

Trauma - informed Community of Practice Meeting

“Needs Assessments”

November 22, 2023





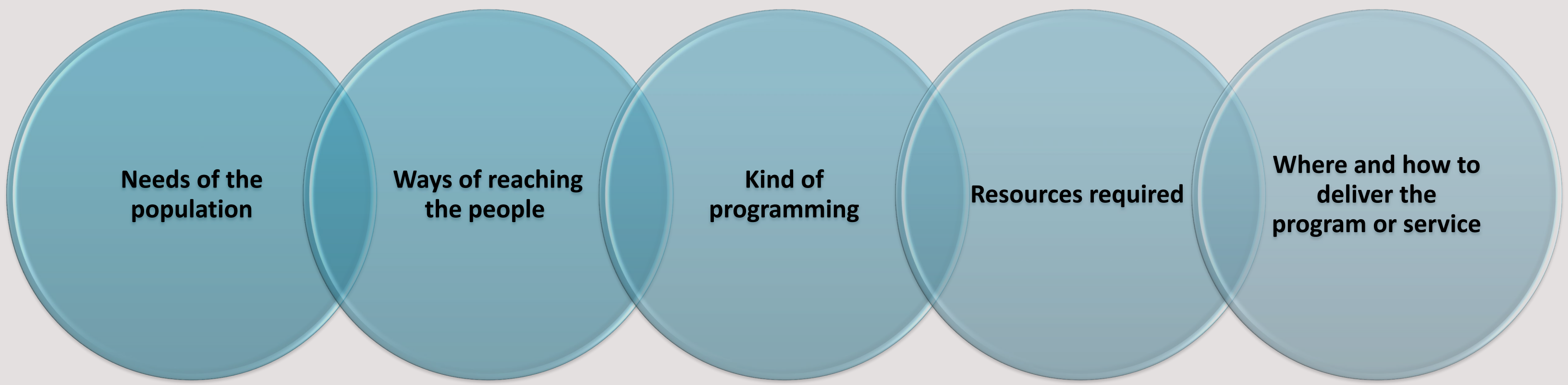
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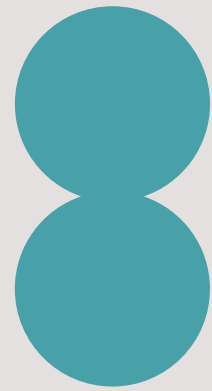
Agenda

- Welcome and Introductions
- Needs Assessments
- CoP Member Presentations
- Small Group Discussions
- Large Group Discussion
- Resources
- Slido / Poll
- Upcoming Events



Needs Assessments





CoP Member Presentations

Lianne Lee

Art Of The Nudge and Connected Parents

Jacinthe Dion and Mireille Hébert
Kaskinomatasowin

Jessica Martin et Mélanie Murphy
The Compass project





SHIFT'S CONNECTED PARENTS AND THE ART OF THE NUDGE RESEARCH INITIATIVES

Lessons & Reflections on Needs Assessments

Presenter: Lianne Lee | Project Manager, ConnectED Parents | Shift: The Project to End Domestic Violence, UCalgary

Contributors:

- Lana Wells | Associate Professor, Director, Shift: The Project to End Domestic Violence and Associate Professor, FSW, UCalgary
- Elizabeth Dozois | Project Lead, Art of the Nudge | Shift: The Project to End Domestic Violence, UCalgary

About ConnectED Parents



Prevents adolescent dating violence by equipping parents & caregivers with the tools, knowledge, and support to foster healthy dating relationships in their teen children.

About Art of the Nudge



Addresses the social conditions that lead to gender-based discrimination and violence by implementing a norms and nudges approach in male dominated work environments.





NEEDS ASSESSMENTS TO INFORM THE DESIGN OF OUR INTERVENTIONS

- How do we know that we need a different approach to preventing domestic violence?
- What should the new approaches look like?



NEEDS ASSESSMENTS IN OUR INTERVENTIONS

- How are needs assessments part of ConnectED Parents and Art of the Nudge?

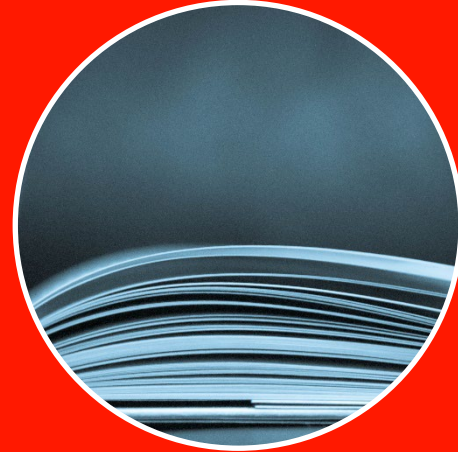
Needs assessments to inform the design of our interventions



**COMMUNITY
OF PRACTICE**



**COMMUNITY
EVENTS,
INTERVIEWS, &
FOCUS GROUPS**



RESEARCH



**MEET WITH
RESEARCHERS
& OTHER
EXPERTS**



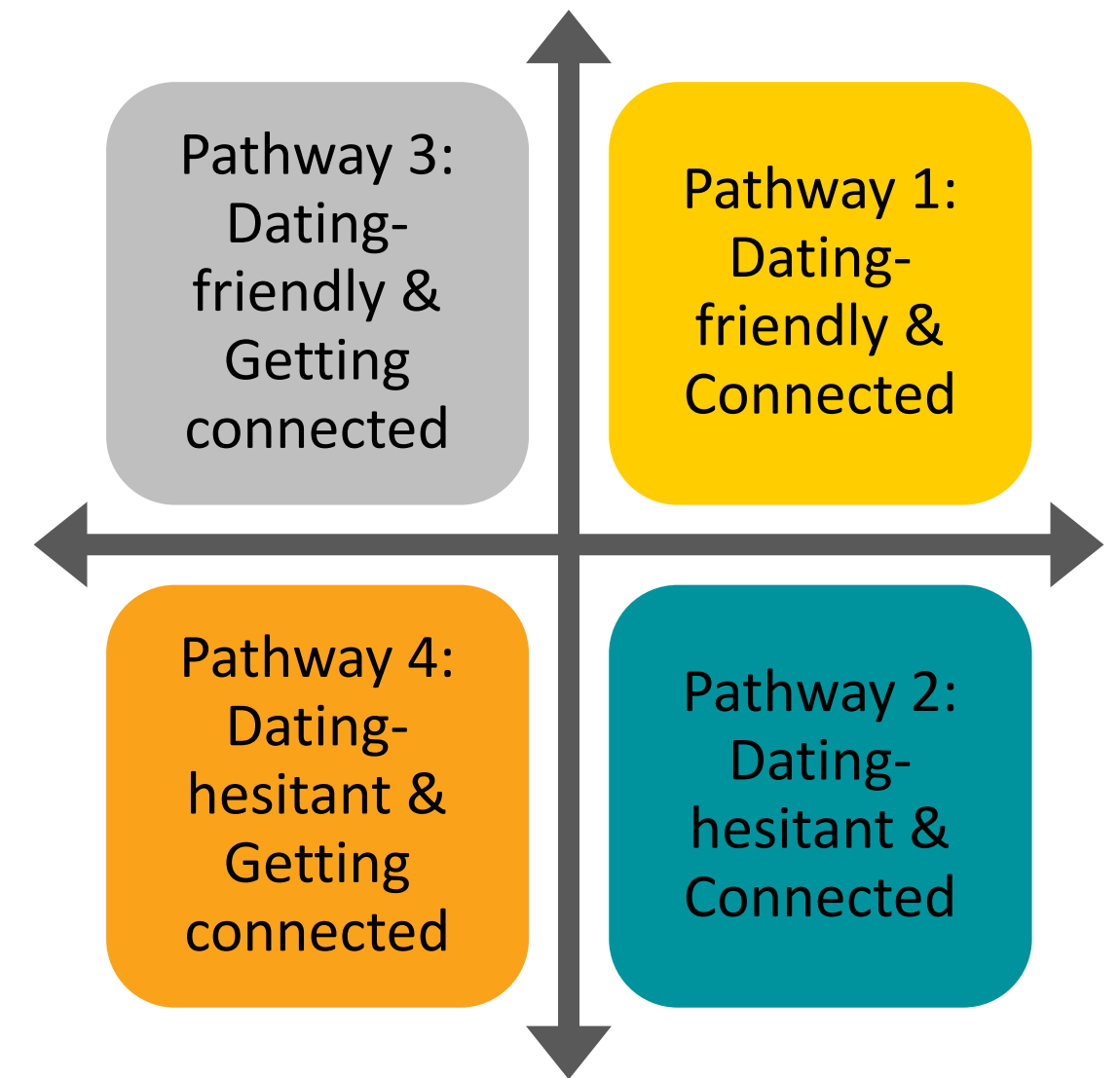
**TARGET GROUP
IDENTIFIES THE
NEED**



Integrating needs assessments in our interventions

ConnectED Parents

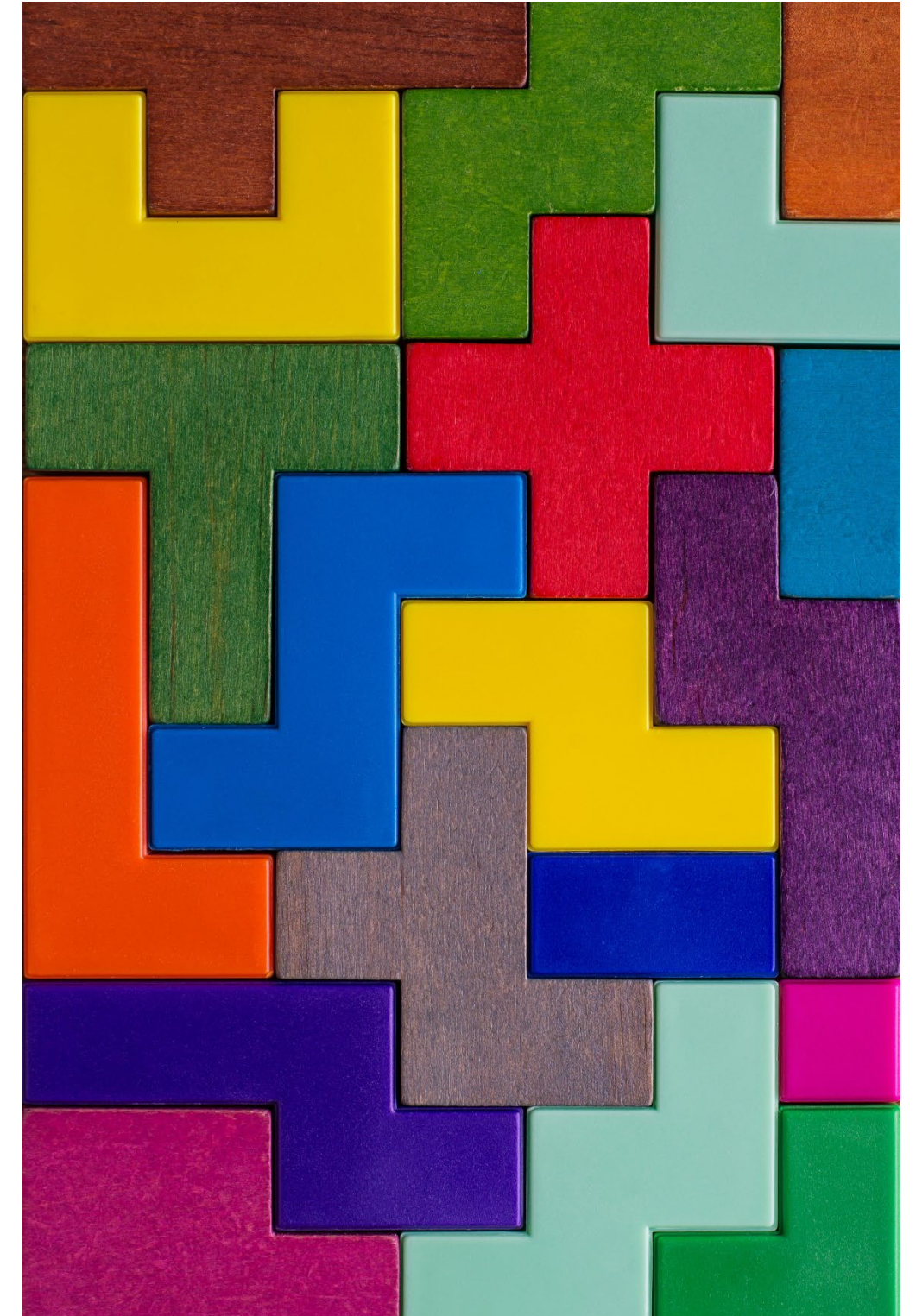
- Tools and processes to help community leaders assess the health of their social environment.
- Tools and skills to help parent leaders identify how best to support other parents.
- Survey to understand parents' level of comfort around dating and their quality of relationship with their child. This helps parents to assess in which text-messaging pathway they would like to participate.



Integrating needs assessments in our interventions

Art of the Nudge

- Observation and informal conversations with members of a setting
- Interviews and focus groups that draw out specific issues and priorities related to gender discrimination, harassment, and other forms of violence.
- Online, anonymous survey to validate themes that are raised in the qualitative research (interviews and focus groups).





Lesson 1

Focus on usability, acceptance, and potential resistance and backlash early on

What is practical for the people who will be part of your interventions?

Emergent approaches require people to change, and change is hard

It's hard for people to imagine
something that doesn't yet exist



Lesson 2

What we think we'll do

≠

What we actually do

How can we help others use needs assessments?



Lesson 3

Highly structured programs



Customized approaches

Connect With Us!

ConnectED
Parents

LiLee@ucalgary.ca



Preventdomesticviolence.ca



Art of the
Nudge

elizabeth.dozois@ucalgary.ca



Preventdomesticviolence.ca



Kaskinomatasowin

Prevention of Sexual Violence

Atikamekw Community of Manawan

Needs Assessment - Preliminary Results

UQAC

Université du Québec
à Chicoutimi



Agence de la santé
publique du Canada

Public Health
Agency of Canada

Objectives:

- Create, in collaboration with our Indigenous partners, tools for the prevention of sexual violence specifically designed for parents.
- Enhance parental skills in sexual education.
- Attempt to reach out to men and understand their disengagement (new initiative).



The Research Team

UQAC, UQTR

Jacinthe Dion, Ph.D.
Professor of Psychology

Virginie Attard

Mireille Hébert

Research Professionals

Onikam Social Services

Atikamekw Nation Council

Alice Échaqan

Sexual Violence Interventionist

Marilyn Boucher

Program and Intervention
Counselor

Jimmy Simard – Emphase

Interventionist for Men

Sexually Assaulted in

Childhood

Challenges encountered during the data collection:

- Challenges in reaching out to men - difficulties.
- Consideration of post-traumatic stress. Establishing a trustful connection before reflecting on the future.



NEEDS ANALYSIS - MANAWAN - IN PROGRESS

Between November 2022 and October 2023:

→ 3 community visits:

1 in an urban setting.

3 group meetings - sharing circles (professionals and parents).

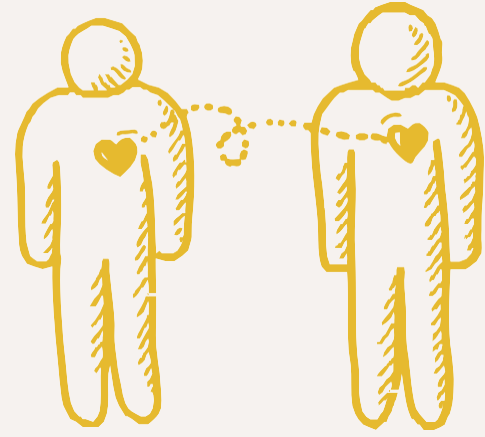
→ Final round of analysis - Fall 2023:

Alice and Jimmy - individual interviews with men and community elders.

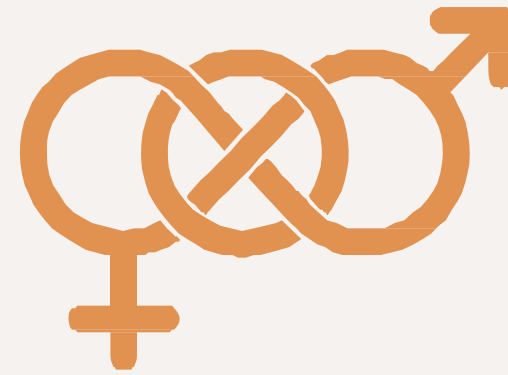
→ Questionnaires to be administered to parents (upcoming).



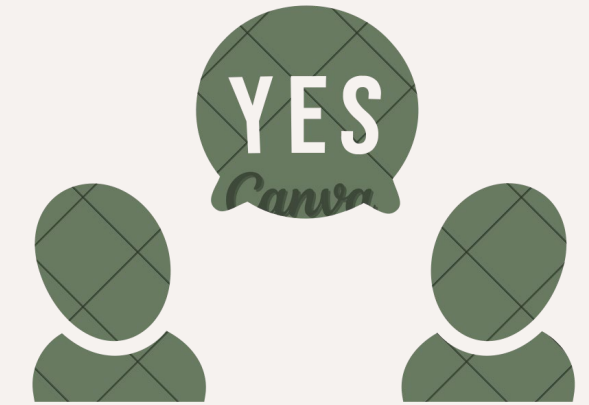
Themes to address:



Romantic and Sexual Relationships



Identity and Sexual Orientation



Consent



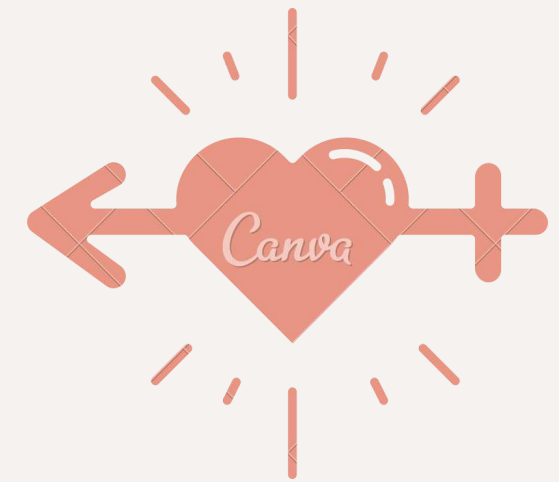
Cybersexuality



Psychosexual Development



Forms of Violence



Sexual Health

Thank you for your
overall listening

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Compass Project

Carrying out a needs analysis

Jessica Martin et Mélanie Murphy

Literature Review

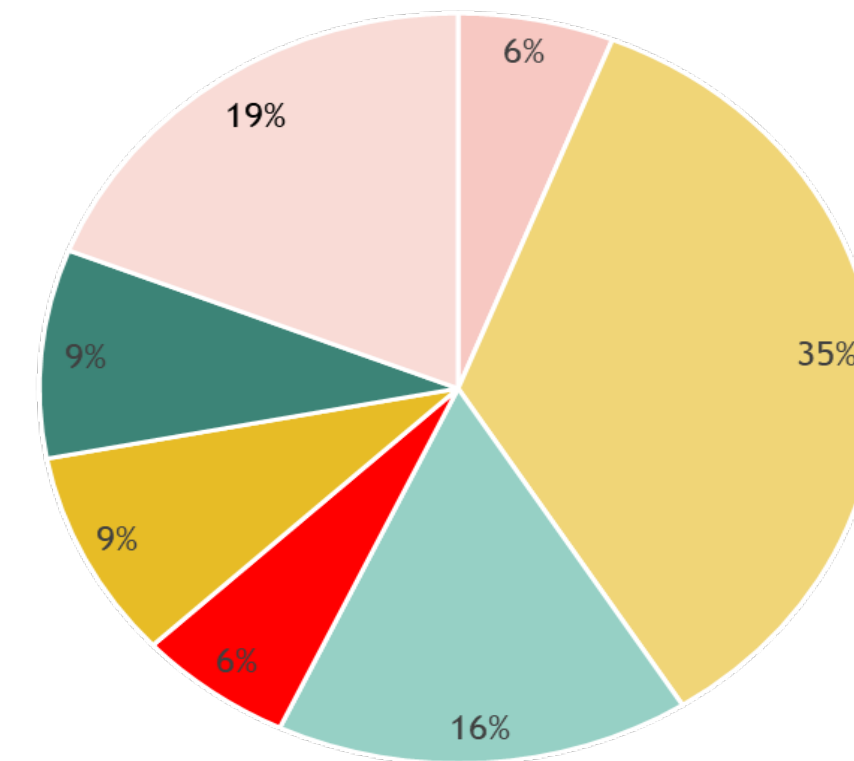
Objectives

Identify existing sexual violence prevention initiatives

Identify best practices in the field

Develop a program tailored to the needs of children aged 6 to 12 and those around them

Locations



- youth centres
- children and family centres
- shelters
- pediatric centers
- community recreation centres
- day camps
- other community organizations

Considerations for a trauma-informed needs analysis

- Focus group participants may also have experienced sexual violence in the past.
- Sensitive topics discussed in the focus group may lead to feelings of distress.
- Sensitive topics discussed may lead to disclosure of sexual abuse by a participant.

Setting up resources

Participants

- Explanation of research and consent form
- Trauma warning
- List of resources

Material resources

- Travel to sites (when possible and desired)
- Provide snacks, coffee and tea

Project managers

- Trained to receive disclosure of sexual violence

Learning from the needs analysis

Twelve recommendations

- Adopt effective preventive approaches based on sexuality education and the promotion of healthy, egalitarian relationships.
- Raise public awareness of the consequences of sexual violence against children
- Educate children, caregivers and parents about all forms of sexual violence, including cyber-violence.
- Reassure adults about sexuality education for young people and deconstruct myths
- Discuss protective skills, as well as the techniques used by perpetrators
- **Deconstruct myths linked to the hypersexualization of young people**

Learning from needs analysis (continued)

- **Twelve recommendations**
- Develop evolutionary, participatory tools adapted to children's development
- Integrate technology, but not too much!
- Provide concrete guidelines for disclosure and reporting
- Provide concrete guidelines for healthy, worrisome and problematic sexual behavior
- **Encourage parental involvement**
- **Recognize the particularities of day camps and summer camps**

Small Group Discussion



Breakout Rooms

Discussion Questions:

1. Based on what you've heard and learned today, how does this impact how you conduct your project using tvi principles? (co-construction, co-creation, consulting experts, advisory groups, possible participants, etc)
2. When you have conducted needs assessments in your projects, what did you learn? Has this changed how you developed or delivered your project?
3. If you conducted your needs assessment online, what measures did you take to address safety, confidentiality, trust, etc ?
4. How are intersectional identities and experiences taken into account when conducting and planning needs assessments?

Large Group Discussion



**Report back and share one
or two things from
your discussion with the
rest of the group**

Resources



Alessi & Khan, 2023 p.131

QUALITATIVE RESEARCH IN PSYCHOLOGY
2023, VOL. 20, NO. 1, 121-154
<https://doi.org/10.1080/14780887.2022.2107967>



Toward a trauma-informed qualitative research approach: Guidelines for ensuring the safety and promoting the resilience of research participants

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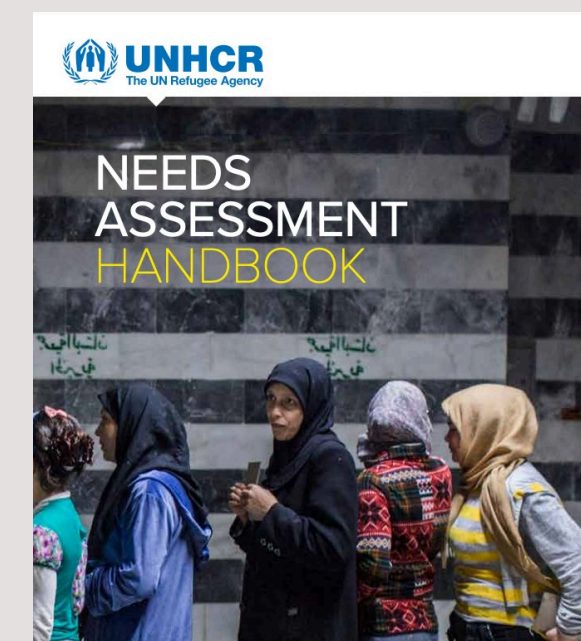
ABSTRACT

Qualitative researchers frequently conduct studies with individuals who have experienced various types of trauma, including those who have been historically marginalized and oppressed. However, in-depth discussions of how to conduct trauma-informed qualitative research do not exist. Thus, we lay the groundwork for a trauma-informed qualitative approach and then outline five guidelines for conducting research: (1) *preparing for community entry: Learning about the impacts of traumatic events and historical trauma on individuals and communities*; (2) *preparing for the qualitative interview or focus group: Establishing safety and trust in the research environment*; (3) *extending safety and trust into the qualitative interview or focus group*; (4) *knowing when to change course to avoid re-traumatization in the interview or focus group*; and (5) *committing to regular and radical self-reflection and self-care in the research process*. To demonstrate their applicability, we use an example from our own research with multiply-marginalized queer and transgender migrants in South Africa. This article advances the study of qualitative methods, offering researchers an opportunity to incorporate these guidelines into their study design and implementation to ensure participant safety and promote their resilience.

KEYWORDS

Qualitative methods; trauma; complex trauma; historical trauma; anti-oppressive; decolonizing approaches; trauma-informed qualitative methods

Needs Assessment Handbook



Seven Steps for Conducting a Successful Needs Assessment



Poll Questions

Do your projects and initiatives include efforts to actively involve and respond to the needs of deaf and hard-of-hearing participants/clients?

Does your project involve facilitator training?





Upcoming Events

2024 Virtual CoP Meetings

- January 17, 2024 (Facilitator training)
- March 6, 2024 (Creating safe spaces)

Knowledge Exchange

- TBD

CoP Drop -In Sessions

- Thursday, November 30, 2023
12:00 - 2:00 ET



Thank you and
see you in 2024

