

# CARI PATTERSON

2283 Gospel Woods Road ♦ RR #3 Canning, Nova Scotia ♦ B0P 1H0 ♦ 902.582-7814 ♦ [cari@horizonscda.ca](mailto:cari@horizonscda.ca)

## PROFESSIONAL SKILLS AND ABILITIES

Management	Research	Program/Group	Knowledge Areas/Interests
▪ Financial Planning and Management	▪ Participatory Action Research	▪ Facilitation	▪ Population Health/ Health Promotion
▪ Hiring, Supervision of Staff and Volunteers	▪ Qualitative Research Design, Implementation, Analysis	▪ Program Design, Implementation, and Evaluation	▪ Community Development and Capacity Building
▪ Excellent Verbal, Written, Communication Skills	▪ Planning, Conducting, and Analysis of Needs/Resources Assessments	▪ Individual/Group Support and Advocacy	▪ Rural Community Development
▪ Media Skills	▪ Program Evaluation	▪ Public Education	▪ Sexual/Reproductive Health
▪ Proposal Development	▪ Individual and Group Interviewing	▪ Crisis Intervention	▪ Child/Youth Health
▪ Proficiency in Microsoft Office, Word Perfect, Internet, SPSS	▪ Community Consultation and Research-Based Planning	▪ Liaising with Groups Across Sectors	▪ Mental Health Promotion

## PROFESSIONAL EXPERIENCE

**Horizons Community Development Associates Inc.**  
**Wolfville, Nova Scotia**  
Director, Co-founder

*2002 - Present*

Principal consultant of this firm, which focuses on helping communities achieve their goals; and offers strategic planning, facilitation, event planning, resource and tool development, research, evaluation, and advocacy. Specialization in community capacity building, health promotion, community-based research, and rural community development.

**Sharing Strengths Society**  
**Wolfville, Nova Scotia**  
Executive Director

*1999 - 2002*

Senior staff person of this not-for-profit organization with a focus on building community capacity to promote the health of children and youth in Western Nova Scotia. Responsible for meeting organizational ends to Board of Directors through Carver Governance model. Work focused on strategic planning, continuing education, intersectoral collaboration, and research and evaluation. Specialization in research methods for promoting and measuring community capacity and fostering resilience in children and youth.

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**Prairie Spirit Consulting**  
**Kingsport, Nova Scotia**  
Consultant, Owner

1996 – 1999

Provided research and evaluation consulting services to organizations focusing on in sexual and reproductive health, AIDS/HIV, mental health promotion, and rural community development.

**Planned Parenthood Nova Scotia**  
**Halifax, Nova Scotia**  
Executive Director

1994 – 1997

Senior staff person of this provincial not-for-profit umbrella organization with five affiliates in Nova Scotia. Worked closely with Planned Parenthood Federation of Canada on national initiatives, and provided support and direction to the affiliates. Specialized in community- based research, advocacy, and sexual health promotion.

**Pincher Creek Women’s Emergency Shelter Association**  
**Pincher Creek, Alberta**  
Project Coordinator

1994

Conducted research to inform the best-practice development of a community-based emergency shelter for women and children, and coordinated advocacy and fundraising efforts to build the shelter in Pincher Creek, Alberta. Also worked to strengthen relationships with and involve local First Nations communities in meaningful and respectful ways.

**Woolwich Family Violence Prevention Program**  
**Elmira, Ontario**  
Coordinator

1992 – 1993

Provided overall project coordination, public education, advocacy, and individual and group support to women experiencing violence in their intimate relationships in this rural Ontario township. Also worked to strengthen relationships and build bridges with Old Order Mennonite communities.

**Valley Health Services Association (Psychiatric Hospital)**  
**Waterville, Nova Scotia**  
Recreation Services Assistant

1988 – 1989

Provided recreational supports to people experiencing short and long-term mental illnesses. Developed, implemented, and evaluated several new programs and initiatives for the hospital, including a women’s health group, reading group, library, gardening group, and camping program.

**Kings CMHA Outreach**  
**Kentville, Nova Scotia**  
Vocational Counselor

1987

Developed a supported work model and provided one to one support for people experiencing mental illness and (re)entering the work/volunteer force. Initiated and implemented outdoor adventure learning opportunities for people experiencing mental illness.

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## EDUCATION

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### **Master of Arts (Community Psychology)**

1992

Wilfrid Laurier University – Ontario Graduate Scholarship *Waterloo, Ontario*

*Masters thesis research consisted of reflecting on a participatory action research project with survivors of the mental health system to identify the hidden assumptions and influences that shape community psychologists and the way community psychology research is conducted.*

### **Bachelor of Arts with Honours (Psychology)**

1989

Acadia University - University Scholar *Wolfville, Nova Scotia*

*Honours thesis research focused on public perceptions of ethical dilemmas: societal benefit versus harm to participants.*

## COMMUNITY / VOLUNTEER ACTIVITIES

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### **International Association for Community Development – Secretary General Edinburgh, Scotland**

2005 - present

I serve as an Executive member of the Board for the International Association for Community Development (IACD). The IACD focuses on linking and building on the work of community development networks around the world.

### **Health Promotion Clearinghouse – Steering Committee Co-Chair Halifax, Nova Scotia**

2002 - present

The Health Promotion Clearinghouse (HPC) focuses on providing health promotion information to practitioners across Nova Scotia. My role as Co-Chair of the provincial Steering Committee is to support the work of the steering committee and the work of the HPC Manager, as well as to sit on HPC subcommittees.

### **Canning & District Recreation Commission Member Canning, Nova Scotia**

2004 - present

The Recreation Commission focuses on working with many groups and organizations to plan and deliver recreation programs for people of all ages in the Canning District. My contribution has focused on policy development, strategic planning, research, evaluation, and personnel support.

### **Friends of the Whaleback – Founding Member Southwest Alberta**

1993 –1994

Co-founded this organization to protect the Whaleback, an intact Montane Ecosystem on the Eastern slopes of the Rockies from sour gas well development. Coordinated successful provincial awareness campaign, all media activities, recruited and trained volunteers, organized and hosted a non-violent resistance workshop, organized and co-facilitated a ‘witness’ camp for members of the public to witness the Whaleback and understand what was at stake. Development permits were denied by the provincial Energy Review Board on environmental grounds for the first time in Alberta’s history.

### **Cochrane Victim Witness Assistance Program – Member, Board of Directors Cochrane, Alberta**

1993-1994

Participated as a Board member on this organization with a mandate to support people who witness and/or experience serious crime. Worked closely with the Program Coordinator and local RCMP, conducted community-based research and program planning on behalf of the organization.

### **Forest Lawn Family Violence Prevention Committee - Committee Member Calgary, Alberta**

1993-1994

Worked in this inner-city multicultural community to raise awareness about woman abuse and family violence, and to develop culturally appropriate supports for women and their families experiencing violence.

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### **Kitchener Refugee Reception Centre - Member, Board of Directors**

*1991-1992*

#### **Kitchener-Waterloo, Ontario**

Served as a member of the Board of this Reception Centre, which provides supports to immigrants and refugees as they first arrive in Canada. Provided input and direction in terms of program development, public awareness, and advocacy for adequate resources to support people in a meaningful way.

### **AWARDS**

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- Association of Psychologists of Nova Scotia Gerald C. Gordon Prize for Outstanding Achievement in Undergraduate Psychology (1989)
- Canadian Institute for Child Health: Award for Excellence in Health Promotion Innovation (2000)

### **AFFILIATIONS**

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- Member, Canadian Evaluation Society, Nova Scotia Chapter
- Member, Society for Community Research and Action, Division 27 of the American Psychological Association
- Executive Member, International Association for Community Development Board of Directors
- Nova Scotia Health Promotion Clearinghouse Steering Committee Co-Chair

### **INTERESTS**

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Hiking, paddling, gardening, rock climbing, reading, eating good dinners with friends!

### **REFERENCES**

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Available on request