asking question regarding the community or other members.
Level 3	Passive Participant	Participation may include attendance or meetings or events, and willing to contribute occasionally when asked.
Level 4	Active Participant	Active participation includes regular attendance of meetings and events, willingness to contribute, frequently volunteering to help out.
Level 5	Task Leader	Taking on some form of leadership function, assumption of responsibility for specific tasks, such as distributing flyers, preparing food, teaching a specific skill to members, calling up members to come to events, etc.
Level 6	Organizational Leader	Providing vision, sense of direction, building a leadership team, delegation and division of labour, coaching, mentoring, managing crisis and conflicts.

1. Tsang, A. K. T. (2013). *Learning to change lives*. Toronto, ON: University of Toronto Press.

## D. Worker's Reflection Log

Note: Reflect on our work in engaging newcomers/immigrants for building vibrant community health. Personalize your reflection log! For example ...

Engagement	<input type="checkbox"/> Listening to what the community really cares about? <input type="checkbox"/> Tapping into local wisdoms?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Assessment	<input type="checkbox"/> Community's N3C? <input type="checkbox"/> Assessing community capacity continuously?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Planning	<input type="checkbox"/> Working with local leaders and agencies? <input type="checkbox"/> Process and task objectives?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Implementation	<input type="checkbox"/> Seeking ongoing feedback? <input type="checkbox"/> Building the supports for the community (e.g. facilitating vs. educating)?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Evaluation and Improvement	<input type="checkbox"/> Indicators are reliable, valid, feasible, specific, sensitive, affordable and relevant?	<input type="checkbox"/> Supports ongoing service improvement? <input type="checkbox"/> <input type="checkbox"/>
Learning and Development	<input type="checkbox"/> My own N3C? <input type="checkbox"/> Cultural competency?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

## E. Additional Online Resources

<b>Community Engagement</b>	
HC Link Resources: Community Engagement	<a href="http://www.hclinkontario.ca/index.php/resources/resources/community-engagement.html">www.hclinkontario.ca/index.php/resources/resources/community-engagement.html</a>
Partners in Health (PIH): Global Health Knowledge Centre	<a href="http://www.pih.org/knowledge-center">www.pih.org/knowledge-center</a>
Public Interest (a consultancy firm): Tools and Resources	<a href="http://publicinterest.ca/tools-and-resources">http://publicinterest.ca/tools-and-resources</a>
SSLD (Strategies and Skills Learning and Development)	<a href="http://ssld.kttsang.com/index.html">http://ssld.kttsang.com/index.html</a>
Tamarack Institute for Community Engagement	<a href="http://tamarackcommunity.ca/index.php">http://tamarackcommunity.ca/index.php</a>
Wellesley Institute: Building Healthy Communities	<a href="http://www.wellesleyinstitute.com/our-work/healthy-communities/">www.wellesleyinstitute.com/our-work/healthy-communities/</a>
<b>Health Promotion</b>	
Global Health Promotion Consortium, University of Toronto	<a href="http://global-health-promotion-consortium.spruz.com/">http://global-health-promotion-consortium.spruz.com/</a>
Health Nexus	<a href="http://www.healthnexus.ca/">www.healthnexus.ca/</a>
Ministry of Health and Long Term Care, Ontario	<a href="http://www.health.gov.on.ca/en">www.health.gov.on.ca/en</a>
Ontario Health Promotion Resource Centre	<a href="http://www.ohprs.ca">www.ohprs.ca</a>
Ontario Health Promotion E-Bulletin	<a href="http://www.ohpe.ca">www.ohpe.ca</a>
Public Health Agency of Canada	<a href="http://www.phac-aspc.gc.ca">www.phac-aspc.gc.ca</a>