

KNOWLEDGE HUB BULLETIN

Inviting Resilience Conference



The Knowledge Hub is pleased to focus this issue of the Bulletin on the Inviting Resilience Conference that will be hosted by The Building Internal Resilience through Horses project on May 21-22, 2019 at Trent University in Peterborough, Ontario.

The Inviting Resilience Conference will combine academic and experiential learning to provide meaningful learning opportunities. Participants will learn about evidence-based practices; community-driven, multi-sectoral initiatives; and trauma-informed programming focused on building resilience across the life span in those impacted by childhood adversity and interpersonal trauma.

The conference program focuses on strengths-based, trauma-informed community programs in the areas of mental health, trauma, youth, resilience, socio-motivational learning and equine-assisted learning. It will be of interest to researchers, practitioners, program facilitators, health care professionals, educators, social workers and other knowledge workers in community service, education, public health, and crime prevention.

Keynote speakers include Dr. Michael Ungar, Dr. Sandrina De Finney and Dr. Katreyna Keefer as keynote speakers!

PHAC funded projects presenting at this conference include: [Reaching out with Yoga](#), [Nato' we ho win](#) and [TransFormed](#).

This conference is hosted in collaboration between:



[Click here](#) to register & check out the [conference poster](#)!



Thank You to the Trauma-and Violence-Informed Health Promotion Community of Practice Members!

Over the past couple of month, Sara Mohamed visited project sites in Vancouver, Victoria, Trois-Rivières, Moose Jaw, Regina, and Toronto to do the filming for brief informative videos featuring some of the projects.

Thank you to everyone for taking time to participate in the videos and help coordinate their logistics!



Names from Left to Right: STEP Team (Roxanne Lemieux, Nicolas Berthelot, Christine Drouin-Maziade, Sylvie Moisan), Wangari Tharao, JoLee Sasakamoose, Crystal Giesbrecht, Barb Frazer, Jo-Anne Dusel, Kasia Ignatowska, Anna Sturino, Farah Ahmed, Renee Turner.

Videos for the following projects are available on our website: [Building Internal Resilience through Horses](#), [Shape Your Life](#), [Sole Expression](#), [InterRai](#) and [STEP](#).

Stay-tuned for the following videos: Safe & Understood, MindUP for Young Children, Reaching out with Yoga, Nato' we ho win, FGM/C, Bounce Back League and PEACE.

Financial contribution from

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Public Health
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Conference Keynotes

Nurturing Community Resilience: Strategies to Build Social Cohesion and Community Engagement

Dr. Ungar's presentation will be story-filled talk, featuring examples from his work with communities that are being challenged by racial conflict, economic marginalization, violence and natural and man-made disasters, to explore a number of factors that contribute to collective resilience. Dr. Ungar's work suggests the need for a multi-systemic, culturally sensitive interpretation of what resilience means across different cultures and contexts. His presentation will include ideas for how individuals, families, communities and governments can make resilience-promoting resources more available and accessible to everyone.

"We're thrilled to have Dr. Ungar, a highly respected and internationally acclaimed researcher and writer on the topic of resilience," says Dr. Kateryna Keefer, Inviting Resilience Conference Chair

Indigenous Resurgence as Resilience: Promising Pathways for Resilience and Healing in Indigenous Contexts

In this presentation, Dr. de Finney will explore issues of trauma, resilience, healing and reconciliation from an Indigenous lens. This conceptual shift takes Indigenous resilience out of its individualized psycho-social definition and locates it instead in relationship with ancestors, lands, kinship, and self-determination.

Resourceful Communities, Resilient Youth

Dr. Keefer's presentation will focus on trauma-informed promotion of wellness and resilience, featuring findings from the innovative community-based equine-assisted learning program, Building Internal Resilience Through Horses. [Click here to watch a video about the project.](#)

Conference participants are invited to learn about:

- ⇒ The newest evidence-based practices in the areas of trauma-informed programming
- ⇒ Community-driven, multi-sectoral initiatives that are making a difference
- ⇒ Trauma-informed programming specifically focused on building resilience in youth and adults impacted by childhood-trauma and sexual violence over the lifespan
- ⇒ The developmental dynamics and applications of socio-emotional competencies in the promotion of wellness and resilience across the lifespan
- ⇒ How issues of trauma, resilience, healing and reconciliation can be reconsidered through the Indigenous lens

Inviting Resilience Conference Keynote Speakers:

Dr. Michael Ungar is the former Chair of the Nova Scotia Mental Health and Addictions Strategy, executive board member of the American Family Therapy Academy, and a family therapist who works with mental health services for individuals and families at risk. His research has changed the way resilience is understood, shifting the focus from individual traits to the interactions between people and their families, schools, workplaces, and communities.



Dr. Sandrina de Finney is an Associate Professor and Graduate Advisor, School of Child and Youth Care, at the University of Victoria. Dr. de Finney's primary focus of scholarship is Indigenous and minoritized populations, particularly youth in care and girls/young women. Her academic work documents the impact of (neo)colonial practices and policies and how racialized communities negotiate and disrupt their effects.



Dr. Kateryna Keefer is a Senior Lecturer at the Department of Psychology at Trent University and the research lead for [Building Internal Resilience Through Horses](#). As an emerging scholar, Dr. Keefer has co-authored over 30 journal articles and book chapters on the topics of emotional intelligence, resilience, mental health, and psychological assessment; delivered numerous invited talks and conference presentations on these topics; and co-edited the Springer book of Emotional Intelligence in Education.



The conference is one of several knowledge exchange opportunities that defined our project. These opportunities focus on the research material that links witnessing domestic violence and experiencing child abuse to later experiences of sexual harm, as well as best practices in resilience-building initiatives. The conference also represents an initiative that meets the following project goals and objectives:



- ⇒ *To build capacity for trauma-informed practice in the community of Peterborough for service practitioners who are working with young women who have experienced trauma.*
- ⇒ *To fill a gap in information and resources on resiliency initiatives for young women who have experienced trauma.*

Jennifer Garland, Program Director/Owner, The Mane Intent Inc.

Check out our latest [video](#) featuring STEP!



The [STEP](#) project is designing, delivering and evaluating an innovative intervention aimed at adults who have experienced abuse or neglect during their childhood and are expecting a child. Ultimately, it is working to intercept intergenerational cycles of abuse.

Member Profile

Meet Tatiana Ferguson!

I'm Tatiana Ferguson, Project coordinator of the Transformed project at METRAC. Since 2014, my work has centered supporting Trans people and LGBTQ+ people of color with navigating community programs and services throughout Canada. Currently, I'm working with an amazing group of Trans folks on a research project to address partner violence from Two-Spirit, Nonbinary and Trans perspectives.



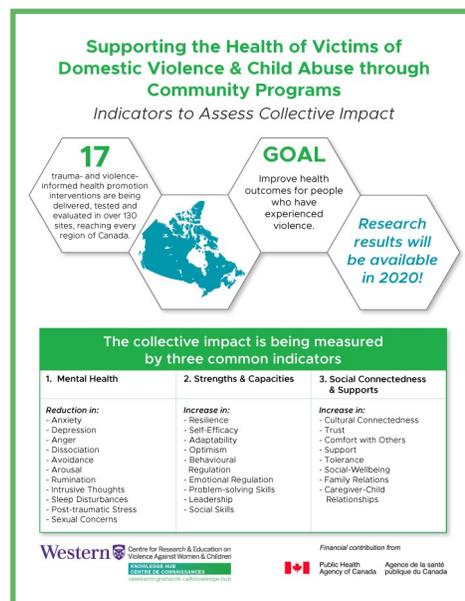
I find great joy in community-based projects and I'm passionate about children and youth work and public education. My community work also include being a part of the Black Queer Youth Collective; a peer-led group that organizes workshops, events and outings for Black LGBTQ+ youth in Toronto.

Apart from being a progressive young leader, I'm interested in music, art and nature. I often use art-based approaches in my work which has helped me to develop some creative resources and explore innovative ways of connecting with people. When I'm not working, I enjoy chatting with my family and friends, exercising and visiting new places.

Common Indicators to Assess Collective Impact!

The Knowledge Hub (KH) in collaboration with projects funded through PHAC's investment, "Supporting the Health of Victims of Domestic Violence & Child Abuse" identified three common indicators to help assess the collective impact of the investment. KH published a [report](#) in 2017 detailing the process and rationale for identifying those three common indicators.

Check out our latest [infographic](#) providing a snapshot of the 3 common indicators!



Knowledge Hub Reminders

Zoom Meeting

Tuesday, April 9, 2019 from 1:00-2:15 PM EST.

Details and Meeting Agenda will be shared with community of practice members closer to the date.

June 2019 Knowledge Exchange

The Knowledge Hub will host its next Knowledge Exchange for the community of practice members June 18-19, 2019 at Western University in London, ON.

More details will be shared with CoP members in April 2019.

Trauma-and Violence Informed Health Promotion Conference in 2020

The Knowledge Hub will be hosting a national conference June 9-11, 2020 featuring the 17 different trauma-and violence-informed health promotion projects funded through PHAC's investment. Project members will have the opportunity to present their research findings at the conference.

Featured Resources

[Exner-Cortens, D., Wolfe, D., Crooks, C. V., & Chiodo, D. \(2019\). A Preliminary Randomized Controlled Evaluation of a Universal Healthy Relationships Promotion Program for Youth. *Canadian Journal of School Psychology*, 082957351882150. doi:10.1177/0829573518821508](#)

This article presents the evaluation of the Healthy Relationships Plus (HRP) program, which focuses on the promotion of positive mental health and the reduction of bullying and substance misuse. Findings of this study emphasize the importance of help-seeking for bullying prevention and demonstrate the preliminary efficacy of the HRP as a universal strategy for preventing bullying victimization among mid-adolescents within school and community settings.

[Klopfer, K. M., Scott, K., Jenkins, J., & Ducharme, J. \(2017\). Effect of Preservice Classroom Management Training on Attitudes and Skills for Teaching Children With Emotional and Behavioral Problems: A Randomized Control Trial. *Teacher Education and Special Education: The Journal of the Teacher Education Division of the Council for Exceptional Children*, 42\(1\), 49-66. doi:10.1177/0888406417735877](#)

This study used a randomized control design to examine the impact of 36 hours of preservice education targeted at improving the attitudes of teachers toward children with emotional and behavioral difficulties, and developing their skills in using proactive and preventative strategies to address anticipated behavioral challenges. Findings of this study provide promising evidence that preservice training can effectively affect the immediate attitudes and skills of teachers for supporting children with emotional and behavioral problems in a regular classroom context.

[Varcoe, C., Browne, A. J., Ford-Gilboe, M., Stout, M. D., Mckenzie, H., Price, R., . . . Merritt-Gray, M. \(2017\). Reclaiming Our Spirits: Development and Pilot Testing of a Health Promotion Intervention for Indigenous Women Who Have Experienced Intimate Partner Violence. *Research in Nursing & Health*, 40\(3\), 237-254. doi:10.1002/nur.21795](#)

Building on iHeal (Intervention for Health Enhancement After Leaving), "Reclaiming our Spirits", a health promotion intervention was developed to address indigenous women's needs, in particular those who have experienced violence, including intimate partner violence. The efficacy of ROS in improving women's quality of life and health was examined in a community sample of 152 Indigenous women living in highly marginalizing conditions in two Canadian cities. This article presents findings from the study.

Knowledge Hub & Learning Network Latest Webinar Recordings



[Engaging Men to Reduce & Prevent Gender-Based Violence](#)

Dr. Katreena Scott, Associate Professor & Chair, Applied Psychology & Human Development, University of Toronto and Baldev Mutta, CEO, Punjabi Community Health Services (PCHS)

[Recognizing and Responding to the Commonly Misunderstood Reactions to Sexual Assault: Exploring a New Online Curriculum](#)

Robin Mason, PhD and Stephanie Lanthier, MEd, PhD Candidate, Women's College Research Institute

[Indigenous Cultural Responsiveness Theory \(ICRT\): a New Tool for Improving Health Outcomes for FNMI \(First Nations, Metis and Inuit\) peoples](#)

Dr. JoLee Sasakamoose, Associate Professor, Educational Psychology & Counselling, University of Regina

[Understanding immigrant women's experiences and responses to intimate partner violence: looking beyond the 'cultural' framing](#)

Vathsala Illesinghe, MD, PhD Policy Studies student, Ryerson University and Fazia Mohammed, Community Programs Manager, Interval House

Knowledge Hub Team

Linda Baker, Dianne Lalonde, Sara Mohamed, Robert Nonomura
Anna-Lee Straatman

We would love to hear from you!

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Check us out on Social Media:

Facebook: [facebook.com/TheLearningNetwork](https://www.facebook.com/TheLearningNetwork)

Twitter: twitter.com/learnstoendabuse

Website: <http://www.vawlearningnetwork.ca/knowledge-hub>

