

# Merryl Hammond PhD.

## Publications

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### Academic research

- Doctoral thesis: *Self-directed learning for primary health care educators: rationale, implementation, formative evaluation and implications.*  
University of the Witwatersrand, Dept. Community Health, Nov. 1989.
- Masters thesis: *Nursing in crisis: a study of contributing factors.*  
University of the Witwatersrand, Dept. Sociology, October 1982.
- Honours thesis: *Beyond medicine: the heterodoxy. Illness behaviour of white South Africans.* University of Natal, Dept. Sociology, January 1980.

### Books

1. *Measuring Community Health*, Workbook 1 of **Workbooks in Community Health** edited by myself and John Gear. 1986. Oxford University Press, Cape Town. (I authored or co-authored 8 of the 13 chapters in this book.)
2. *Health, Health Services and Society*, Workbook 2 of **Workbooks in Community Health** edited by myself & John Gear. 1986. Oxford University Press, Cape Town. (I authored or co-authored 7 of the 11 chapters in this book.)
3. *Promoting Healthy and Health-promoting Environments*, Workbook 3 of **Workbooks in Community Health** edited by myself and John Gear. 1986. Oxford University Press, Cape Town. (I authored or co-authored 3 of the 12 chapters in this book.)
4. *Self-directed learning: critical practice*, by myself and Rob Collins. 1991. Kogan Page, London.
5. *One world, one earth: educating children for social responsibility*, by myself and Rob Collins. 1993. New Society Publishers, Philadelphia and Gabriola Island, BC.
6. *Pesticide bylaws: why we need them; how to get them.* 1995. Consultancy for Alternative Education, Montreal. (First book self-published by CAE. Project was partially funded by Environment Quebec.)
7. *Approaching smoking in pregnancy: a guide for health professionals* and *Approaching smoking in pregnancy: a summary for health professionals.* 1997. Co-authored with Dr. Cheryl Levitt, Louise Harvey, & Ann Continelli. College of Family Physicians of Canada, funded by Health Canada.
8. *Caring for yourself and your culture*, Workbook 1 of the *Growing with your new baby* series. 2000. Nunavik Regional Board of Health and Social Services, Kuujjuaq.
9. *Caring for your heart, mind and spirit*, Workbook 2 of the *Growing with your new baby* series. 2000. Nunavik Regional Board of Health and Social Services, Kuujjuaq.
10. *Caring for your body*, Workbook 3 of *Growing with your new baby* series. 2000. Nunavik Regional Board of Health and Social Services, Kuujjuaq.
11. *Caring for your baby's heart, mind and spirit*, Workbook 4 of the *Growing with your new baby* series. 2000. Nunavik Regional Board of Health and Social Services, Kuujjuaq.
12. *Caring for your baby's body*, Workbook 5 of *Growing with your new baby* series. 2000. Nunavik Regional Board of Health and Social Services, Kuujjuaq.
13. *Learning circles for Inuit mothers: a guide for group leaders.* 2000. (Has companion training video for Inuit group leaders.) Nunavik Regional Board of Health and Social Services, Kuujjuaq.
14. *Healing from Smoking.* 2002. Nunavik Regional Board of Health and Social Services, Kuujjuaq. (A book for smokers, since adapted for Crees and again for other First Nations communities of

- Quebec and Labrador. It has been translated into Inuktitut [Nunavik, Nunavut, Labrador and Siglit dialects] and French.)
15. *Helping Smokers Heal*. 2002. Nunavik Regional Board of Health and Social Services, Kuujuaq. (A resource for Inuit smoking counsellors, to accompany a training video of the same title.)
  16. *Helping your patients heal from smoking*. 2003. Nunavik Regional Board of Health and Social Services, Kuujuaq. (A resource for nurses and doctors in the North.)
  17. *Smoking Sucks: Kick butt!* 2005. Nunavik Regional Board of Health and Social Services, Kuujuaq. (A youth version, fully adapted, of *Healing from Smoking*.) Note: this book was adapted for First Nations readers in a second edition published in 2007 and a third edition (for Inuit readers) was published in 2008.
  18. *Taking the Lead for Change: Empowering Aboriginal communities to control tobacco*. 2006. National Indian & Inuit Community Health Representatives Organization, Kahnawake. (This was adapted for Inuit readers: *Taking the Lead for Change: Empowering Inuit communities to control tobacco*. 2006. Nunavik Regional Board of Health & Social Services, Kuujuaq.)
  19. *Come Meet the Challenge! Physical Activity and Nutrition Initiatives in Aboriginal Communities*. 2006 (ed.). National Indian & Inuit Community Health Representatives Organization, Kahnawake.
  20. *Our ancestors never smoked... Elders' reflections on how tobacco has affected Inuit communities*. 2006. Pauktuutit Inuit Women of Canada, Ottawa. (Note: This book was favourably reviewed in the *International Journal of Circumpolar Health* Vol. 66 No. 1, 2007: 84–85.)
  21. *Facilitators' Guide for Our Ancestors Never Smoked: Sharing Elders' memories, wisdom and insights to promote tobacco reduction in Inuit communities*. 2007. Pauktuutit Inuit Women of Canada, Ottawa.
  22. *Aboriginal Healing Perspectives: Weaving Science and Traditions – helping Aboriginal communities reduce prescription drug abuse*. 2007. National Indian & Inuit Community Health Representatives Organization, Kahnawake.
  23. *Sam's Bear*. 2009. National Indian & Inuit Community Health Representatives Organization, Kahnawake. (This children's storybook is designed to explain the effects of substance abuse during pregnancy. It includes a guide for parents and teachers.)
  24. *How to use "Smoking Sucks" in the community*. 2011. Consultancy for Alternative Education, Montreal.
  25. *Why smoking sucks: a colouring book for kids of all ages*. 2011. Consultancy for Alternative Education, Montreal.
  26. *Let's be TB-free: a manual for frontline health workers in Inuit communities*. 2014. Public Health Agency of Canada, Ottawa. (This manual has several accompanying companion resources: a pamphlet, slide show, 5 posters & 5 radio scripts.)
  27. *Why Smoking Sucks*. 2015 (co-authored with Rob Collins). A training manual for Aboriginal youth peer-educators. Consultancy for Alternative Education, Montréal and Cree Board of Health and Social Services, Chisasibi. Illustrated, full colour, in print version and interactive EPUB with animations. Title changed in 2017 to *Y Smoking Sux*.
  28. *How to Kick Butt!* 2015 (co-authored with Rob Collins). A cessation resource manual for Aboriginal youth who want to quit smoking. Consultancy for Alternative Education, Montréal and Cree Board of Health and Social Services, Chisasibi. Illustrated, full colour, in print & interactive EPUB versions. Title changed in 2017 to *How 2 Kick Butt!*
  29. *Guide to Y Smoking Sux: a manual for trainers*. 2016 (co-authored with Rob Collins). Cree Board of Health and Social Services, Chisasibi.
  30. *Mad Like Me: Travels in Bipolar Country*. 2018. Melinda Cochrane International, Ile-Perrot, QC.

30. *Y Smoking Sux: a colouring book for youth and adults*. (Forthcoming). Cree Board of Health and Social Services, Chisasibi.
31. *How 2 Kick Butt! A colouring book for youth and adults*. (Forthcoming). Cree Board of Health and Social Services, Chisasibi.
32. *How I was able to quit smoking: stories from Inuit*. (Forthcoming). Nunavik Regional Board of Health and Social Services, Kuujuaq.

## Reports

1. *How to quit smoking and stay quit*, 1998. Nunavik Regional Board of Health and Social Services, Kuujuaq.
2. *How to help your patients quit smoking and stay quit*, 1998. Nunavik Regional Board of Health and Social Services, Kuujuaq.
3. *Breathing Easy: Training Event Report*, 2000, Pauktuutit, Ottawa.
4. *Primary Health Care Training Institutes: A prescription to help 'close the gap' with First Nations health workers*. 2006. Assembly of First Nations. Ottawa.
5. *Road to Competency: CHRs and the need for national, competency-based training and credible career paths for Inuit, Métis and First Nations health and wellness workers*. 2006. NIICHRO. Kahnawake.
6. *Inuit-specific Tobacco Reduction Strategy*. 2007. Commissioned by Inuit Tapiriit Kanatami, Ottawa.
7. *Moving Further Down the 'Road to Competency': Final Report on the 2006/07 Core Competencies Project for Wellness and Primary Health Care Providers*. 2007. NIICHRO. Kahnawake.
8. *Review of Tobacco Reduction Literature, Resources, and Promising Practices for the Inuit Tobacco-free Network*. 2011. National Aboriginal Health Organization. Ottawa.

## Contributions to books

1. *Families from within: a collection of personal stories on birth and family life* by Colette Coughlin, Stephanie Pelot & Jean-Emmanuel Allard, 1994, Mediaspaul, Montreal.
2. *Building healthy babies: a prenatal nutrition resource book for community health workers in Inuit communities* (1997). (A Health Canada book that I was asked to edit to introduce more "Northern flavour" and to adapt for low-literacy readers. I wrote the Introduction, selected artwork, and edited the whole book, adding quotations from Inuit, etc.)
3. *Organising against pesticide use in suburbia*, Chapter 18 in Miriam Wyman (ed.), 1999, *Sweeping the earth: women taking action for a healthy planet*, Gynergy Books, Charlottetown.
4. *Breathing Easy: Tobacco Recovery Resource Materials* (I was hired to edit and adapt – for an Inuit readership – draft materials prepared by Patient Support International), 2000, Pauktuutit Inuit Women's Association, Ottawa.

## Videos

1. *Learning circles for Inuit mothers: a training video for group leaders*. 2000. Nunavik Regional Board of Health and Social Services. (I wrote the script, produced and co-directed the video.)
2. *Helping Smokers Heal*. 2002. Nunavik Regional Board of Health and Social Services. (I wrote the script, produced and co-directed the video.)
3. *Healing from Smoking*. 2004. Nunavik Regional Board of Health and Social Services. (I wrote script, produced and co-directed video.)

4. *Smoking Sucks*. 2006. Nunavik Regional Board of Health and Social Services. (For youth.)

## Recent conferences

20–21 January 2017. **9<sup>th</sup> Ottawa Model for Smoking Cessation Conference**, Ottawa. *Mobilizing communities around smoking cessation: “No Butts To It!” Challenges in Eeyou Istchee*. Poster presentation. Shisheesh, R., Collins, R., Linton, P., Hammond, M.

June 16–20, 2015. **28<sup>th</sup> World Congress of the International Association for Suicide Prevention**, Montreal. *Suicide Prevention Interventions as Perceived by Community Members in the Inuvialuit Settlement Region, Northwest Territories, Canada*. Hammond, M & Stuart, J. Oral presentation. (Part of a 90-minute symposium titled “Promising Practices in Suicide Prevention in Circumpolar Regions”, chaired by Chachamovich, E.)

March 20–22, 2015. **6<sup>th</sup> International Meeting on Indigenous Child Health**, Ottawa. *Smoking Sucks Workshops: Involving Cree Youth in Community-based Tobacco Reduction Efforts*. Poster presentation. Collins, R., Hammond, M., Shisheesh, R.

March 23–25, 2015. **Canadian Institutes of Health Research (CIHR) Pathways Inaugural Gathering**, Ottawa. *RASP: Resilience and Suicide Prevention*. Poster presentation. Chachamovich, E., Grey, M., Stuart, J., Wexler, L., Hammond, M., Collins, R., et al.

November 25–27, 2013. **8<sup>th</sup> National Conference on Tobacco or Health**, Ottawa. *Community-based tobacco control in the Arctic: evaluating a Community-Based Participatory Research Project*. Poster presentation. Hammond, M., Collins, R., Kuptana, L., Moses, A., Carry, C., Akhiatak, V., et al.

August 27–30, 2012. Union for International Cancer Control, World Cancer Congress, Montreal. *Engaging Aboriginal youth in tobacco control: insights for cancer prevention*. Oral presentation. Collins, R., Hammond, M., Shisheesh, R., Korgak, A.

August 5–10, 2012. **15<sup>th</sup> International Congress on Circumpolar Health**, Fairbanks, Alaska. *Distance education for tobacco reduction with Inuit frontline health workers*. Oral presentation. Carry, C., Collins, R., Hammond, M., Kinnon, D., Killulark, J., Nevala, J.

August 5–10, 2012. **15<sup>th</sup> International Congress on Circumpolar Health**, Fairbanks, Alaska. *Lessons from the field: doing Community-Based Participatory Research (CBPR) in Canada’s Arctic*. Poster presentation. Carry, C., Collins, R., Hammond, M., Gordon J., Dedam-Montour, D., Greenland, T., Ogina, J., Akhiatak, V., Kuptana L., Moses, A., Beauvais, N.

November 1–3, 2011. **7<sup>th</sup> National Conference on Tobacco or Health**, Toronto. *Community-Based Participatory Research (CBPR) for Tobacco Control*. Poster presentation. Hammond, M., Collins, R., Gordon J., Moses, A., Ogina, J., Kuptana L., Dedam-Montour, D., Beauvais, N., Carry, C., Greenland, T.

November 1–3, 2011. **7<sup>th</sup> National Conference on Tobacco or Health**, Toronto. *Distance education for tobacco reduction with Inuit frontline health workers*. Poster presentation. Carry, C., Collins, R., Hammond, M., Kinnon, D., Killulark, J., Nevala, J.

March 4–6, 2011. **4<sup>th</sup> International Meeting on Indigenous Child Health**, Vancouver. *“Sam’s Bear”: Explaining the impact of substance abuse to children and their parents*. Oral presentation. Dedam-Montour, D., Hammond, M., Collins, R.

September 6–9, 2010. Healing our spirits worldwide, Hawai’i. *No Butts To It: Aboriginal Youth and Schools Challenge in Canada*. Poster presentation. Dedam-Montour, D., Collins, R., Beauvais, N., Hammond, M.

May 13–14, 2010. **2<sup>nd</sup> Biennial First Nations, Inuit and Métis Health Research Meeting**, Ottawa. *Promising practices in reducing tobacco use for Inuit*. Poster presentation. Hammond, M., Collins, R., Carry, C., Kinnon, D., Nevala, J., with input from the National Inuit Tobacco Task Group.

November 24–26, 2009. **3<sup>rd</sup> National Conference**, National Aboriginal Health Organization (NAHO): Our People, Our Health, Ottawa. *Community Health Representatives’ Road to Competency: Primary Health Care Training for Aboriginal health workers in Canada*. Poster presentation. Dedam-Montour, D., Hammond, M., Beauvais, N., Collins, R.

November 1–4, 2009. 6<sup>th</sup> National Conference on Tobacco or Health, Montreal. *Using Community-based Participatory Research (CBPR) for tobacco control in two Arctic communities*. Poster presentation. Collins, R., Ogina, J., Greenland, T., Kimiksana, A., Gordon J., Dedam-Montour, D., Kuptana L., Moses, A., Beauvais, N., Hammond, M.

October 14–18, 2007. International Network of Indigenous Health Knowledge Development (INIHKD) Conference, Rotorua, New Zealand. *The Road to Competency: Primary Health Care Training for Aboriginal Health Workers in Canada*, Wellington, New Zealand. Poster presentation: Dedam-Montour, D., Hammond, M., Beauvais, N., Collins, R.

June 10–15, 2007. 19<sup>th</sup> International Union for Health Promotion and Education (IUHPE) Conference, Vancouver. *Empowering Aboriginal people in tobacco control*. Poster presentation. Dedam-Montour, D., Hammond, M., Beauvais, N., Collins, R.

## Recent research grants

1. **Changing the “culture of smoking”**. 2007–2012 inclusive. Canadian Tobacco Control Research Initiative (funded by Canadian Institutes of Health Research). Value: \$998,500. I was the Principal Investigator of this Community-Based Participatory Research project, implemented in Aklavik and Ulukhaktok, Inuvialuit Settlement Region of NWT.
2. **Resilience and suicide prevention (RASP) in circumpolar regions**. 2014-2015. Canadian Institutes of Health Research. Value: \$250,000. Was key collaborator on this project, responsible for pulling together our team of Inuit partners from Nunavik and the Inuvialuit Settlement Region to develop the proposal, collaborating with researchers from the Douglas Hospital University Research Institute of McGill University. Results were presented at a symposium in Iqaluit in March 2015, and can be found in the document titled “Sharing Hope: Circumpolar perspectives on promising practices for promoting mental wellness and resilience” available at <http://www.arctic-council.org/index.php/en/document-archive/category/600-sdwg>.
3. **TRAM-ACCESS** (Transformational Research in Adolescent Mental Health-Adolescent/Young adult Connections to Community-driven, Early, Strengths-based & Stigma-free services). 2014-2019. Canadian Institutes of Health Research & Graham Boeckh Foundation. Value: \$25 million. I brought together a team (READY-MH) of predominantly Inuit and First Nations partners for the first, Expression of Interest phase of this highly competitive national competition. We were selected to attend the TRAM Strengthening Workshop, where we joined with several other teams to form the ACCESS network. ACCESS was then successful at the Letter of Intent stage, and was ultimately awarded the grant. I was a key collaborator throughout the proposal development process.

## Journal publications

42 publications. Full list available on request.

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