

# Table Talk: A Model for Developing Programs and Services For At-Risk Youth

## The Peel Region Experience

Rhonda Collis  
Danny Bilan

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# Learning Objectives

- Strategies to develop and implement health programs/services for at-risk youth.
- Strategies to engage at-risk youth to access sexual health programs/services.
- To provide an overview of the collaboration between Peel Health and community stakeholders in developing and implementing programs/services for at-risk youth.

The definition of homelessness includes "those who are absolutely, periodically or temporarily without shelter, as well as those who are at substantial risk of being on the street in the immediate future".  
(Daly, Homeless, 1997)

## What is Table Talk?

- A community development program that focuses on fostering opportunities for youth (ages 16 – 29, who are homeless) to develop various positive life skills.
- Held one evening a month, in a local church, for 4 hours.

# Table Talk Program

- Client Tasks – work together for program development and design, clean up.
- Community Kitchen – participants work with chef from a local restaurant and learn to create menus and cook.

## Table Talk Program – cont'd.

- Educational Programming – themes and presenters suggested by youth participants.
- Child Care Programming – a professional child care worker designs and implements programs for the children of participants.

## Table Talk Program – cont'd.

- Held in collaboration with Regeneration Outreach Community (funders, collaborative of faith based groups), Catholic Family Services of Peel, local business owners, St. Paul's United Church and Peel Public Health.

# Philosophy of Table Talk

- Client centered.
- Strength based.
- Believes that the community knows what is best for them.
- Believes in the community's capacity to make the changes that they need to make.

# Success

- Youth attendance.
- Youth involvement in program.  
planning, implementation, evaluation.
- Individual client's personal growth.
- Individual clients accessing community resources/services.
- Evaluation and sustainability.

# Contact Information

Rhonda Collis, Community Development Worker,  
Region of Peel, Peel Public Health,  
905 791 7800 ext 2866  
[rhonda.collis@peelregion.ca](mailto:rhonda.collis@peelregion.ca)

Danny Bilan, Community Development Worker,  
Region of Peel, Peel Public Health,  
905 791 7800 ext 2864  
[danny.bilan@peelregion.ca](mailto:danny.bilan@peelregion.ca)