

Cross-Sectoral Solutions



STRENGTHENING COMMUNITY CAPACITY TO ADDRESS THE
'PARALLEL PANDEMIC' OF GBV - RELATED TBI THROUGH A
SURVIVOR - LED SUPPORT PROGRAM

Funded by the Public Health Agency of Canada



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Research and community Impact Director at WomenatthecentrE

February 11, 2025

1:00 PM- 1:30 PM EST

LEARNING OBJECTIVES

- Understand the impact of peer support, service navigation, and flexible programming and services for survivors of GBV -BI.
- Share and acquire strategies for enhancing knowledge mobilization and sustainable community impact.



20 - WEEK PILOT PROGRAM

CO - ADAPT, PILOT, AND EVALUATE AN
EVIDENCE - BASED, TRAUMA - INFORMED,
MULTI - SECTORAL PROGRAM,

CREATING A BLUEPRINT OF 'WHAT WORKS'
FOR CRITICALLY NEEDED SUPPORTS

TO IMPROVE THE HEALTH AND WELLBEING
OF SURVIVORS OF GENDER - BASED
VIOLENCE (GBV) WITH A BRAIN INJURY
(BI).

8

SERVICES

1

FOCUS GROUP OR
INTERVIEW

6

SURVEYS

25

SURVIVORS

8

SERVICES OFFERED

1:1 PEER COUNSELLING

OCCUPATIONAL THERAPY

SPEECH LANGUAGE PATHOLOGY

MUSIC THERAPY

NATUROPATHY

SOMATIC THERAPY

PSYCHOTHERAPY

YOGA

6

SURVEYS

Pre-Survey: 100% RR*
Interim Survey 1: 96% RR*
Interim Survey 2: 100% RR*
Interim Survey 3: 100% RR*
Interim Survey 4: 96% RR*
Post-survey: 96% RR*

*RR = Response rate (100% is 25/25)



Pre-survey



Interim Survey 1



Interim Survey 2



Interim Survey 3



Interim Survey 4



Post Survey



Demographic



**S
Health &
Symptomology**



Progra



**m
Knowledge/Skill**



**s
Basic Needs, Supports,
Accomodations**



Personal Goals & Satisfaction

1

FOCUS GROUP OR
INTERVIEW

1

What did you enjoy about this 5 -month program?

2

Likewise, what did you not enjoy about this 5 -month program?

3

Did this program consider and address the different aspects of your identity, such as your gender, ethnicity, disability, and other factors, in a safe way?

4

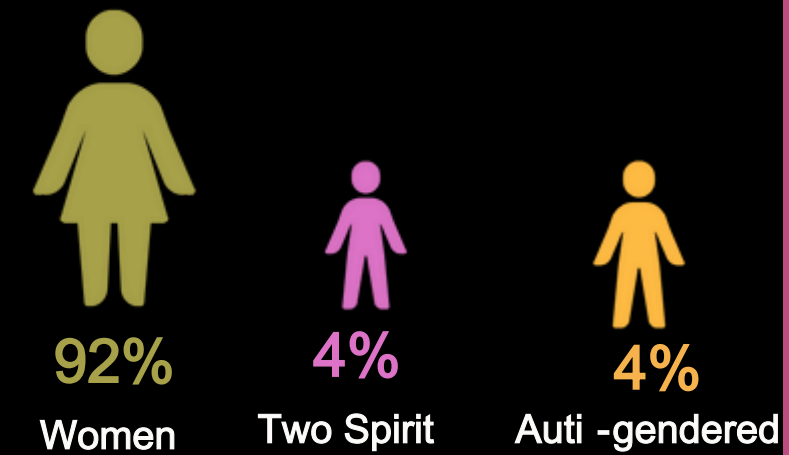
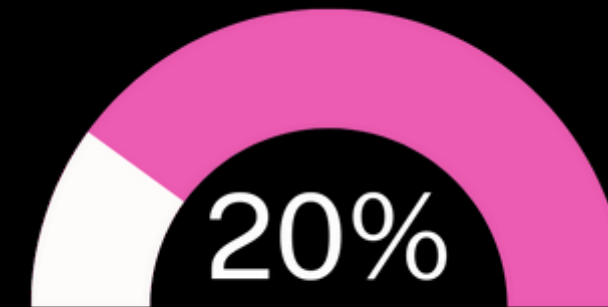
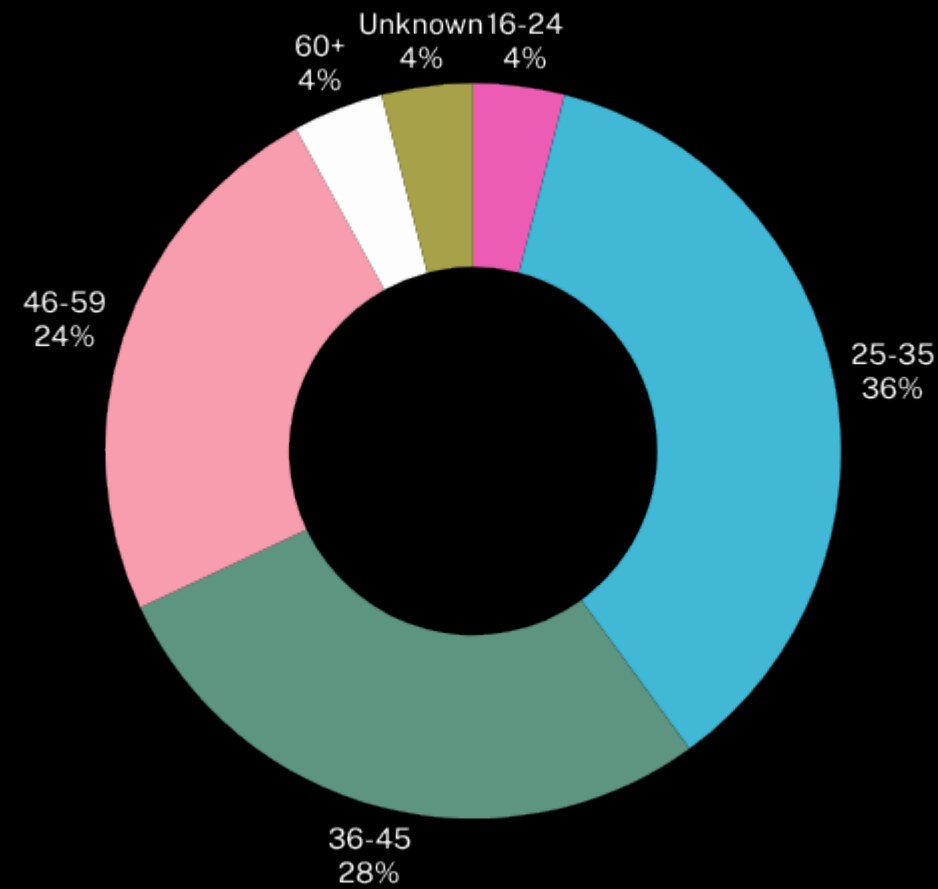
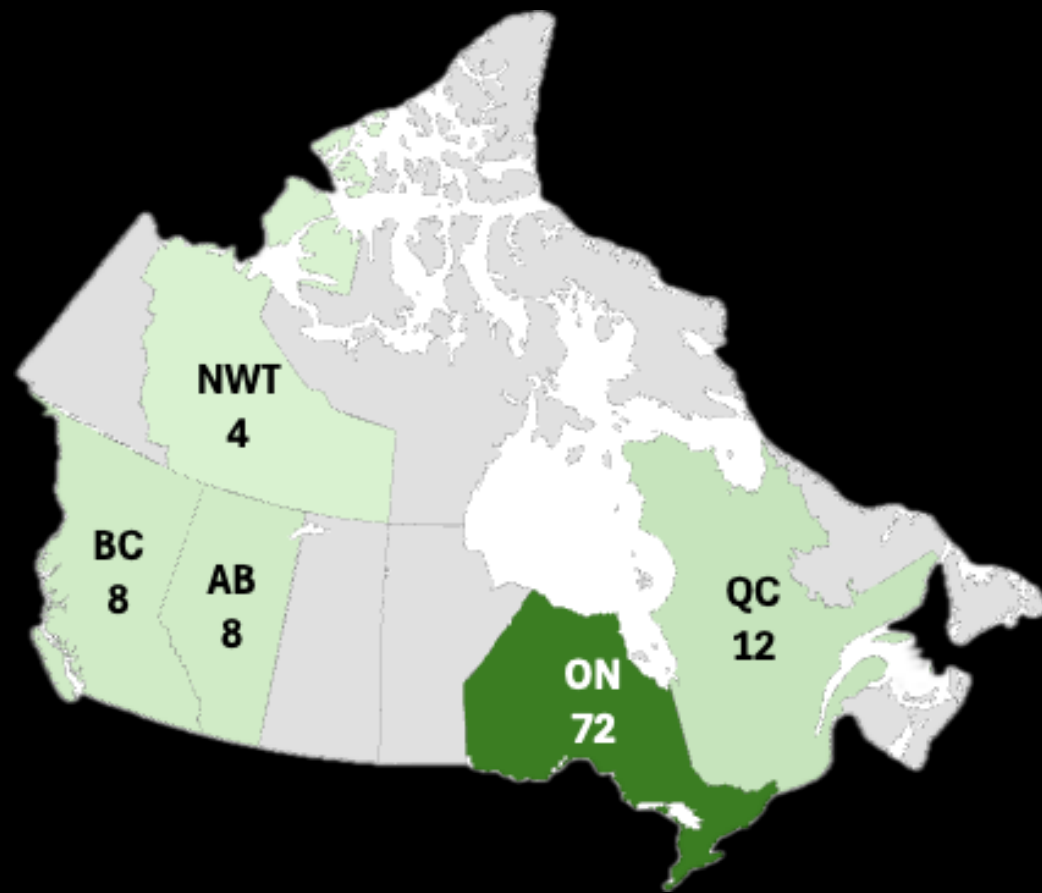
What did you learn in the pilot program?

5

What do you hope for when you think of GBV -TBI supports?
What is your dream?

25

SURVIVORS



72% Ontario
12% in Quebec
8% in Alberta
8% in British Columbia
4% in Northwest Territories*

16 - 24 (4 %)
25 - 35 (36 %)
36 - 45 (28 %)
46 - 59 (24 %)
60 + (4 %)

20% newcomers
4% identified as
a refugee

women (92 %)
two-spirit (4 %)
autigendered (4 %)

*1 individual is from both ON and NWT

GENERAL HEALTH

Excellent 5

General Health over Time

Very Good 4

Fair/Good 3

Poor 2

Very Poor 1

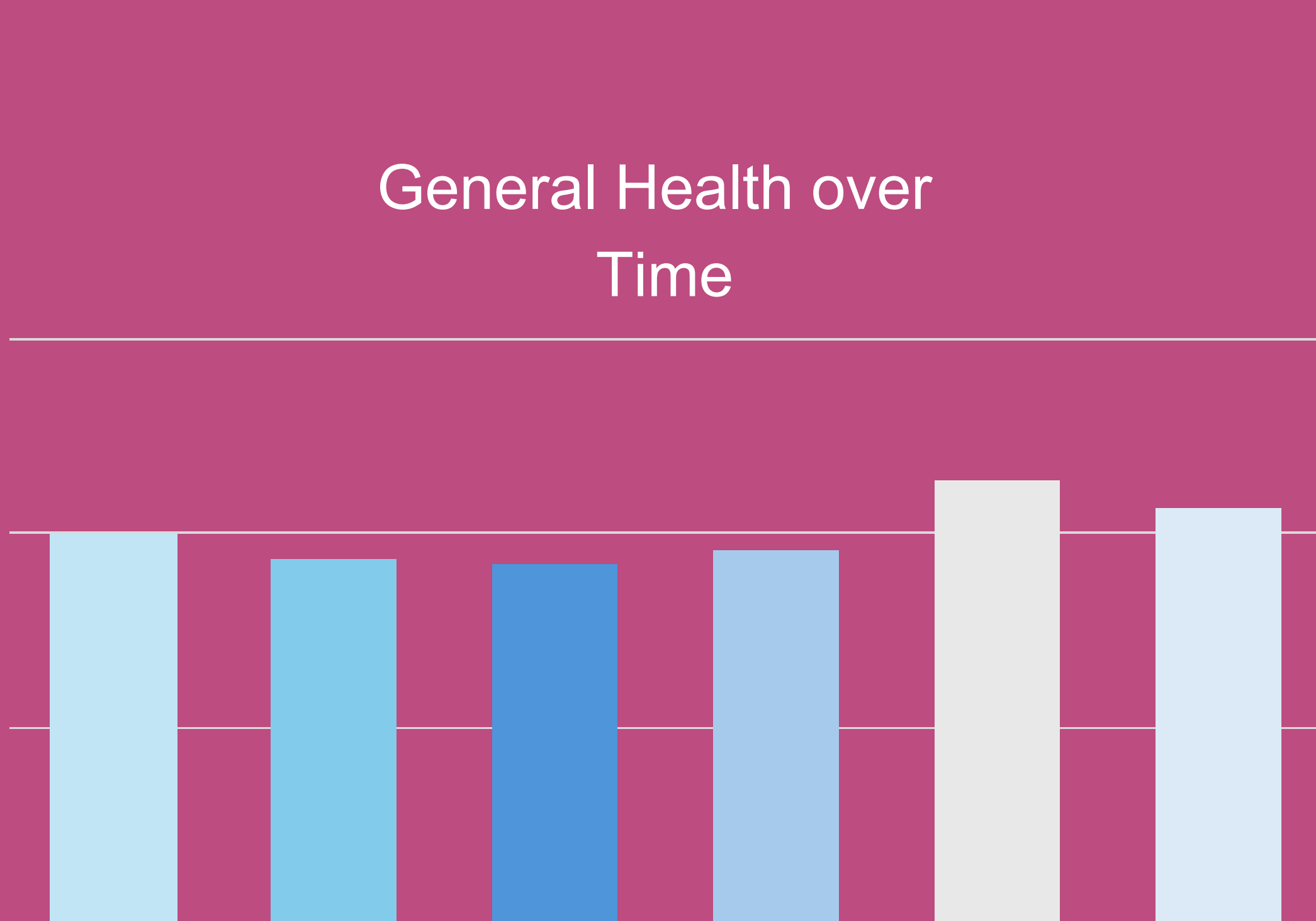
Week 0 Week 4 Week 8 Week 12 Week 16 Week 20

VERY POOR

EXCELLENT



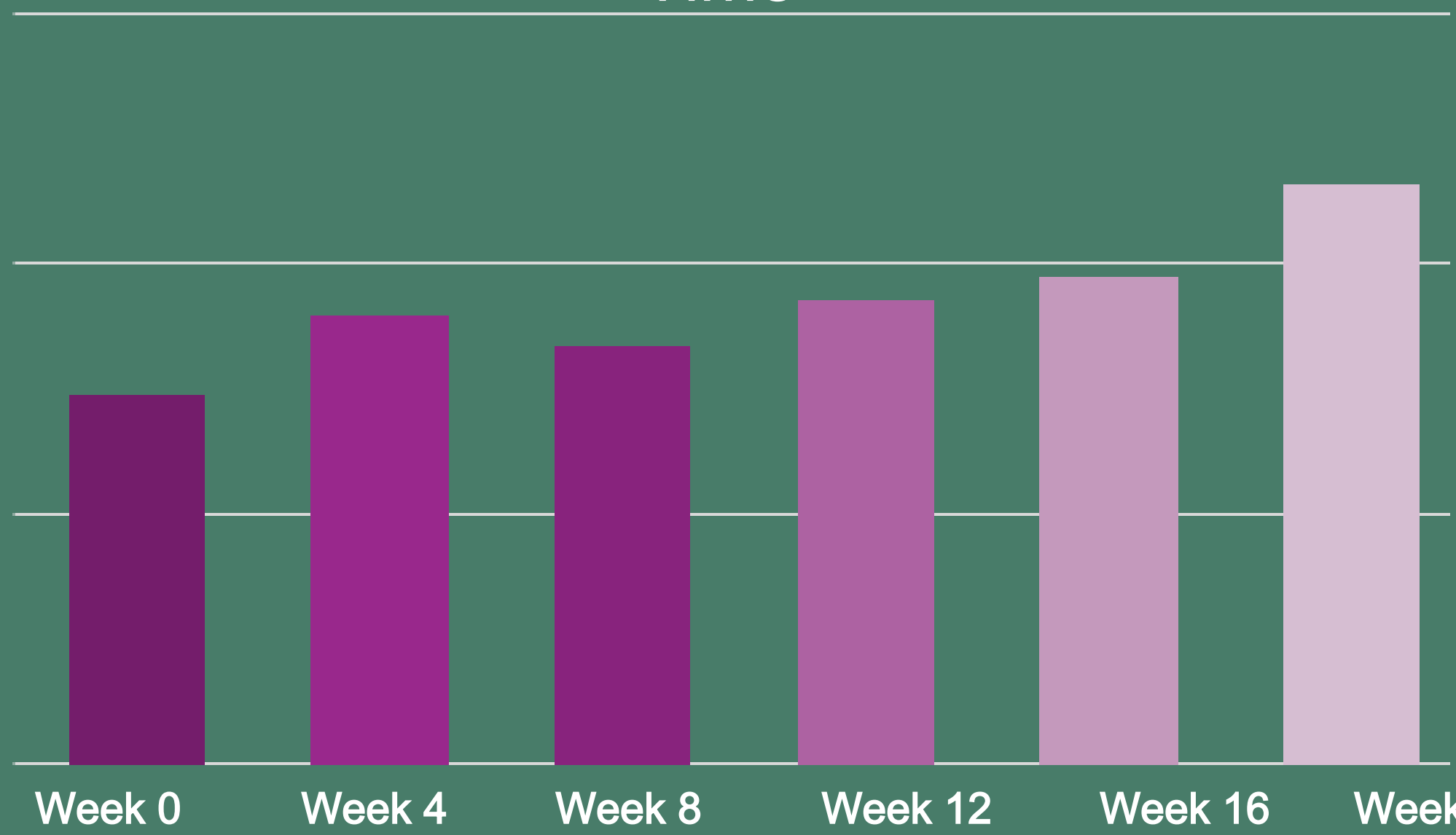
WHILE GENERAL HEALTH ONLY SLIGHTLY IMPROVED...



MENTAL HEALTH

Mental Health over Time

Excellent 5
Very Good 4
Fair/Good 3
Poor 2
Very Poor 1



MENTAL HEALTH HAD A MORE SIGNIFICANT INCREASE DURING THE PROGRAM

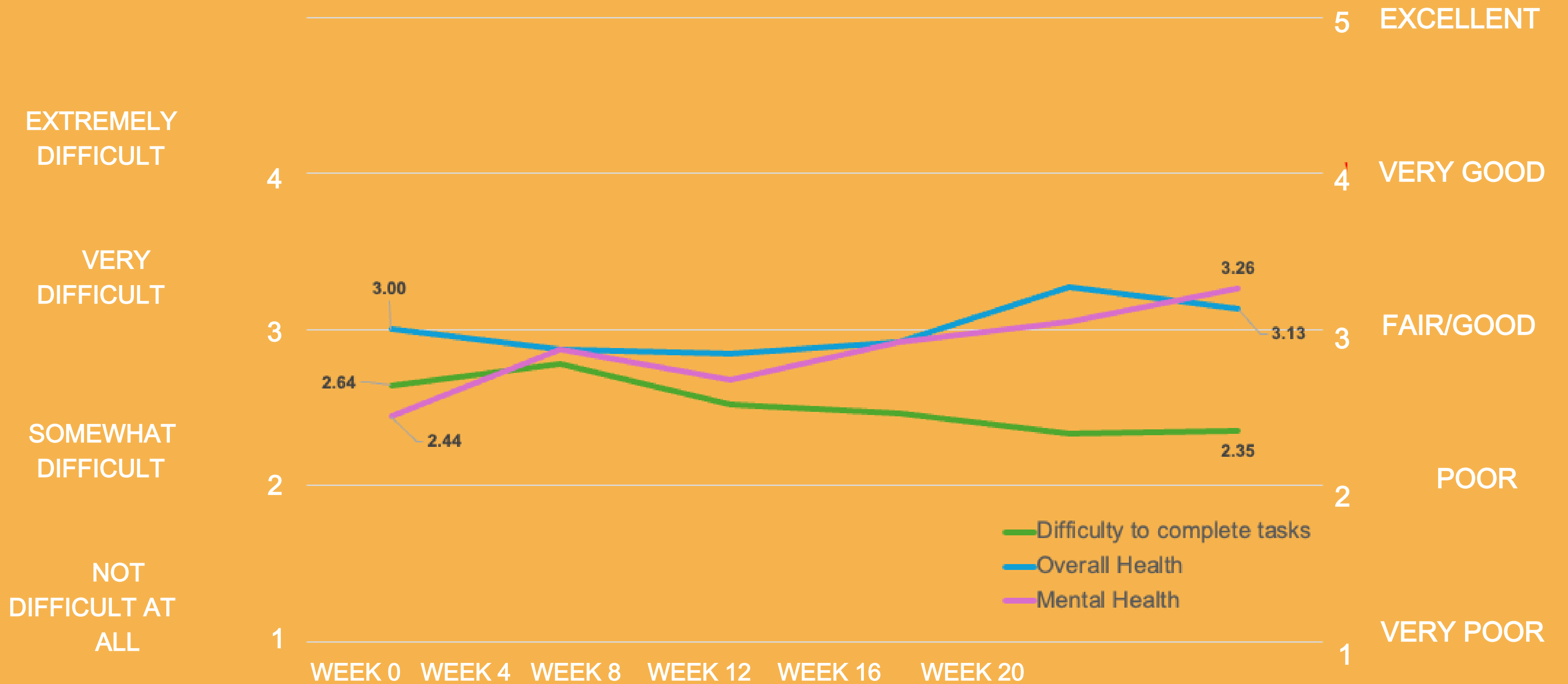
VERY POOR

EXCELLENT



DAILY TASKS & HEALTH

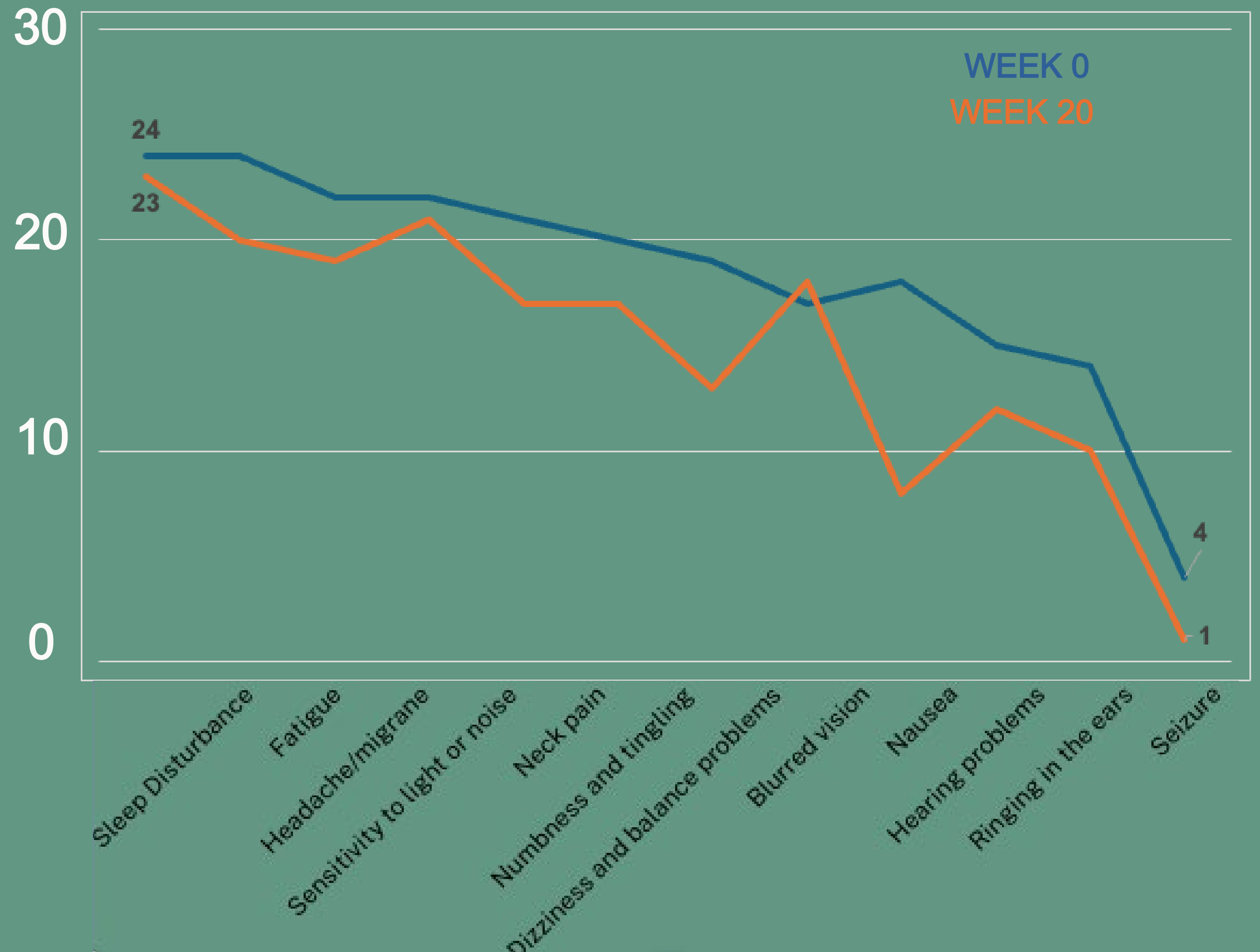
AS GENERAL AND MENTAL HEALTH IMPROVED,
DIFFICULTY TO COMPLETE TASKS DECREASED



HEALTH: SYMPTOM FREQUENCY

All symptoms showed a slight to moderate decline in frequency from the start to the end of the program, except Blurred Vision.

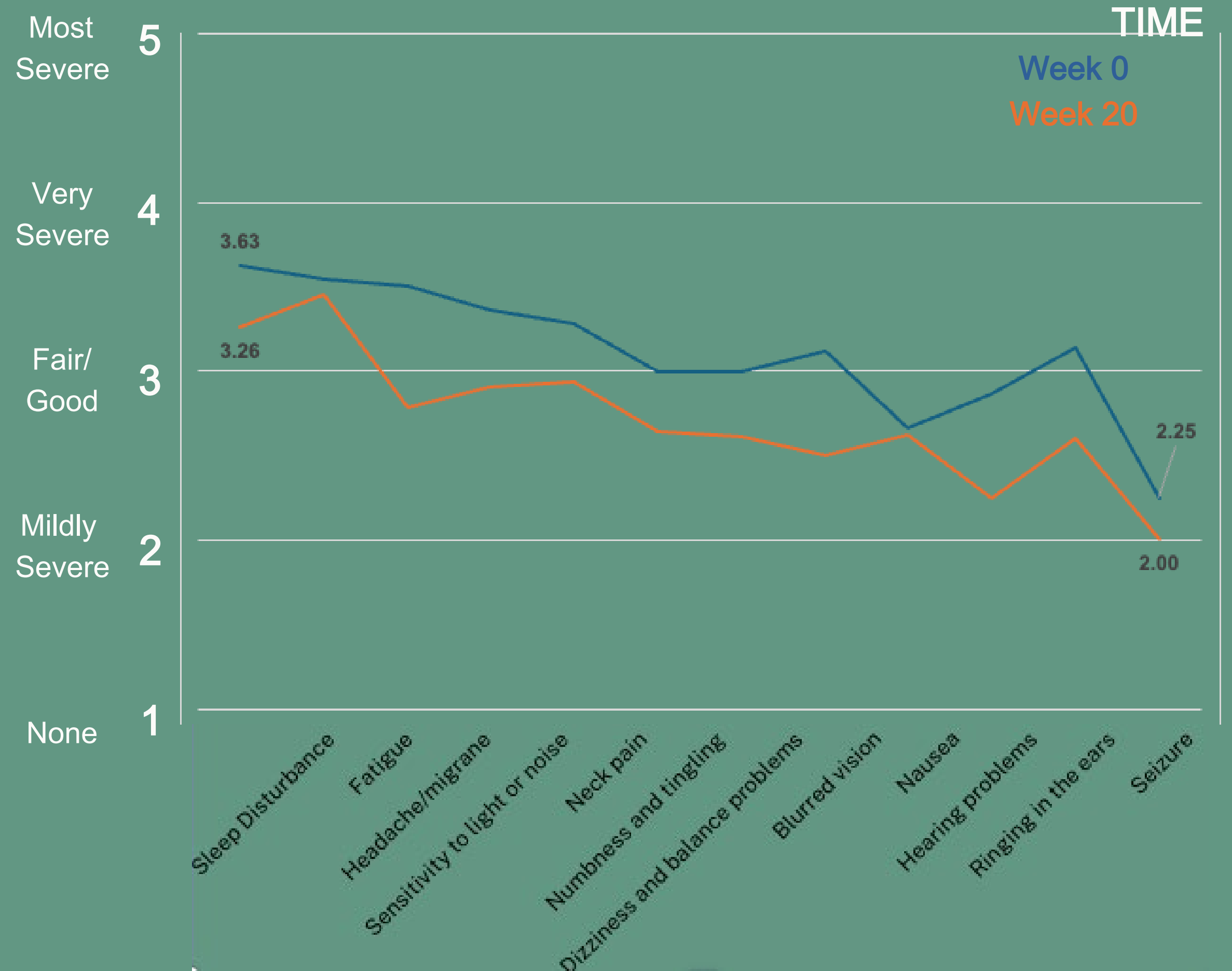
CHANGE IN FREQUENCY OF SYMPTOMS OVER TIME



HEALTH: SYMPTOM SEVERITY

Severity declined during the lifecycle
of the program across all symptoms

CHANGE IN SYMPTOM SEVERITY OVER



KNOWLEDGE AND UNDERSTANDING

KNOWLEDGE AND UNDERSTANDING VS. ACQUIRED

COPING STRATEGIES OVER TIME

KNOWLEDGE AND UNDERSTANDING OF GBV AND BI IMPROVED DURING THE PROGRAM

KNOWLEDGE OF BI SHOWED INCREASED IMPROVEMENT IN COMPARISON TO KNOWLEDGE OF GBV.

EXCELLENT

5

VERY GOOD

4

FAIR/GOOD

3

POOR

2

VERY POOR

1

WEEK 0

WEEK 4

WEEK 8

WEEK 12

WEEK 16

WEEK

20

3.80

3.16

2.80

4.26

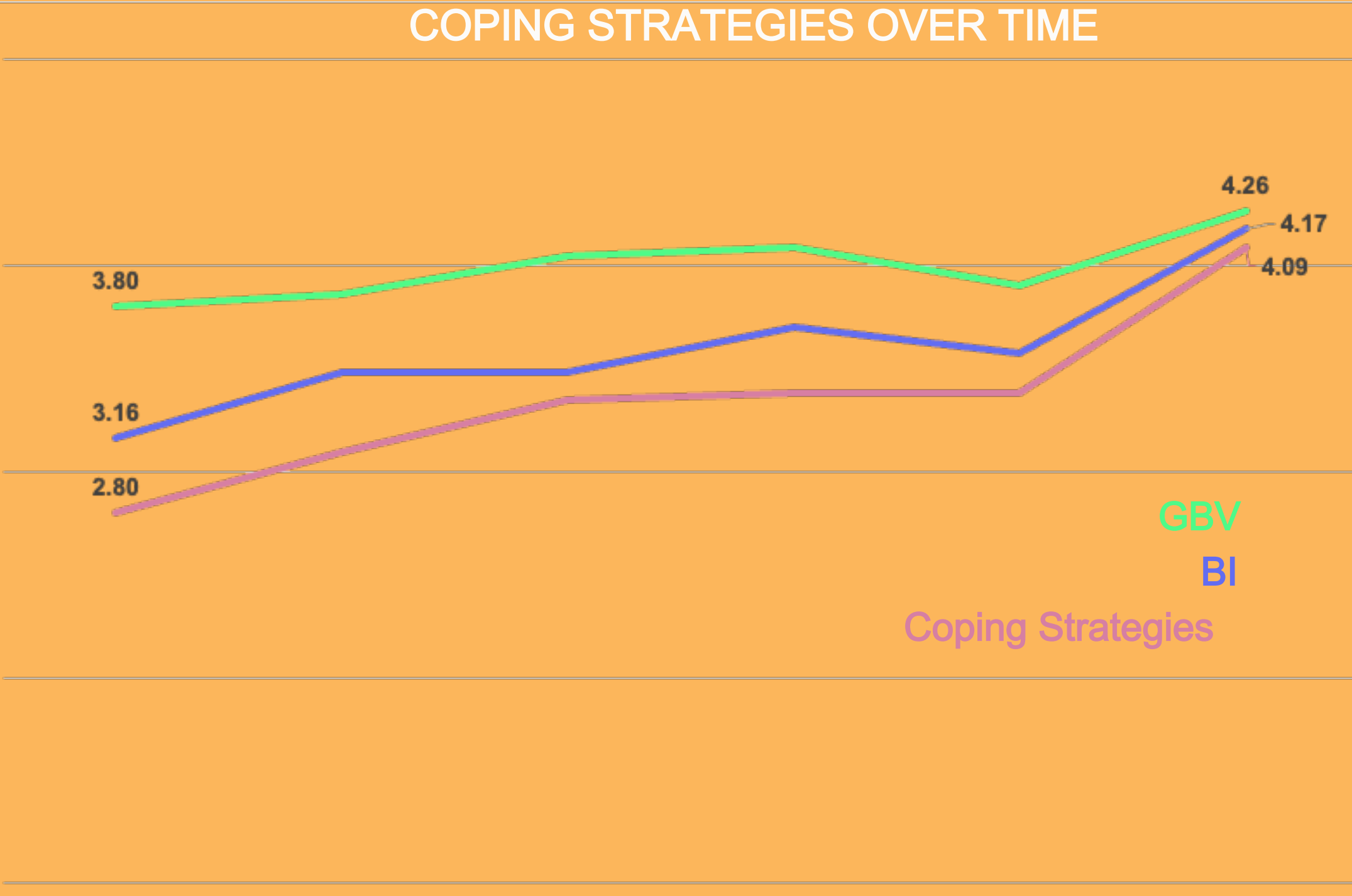
4.17

4.09

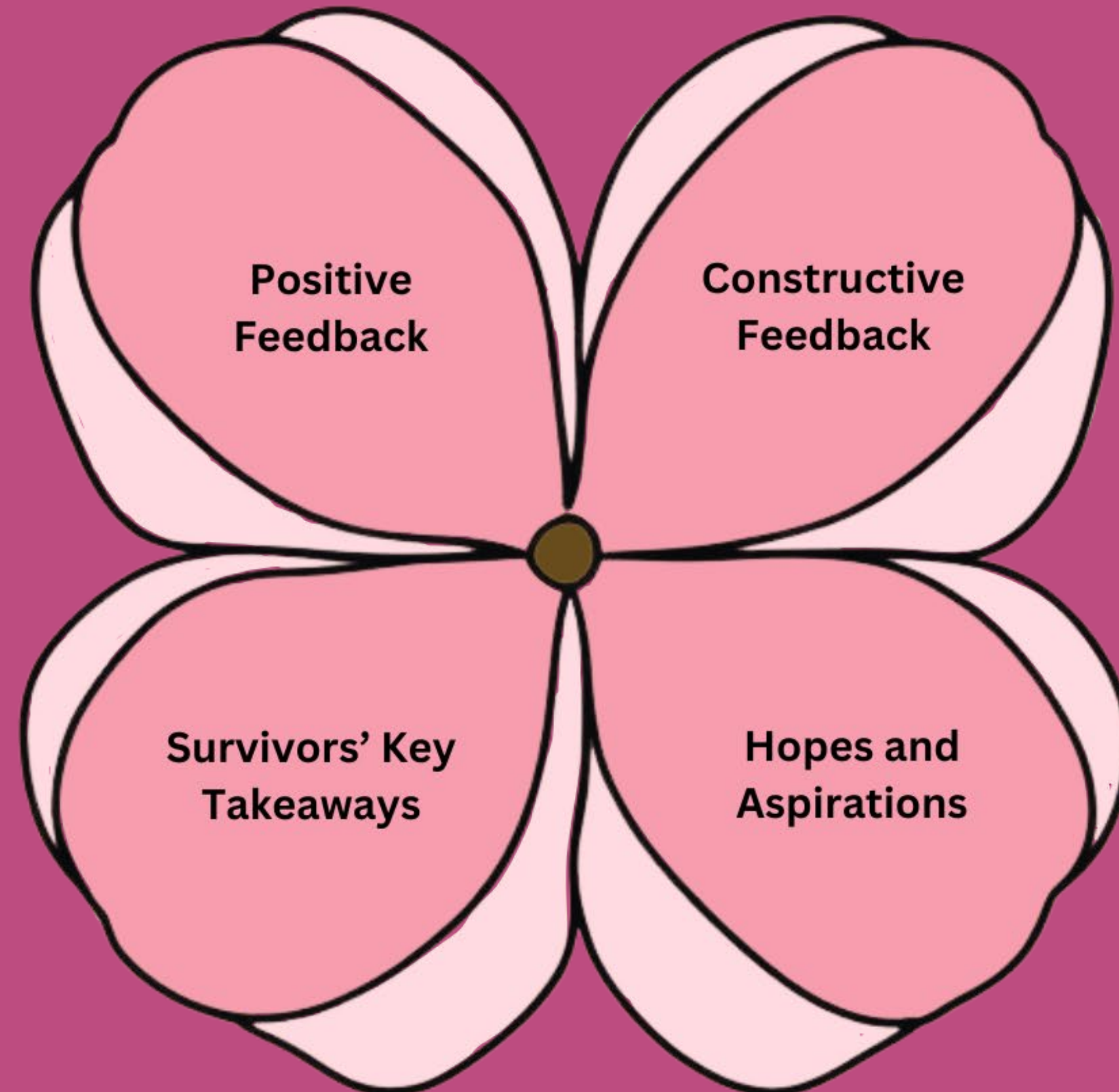
GBV

BI

Coping Strategies



4 MAIN THEMES



POSITIVE FEEDBACK

JUDGEMENT FREE

"IT'S ALWAYS A NON - JUDGMENTAL
STANCE THAT WE ARE ALL UNIQUE IN
OUR EXPERIENCES OF TBI." RI (P14)

STRENGTH - BASED

"I THINK I APPRECIATED THAT IT WAS
VERY SELF LED. IF YOU WANTED TO
ENGAGE YOU COULD IF NOT YOU DIDN'T
HAVE TOO." - SH (P2)

SOCIAL LOCATION ADDRESSED

"I LIKE HOW THIS INCLUDES ALL WOMEN
THAT ARE LIKE MYSELF, WITH TRAUMA AND
AND ALL THESE DIFFERENT TYPES OF ISSUES
THAT WE'VE HAD. SO I REALLY APPRECIATE
THE INCLUSIVITY AND THE RESPECT I WAS
GIVEN HERE." - CW(P10)

PEER NAVIGATOR

"MY PEER NAVIGATOR! THE BEST! TOP
NOTCH! AMAZING! WORDS CAN'T
EXPRESS HOW MUCH SHE HAS POURED
INTO ME." - SH (P2)

CONSTRUCTIVE FEEDBACK

TIME CONSTRAINTS

"I JUST WISH IT WAS LONGER.
THAT'S ALL." - RE (P20)

DIFFERENT PARTS OF THE JOURNEY

"I THINK I MEAN, IT MIGHT BE
DIFFERENT FOR OTHER
PARTICIPANTS, BUT WHEN I
STARTED THE PROGRAM, I HAD
JUST, I HAD JUST LEFT MY
DOMESTIC VIOLENCE SITUATION."

KA (P15)

TRIGGERING

"I REALIZED WAS IT WAS HARD
HEARING OTHER PEOPLE'S
STORIES." - AC (P18)

SURVIVORS' KEY TAKEAWAYS

STRATEGIES AND TOOLS

“WE WERE ABLE TO FIND EFFECTIVE WAYS TO RELIEVE THE SYMPTOMS DUE TO THE TRAUMATIC BRAIN INJURY. EARPLUGS TO REDUCE NOISE, DIMMING THE SCREEN LIGHTS. PHYSIOTHERAPY FOR NECK PAIN. REORGANIZING MY LIFESTYLE FOR HEALTHIER CARE. BETTER CONFIDENCE AND SELF - ESTEEM.” - MD (P22)

EMPOWEREMENT

“IT'S ALSO SO, SO HEARTENING OR MOTIVATING THAT THERE'S LIFE AFTER GENDER BASED VIOLENCE, JUST LIFE AFTER TBI.” - RM (P17)

SELF - ESTEEM AND GROWTH

YOU GUYS MAKE ME FEEL THAT I HAVE A VOICE AND THAT I DO MATTER AS A PERSON, AND YOU GUYS GAVE ME BACK MY SELF CONFIDENCE, WHICH I DIDN'T HAVE BEFORE. - RE (P20)

HOPES AND ASPIRATIONS

COMMUNITY BUILDING

“I WOULD LOVE TO SEE MENTORSHIP, WHERE WE'RE ABLE TO TRAIN FOR SIMILAR ROLES, OR TO VOLUNTEER IN THE PROGRAM.”

- TI (P1)

ADDITIONAL MODALITIES

“I WANT THERE TO BE SUPPORTS THAT ARE MORE READILY AVAILABLE AND NOT SO STIGMATIZED, AND ALSO SUPPORTS THAT ARE COME IN ALL MANY DIFFERENT FORMATS, LIKE IN PERSON OR VIRTUALLY OR ON TELEPHONE.” - RE (P20)

SPECIALIZED PROGRAMING

“I WOULD LOVE TO SEE MORE PROGRAMMING LIKE THIS.” - AP (P19)

KNOWLEDGE MOBILIZATION & SUSTAINABILITY

Research Report

- Literature reviews
- Pilot program findings
- Host sites and Service provider insights
- Staff reflections
- Covid-19 considerations

Capacity Building

- Practice and experiential knowledge sharing
- Resource, tool and workshop development
- KM products to be translated, project branded and published on hub

Engagements

- Knowledge Hub Presents
- CSS Conference March 3 -5 2025
- IBIA Conference March 19 -21

QUESTIONS?

