

SUSTAINABILITY SCHOLARS PROGRAM

Fall 2020

The UBC Sustainability Initiative (USI) is pleased to offer current UBC graduate students the opportunity to work on funded sustainability internship projects. Successful candidates work under the mentorship of a partner organization, and are immersed in real world learning where they can apply their research skills and contribute to advancing sustainability across the region.

Note: Projects must be completed remotely during the COVID-19 pandemic.

- Visit the [Sustainability Scholars Program website](#) to learn [how the program works](#) and to [apply](#).
- Be sure to review the [application guide](#) to confirm your eligibility before applying.

Applications close at midnight on Sunday September 20, 2020.

Research project title: Expanding the reach and impact of Healthy Together: Focusing on newcomer families

SUSTAINABILITY GOAL OR OPERATIONS PLAN OBJECTIVE

Topic Area: Good Health and Wellbeing

Goal: To build the long-term sustainability of the Healthy Together program and solidify its uptake in organizations providing services to newcomer families.

Objective: To identify how the Healthy Together program can be adapted to facilitate delivery to newcomers, including low-income immigrants and refugee families, by partner organizations.

PROJECT DESCRIPTION

Overview: Healthy Together (HT) is an evidence-based approach to child and family health promotion, developed over a 7-year period with the financial support of the Public Health Agency of Canada Innovation Strategy (<https://healthy-together.ca/>). HT offers a comprehensive approach to promoting healthy eating and physical activity in families with children age 0-18 years. The focus is on creating change in knowledge, attitudes, beliefs and behaviour in both healthy eating and physical activity. HT has demonstrated positive outcomes when implemented as a stand-alone program with marginalized populations (Phase II) as well as when incorporated into core services of organizations (Phase III, 2017-2020).

The HT program has demonstrated potential to fill gaps in community programming to promote healthy lifestyles among immigrant and refugee families as well as providing an avenue for building social

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connections and supporting family resettlement experiences

Purpose of Project:

The purpose of this project is to understand how HT resources and materials, and facilitator training should be adapted to optimize the relevance of the HT program content to newcomer families and facilitate the delivery of HT to these families by partner organizations. The outcomes of this project will help to determine next steps for adapting the HT program and piloting the program with community partners serving newcomer families.

Scope of Work:

- Conduct an environmental scan of family health programs in Canada targeting newcomer families and a review of published literature.
- Conduct interviews (via phone/Zoom) with stakeholders in community organizations serving newcomer families to understand variations in the way services are provided to families, explore opportunities for integrating HT into their core services, and identify level of interest in including HT in services provided to newcomer families.
- Host a stakeholder roundtable (via Zoom) to share findings and gather feedback on recommendations regarding adaptations to the HT program, suggestions for facilitator training, and program delivery options.
- Prepare a plan for conducting a pilot study to evaluate the acceptability and feasibility of delivering HT to newcomer families.

Deliverables

The Scholar will deliver a final report containing a summary of their completed work complemented by a final presentation to the Bridge and its HT National Advisory Committee. The report should include:

- Summary of the environmental scan and review of the literature.
- Summary report of interviews with community-based stakeholders offering services to newcomer families, including (where possible) contact information for organization leads who express interest in partnering with the Bridge to offer HT to newcomer families.
- Report on the stakeholder roundtable and revised recommendations for the HT program based on their feedback.
- Plan for conducting a pilot study to evaluate the feasibility and acceptability of HT with newcomer families.
- A final report, containing a summary of completed work with recommendations, complemented by a final presentation to the Bridge and its HT National Advisory Committee.
- An Executive Summary for the UBC Sustainability Scholars online project library.

Time Commitment

The program runs for 22 weeks from October 19, 2020 to March 12, 2021, during which students work an average of 12 hours per week for a total of 250 hours. Please also use this space to indicate any critical dates for the project, and the optimal schedule for your Scholar's work if known.

- This project will take **250** hours to complete.
- This project must be completed between October 19, 2020 and March 12, 2021

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- The Scholar is to complete hours [insert work hours for your department, and days of week (e.g., between 9 am and 5 pm Monday to Friday)], approximately 12 hours per week.

Required/preferred Skills and Background

- Excellent research and writing skills
 - Experience conducting stakeholder engagement events, including facilitation skills, is an asset
 - Familiarity with research methodologies and survey techniques
 - Excellent public speaking and presentation skills
 - Community engagement experience
 - Familiarity conducting focus group research
 - Strong analytical skills
 - Ability to work independently
 - Project management and organizational skills
 - Familiarity with or interest in the immigrant/refugee context of newcomers an asset
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Applications close **midnight Sunday September 20, 2020.**

Apply here: <http://sustain.ubc.ca/scholarsapply>

Contact Karen Taylor at sustainability.scholars@ubc.ca if you have questions

Useful Resources

Below are some links to useful resources to help you with your resume and cover letter (there are many more online). Some of these resources also provide information on preparing for your interview.

Resume workshop for prospective Sustainability Scholars: <https://www.eventbrite.ca/e/resume-workshop-for-prospective-sustainability-scholars-tickets-117422877989>

<https://students.ubc.ca/career/career-resources/resumes-cover-letters-curricula-vitae>

<https://www.grad.ubc.ca/current-students/graduate-pathways-success>

<https://www.grad.ubc.ca/cover-letter-cv-resume-templates-ubc-career-services>