

Trauma-informed Community of Practice Meeting




Facilitator Training

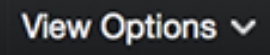
January 17, 2024



Interpretation & Slides




This meeting will take place in English with simultaneous French interpretation.


Important!! You **MUST** select your preferred audio language. To do this, click on the interpretation button →  (on the bottom navigation panel if you are using a desktop.) Then select either  or .

To select the language of your slides, click  at the top of your screen and then your preferred language: English or French.

Interprétation & diapositives

Ce réunion se déroulera en anglais avec une interprétation simultanée en français.

Important!! Vous **DEVEZ** sélectionner votre langue audio préférée. Pour cela, cliquez sur le bouton d'interprétation →  (dans le panneau de navigation inférieur si vous utilisez un ordinateur de bureau.) Sélectionnez ensuite soit ou  .

Pour sélectionner la langue de vos diapositives, cliquez sur les  en haut de votre écran, puis sur la langue de votre choix: Anglais ou Français.



MC
2023

Agenda

- Welcome and Introductions
- Upcoming Events
- CoP Member Presentations
- Presenter Q&A
- Small Group Discussions
- Closing





Welcome to Julie Prud'homme from PHAC



Good -Bye and Welcome to CoP members

Good -bye to:

- Bari Knopf (Sharing the Healing Journey)
- Margaret Leslie (C -BTC)
- Kyla Munn (Kids Club and Moms Empowerment)

Welcome:

- Julie -Pier Montreuil (Kids Club and Mom's Empowerment)



Upcoming Events

2024 Virtual CoP Meetings

- March 6, 2024
- May 8, 2024

Knowledge Exchange

- June 4 -5, 2024, Delta Marriott, Montreal, 475
President Kennedy Ave, Montreal, QC
- [Book Your Room](#) before May 3, 2024!

CoP Drop -In Sessions

- March 6, 2024, following CoP Meeting



CONNECTED PARENTS

Calling parents and caregivers of 6 to 20 year olds!
Join our project to foster healthy youth relationships!



CONNECTED PARENTS HELPS IN THREE WAYS:

- **SUPPORTIVE FACEBOOK COMMUNITY**

Be part of a Facebook group where you can ask questions, share experiences, and access resources.

- **PEER CONNECTION**

Build strong connections with other parents and learn from each other.

- **SKILL-BUILDING TEXT MESSAGES**

Receive helpful messages on how to support your child to have healthy relationships.

To sign-up or
learn more



Registration ends
January 26!

Powered by:

sh!ft
THE PROJECT TO END
DOMESTIC VIOLENCE



Questions?
LiLee@ucalgary.ca

KNOWLEDGE HUB
KC
CENTRE DE
CONNAISSANCES



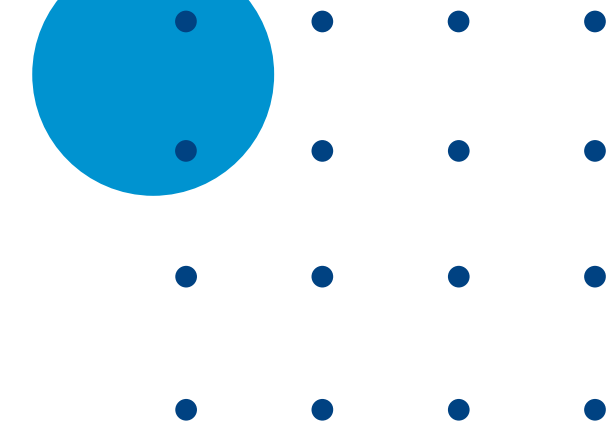
CoP Member Presentations

Meenu Dhillon & Golnoosh Hakiman
Stories of Strength

Akm Alamgir & Christen Kong
HEAL (Hubs of Expressive Arts for Life) to Address
and Prevent Family Violence

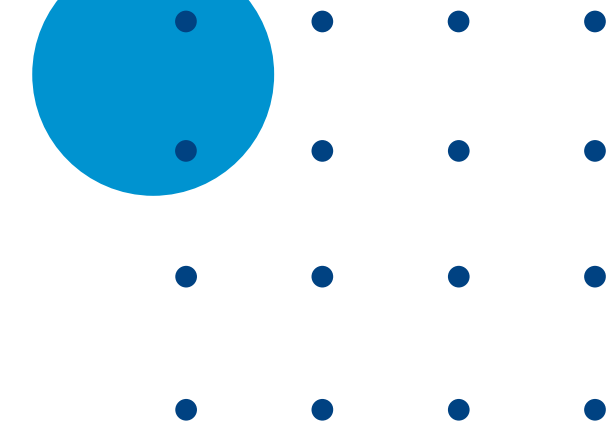


Stories of Strength



Our Project is a community led initiative exploring effects of violence on mental health in immigrant and refugee communities. Our project focuses on Senior abuse, Gender based violence and Child maltreatment in African, South Asian and Middle Eastern communities. We recruited 6 Community Champions from these 3 communities (2 from each) to implement violence intervention strategies and create empowerment plans. In the process of training these Champions we have 5 levels of facilitation trainings.

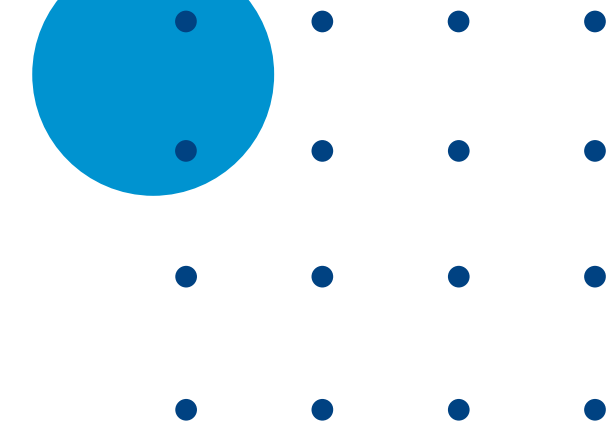
Stories of Strength



Step 1: Training Coordinators developed the training curriculum based on DIVERSEcity's Roots of Safety model

Step 2: Community Champions are provided training about 3 windows adopted from Roots of Safety - that works around developing empowerment plans by mapping the strengths and challenges. This enables them to steer community kitchen table dialogues conversations effectively

Stories of Strength



Step 3: Debriefing about key learnings and exploring solutions

- Meeting with Champions on regular basis to discuss any key learnings from community presentations and explore solutions to challenges that reveal during these workshops

Step 4: Seeking expert insights

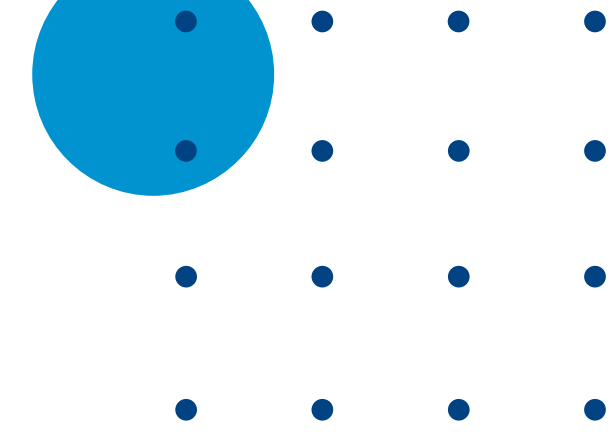
- If the challenges are of deeper concern and cannot be resolved during group discussion, the issue is taken to a 1-1/group clinical supervision meeting to seek expert advice of clinical supervisor

Stories of Strength

Step 5: Referral to 1-1 support with the coordinators

- Facilitation is an ongoing process with this project both at group and individual level. Any participants who have deeper concerns that are revealed during group talks are referred to individual sessions for deeper diving into family empowerment planning.

Stories of Strength



Challenges/ Successes:

- Stigma around violence – people shut down – use new terminology such as conflict in lieu of violence to encourage open dialogue
- Both Champions and participants have naturally adopted the 3 columns as a strategy to problem solving and extending that to their daily activities (Based on participants feedback)



Hubs of Expressive Arts for Life

Facilitation Training Journey: Learning On The Go!

Community of Practice Meeting: Knowledge Hub

January 17, 2023 1 - 2 PM

Virtual Zoom Meeting

Akm Alamgir, PhD, MPhil, MBBS

Research Lead, HEAL Project

Director, Organizational Knowledge and Learning

Adjunct Professor, York University

Academic Editor, PLOS One

Christen Kong, MSW, RSW

Program Coordinator, HEAL project

Health Promoter - Mental Health

Student Supervisor



Disclosure

This presentation represents the project titled: "HEAL - Hubs of Expressive Arts for Life" funded by the Public Health Agency of Canada (Arrangement # 2223-HQ-000042) for Preventing and Addressing Family Violence for a period of 4 years. This research is approved by the REB of the Community Research Ethics Office (Canada) Corp., c/o Centre for Community Based Research, 190 Westmount Road North, Waterloo, Ontario, N2L 3G5 (CREO REB file # 277). Email: creo@communitybasedresearch.ca. Telephone: 1-888-411-2736.



Facilitation Training Journey: Pre-Program

Development of the intervention/facilitation materials
Rigorous Literature review and Environmental Scan
Facilitating to Co-create the program/intervention design

Facilitation at the 1 -1 interview and Focus Groups

- Rigorously reviewed scripts
- Trained peer-researchers
- Post-facilitation debriefs
- Reflection diary
- Presence of a registered counselor/therapist

Facilitating the conferences, guest lecturers and community partners

- Multi-level dissemination
- Conferences
- Regional forums
- University Classrooms
- Phase-wise sharing of our journey, process, and products
- Engage participants efficiently
- Harvest wisdom (as feedback) from different stakeholders or knowledge brokers

Today's Discussion Training of Facilitator Teams

Facilitating the EAT programs

- Registered therapist as a facilitator
- Adaptation of the script co-created at the beginning
- Registered mental health support staff (RSW) as a standby resource
- Create community peer researchers as co-facilitators
- Reflective diary
- Not participating in the post-intervention feedback sessions conducted by the peer researcher (to avoid social expectation bias)



Training of Facilitator Teams

3 hrs. lunch and learn peer researcher training by Shangjucta Pooja


- Peer researchers training adapted from Access Alliance existing content
- Learn the HEAL Evaluation mixed methods cycle (pre, during, and post)
- Trauma informed and art based evaluation approaches

1 hr. "Arts Based & De-Escalation" by Christen Kong

- What is art-based methods? and best practices when working with newcomers
- Safety protocols e.g. de-escalation techniques, organizational supports, debrief, facilitator mental health resources
- Boundaries and confidentiality
- Referral processes and documentation

1 hr. data security and PIHIPA training facilitated by Akm Alamgir

- Review PIHIPA standards and data security protocol at Access Alliance



Facilitation Teams reported greater need for new knowledge and strategies when working with vulnerable populations



Unique Features of Facilitator Team Trainings

Facilitators as Participants

- Facilitator team engages in the same evaluation process as participants

Consistent Check-Ins and debriefing

- What is challenging? How can we improve process for participants?

Cultural Tailoring of Evaluation Cycle

- Adaption of script for cultural suitability before implementation

Harness Team as Co-facilitators

- Main expressive arts facilitator leading art-based section - sharing of personal experiences
- Peer researchers reporting on evaluation process and findings to team

Learning on the go! Iterative Process

- Facilitator team exit interviews inform trainings, manuals and handouts to capture new learnings



Mohaddessa Volunteer, Assistant Peer Researcher



Challenges and Mitigation Responses

Time Constraints

- Inter-disciplinary HEAL Facilitation teams prove difficult to schedule meetings
- Begin the training process 3 months in advance of program implementation

Differing Experiences with Research

- Facilitator teams may have varying capacities and knowledge on research
- Approach “Anyone can be a researcher”. Ongoing mentorships and support.

HEAL Sub-Groups: Diversity in Needs

- Trainings are developed based on need of facilitation team
- Ongoing development, referrals and knowledge sharing from debrief meetings

New Practices: Bridging Art Programming and Research

- Many partner agencies first time engaging with art-based approaches, hence during training



Group Guidelines Nest Activity showcasing the diversity in “nest building” from each HEAL subgroup.



Successes and Positive Outcomes

Training New Community Researchers

- Access Alliance research & evaluation department adapts peer researcher training to equip community partner to conduct research. Individuals build skills, increase knowledge, and are active co-facilitators in the HEAL Project.

Pre-program training enhance success of program

- Safety and art-based training ensures facilitator teams mutually understand strategies for trigger responses, bridging of organizational safety protocols, staff and client support, and strengthens partnerships.

Exchanging knowledge across sectors

- HEAL Project is bringing together professionals from expressive arts therapy, domestic violence, healthcare, and settlement. The rich diversity enhances holistic support for clients and their families.

Guest speakers: diversifying knowledge

- Guest speakers on health relationships, human rights, and empowerment self-defense are invited into the program to compliment expressive arts approach to increase knowledge and skills.



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Access Alliance
Multicultural Health and Community Services

Thank You Connect with Us

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Presenter

Q&A

Small Group Discussion



Breakout Rooms



Thank you!

See you March 6th

