The Collaborating Centre for Prison Health and Education (CCPHE) entered into a partnership in 2011 with Long-term Inmates Now in the Community (L.I.N.C.) and Women in2 Healing (Wi2H), both networks of individuals with incarceration experience. Members from these organizations participated in discussions to identify priorities for a preventive health project. The Participatory Prison Preventive Health Project (P4H) arose out of these discussions.

**PROJECT MISSION STATEMENT**

“Promoting holistic health and preventive practices for individuals with incarceration experience in mental health and addiction, cancer, and blood-borne infectious diseases by sharing knowledge, supporting self-advocacy, and strengthening relationships.”

**WHAT IS THE P4H PROJECT?**

Funded by the Vancouver Foundation, the P4H project invites academic researchers, community organizations, and health care providers to collaborate with individuals with incarceration experience (IIE) to:

1. Plan and implement interactive health workshops;
2. Pilot health tools;
3. Collect participant feedback; and
4. Build community and relationships.

**WHAT IS THE ICEBERG?**

The iceberg image resulted from focus group discussions with twelve men with federal corrections experience (L.I.N.C.) and six women with provincial corrections experience (Wi2H). Similar to an iceberg (Figure 1) they identified visible and/or measurable health challenges for IIE as well as deeper issues that underpin these health disparities. Although the focus group discussions centred on diseases and barriers to health, participants also suggested ways to deliver health promotion programs to IIE: share knowledge, support self-advocacy, and strengthen relationships (Figure 2, next page). Findings from the focus group discussions led to the formation of the project’s mission statement.

---


![Figure 1: Iceberg Analogy of Health Priorities with Underlying Causes as Identified by IIE](image-url)
Finding Our Voices: Self-Advocacy & Peer Support
Presentation and experiential learning activity from PeerNet BC, a provincial peer-support organization.

// AUG 22, 2012

Navigating the Healthcare System*
Presentation on finding a family doctor & a participatory theatre activity with IIE and healthcare professionals, facilitated by Theatre for Living.

// OCT 21, 2012

Hepatitis C
Peer presentation by a previously incarcerated project assistant & presentation by Dr. Gail Butt, an expert in Hep C research.

// NOV 24, 2012

HIV/AIDS
Presentations from Positive Living BC, a local HIV/AIDS service organization, personal reflection by a P4H participant & a short video screening.

// FEB 2, 2013

Mental Health
Peer presentation by a previously incarcerated project assistant & presentation from Canadian Mental Health Association representative.

// MAR 9, 2013

Cancer Prevention*
Presentation and experiential learning activity from the BC Cancer Agency & peer presentation by a previously incarcerated project assistant.

// MAY 25 & JUL 24, 2013

*Funded in-part by the Public Health Agency of Canada