



**Gentium Consulting** is a **Canadian, multi-lingual research** firm, providing a client-centred approach to **applied social research, program evaluation, community engagement** and **training**.

We specialize in working with **community-based organizations** as well as all levels of **government, public health, and the educational sector**.

**Gentium Consulting** was founded in 1988 and is based in Ottawa, Canada.

Our key areas of expertise are:

- ✓ Social Research
- ✓ Program Evaluation
- ✓ Training and Education
- ✓ Community Engagement

**Our commitment** and experiences combine the rigour and ethical standards of academic research with participatory and process-oriented requirements of community-based and applied social research.

## Principal consultants

The principals, Alma Estable and Mechthild Meyer, have worked together for over twenty years, providing stability, consistency, and leadership to a dedicated group of associated researchers.

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**Gentium** has conducted projects in relation to the following:

- Research and Evaluations in Health Promotion
- Equity, Diversity and Equal Access
- Training, Education and Knowledge Transfer
- Research Methods
- Scoping and Systematic Reviews

## Research and Evaluations in Health Promotion

Gentium has been involved in numerous health promotion studies and conducted many program evaluations, described below. Where appropriate and requested by clients, we share research results in conference presentations, and published articles. We also make findings accessible to diverse audiences through powerpoint presentations, websites, oral briefings, and webinars.

Gentium's principal researchers are affiliated to the University of Ottawa's Population Health Improvement Research Network/Réseau de recherche sur l'amélioration de la santé des populations.

- Chronic Disease Prevention
- Pre and Post natal Services
- School Health
- Tobacco Control
- Violence Against Women and Children
- Addiction, Homelessness and Mental Health
- Health promotion with marginalized communities
- Program Planning in Public Health

## Chronic Disease Prevention

### ✓ **Compendium of Resources for Chronic Disease Prevention Kit - PHAC**

Identifying a compendium of online resources/information that will be accessible, through the kit using hyperlinks, to the public.

**Estable, A. & Meyer M. (2011). *Overview, suggestions and databases (national and provincial level) for a compendium of online resources for the chronic disease prevention kit.*** Public Health Agency of Canada.

### ✓ **Colorectal Cancer: Scoping review and systematic assessment of decision aids and related information directed to the Canadian public, 2010**

Using online databases of published articles, web resources, and search engine strategies, identified material available to Canadians. Systematically reviewed information sources for content, visuals, and messaging, and compared with current research evidence on effective uptake of recommended colorectal cancer screening procedures.

**Estable, A. & Meyer, M. (2010). *Colorectal Screening Decision Aids - A Scoping Review of the Literature and Brochures.*** Prepared for the Chronic Disease Prevention Division, PHAC.

### ✓ **Systematic review of Canadian published research on Children's Environmental Health; synthesis of findings. 2009-10**

Key informant interviews with officials in key government departments across jurisdictions and regions to explore readiness to endorse and adopt a National Strategy on Children's Environmental Health.

**Meyer, M., & Estable, A. (2010). *Research on Children's Environmental Health in Canada. A Synthesis of Current Studies.*** Prepared for: Vulnerable Populations, Policy Planning and Integration Directorate, Health Canada.

**Estable, A. & Meyer, M. (2009). *Developing a National Strategy on Children's Environmental Health. Report from Key Informant Interviews.*** Prepared for: Vulnerable Populations, Policy Planning and Integration Directorate, Health Canada.

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✓ **Evaluation of the Ontario Heart Health Coalitions, 2001-2007**

In collaboration with the Community Health Research Unit (CHRU), evaluated coalition development across different stages of implementation, benchmarking to future strategies. Developed data collection instruments and analysis frameworks, collected data from stakeholders across Ontario (in person interviews, telephone focus groups), analyzed and reported findings at several stages.

**Estable, A. & Meyer, M. (2007). *Decision Support for the Ontario Heart Health Program: Taking Action for Healthy Living.*** Technical Report: Focus Group Facilitation, Analysis and Findings. Centre for Behavioural Research and Program Evaluation, University of Waterloo.

MacLean, L., Meyer, M. & Estable, A. (2003). ***Ontario Heart Health Coalition Phase II – Strategies for the Future.*** Community Health Research Unit, December 2003.

**Estable, A., Meyer, M., Hébert, D., Carrière, H. & MacLean, L. (2002). *Évaluation du partenariat franco-santé:*** Assessment of Heart Health coalition building among French service providers in Ottawa-Carleton. Monograph Series M02-2, Community Health Research Unit, Ottawa, 2002.

MacLean, L., Estable, A. & Meyer, M. (2001). ***Evaluation of Heart Health Coalitions in Ontario. Bench Marking Report - Qualitative Study.*** Community Health Research Unit.

**Pre and Postnatal Service Delivery**

✓ **Qualitative Analysis of Story Data for the Summative Evaluation of the Canadian Prenatal Nutrition Program (CPNP) and the Community Action Program for Children (CAPC), 2007-2010**

Developed and applied an evaluation framework to assess qualitative project data (stories) collected over six program cycles from two national child health programs, using CPNP's and CAPC's Results Based Management Accountability Framework indicators. Examined how social determinants of health were addressed, and whether activities represented best practices in maternal health. Also analyzed achievement of key indicators for community capacity using Public Health Agency of Canada capacity building framework. Studies contributed to summative evaluations of the program for Treasury Board: [http://www.phac-aspc.gc.ca/about\\_a-propos/evaluation/reports-rapports/2009-2010/capc-pace/references-eng.php](http://www.phac-aspc.gc.ca/about_a-propos/evaluation/reports-rapports/2009-2010/capc-pace/references-eng.php)

**Meyer, M., Estable, A., MacDonald, J., Peterson, W., & Barber, J. (2010). *How Do We Know Whether Our Programs Are Addressing Social Determinants of Health? Learning from Canada's Prenatal Nutrition Programs (CPNP) "Success Stories"*.** Canadian Public Health Association Centennial Conference, Toronto, June 16.

**Meyer, M. & Estable A. (2008). *Qualitative Analysis of the Community Action Program for Children's (CAPC) Story Data.***

Centre for Health Promotion/Division of Childhood and Adolescence. Public Health Agency of Canada.

**Estable, A., Meyer, M., Peterson, W., & MacDonald, J. (2008). *Qualitative Analysis of Canada Prenatal Nutrition Program's (CPNP) Success Stories*.** Centre for Health Promotion/Division of Childhood and Adolescence, Public Health Agency of Canada. Findings integrated in: [http://www.phac-aspc.gc.ca/about\\_apropos/evaluation/reports-rapports/2009-2010/cpnp-pcnp/references-eng.php](http://www.phac-aspc.gc.ca/about_apropos/evaluation/reports-rapports/2009-2010/cpnp-pcnp/references-eng.php)

**Meyer, M. & Estable, A. (2007). *Analysis Framework of the Canadian Prenatal Nutrition Program (CPNP) Individual Program Questionnaire (IPQ) Success Stories and Pilot Analysis of Selected Themes*.** Prepared for the Public Health Agency of Canada.

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✓ **Evaluating the Nurse Practitioner Prenatal/Postnatal Pilot Program in Ontario, 2005-2010**

Developed assessment framework, ethics review, outreach to target population, data collection tools & protocols. Key informant interviews (including interpreters) with minority marginalized women, community leaders, and health unit informants across Ontario. Sites included community centres, farms, local agencies and health departments. In-depth qualitative analysis, summary of findings and recommendations to improve program in report to client. Secondary qualitative data analysis used in published article.

**Meyer, M., & Estable, A., MacLean, L., & Peterson, W. (2010). *Family Home Visitors: Increasing Minority Women's Access to Health Services*.** Journal of Health

Disparities Research and Practice, 3(3), 1-20. <http://www.unlv.edu/journals/chdr/journals/JHDP-V3N3%20SP10.pdf#page=6>

**Estable, A., MacLean, L., Meyer, M., Peterson, W., & Engasdaw, A. (2006). *Assessing Access In Nurse Practitioner-Provided Prenatal and Postnatal Care: Perspectives of Clients and Community Leaders*.** Discussion Paper, Community Health Research Unit; Prepared for Early Years Program Branch, Policy Development and Program Design Division, Ontario Ministry of Children and Youth Services. <http://aix1.uottawa.ca/~nedwards/chru/english/discussion%20papers.html>

**Estable, A. & Meyer, M. (2005). *Evaluation Of The Prenatal And Postnatal Nurse Practitioner Services Initiative. Analysis of Health Unit Informant Interviews*.** Prepared for Susan Snelling, Public Health Research, Education and Development, PHRED – Sudbury

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✓ **Infant Care Survey and Prenatal Services at Ottawa Public Health, 1997-2004**

Research and evaluation studies focused on pre and post natal services. Gaps in data from newcomers with limited official language knowledge led to translating/adapting standard survey, and pilot project with newcomer mothers from four linguistic minority populations (Arabic, Chinese, Spanish, Russian). Included recruitment and training of linguistic minority interviewers. Data analyzed and compared across language groups, with recommendations for program delivery and data collection.

**Estable, A., Meyer, M. & MacLean, L. (2004). *Newcomer Infant Care Survey - Piloting An Approach And A Tool*.** Community Health Research Unit.

**Meyer, M. & Estable, A. (2000). *Infant Care Survey in Ottawa-Carleton*.** Evaluation report with analysis of survey data. Prepared for the Ottawa-Carleton Health Department.

**Estable, A. & Meyer, M. (1999). *Early Intervention by Public Health Nurses With Clients of the Children's Aid Society - Evaluation of a Pilot*.** Prepared for Healthy Babies, Healthy Children.

**Estable, A. & Meyer, M. (1998). *Evaluation of Postpartum Services*.** Ottawa-Carleton Health Department.

**Meyer, M. & Estable, A. (1998). *Evaluation of Baby-drop in Clinics Facilitated by Ottawa-Carleton Health Department*.** Ottawa-Carleton Health Department.

## School Health

### ✓ **Healthy Vending Machines in Schools? A Formative Evaluation of a Vending Machine Program, 2007**

Formative evaluation: designed framework, assessed implementation-included detailed survey of vending machine inventories, observational case studies of food environment at selected schools, policy review, focus groups with high school students across region. Report to client included recommendations for program improvement. Focus group findings presented at CPHA conference.

**Estable, A., Meyer, M. & Murkin, E. (2007). *Improving Nutrition Through Healthier Vending Machines? Student Insights*.** Paper presented at the Canadian Public Health Association Conference, Ottawa, 07.

**Meyer, M. & Estable, A. (2007). *Improving Healthy Food Choices in the School***

***Environment – A Formative Evaluation of the Fuel to Xcell Vending Machine Program*.** Prepared for the Nutrition Team – Ottawa Public Health.

### ✓ **Obesity and Body Image**

Impact of school-based Body Mass Index Screening on children, how it might contribute to further stigmatization; issues of body image for young women.

MacLean, L., **Meyer, M.**, Walsh, A., Clinton, K., Ashley, L., Donovan, S., & Edwards, N. (2010). ***Stigma and BMI Screening in Schools, or “Mom, I Hate it When They Weigh Me”***. In: O'Dea, J. & Eriksen, M. (Eds.). *Childhood Obesity Prevention - International Research, Controversies and Interventions* (pp.17-30). Oxford University Press.

**Estable, A. (2002) *Introduction*.** In: *Le corp en tête: Les jeunes femmes s'expriment*. Torres, A.; MacNevin, A.; O'Reilly, E., Silverman, E. L. & Tayler, A. (eds). *Vision Féministes* No. 8. CRIAW/ICREF: Ottawa.

## Tobacco Control

Series of short-term and mid-term evaluations, for Health Canada, CHRU, Ontario's Program Training and Consultation Centre related to youth tobacco control.

### ✓ **Science Tobacco and You! A Tobacco Prevention Resource for Children, 2005-2007**

Determine effectiveness of innovative smoking prevention curriculum aimed at primary students. Evaluation conducted at multiple sites, with diverse population groups (Aboriginals, Francophones) across Canada. Also examined effectiveness of Health Canada's dissemination strategy for resource uptake across regions.

**Estable, A. & Meyer, M. (2007). *Phase III Evaluation of Science, Tobacco and You! 12-Month Follow-Up.*** Prepared for Health Canada; Office of Prevention, Cessation and Education; Tobacco Control Programme.

**Estable, A. & Meyer, M. (2006). *Evaluation of Science, Tobacco and You – Phase II. Evaluating The Implementation of the Resource in Four Sites, and The Short-Term Impact on Students And Teachers.*** Prepared for Health Canada; Office of Prevention, Cessation and Education; Tobacco Control Programme.

**Estable, A. & Meyer, M. (2005). *Evaluation of the Dissemination Of Health Canada's "Science, Tobacco And You!"*** Prevention, Cessation and Education, Tobacco Control Programme, Health Canada.

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### ✓ **Quit4Life: Smoking Cessation for Teenagers**

Developed evaluation framework, examined short- and mid-term effectiveness of Quit4Life, a teen cessation intervention implemented across Canada. Included youth focus groups, program facilitator interviews in multiple sites.

Redesigned Quit4Life facilitator guide, based on evaluation recommendations.

Revised Quit4Life web-site to incorporate self-directed learning modules. Established and worked with a Youth Reference Group to pilot revised materials.

Quit 4 Life has been reviewed and approved by the Better Practices Project, Program Training and Consultation Centre c/o University of Waterloo as a promising practice for youth cessation.

<http://www.ptcc-cfc.on.ca/bpt/intervention-details.cfm?IntID=30>

**Meyer, M. & Estable, A. (2005). *Quit4Life – Follow-up Evaluation.*** Prepared for: Tobacco Control Programme, Health Canada.  
[http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/quit-cesser-anneval/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/quit-cesser-anneval/index_e.html)

**Meyer, M. & Greene, J.K. (2005). *Unhook them while they are young. Evaluating the Quit4Life Youth Cessation Program.*** Paper presentation at the 4th National Conference on Tobacco or Health, Ottawa, June , 2005.

**Meyer, M. & Estable, A. (2004). *Quit4Life Online: Development of a Teen Smoking Cessation Program*** (Tobacco Control Programme, Health Canada, July 2004).  
[http://www.quit4life.com/prog\\_e.asp?page=intro](http://www.quit4life.com/prog_e.asp?page=intro)

**Estable, A. & Meyer, M. (2004). *Quit4Life Facilitator Guide.***  
[http://www.quit4life.com/handbook\\_e.asp](http://www.quit4life.com/handbook_e.asp)

**Meyer, M. & Estable, A. (2004). *Quit4Life Evaluation Project.*** Health Canada.  
[http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/quit-cesser-progeval/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/quit-cesser-progeval/index_e.html)

**Estable, A. & Meyer, M. (2004). *Enhancing, Personalizing and Updating the Quit 4 Life On-line Youth Cessation Program: Developing an Interactive Self-Help Program.*** Tobacco Control Programme, Health Canada.

**Meyer, M. & Estable, A. (2002). *Evaluation Tools and Implementation Guide for the Quit 4 Life Youth Cessation Program.*** Tobacco Control Programme, Health Canada  
<http://www.hc-sc.gc.ca/hecs-sesc/tobacco/youth/quit/quit.html>

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### ✓ **Tobacco control with young adults**

Development and assessment of a two-year participatory tobacco reduction initiative aimed at university students. Designing

interview tools in English and French, conducting interviews in French and English. Qualitative analysis and report writing.

MacLean, L., Meyer, M., Robertson-Palmer, K., Diem, E., Carroll, G., Moses, K., Zimmerman, L. (1999). ***Young Adults and Smoking: A Qualitative Study Exploring Issues and Interventions.*** Monograph M99-7. Community Health Research Unit.

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### ✓ Denormalizing Tobacco Use Among Youth

Evaluation of training workshops and resources directed to youth and GLBT communities, for the Program Training and Consultation Centre (Ontario Tobacco Resource Centre)

Meyer, M. & Estable, A. (2003). ***Denormalizing Tobacco: Working with Youth in Anti-tobacco Advocacy. Evaluation of Phase II –Follow-up.*** Prepared for the Programme Training and Consultation Centre.

Estable, A. & Meyer, M. (2003). ***Smoke-free Spaces: Activist Toolkit – Evaluation Tools.*** Prepared for Health Canada.

Meyer, M. & Estable, A. (2003). ***Denormalizing Tobacco: An Advocacy Strategy Evaluation of Phase I – Workshop Implementation.*** Prepared for the Programme Training and Consultation Centre.

Nevela, J., Estable, A., Meyer, M. (2002). ***Youth Advocacy Strategies that Make a Difference for Tobacco Control.*** (2002). Poster Presentation. Third National Conference on Tobacco or Health, Science and Policy in Action, Ottawa, Dec.1-4, 2002.

Estable, A. & Meyer, M. (2002). ***Evaluation Framework - Tobacco Tools for Youth by Youth.*** Prepared for the Youth Tobacco Coalition.

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### ✓ Smoking Cessation in Marginalized Communities - GLBT

Meyer, M. & Estable, A. (2007). ***Smoking Cessation for People with HIV/AIDS in the Gay Community.*** Prepared for the Program Training and Consultation Centre (PTCC).

Meyer, M. & Estable, A. (2006). ***Smoking Cessation and the Gay Community – Evaluation.*** Prepared for the Program Training and Consultation Centre (PTCC).

## Violence Against Women and Children

Many projects address violence against women and children, including policy analysis, community consultations, program evaluations, collaborative model development, leadership development, designing and conducting training for service providers and community leaders. We have focused on experiences of, and services by and for, minority women.

### ✓ Staff Development and Orientation

Meyer, M., & Estable, A. (2009). ***Providing Crisis Counselling at Immigrant Women Services of Ottawa (IWSO) – An Orientation Manual.*** IWSO - Services for Immigrant Women Experiencing Violence. Ottawa.

Estable, A. & Meyer, M. (2007). ***Facilitating Parallel Groups For Immigrant Children And Their Mothers Who Have Experienced Violence – A Manual for Facilitators.***

Prepared for the Immigrant Women Services of Ottawa (IWSO).

**Meyer, M., & Estable, A. (2001). *Changing the Landscape - A Training Manual for Organizations Serving Immigrant Women Victims of Violence*.** Immigrant and Visible Minority Women Against Abuse, September 2001.

**Estable, A. & Meyer, M. (2000). *Training Community Leader Survivors*.** Leadership development for ethnoracial minority women who survived violence. Immigrant and Visible Minority Women Against Abuse.

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### ✓ Collaborative Service Delivery

**Meyer, M. & Estable, A. (2001). *Collaborative Service Delivery Model: A Proposed Approach to Service Delivery for Immigrant And Visible Minority Women Survivors of Violence and Their Children*.** Immigrant and Visible Minority Women Against Abuse and Family Services Centre.

**Estable, A. & Meyer, M. (2001). *Project Evaluation: Collaborative Service Model To Meet The Needs Of Immigrant And Visible Minority Women, Children And Youth*.** Immigrant and Visible Minority Women Against Abuse and Ottawa Family Services Centre.

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### ✓ Focus on Children

**Meyer, M. & Estable, A. (1995). *Child Abuse and Prevention in Ethnocultural Communities - An Exploratory Study*.** National study based on a qualitative interviewing process, prepared for the Canadian Ethnocultural Council, in collaboration with Health Canada and the Department of Canadian Heritage.

**Meyer, M. & Estable, A. (1993). *Play Therapy Project for Socially and Economically Disadvantaged Children who Are Victims of Trauma*.** Prepared for Ottawa-Carleton Headstart Association for Preschools (OCHAP), Our Kids Building a Future in Ottawa-Carleton.

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### ✓ Policy and Immigration Issues

**Meyer, M. & Estable, A. (1999). *Violence and Abuse Against Domestic Workers - An Overview of Current Knowledge and Research Gaps*.** Consultation and Report prepared for Status of Women Canada.

**Estable, A. & Meyer, M. (1990). *Structured Dependencies: The Situation of Fiancé/e Visa Holders: Analysis of immigration policies leading to case development for possible Charter of Rights Challenge*.** Canadian Ethnocultural Council, Ottawa.

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### ✓ Sexual Assault

**Estable, A. & Meyer, M., Riggs, J., & Tyler, L. (1991). *Interdisciplinary training manual on sexual assault*.** Ontario Women's Directorate.

**Meyer, M., Estable, A., Riggs, J. & Tyler, L. (1990). *Interdisciplinary training on sexual assault: pilot testing of training material for front-line service providers (social services workers, police, crown attorneys, health professionals, workers in correctional services)*** in Cornwall, ON, for the Ontario Women's Directorate.



## Addiction, Homelessness and Mental Health

We have worked in the intersections between substance use, mental health, violence and homelessness, in comprehensive studies that focused on childcare needs and solutions for mothers with substance use problems; housing needs for women and children; service improvement in family shelter. Gentium developed research and ethical review proposals, design and evaluation frameworks, data collection tools and analytic approaches. We have conducted interviews and focus groups, and used participatory observation approaches, with mothers in treatment facilities, immigrant women facing mental health challenges, children and their mothers living in a temporary housing, homeless individuals with addictions and concurrent disorders, as well as case studies. We have interviewed hundreds of front-line service providers, program directors, and policy makers across Canada and in treatment settings in the US.

- Drug Strategy Community Initiative Fund – Formative Evaluation of two Calls for Proposals
- Homelessness and Concurrent Disorders
- Substance Use
- Mental Health

### ✓ Drug Strategy Community Initiative Fund – Formative Evaluation of two Calls for Proposals

Three phases: Project included criteria-based assessment of national proposals; consensus building with DSCIF review team; synthesis of information to support decisions; analysis of assessment process; recommendations to

improve CFP assessment tools and process.

Evaluation framework and preliminary assessment of the first Call for Proposals (2009.) Based on document analysis, interviews with regional managers, and data from 300 proposals.

Formative evaluation of implementation of Calls for Proposals (CFP) over two funding cycles. Developed indicators of proposal quality and completeness. Conducted focus groups with regional managers, national staff. Online survey collected quantitative and qualitative data from proponent organizations across the country. Report includes recommendations to improve the CFP process.

**Estable, A. & Meyer, M. (2010). *Formative Evaluation of the DSCIF 2008 and 2009 Calls for Proposals*.** Prepared for Drug Strategy Community Initiative Fund. Office of Demand Reduction, Health Canada.

**Estable, A. & Meyer, M. (2009). *Formative Evaluation of the Drug Strategy Community Initiative Fund 2008 Call For Proposals. Preliminary Results from Key Informant Interviews*.** Prepared for Drug Strategy Community Initiative Fund. Office of Demand Reduction, Health Canada.

**Estable, A. & Meyer, M. (2008). *Assessing Proposals For The Health Canada Drug Strategy Community Initiative Fund – Process And Lessons Learned*.** Prepared for the Drug Strategy Community Initiatives Fund, Health Canada.

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### ✓ Homelessness

**Meyer, M. & Estable, A. (2002). *Homelessness and Substance Use: Exploring Cross-sectoral Service Needs from the Clients' Perspective*.** Prepared for

the Centre of Addiction and Mental Health (CAMH), December 2002. See: **2003 Learning Forum on Homelessness - Building Capacity** [http://www.socialsciences.uottawa.ca/crecs/eng/events\\_past.asp](http://www.socialsciences.uottawa.ca/crecs/eng/events_past.asp)

**Meyer, M. & Estable, A. (1992). *Organizational Review of Robertson House - A Transition Place for Homeless Children and Their Mothers***. Prepared for the Community Services and Housing Committee of Metropolitan Council, The Municipality of Metropolitan Toronto.

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### ✓ Substance Use

**Estable, A. & Meyer, M. (1995). *Immigrant Women and Substance Use - Current Issues, Programs, and Recommendations***. Health Promotion and Services Branch, Health Canada, 1995. Monograph available online:

<http://dsp-psd.pwgsc.gc.ca/Collection/H39-356-1996E.pdf>

**Estable, A. & Meyer, M. (1990). *Childcare Needs of Addicted Women***. Women's Advisory Committee of Council on Addictions Programs/ Maison Fraternité, Ottawa, 1990.

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### ✓ Mental Health

Cuenco, J. & **Estable, A. (1986). *Mental Health Needs of Immigrant Women***. In: Masi, R. (Ed) Partnerships in Health in a Multicultural Society. Multicultural Health Coalition: Toronto.

**Estable, A. & Holmes, J. (1985) *Mental Health Service Needs of Immigrant Women in Ottawa-Carleton***. Ottawa-Carleton Immigrant Service Organization/Secretary of State for Multiculturalism: Ottawa.

**Holmes, J. & Estable, A. (1985) *Review and Analysis of the Literature on Mental Health Service Needs of Immigrant Women***. Ottawa-Carleton Immigrant Service Organization/Secretary of State for Multiculturalism: Ottawa.

## Health promotion with marginalized communities

In addition to studies on **immigrant, refugee and racial minority populations**, Gentium has been involved in studies focusing on Aboriginal communities, GLBT populations and persons with HIV/AIDS.

### ✓ Aboriginal communities

Dawn, S., Edwards, N., Peterson, W., Jagiarz, M., Laplante, D. & **Estable, A. (2010). *Rethinking Nursing Best Practices with Aboriginal Communities: Informing Dialogue and Action***. Nursing Leadership, 22(4), 22-37.

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### ✓ Literacy

**Meyer, M. & Estable, A. (2007). *Canadian Public Health Association (CPHA) Health Literacy Consultations – Synthesis Report***. Prepared for the Canadian Public Health Association, March 2007.

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### ✓ HIV and pregnant women

**Estable, A. & Meyer, M. (2002). *HIV Testing in Pregnant Women. Qualitative Analysis of Interviews***. Summary Report Prepared for Dr. Lynne Leonard, University of Ottawa.

## ✓ Immigrant and Refugees

Pottie, K., Torres, S., Martinez, A.C., & **Estable, A.** (2006) ***A Systematic Review of Clinical Preventive Guidelines for Immigrant and Refugees.*** Working Paper for the Public Health Agency of Canada.

**Meyer, M.** (2001). ***Impact of Migration on Immigrant Women's Health.*** Feminist Definitions of Caring Communities and Healthy Lifestyles. Lavigne, G., Burke, T., & Lemonde, M. (Eds.), 1999 Conference of the Canadian Research Institute for the Advancement of Women, (pp.89-91). Sudbury ON: Your Scrivener Press.

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## ✓ **Mujer Sana – Comunidad Sana (Healthy Women – Healthy Communities) – Demonstration Project to Increase Community Capacity and Equitable Access to Cancer Screening for Ethnoracial Minority Women**



[www.muwersana.ca](http://www.muwersana.ca)

Three-year demonstration research project to implement and evaluate a comprehensive model of lay health promotion, participatory action research, and community capacity building to improve cancer screening practices among Spanish-speaking women in Ottawa.

Designed to test a model and explore how to transfer learning to other marginalized ethno-racial immigrant communities.

Gentium one of four partners, with key responsibility for training, evaluation, community-based research, supervision of participatory researchers, design and development of web-site for dissemination. Also facilitated active community advisory committee with representation from multiple sectors (health, social services, university, ethnocultural organizations, settlement services, women's groups); supported community advocacy; shared findings to diverse audiences at community events and conferences.

Follow-up study conducted in 2009 (interviews, focus groups) explored longer term outcomes for lay health promoters and community.

**Estable, A., Meyer, M., & Torres, S.** (under review). ***Building bridges over troubled waters: A conceptual framework for understanding community health worker interventions in Canada.*** Family and Community Health.

**Meyer, M., Estable, A. & Torres, S.** (2010). ***Organizing and Facilitation of Pre-conference session: The Future of Community Health Workers/Lay Health Workers in Canada and Internationally: Opportunities, Challenges and Risks.*** Canadian Public Health Association Centennial Conference, Toronto, June 13.

**Estable, A., Meyer, M., Torres, S., & Cermeño, N.** (2009). ***Addressing Barriers To Health Services Through Community-Based Lay Health Promotion: Experiences of Latinas in the Mujer Sana, Comunidad Sana Project.*** Paper presented at the Canadian Public Health Association 2009

Conference, Winnipeg, Manitoba, June 7-10, 2009.

**Meyer, M., Estable, A., Torres, S., & Cermeño, N. (2009).** *Addressing Health Inequities – A Model for Training Lay Health Promoters: Mujer Sana, Comunidad Sana (Healthy Women/Healthy Communities)*. Paper presented at the Canadian Public Health Association 2009 Conference, Winnipeg, Manitoba, June 7-10, 2009.

**Estable, A., Torres, S., & Cermeño, N., (2008).** *Latinas and The Canadian Health Care System: A Qualitative Study*. Poster presented at the American Public Health Association Conference, San Diego, CA, USA, Oct. 25-29, 2008.

**Estable, A., Meyer, M., Torres, S. & MacLean, L. (2006).** *A. Challenges of Participatory Evaluation Within a Community-Based Health Promotion Partnership: Mujer Sana, Comunidad Sana – Healthy Women, Healthy Communities*. Canadian Journal of Program Evaluation 21(2), 25-57.

**Estable, A. Meyer, M. & Torres, S. (2004).** *Lessons Learned in Participatory Evaluation of a Community-Based Project with Multiple Partners*. Paper presented during the Community of Inquiry Symposium, Toronto, July 10, 2004.

**Meyer, M., & Estable, A. Torres, S. and LAZO (2003).** *Mujer Sana – Comunidad Sana, Healthy Women – Healthy Communities*. [www.mujersana.ca](http://www.mujersana.ca). Prepared bi-lingual (English, Spanish) web-site text and navigation plan for this demonstration project. March, 2003.

**Meyer, M. C., Torres, S., Cermeño, N., MacLean, L. & Monzón, R. (2003).** *Immigrant women implementing participatory*

*research in health promotion*. Western Journal of Nursing Research, 25(7), 798-814.

**Estable, A., Meyer, M. & Torres, S. (2003).** *Mujer Sana – Comunidad Sana, Healthy Women – Healthy Communities. Building Community Capacity and Equitable Access to Cancer Screening for Ethnoracial Minority Women*. Evaluation Report of a 3-year demonstration project. Ontario Women's Health Council.

**Meyer, M. & Estable, A. (2003).** *Combining Health Promotion and Participatory Research Methods: Reaching Out to Isolated Immigrant Women to Increase Health Information Knowledge*. Poster presented at the University of Ottawa's Applied Health & Social Research Symposium, November 18, 2003

**Estable, A. Meyer, M., & Torres, S. (2002).** *Curriculum: Three-month Course-Training Lay Health Promoters to Promote Hispanic Women's Access to Health Services*.

**Estable, A., Meyer, M., Corson, G., Cermeño, N. (2002).** *Latin American community builds capacity through participatory research: Mujer Sana, Comunidad Sana*. Social Planning Council of Ottawa Newsletter 2002; 2(1).

**Estable, A., Meyer, M. & Torres, S. (2002).** *Evaluation of the Lay Health Promoter/Participatory Researcher Training*. Mujer Sana – Comunidad Sana, Healthy Women – Healthy Communities.

### **Program Planning in Public Health**

- Multiple Intervention Programs – Development of a Tool Kit for Program Planning and Evaluation
- Social network mapping

- Assessing program user satisfaction
  - Needs assessments
  - Assessing approaches to knowledge translation
  - Training evaluations
- ✓ **Multiple Intervention Programs (MIP) – Development of a Tool Kit for Program Planning and Evaluation**  
[www.miptoolkit.ca](http://www.miptoolkit.ca)

The project was spearheaded by Dr. Nancy Edwards and implemented in collaboration with Community Health Research Unit (CHRU). Over a three year period, Gentium participated in developing the website text and activities, including a self-directed learning module; testing the tool kit with health practitioners and making revisions; and in knowledge transfer activities (conference presentations, webinars).

**Meyer, M., Wilcox, B., Crowe, K., & Estable, A.** (2009). *Pilot Testing the Multiple Intervention Program Tool Kit with the Reproductive Health Team at Ottawa Public Health (OPH)*. CHRU & OPH

**Estable, A. & Meyer, M.** (2009). *Using the MIP Toolkit to Address Social Determinants of Health Through Multiple Intervention Programs*. CHNET-Works! Fireside Chat, October 8, 2009.  
[http://www.chnet-works.ca/index.php?option=com\\_weblinks&catid=905&Itemid=23](http://www.chnet-works.ca/index.php?option=com_weblinks&catid=905&Itemid=23)

Crowe, K., Wilcox, B., **Meyer, M.**, Cassidy, K. (2009). *Multiple Interventions - Using a Web-based Toolkit to Support a Team Approach in Program Planning*. CHNET-Works! Fireside Chat, June 25, 2009.  
[http://www.chnet-works.ca/index.php?option=com\\_weblinks&catid=905&Itemid=23](http://www.chnet-works.ca/index.php?option=com_weblinks&catid=905&Itemid=23)

**Estable, A., MacDonald, J., Meyer, M., MacLean, L. & Edwards, N.** (2008). *Meeting the Evaluative Challenges of Multiple Intervention Programs with a Web-based Toolkit*. Paper Presentation, Canadian Evaluation Society Annual Conference. Quebec City, May 11-14, 2008.

Edwards, N., MacDonald, J. **Meyer, M., Estable, A.** MacLean, L. and Zimmerman, L. (2007). *The Multiple Intervention Program (MIP) Tool Kit – A Public Health Tool Kit For Planning, Implementing and Evaluating Multiple Intervention Programs*. Text Version. Submitted to: Research Unit, Knowledge Management & Reporting Branch, Health System Strategy Division, Ministry of Health and Long-Term Care.  
[http://www.miptoolkit.com/index.php?option=com\\_content&task=view&id=14&Itemid=1](http://www.miptoolkit.com/index.php?option=com_content&task=view&id=14&Itemid=1)

MacDonald, J-A. T., Edwards, N., MacLean, L, **Meyer, M., Estable, A.**, Zimmerman, L (2007). *A MIP Tool Kit For Planning & Evaluation Complex Public Health Programming*. 5th Annual University of Ottawa Tau Gamma Clinical Nursing Research Conference. Ottawa, Ontario, Canada. May 18th, 2007.

Edwards, N. Maclean, L., **Estable A. & Meyer, M.** (2006). *Multiple Intervention Program Recommendations for Ministry of Health Program Service Guidelines Technical Review Committee*. Ministry of Health and Longterm Care, Ontario.  
<http://aix1.uottawa.ca/~nedwards/chru/english/discussion%20papers.html>

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✓ **Social network mapping**

Testing new software to assess its usefulness for evaluating health networks. Data collected through interviews, & telephone focus groups were used in the analysis and reporting.

Kothari, A., Bonnenfant, D., Cohen, B., D'Arcy, M., Hamel, N., MacDonald, J., Meyer, M. (2008). **Using Social Network Mapping with Community Health Professionals to Stimulate Policy Change: A Pilot Study.** Ontario Ministry of Health and Long-Term Care, Community Health Research Unit.

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### ✓ Assessing program user satisfaction

Assessing satisfaction of program users/consumers is an integral part of many evaluations and organizational reviews. Specific examples: Design of evaluation framework, interviews with public health information line users, analysis and summary of findings; interviews with clients as part of settlement services review; interviews and surveys with program users as part of review of shelter for homeless women and children.

**Meyer, M. & Estable, A. (2008). Evaluation of the Ottawa Public Health Information Line –Development of an Evaluation Framework and Exploring Client Satisfaction.** Report included qualitative interview analysis prepared for Ottawa Public Health.

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### ✓ Needs assessments

Assessing the needs of communities, organizations, and individuals: worked with clients to explore training and professional development needs; service delivery gaps and options for local, provincial and national initiatives and programs. Methods include in-person, mail, telephone and on-line surveys; interviews; focus groups; observation; document and file review.

**Estable, A. & Meyer, M. (2007). Survey Of Continuing Professional Development For Public Health Physicians – Technical**

**Reports: A. English Survey; B. French Survey.** Continuing Professional Development (CPD) Committee, Canadian National Specialty Society for Community Medicine (NSSCM).

**Estable, A. & Meyer, M. (2001). Expansion of the Resource Dissemination Service of the Health Promotion Resource Centres in Ontario - A Needs Assessment.** Program Training and Consultation Centre. May 2001.

**Meyer, M. & Estable, A. (2000). National Training and Consultation Network on Tobacco Reduction - Needs Assessment.** National focus group research. Program Training and Consultation Centre and Health Canada.

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### ✓ Assessing approaches to knowledge translation

Conducted focus groups, observation of planning exercises, and individual interviews, to explore how tacit knowledge impacts the program planning process.

Kothari, A. R., Bickford, J. J., Edwards, N., Dobbins, M. J., & Meyer, M. (2011). **Uncovering Tacit Knowledge: A Pilot Study to Broaden the Concept of Knowledge in Knowledge Translation.** BMC Health Services Research, 11:198, <http://www.biomedcentral.com/1472-6963/11/198>

Kothari, A., Edwards, N., Bidkford, J., Estable, A. & Meyer, M. (2007). **Knowledge Exchange in Public Health: A Pilot Study.** Prepared for the Ontario Ministry of Health and Long-Term Care. Community Health Research Unit.

**Estable, A. & Meyer, M. (2003). *Evaluation of the Canadian Research Institute of Women's (CRIAW) Communication Component – Publication and Dissemination.*** Prepared for CRIAW.

### ✓ Training evaluations

Developed and tested training courses; training training evaluations of online and in-person service training and professional development courses.

**Estable, A. & Meyer, M. (2006). *Development of a Coordinated Approach to Evaluating On-Line Cessation Intervention Training Courses for Health Professionals.*** Office of Prevention, Cessation and Education Tobacco Control Programme. Health Canada, October 2006.

**Meyer, M. & Estable, A. (2005). *Training Service Providers in Couple Counselling for Problem Gamblers. Training Evaluation - Triangulation Report.*** Prepared for Dr. Bonnie Lee. University of Lethbridge, Alberta.

**Estable, A., Meyer, M. & Torres, S. (2002). *Evaluation of the Lay Health Promoter/Participatory Researcher Training.*** Mujer Sana – Comunidad Sana, Healthy Women – Healthy Communities.

**Meyer, M., Estable, A. (1994). *Evaluation of Diversity Training for Hiring Managers.*** Prepared for the Human Resource Department of the Regional Municipality of Ottawa-Carleton.

## Equity, Diversity and Equal Access

Commitment to improving access to health and social services for **immigrant, racialized and linguistic minority** populations central

to studies described in other contexts (e.g., violence against women, health promotion). Other equity-related projects include creating frameworks, developing indicators and building system capacity for improved service delivery; policy analysis; literature synthesis; scoping reviews; and collection of equity-related data through document analysis, interviews, focus groups, surveys and observation.

## Health Equity

**Meyer, M. & Estable, A. (2010). *Scoping Review Update – Health Equity Research in Ontario.*** Canadian Public Health Association Centennial Conference, Toronto, June 13.

**Estable, A., Meyer, M (2010). *Scoping Review – Health Equity Research In Ontario. Preliminary Findings.*** Public Health Information Research Network (PHIRN).

**Estable, A. & Meyer, M. (2009). *Scan – Health Equity Research In Ontario.*** Public Health Information Research Network Consultation, Toronto, November 3, 2009.

Pottie, K., Torres, S., Martinez, A.C., **Estable, A.**, Tugwell, P., & DesMeules, M. (2007). ***A Systematic Review of Clinical Preventive Guidelines for Immigrants and Refugees.*** Poster Presentation, University of Ottawa, 12 & 13 February 2007.

**Meyer, M., Estable, A. & MacLean, L. (2002). *Equal Access Indicators in Public Health Programs.*** Facilitation of a workshop for Health Unit representatives and community stakeholders. Ottawa, February 13, and Toronto, March 4, 2002

Engdasaw,A., MacLean, L., **Estable, A., Meyer., M.**, Gupta, M., Tomcik. C. (2002). ***Equal Access Indicators For Ontario’s Mandatory Core Programming Requirements*** Prepared for the Ontario Public Health Association.  
[www.opha.on.ca/resources/ae-indicators.pdf](http://www.opha.on.ca/resources/ae-indicators.pdf)

**Meyer, M.** (2001). ***Impact of Migration on Immigrant Women’s Health***. Feminist Definitions of Caring Communities and Healthy Lifestyles. Lavigne, G., Burke, T., & Lemonde, M. (Eds.), 1999 Conference of the Canadian Research Institute for the Advancement of Women, (pp.89-91). Sudbury ON: Your Scrivener Press.

### **Interpretation and Language Issues**

**Estable, A. & Meyer M.** (under review). ***Giving Voice: Conducting Qualitative Multilingual Research***. É/Exchange Working Paper Series. Population Health Improvement Research Network (PHIRN).

**Estable, A. & Meyer, M.** (2009). ***Working with Interpreters – A Handbook for Staff and Board Members of the National Parole Board***. National Parole Board.

**Meyer, M. & Estable, A.** (2008). ***Focused Review of Literature: Interpretation Handbook for NPB – Board Members and Staff***. National Parole Board.

**Meyer, M. & Estable, A.** (1992). ***Cultural Interpretation Services: Needs and Strategies for Implementation in the Ottawa-Carleton Region***. Prepared for the Social Planning Council of Ottawa-Carleton.

**Estable, A. & Meyer, M.** (1991). ***Who Falls Through the Cracks? Assessment of Barriers to ESL and the Need for ESL***

***Tutoring in the Ottawa-Carleton Area***. Prepared for English Language Tutoring of Ottawa-Carleton.

**Estable, A. & Meyer, M.** (1991). ***Statistical Research Study on the Language Training Needs of Immigrant Women***. Prepared for the Women’s Legal Education and Action Fund (LEAF).

### **Community Engagement**

**Estable, A., Meyer, M. & Brown-Trickey, J.** (2010). ***Learning as You Go: Struggling with Democratic Principles in Community-Based Participatory Research with Immigrant Communities in Canada***. Qualitative Inquiry Conference, Urbana, IL, USA, May 30, 2010.

**Estable, A. & Meyer, M.** (2007). ***Cultural Competency Community Engagement Project: Local Agencies Serving Immigrants and Children’s Aid Society of Ottawa***. Prepared for: Local Agencies Serving Immigrants (LASI).

**Estable, A. & Meyer, M.** (1989). ***Settlement Needs of Immigrant Women***. Prepared for the Ontario Immigrant Women’s Network.

### **Program Evaluations**

**Estable, A. & Meyer, M.** (2005). ***A Review of OCISO’s Clinical Counselling Program***. Prepared for the Ottawa Community Immigrant Services Organization – OCISO.

**Meyer, M. & Estable, A.** (2002). ***A Review of OCISO’s Immigrant Women’s Program***. Evaluation report prepared for Ottawa-Carleton Immigrant Services Organization, 2002



**Estable, A. & Meyer, M. (2000). *Ottawa-Carleton Immigrant Services Organization's Settlement Program - A Formative Review*** Ottawa Carleton Immigrant Services Organization.

## **Race Equity**

**Meyer, M. & Estable, A. (2009). *Offenders from Ethnocultural Minority Background and the NPB Hearing Process - Exploring Issues with NPB Staff and Board Members***. Prepared for Kellie Leclerc, Aboriginal and Diversity Initiatives, National Parole Board.

**Meyer, M., Estable, A. & Samuel, J. (1999). *Reportcard on Racism in Canada - A Feasibility Study***. Developing assessment indicators. Prepared for the Canadian Race Relations Foundation.

**Meyer, M. & Estable, A. (1994). *Towards a Race Equity Policy at Carleton University***. A study comparing policies and advocacy work at different Canadian universities. Prepared for the Race Relations Workgroup Presidential Committee on Human Rights. Carleton University,

**Estable, A. & Meyer, M. (1993). *Project To Prevent And/Or Address Issues Of Harassment Based On Race, Ethnicity, And Aboriginal Origins***. Submitted To Rashmi Luther, Race Equity Coordinator, Carleton School Of Social Work.

Vahlas, V., Dhruvarajan, V., Ng., R. & **Estable, A. (1992) *Learning From Diversity/Apprendre de la diversité***. CRIAW/ICREF: Ottawa.

**Meyer, M. & Estable, A. (1992). *Race and Ethno-Cultural Equity Policy***. Report prepared for the Prescott Russell County Board of Education.

## **Qualitative Research Methods**

Gentium has collaborated with others to share experiences and develop guidelines that aim to contribute to improved research methods.

**Estable, A. & Meyer M. (under review). *Giving Voice: Conducting Qualitative Multilingual Research. É/Exchange*** Working Paper Series. Population Health Improvement Research Network (PHIRN).

**Meyer, M., Estable, A., MacLean, L. & Edwards, N. (2010). *When safeguards become straightjackets: how ethics research board requirements might contribute to ethical dilemmas in studies with marginalized populations***. In: Streiner, D.L. & Sidani, S. (Eds.) *When Research Studies Go Off the Rails: Solutions and Prevention Strategies* (pp.34-42). New York, NY: Guilford Publications.

MacLean, L. **Estable, A., Meyer, M., Edwards, N. & Kothari, A. (2010). *These data do not compute***. In: Streiner, D.L. & Sidani, S. (Eds.) *When Research Studies Go Off the Rails: Solutions and Prevention Strategies* (309-319). New York, NY: Guilford Publications.

MacLean, L. **Meyer, M., Estable, A., Edwards, N. & Riley, B. (2010). *Drowsing over data: or, let sleeping analysts lie***. In: Streiner, D.L. & Sidani, S. (Eds.) *When Research Studies Go Off the Rails: Solutions and Prevention Strategies* (pp.283-289). New York, NY: Guilford Publications.

MacLean, L, Meyer, M. & Estable, A. (2004). ***Improving Accuracy of Transcripts in Qualitative Health Research.*** Qualitative Health Research. An Interdisciplinary Journal, 14(1), 2004, 113-124.

**Estable, A. & Meyer, M.** (1996). ***Community-based Feminist Research.*** Voix feministes/Feminist voices, 20th Anniversary Issue, Canadian Research Institute for the Advancement of Women (CRIAW).

## Literature Reviews: Scoping and Systematic reviews

Most projects begin with a review of literature. We also undertake focused literature reviews to meet a range of client needs: quick 'scans' of publicly available information; strategic searches of 'grey' literature, government reports and community-created knowledge; scoping and policy reviews; comprehensive and detailed reviews of systematically obtained and assessed material from scholarly documents.

**Estable, A., Meyer, M** (2010). ***Scoping Review – Health Equity Research In Ontario. Preliminary Findings.*** Public Health Information Research Network (PHIRN).

**Meyer, M., & Estable, A.** (2010) ***Research on Children's Environmental Health in Canada. A Synthesis of Current Studies.*** Prepared for: Vulnerable Populations, Policy Planning and Integration Directorate, Health Canada.

**Estable, A. & Meyer, M.** (2010). ***Colorectal Screening Decision Aids - A Scoping Review of the Literature and Brochures.*** Prepared for the Chronic Disease Prevention Division, PHAC.

**Meyer, M. & Estable, A.** (2008). ***Focused Review of Literature: Interpretation Handbook for NPB – Board Members and Staff.*** National Parole Board.

Pottie, K., Torres, S., Martinez, A.C., & **Estable, A.** (2006) ***A Systematic Review of Clinical Preventive Guidelines for Immigrant and Refugees.*** Working Paper for the Public Health Agency of Canada.

**Estable, A., Meyer, M. & Samuel, J.** (2000). ***The Impact of Selective Determinants, and the Most Effective Interventions Now Available to Achieve Healthy Aging.*** Systematic literature review and synthesis of best practices, Health Canada, 2000.

**Estable, A.** (1989). ***Choosing With Care. A comprehensive review of selected literature on some aspects of infant and toddler daycare research.*** Child Care Education Services: Ottawa

**Estable, A.** (1989). ***Litearature Review Update.*** Choosing With Care Newsletter (1,1), Spring, 1989, p. 5.

## Training and Education Resources

Gentium has extensive experience in developing, testing, and implementing training courses and self-learning materials to different groups of trainees.

**Estable, A. & Meyer, M.** (2010-2011). ***Qualitative Evaluation Methods Training Course.*** Ottawa, ON: Public Health Agency of Canada. The Training Course consists of material for eight three-hour sessions, developed by Gentium to train Government of Canada staff working in the area of public health to understand and apply qualitative methods for program evaluation.

**Meyer, M. & Estable, A.** (2011). *Qualitative Methods Toolbox - Training for evaluators*. Ottawa, ON: Public Health Agency of Canada

Edwards, N., MacDonald, J., **Estable, A., Meyer, M.,** Maclean, L., & Zimmerman, L. (2010). *Multiple Intervention Program (MIP) Tool Kit. On-line Program Planning Toolkit for Health Practitioners*. Community Health Research Unit. University of Ottawa. [www.miptoolkit.ca](http://www.miptoolkit.ca).

**Estable, A. and Meyer, M.** (2009). *Interpretation Handbook for Members of the National Parole Board*. Ottawa, ON: National Parole Board.

**Meyer, M., & Estable, A.** (2009). *Providing Crisis Counselling at Immigrant Women Services of Ottawa (IWSO) – An Orientation Manual*. IWSO- Services for Immigrant Women Experiencing Violence. Ottawa.

**Estable, A. & Meyer, M.** (2007). *Facilitating Parallel Groups For Immigrant Children And Their Mothers Who Have Experienced Violence – A Manual for Facilitators*. Prepared for the Immigrant Women Services of Ottawa (IWSO).

**Estable, A. and Meyer, M.** (2006). *Quit4Life Self-administered Teen Smoking Cessation Course*. Health Canada, Tobacco Control Programme. [http://www.quit4life.com/index\\_e.asp](http://www.quit4life.com/index_e.asp)

**Meyer, M. and Estable, A.** (2005). *Facilitator Guide to Assist Teens to Quit or Reduce Smoking*. Health Canada, Tobacco Control Programme. [http://www.hc-sc.gc.ca/hc-ps/alt\\_formats/pdf/pubs/tobac-tabac/quit-cesser-guide/quit-cesser-guide-eng.pdf](http://www.hc-sc.gc.ca/hc-ps/alt_formats/pdf/pubs/tobac-tabac/quit-cesser-guide/quit-cesser-guide-eng.pdf)

**Meyer, M., & Estable, A.** Torres, S. and LAZO (2003). *Mujer Sana – Comunidad Sana, Healthy Women – Healthy Communities*. [www.mujersana.ca](http://www.mujersana.ca). Prepared bi-lingual (English, Spanish) web-site text and navigation plan for this demonstration project.

**Estable, A. Meyer, M., & Torres, S.** (2002). *Training Lay Health Promoters to Promote Hispanic Women's Access to Health Services*. Three months training course as part of the Mujer Sana - Comunidad Sana - Healthy Women - Healthy Communities Project.

**Meyer, M. and Estable, A.** (2001). *Changing the Landscape - A Training Manual for Organizations Serving Immigrant Women Victims of Violence*. Immigrant and Visible Minority Women Against Abuse.

**Estable, A. & Meyer, M.** (2000). *Training Community Leader Survivors*. Leadership development for ethnoracial minority women who survived violence. Immigrant and Visible Minority Women Against Abuse.

**Estable, A. & Meyer, M.** (1999). *First Steps - An Orientation Package for Newcomers*. Self-learning material for newcomers to become familiar with all aspects of life in Canada. Worked with a graphic designer and video producer. Wrote text for video. Prepared for Catholic Immigration Centre, Settlement Directorate Ontario Region, Canadian Citizenship and Immigration.

**Estable, A. & Meyer, M.** (1999). *Self-learning Resource Guide for Women's Study Practica*. Canadian Research Institute for the Advancement of Women (CRIAW).

**Meyer, M. & Estable, A.** (1998). *Working Through Interpreters - A Guide to Bridge the Language Gap*. From the Margin Publishing.

**Estable, A., Meyer, M. & Pon, G.** (1997). *Teach Me to Thunder - A Manual for Anti-racism Trainers*. Comprehensive training activities designed for flexible and modular implementation of training courses and workshops, to support individual awareness, skill acquisition, attitudinal change, and organizational growth. Ottawa: From the Margin Publishing/Canadian Labour Congress.[livepage.apple.com](http://livepage.apple.com)

**Matsubara, A., Estable, A. & Meyer, M.** (1997) *A Handbook on Anti-Racism Parenting*. Canadian Ethnocultural Council: Ottawa.

**Estable, A. & Meyer, M.** (1996). *Self-assessment Tool for Educators on Multicultural Education*. From the Margin Publishing.

**Estable, A. & Meyer, M.** (1996). *Working Towards a Racism-free Childcare Centre: An Assessment Tool*. From the Margin Publishing.

**Estable, A. & Meyer, M.** (1996). *Let Us Speak! Steps to Change Language Training: A Lobbying Kit for Immigrant, Refugee, and Visible Minority Women's Groups*. Toronto, ON: Language and Equity Group.