

COMMUNITY MATTERS TORONTO Community Assistant Healthy Living PROGRAM DEVELOPMENT Skills LEVEL 2 2017	Average RATING 1 (Beginner) to 7 (Expert)
BRONZE HEALTH PROMOTION	
Media 1. Use variety of media in programs and health promotion sessions 2. Use What's App regularly with participants, analyze and report the results 3. Implement social media innovations developed by other Cas and the CMT Health Library 4. Develop quarterly videos with participants or to promote a health message a. Including script and storyboard outlines b. Using a variety of sources (Websites links, videos, animation. CMT resources)	1. 3.3 2. 3.6 3.2.6 4. 3.1 4 b. 3.5
SILVER COMBO PROGRAMS	
Community Demand- Demonstrate that there is an active group of residents interested in the new activity 1. Define the target population	3.8
2. I can define the St JT demographics: especially the groups that are at risk for chronic disease and should be targeted for health promotion activities or other programs	3.2
Best Practices: programs, policies and best research	3
1. I can list at least 5 characteristics of a good research study	2.75
2. I know what a theory of change means	3.3
3. I have developed a workable hypothesis for my program	3.1
4. I initiate my program plans using best evidence research	3.1
5. I can generate the description I need for a specific search	2.5
6. I know what a systematic review is	2.6
7. Using Best Practice methods, I identified at least 4 key references in the Program Plan	4
Program Planning 1. I can use project management skills: Develop a program workplan, delivery, effective use of staff and volunteers	3.8
2. I can develop realistic outreach benchmarks to reach targeted groups in my program	3.6
H I develop benchmarks for the next program based on the results from the previous one	
Curriculum 1. I can develop a curriculum for each module of my program 2. I use a variety of adult education approaches, use of games, a combination of snack exercise and content, handouts 3. I can develop pre-and post-evaluation questions derived from Best Research review 4. I include other community partners in defining the need, outreach and program delivery	1. 3.4 2. 3.3 3. 3.3 4. 3
Program Delivery 1. I take regular attendance and follow up to maintain at least 80% attendance	4.7
2. I use the workshop evaluations to report back on recommended changes for the next session	3.5