

BUILDING CONNECTIONS

Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment






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Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment Using Relational, Trauma-Informed Frameworks

Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

Margaret Leslie, Dip.C.S., C.Psych.Assoc.
Director, Child and Family Services, Mothercraft
mleslie@mothercraft.org

Mary Motz, Ph.D., C.Psych.
Clinical Psychologist
Early Intervention Department/Breaking the Cycle, Mothercraft
mmotz@mothercraft.org




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Building Connections: Goal

October 1 2015 – September 30 2020

Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

- Disseminate an intervention that enhances the capacity of CAPC/CPNP/ AHSUNC projects to identify and respond to mothers and/or children (birth - 6 years), impacted by interpersonal violence or child maltreatment, and to evaluate the replication through a multi-method, multi-informant, longitudinal research design.
- Community Action Program for Children (CAPC) and Canada Prenatal Nutrition Program (CPNP) and Aboriginal Head Start in Urban and Northern Communities (AHSUNC) - Public Health Agency of Canada <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence.html>




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Building Connections

October 1 2015 – September 30 2020

Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

- Develop resources and deliver training on family violence and child abuse prevention to all CAPC/CPNP/AHSUNC projects in communities across Canada
- Deliver intensive training on the delivering of the *Connections* intervention to a subset of 30 projects
- Deliver a community of practice/consultation group to support service providers delivering *Connections*
- Conduct intervention research to evaluate and share learnings from the national dissemination of this intervention.

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1. Building awareness, capacity and confidence among CAPC/CPNP/AHSUNC project staff regarding family violence and/or child maltreatment

Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment




- **Resource Manual.** Leslie, M., Reynolds, W., Motz, M., & Pepler, D. J. (2016). *Building connections: Supporting community-based programs to address interpersonal violence and child maltreatment*. Toronto, Canada: Mothercraft Press.
- **National Training Webinar.** *Building Connections: Using Trauma-Informed and Relational Approaches to Help women and Children Experiencing Interpersonal Violence*

Resource manual dissemination:
1,520 +

Webinar views: 760+

Percentage of viewers reporting an increase in the following after watching the webinar:

- Awareness 69%
- Capability 67%
- Confidence 65%
- Overall Satisfaction with the webinar 97%




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Assessing Readiness and Selecting Intervention Sites: *Your Starting Point Story*

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- To confirm existing practices to support the safe delivery of the *Connections* intervention.
 - Trauma-informed practice
 - Reflective supervision and other organizational support for delivery
 - Relationships with women's counselling services/shelters/VAW programs and child protection services
- To confirm organizational capacity, experience and interest in partnering in both the delivery of the intervention and the research/evaluation.
- Reliability and validity of the tool were established.

Andrews, N.C.Z., Motz, M., & Pepler, D.J. (2020). Developing and testing a readiness tool for violence prevention partnerships with community-based projects. *Journal of Community Psychology*.

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Partnering with AHSUNC Projects: A Process of Cultural Learning

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- Self study and group study
- Sought guidance from and collaborated with research leaders/teachers in the community
- Developed research methodologies that offered choice to and input from communities
- Obtained an “extra layer” of ethical approval



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2. Delivering certified training and a weekly community of practice to 30 CAPC/CPNP/AHSUNC Projects

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- Delivered an intensive 3.5 day certified training module in Toronto;
- Certified 75 facilitators from 34 projects (January 2017 – present)
- Offered a weekly community of practice to certified facilitators – March 2016 – March 2020



Breaking the Cycle (2014) *Connections: A Group Intervention for Mothers and Children Experiencing Violence in Relationships*. Toronto: Mothercraft Press.



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Lessons Learned through the Connections Training and Consultation Process:

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- A relationship-based approach motivates
- Trauma-informed knowledge leads to safety
- Certified facilitators became trauma-informed ambassadors in their agencies and communities
- *I've never facilitated a group or worked with a population ...identified with IPV so I did not feel prepared for that. You established a safe space to ask questions, and that whole relationship piece where (the Building Connections staff member) came here first and having that discussion ahead of time and then being able to go to the training, and so having that little bit of a relationship established. I felt prepared to support this population.*

Zuberi, S., Motz, M., Leslie, M., & Pepler, D.J. (2018, November). Building Connections: Supporting the readiness and capacity of community-based projects to deliver a trauma-informed intervention. *Zero to Three*






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Training for AHSUNC projects

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- Cultural relevance of the *Connections* training (average = 3.57)
- Cultural safety of the *Connections* training (average = 3.86)
- Extent to which participants felt safe and respected during the *Connections* training (average = 4)

*(Scale 1-4)

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3. Delivering the *Connections* Intervention


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Project Locations

- West 14
- Central 10
- North 3
- East 7

Project Population Size

- Large centre 6
- Medium centre 9
- Small centre 19






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4. Evaluating *Building Connections*

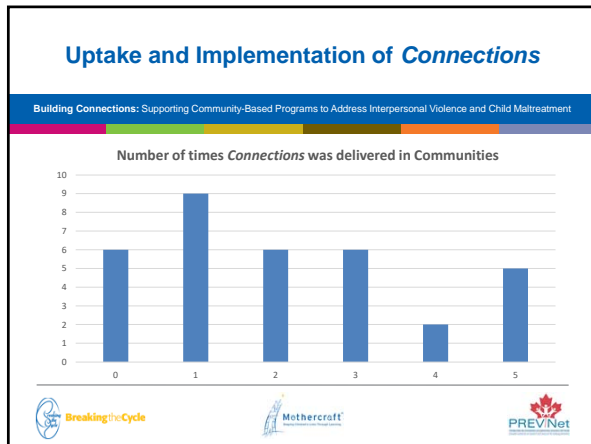
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We anticipated that, compared to reports collected prior to the intervention, the post-intervention quantitative and qualitative measures will reveal that:

- Certified facilitators report being satisfied with the intervention, and observe positive changes in the functioning and knowledge of participants.
- Participants experience improvement in their sense of self in relationships, social supports, mental health symptomatology, and parenting capacity, as well as decreased interpersonal violence.

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Evaluating *Connections*: Impact for Facilitators

Building *Connections*: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

Changes in:	Changes for:
Awareness	Facilitators
Competency	Organizations
Collaboration	Community
Safety	

Singh, C. D., Andrews, N. C. Z., Motz, M., Pepler, D. J., Leslie, M., & Zuberi, S. (2020). Building community-based project capacity to respond to interpersonal violence through a national initiative. *BMC Public Health Journal*.

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Words of Wisdom...

Building *Connections*: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

“I think I notice the red flags more. I’m more confident to have those hard conversations with women... Being able to have those hard conversations and notice those red flags and be more supportive outside of facilitating because it’s just who I am. It just has made me more confident and proud that I am a trained facilitator.”




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What was important about *Connections* according to AHSUNC facilitators

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- Indigenous culture was an integral part of the healing.
- Women need to have a chance to address intergenerational trauma in order to move forward.
- Important that *Connections* was delivered by Indigenous facilitators to Indigenous women.

"They were ready to forgive, they were excited to even be able to share their knowledge... They took that information, and you feel it, you could see it, they were lighter, their energy was lighter... They thought to themselves 'Oh my God, now I get, I understand it's not because my parents didn't love me, it's only just because they didn't have the opportunity, like we are now, to get new information to be better and do better.'"




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Community of Practice

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Average Overall Satisfaction with CCP= 3.9*
*(Scale 1-4)

"I found the Community of Practice was really helpful especially in leading up to a start of the program. Just because this was a new group, a new program. Just to hear from other sites and knowing that there is that support out there if we need it. That was huge... it was a huge support. We learned about some of the other tools that sites were using ... so using some activities from that or even on the website where there's that ability to share information."








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Evaluating *Connections*: Outcomes for Mothers Experiencing IPV

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- N = 383
- 16-71 years of age (M=30)
- Canadian born (93%)
- English speaking at home (88%)
- Identified primarily as: North American, Indigenous and European
- Completed high school (72%)
- Not employed (79%)
- Monthly income <\$1500 (58%)
- Single (47%)




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Results: Satisfaction with *Connections*

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- Weekly rating
 - Topic, usefulness, and supported
 - Average = 3.8-4.0* for all constructs, each week
- Overall rating
 - Average = 3.9
- Cultural relevance and safety (AHSUNC)
 - Average = 4.0

*(Scale 1-4)




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Results: Quantitative Outcomes

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- Significant Increases:
 - Self esteem
 - Self efficacy
 - Ability to feel closeness in relationships
 - Ability to depend on others in relationships
 - Knowledge of community services
 - Understanding of *Connections* concepts
- Significant Decreases:
 - Anxiety in relationships
 - Parenting stress


Andrews, N.C.Z., Pepler, D.J., & Motz, M. (2020). A National Implementation of a Community-Based Intervention for Mothers Experiencing Violence in Relationships. *Journal of Family Psychology*.




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Results: Changes Over Time

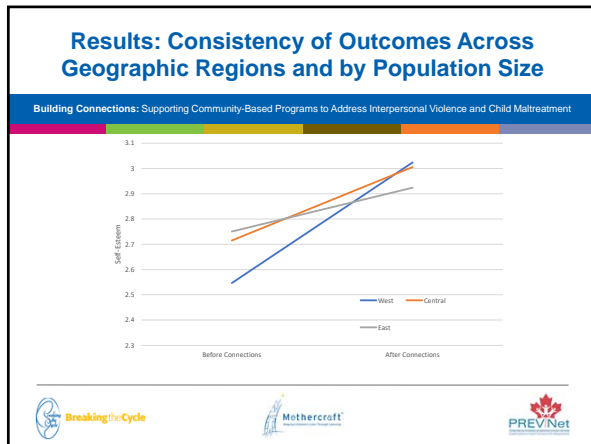
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Time Point	Parenting Stress Total Score
Before Connections	~63
After Connections	~61
Follow-Up	~53

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- ### Results: Qualitative Outcomes
- Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment
- **Self:**
 - Self care
 - Forgiveness and healing
 - Self esteem
 - Feelings of empowerment and strength
 - **Relationships:**
 - Making changes to unhealthy relationships
 - Improving current relationships
 - Changing expectations for future relationships
-

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- ### Results: Qualitative Outcomes
- Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment
- **Parenting:**
 - Understanding impact of IPV for children
 - Increased positive parenting behaviours
 - Supporting self-esteem
 - Improved co-parenting
 - **Important supports:**
 - Supports from other women in the group
 - Supports from *Connections* facilitators
 - Supports from CAPC/CPNP/AHSUNC projects and other community services
-




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Results: Qualitative Outcomes

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- Connection to Culture (AHSUNC)
 - Sense of belongingness to the Connections group and their community
 - More aware and accepting of traditional teachings


"I started smudging everyday and that was kind of big. It helped me connect more with not only myself, but also the Creator and how to be more calm. It gave me a more positive outlook on life."


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Conducting and Supporting a Trauma-Informed, Relationship-Based Evaluation

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Andrews, N. C. Z., Pepler, D. J., & Motz, M. (2019). Research and Evaluation With Community-Based Projects: Approaches, Considerations, and Strategies. *American Journal of Evaluation*, Vol 40(4), 548-561.








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Important Themes

Building Connections: Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment

- The importance of readiness for communities, projects, facilitators and participants.
- A focus on safety through trauma-informed and relational approaches.
- Emphasizing fidelity while respecting community wisdom.
- The strength of collaboration among CAPC/CPNP/AHSUNC projects.

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