

"Building the smallest democracies at the heart of society."
The United Nations: The International Year of the Family, 1994

Agreement# 40063171

Towards a Trauma Informed System of Care: Current Achievements and Future Endeavours



by Tim Wall and Jocelyn Proulx



The Vision

Being trauma informed requires an awareness and consideration of the extent and impact of trauma in people's lives. Based on current statistics that report a lifetime prevalence rate of trauma of 64% to 90%, most individuals who access services and many individuals who provide services will have experienced trauma at least once in their lives. These experiences will affect the person's perspective of themselves and the world. A trauma informed system promotes awareness and compassion towards service consumers as well as towards service providers. The vision, then, is to have all care services—at all levels—become trauma informed and respond in a trauma-informed manner. This vision is what has driven the work of the Manitoba Trauma Collaborative.

The Work

Recently, efforts to become trauma informed have solidified into action in Canada. In Manitoba the

movement began in 2007, with the Forum on Trauma Recovery, where province-wide representatives from physical and mental health, justice, family violence services, government, and experiential individuals gathered to make suggestions about working to increase trauma-informed care. Specific recommendations that stemmed from this forum resulted in a number of activities that have worked towards a trauma-informed approach in Manitoba services. The achievements of the past six years have included the establishment of the Manitoba Trauma Collaborative, a community of service providers, administrators, policy makers, researchers, and concerned citizens who share a commitment to promoting trauma informed approaches in all service sectors and the Manitoba Trauma Information and Education Centre (MTIEC), supported by the Province of Manitoba and situated at Clinic Community Health Centre. The goal of this centre is to provide information resources to support trauma-informed care. Provided resources includes information on trauma and its effects; the trauma recovery process; discussion of the mind/body connection related to trauma and recover; a summary of literature on the neurological effects of trauma and

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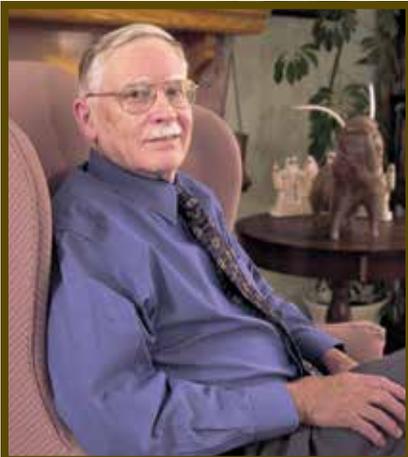
A Lifetime of Caring It Forward



by Stacy Cardigan Smith, with forward by Jane Ursel

Reprinted from Community News Commons, June 29, 2013, www.communitynewscommons.org/our-city/a-lifetime-of-caring-it-forward/

Raymond Currie has been a longtime supporter of RESOLVE. In the early days when we operated as a provincial research centre, Raymond Currie was the Dean of the Faculty of Arts at the U of M, and his office provided generous support in our start up days. When we expanded to become a Tri-provincial Research Network Raymond became a board member of the Prairieaction Foundation (PAF) and President of the Foundation for a number of years. In that capacity he worked very hard to raise funds and raise the profile of RESOLVE and PAF in our community. We are pleased to see his efforts acknowledged by the Governor General's Caring Citizen Award this year.



Raymond Currie

Photo credit: Frank Nolan,
University of Manitoba

What drives us to care? **Raymond Currie** grew up in a caring family, but it was the anonymous financial support he received for specialized education that made Currie truly consider what it means to care.

"I wonder if [the benefactor] has any idea of the huge effect he had on my own life," Currie says. "Real generosity does not require repayment, but it sets up a chain reaction; as a recipient of an act of generosity, I have always felt the urge to seize opportunities to help others while I am able."

Currie has given back in many ways as a teacher, researcher, university administrator, priest and board member for numerous non-profits. His actions were recently recognized by the Governor General with a Caring Canadian Award. Created in 1995, these awards recognize individuals who volunteer their time to help others, building a smarter and more caring nation.

"As I reflect upon it, I am so touched that our society has such an award," Currie says. "It is not for business achievement, academic achievement, artistic achievement, but simply for caring. What a strong statement about a society."

Currie was nominated by long-time friends **Cathy Auld, Jane Ursel, Kathy Strachan** and **Sharon Carstairs**.

"[His] life can be summed up as focused on making

life's journey better for others," Auld says.

Born in 1934, Currie grew up in Winnipeg in a close-knit family.

"He has told stories of his family's quiet generosity, expressed in the depression years by sharing food, lodging and clothing with men who showed up at their door seeking work. The family's income was modest," Auld explains.

Although Currie dreamed of additional education opportunities, the fact he had older siblings made it very difficult. Without the anonymous benefactor, specialized education likely would not have been possible.

Currie joined the Franciscan Order in the 1950s, was ordained in the 1960s, and later left the priesthood to embark on a well-measured life served in the interests of the community. In academic life at the University of Manitoba Currie earned a reputation as a renowned researcher in the areas of urban sociology, religion, mental health, addiction, and vulnerable single parents. He served as the dean of the Faculty of Arts from 1991 to 1999.

Throughout the decades of his busy academic career, and since retiring in 2000, Currie has served on as many as five community-based non-profit boards at a time. He is discerning as to where he places his considerable energy, passion and attention. Motivated by compassion, insight, intelligence and wisdom, Currie has served with Villa Rosa, Prairieaction Foundation, New Directions, Manitoba Special Olympics and most recently Epic Opportunities, amongst others.

Currie and his wife Charlene married later in life and chose to adopt a son and daughter, both of whom suffer from severe mental disabilities.

Currie was one of five Winnipeggers to be honoured with a Caring Canadian Award during the Community Foundations of Canada national conference held in Winnipeg in June [2013]. ❀

Manitoba Update: *Prairieaction Foundation Supports Research in Manitoba*



by Jane Ursel

This fall we begin work on a project with Ikwe-Widdjittiwinn Inc. (Ikwe), supported by a Prairieaction (PAF) Education and Awareness Grant. The purpose of the project is to develop a program logic model and a training manual that incorporates a Medicine Wheel model with provincial operation standards to provide a framework for day-to-day practice in the services delivered by Ikwe. Research shows that Aboriginal women are much more likely than non-Aboriginal women to experience family violence, to experience more serious forms of violence during these incidents, and to access shelter services. Most of the women who access Ikwe services are of First Nations descent. The root causes of family violence among Aboriginal peoples is complex and historical in nature, and breaking the cycle of violence requires a holistic approach to service delivery and healing. Although Ikwe is often referred to as an "Aboriginal women's shelter"

and strives to offer culturally appropriate service, an adequate framework describing how culturally appropriate service translates into daily practice is lacking. Following an evaluation of the programs and services provided by Ikwe, and deliberations between the Board of Directors and staff, a strategic planning process was recently completed. A primary goal identified within the strategic plan was the development of a holistic, culturally appropriate practice framework based on the Medicine Wheel that will enhance current programs and services. The training manual will incorporate information on the best policies and practices to ensure a

culturally appropriate framework of service delivery that addresses the physical, emotional, mental, and spiritual well-being of Aboriginal women and their children.

Two PAF CARE Grants support the development and evaluation of programs for men who have experienced childhood sexual abuse. In 2012, CARE grant funding was obtained to gather information to assist in the

development of a childhood sexual abuse program for men to be offered at the Men's Resource Centre, a program of the Laurel Centre. Once the program was developed, a framework to guide the various program aspects was selected and applied. This framework was based on a model for sexual abuse programming, but has never been evaluated in terms of its applicability for men. Thus, an evaluation is required to ensure that it is appropriate to the needs of the men.

A 2013 CARE grant

has been given to support this evaluation. This study, entitled *Evaluating a Framework for a Childhood Sexual Abuse Program for Men*, will include a review and summary of other frameworks and models applied to men's abuse related programming and discussions with men and staff about their perspectives of the framework. In addition to this evaluation, a pre- and post-program evaluation package will be developed to help determine the extent and areas of change in men from the beginning to the end of the program. This outcome assessment will be part of an ongoing evaluation of the effectiveness of the program and framework being applied. ❧



Ikwe board president **Catherine Dunn** (left) receiving their Education & Awareness grant cheque from PAF Secretary **Karen Naylor** at the Ikwe AGM in Winnipeg on June 19, 2013

Saskatchewan Update: Team Members Present Research on the Impacts of Intimate Partner Stalking



by Kimberley Zorn

A limited number of studies have investigated the impact of intimate partner stalking on women targets. This research indicates that current responses to stalking are relatively ineffective despite the inherent dangers to targets. Reaction of law enforcement and other service providers can have a severe impact on a woman's perception of safety and levels of distress. Over the course of the last year **Dr.**

Mary Hampton, Academic Coordinator for RESOLVE Saskatchewan, and **Kimberley Zorn**, Research Coordinator for RESOLVE Saskatchewan, have worked in collaboration with **Deb George** and the Domestic Violence Unit within Family Services Regina. The current study, which developed from the above-mentioned collaboration, involved collecting stories from ten women who had been stalking targets of former intimate partners within the Regina area. These stories were then compiled in a way that demonstrated the impact of stalking on victims.

Potential participants were contacted by front line service providers from Family Services Regina, and Zorn conducted narrative interviews with the women who agreed to participate in the study. These interviews were guided by three main research questions: 1) What is the impact of stalking on targets? 2) What were targets' experiences with the Regina Police Service and justice system? and 3) What services and resources within the community did the targets find to be helpful during different stages of their ordeal? Data collection and analysis were guided by Narrative Inquiry Methodology. This methodology was deemed the most appropriate approach for the research questions, as our aim was to hear stories from the viewpoint of targets themselves. Narrative inquiry encourages participants to tell their stories from their own perspectives and in their own words, and allows participants to share—from beginning to end—what they experienced.

Findings from this study were presented in June at the 2013 Nursing Network on Violence Against Women

International Conference in Vancouver, Canada. The project was presented by Zorn, who focused on data that pertained to women targets' experiences with the Regina Police Service and the justice system. Further, preliminary findings on the emotional impacts of stalking were presented: women reported living in a constant state of fear as a result of repetitive exposures to harassment and abuse at the hands of their perpetrators.



Kimberley Zorn

The presentation showcased the multiple barriers and obstacles associated with accessing police and justice services within the province of Saskatchewan. A number of themes emerged from the data regarding these obstacles: Women within this sample reported feeling as though their claims of stalking were not taken seriously by police responders, stated that they often had to fight to make a statement, and voiced distrust with the police as a result of how their cases were handled. Themes that emerged with the target's experiences within the justice system include prolonged trial dates, low conviction rates, and constant breaches associated with no-contact orders, added to feelings of disappointment and exacerbated fears associated with personal safety and protection.

The well-attended and very well-received presentation was followed by much positive feedback regarding the importance of conducting such research. An amazing discussion by the academic and community leaders regarding the importance of finding solutions to such barriers, as well as the need for further dissemination of results to police, justice, and front line service providers within Canada ensued.

RESOLVE Saskatchewan will continue disseminating findings from the current study through various academic and community outlets, and Kimberley Zorn will continue conducting research on the impacts of partner stalking throughout the course of her PhD dissertation. RESOLVE Saskatchewan remains dedicated to research in the area of intimate partner stalking through the coming years. ✂

Alberta Update



by Pradnya Khataavkar

This quarter has been busy, as we welcomed new Steering Committee members, appointed our new Community Representative, created and approved terms of reference, updated our website, and started our Conference Planning Committee meetings to produce RESOLVE Alberta's Research Day. Perhaps most exciting is the line up planned for Research Day 2013!

First, we want to introduce you to our newest Steering Committee members, including **Ann Marie Dewhurst**, *Psychologist*, Valerian Consulting, Edmonton; **Christine Hall**, *Manager*, Quality Assurance YWCA, Calgary; **Colleen Bakker**, *Psychologist and Clinical Supervisor* for Family Violence Services, Alberta Health Services, Lethbridge; **Corinne Ofstie**, *Coordinator*, Calgary Domestic Violence Collective, Calgary; **Lana Wells**, Brenda Strafford Chair in the Prevention of Domestic Violence, Faculty of Social Work, University of Calgary; and **Linda McCracken**, *Sexual Assault Nurse Examiner/Forensic Studies*, Alberta Health Services-Domestic Violence Program Coordinator, Calgary. Each of our members has already made great contributions to the Steering Committee—you may have noticed Linda's article in the last RESOLVE newsletter. Also, **Deb Tomlinson**, *Chief Executive Officer*, Association of Alberta Sexual Assault Services, was unanimously supported by the Steering Committee to be our new Community Representative. We are delighted to have Deb on board with us. Together, we worked to develop expectations for our work in our new terms of reference. Each of our new additions brings unique and valuable expertise to RESOLVE's goals and mission.

Our RESOLVE website was also recently updated with a new and colourful logo and feature information on all the RESOLVE Alberta team members, including the fresh new faces introduced above. We have also posted biosketches for Steering Committee members and RESOLVE Alberta staff members to help every visitor become familiar with the RESOLVE Alberta team. You can check it out at www.ucalgary.ca/resolve.

Perhaps most exciting this quarter is our preparation for this year's RESOLVE Alberta Research Day, which will be held on Monday, October 21, at Hotel Alma on the University

of Calgary campus. If you have not yet registered, please visit us at events.gobigevent.com/events-web-public/event/start/272;jsessionid=KujYr7iUce-Rx9m6dyFLSCMp?0.

There are substantial reductions in registration fees for more than one attendee from an institution. If you are a service provider we also have substantial rebates on registration fees, thanks to our new funders from the University of Lethbridge and the University of Calgary (Nursing and Vice President Research Office). E-mail RESOLVE Program Manager, Ms. Pradnya Khataavkar, at pkhataavk@ucalgary.ca to determine if you are eligible!

Research Day's 2013 theme is based on the Harvard model of "Promoting Development & Protecting Health" in the Context of Family Violence. Two distinguished international keynote speakers, **Dr. Sandra Graham-Bermann**, University of Michigan, USA, and **Dr. Eamon McCrory**, University College London, UK, will speak on the social and biological effects of family violence on emotional and psychological health and well being.

Additionally, the **Honorable Dave Hancock**, *Minister of Human Services*, and the **Honorable Jonathan Denis**, *Minister of Justice and Solicitor General*, will bring greetings from the Government of Alberta at Research

Day! **Dr. Brent Scott**, Director of Alberta Children's Hospital Research Institute for Child and Maternal Health, will also bring greetings, and a representative from the Norlien Foundation will introduce one of our keynote speakers. The work of the Foundation in the field of family mental health aligns well with the mission and goals of RESOLVE and the Research Day.

We have an exciting line up of speakers in six concurrent sessions that cover the Healing Journey project, and studies that address the importance of stable, responsive relationships, safe supportive environments, and physiological adaptations or disruptions associated with exposure to family violence. We will also learn about the link between childhood abuse and intimate partner abuse from our own **Dr. Jane Ursel**.

Come one, come all, and join us at RESOLVE Research Day 2013! ❁



Pradnya Khataavkar

Trauma Informed System... cont'd from Page 1

therapeutic approaches to trauma; and a trauma informed tool kit, a resource that guides service providers through a trauma-informed approach. A second edition of this tool kit was released this past summer. MTIEC also launched its website this past summer www.trauma-informed.ca, and the aforementioned kit, along with other resources, can be found at this site.

In addition to these organizational resources, Klinic has developed a trauma informed training workshop that has been delivered to service providers since 2009. Information about training workshops and schedules can be found at <http://trauma-informed.ca/about-us/mtiec-trainings-and-webinars>. In the winter of 2012 – 2013, an evaluation of this workshop was completed and used to guide the development of online trauma-informed training. This online training was completed through a partnership between Klinic Community Health Centre and Saint Elizabeth Health Care, and is a good introduction to trauma-informed practices. This training is available at

<http://www.saintelizabeth.com/FNIM/News/Program-News/All-News/New!-Trauma-Informed-Relationships-Building-Sa-%281%29.aspx>. An evaluation of this online version is currently being planned. With most of the goals outlined in the 2007 forum achieved, a second national forum is being planned for June 2014. The intent of this forum will be to summarize current achievements and identify future endeavors. Gathering information that will provide direction for developing a trauma-informed approach at a more systemic level will be one of the goals for the forum. In addition, the Canadian Trauma Informed Collaborative has been established as part of the effort to effect

systemic change. This Canadian Collaborative will shift the focus from a provincial to a national level. Researchers, practitioners, policy makers, and experiential people have connected and are in the process of establishing a system of knowledge exchange and communication to facilitate the promotion of trauma-informed systems of practice across Canada.

The People

The initial impetus for the original 2007 forum came from **Tim Wall** at Klinic. As co-chair of the Manitoba Trauma Collaborative, he and co-chair **Pat Burrows**, formerly of the Alcoholism Foundation of Manitoba, have worked with community agencies, Ministers from the Provincial government, and representatives of the federal government to support the many endeavours of the Collaborative. Their persistence and passion resulted in support for MTIEC, which is now fully operative. **Cheryl Mathews**, **Chris Willette**, **Maureen Rice**, and **Michelle Kreutzer** from Klinic have been involved with developing the trauma informed tool kit and delivering the trauma informed training workshop. **Jocelyn Proulx** from RESOLVE Manitoba, along with **Elaine Morodoch** and **Wanda Chernomas**, from the Faculty of Nursing at the University of Manitoba, have been involved with much of the research conducted through the Collaborative. In addition to these individuals there are a host of people and agencies who have donated time and work to the various projects of the Manitoba Trauma Collaborative. ☘



Announcements, Conferences and Events



September 20–22, 2013 - *The 9th Annual Animal Welfare Conference* presented by the Saskatchewan SPCA and held at the Travelodge Hotel in Saskatoon, SK. The conference includes a session entitled ***Cruelty Connection: Animal Cruelty, Domestic Violence and Child Abuse***. Many victims of domestic violence remain in an abusive situation out of concern for the safety of their pets. Tim Battle of the Alberta SPCA will discuss the cruelty connection and help identify solutions for pet-owning victims of domestic violence. For more information refer to www.sspca.ca or call **306-382-7722**.

October 15, 2013 - *12th Annual Regina Peacemakers Breakfast* presented by the Community Partnership Against Violence in Regina, SK. More details to be announced soon. For more information refer to abusehelplines.org/2013/07/18/regina-peacemakers-breakfast-october-15-2013 or contact the Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) at **306-522-3515** or by e-mail at paths.services@sasktel.net.

October 21, 2013 - *RESOLVE Research Day 2013: Promoting Development & Protecting Health in the Context of Family Violence* presented by RESOLVE Alberta and held at the Hotel Alma in Calgary, Alberta. This event will build on RESOLVE's past and ongoing research and the Harvard Framework for Reconceptualizing Early Childhood Policies and Programs to Strengthen Lifelong Health. For more information refer to <https://events.gobigevent.com/events-web-public/event/start/272;jsessionid=SLDwDjZZggoVWNpOPLBcO8lh?0> or contact Ms. Pradnya Khatavkar at pkhatavk@ucalgary.ca.

October 22, 2013 - *Psychological First Aid for Complex Trauma* presented by Partnering In Hope and held at the BTC Indian Health Services in North Battleford, SK. This workshop offers front line service providers with an "intervention map" for working with survivors of chronic abuse and maltreatment. Participants will learn about the tri-phasic model of trauma recovery along with the neurobiology of PTSD, dissociation, and addictive behaviour. The deadline to register is September 30, 2013. For further information contact Jenni Schwab at **306-446-1553**.

November 14–15, 2013 - *13th Annual Family Violence Conference* presented by Diverse Voices, and held at the Fantasyland Hotel, West Edmonton Mall, in Edmonton, Alberta. Speakers will address topics on community response, relationships, youth technology, multicultural /Aboriginal cultures, and health. The Early Bird Fee, until October 25, 2013, is \$214.29 + \$10.71 GST=\$225. For more information refer to www.diverse-voices.com or contact Cathy Harvey, Event Coordinator, at **780-485-5955** or cathyharvey@canaevents.com.

December 10–11, 2013 - *Family Violence: Working Towards Solutions* presented by Crisis and Trauma Resource Institute, Inc., in Regina, SK. This workshop examines different forms of violence within family relationships including psychological/emotional, physical and sexual abuse. Assessment areas will be reviewed to understand the impact on individuals, relationships and communities. Interventions will be explored for working with those who perpetrate violence as well as those who are abused, with the goal of moving beyond shame and hurt to the restoration of relationships and prevention of further violence. Finally, participants will learn specific interventions for promoting safety with children, adults and in relationships. For more information refer to www.ctrinstitute.com/node/212 or call **204-452-9199**, or toll free **877-353-3205**, or e-mail info@ctrinstitute.com.



Prairieaction
FOUNDATION



We're finding solutions to protect women and children from violence and abuse!

Phone: **1-877-926-8129** or **(204) 983-1234**

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Web site: **www.prairieaction.ca**

Prairieaction Foundation Invests in Finding Solutions to Violence and Abuse

In 2013, the Prairieaction Foundation (PAF) will provide a total of \$40,430 in funding to five community groups across the Prairies through our CARE and Education & Awareness Grants. In addition, the Foundation has provided \$221,000 in operating funding to the RESOLVE academic network.

"Through investing in research, we are finding answers to critical questions about which programs and services are effective in preventing abuse, in assisting victims to find help, and in breaking the cycle of violence for perpetrators," said Rod McKendrick, chair of the PAF Board of Directors. "We connect university researchers with front-line service providers who work with family violence victims and abusers."

Since PAF's founding in 1997, the Foundation has provided over \$2.8 million in funding to the RESOLVE network and front-line agencies.

Information on our 2013–14 grants program will be available on our website, www.prairieaction.ca, in November 2013. ☘

RESOLVE Manitoba

*~ Dr. Jane Urşel ~
Director (Academic)*

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