

# KNOWLEDGE HUB BULLETIN

## Considering Safety When Conference Planning

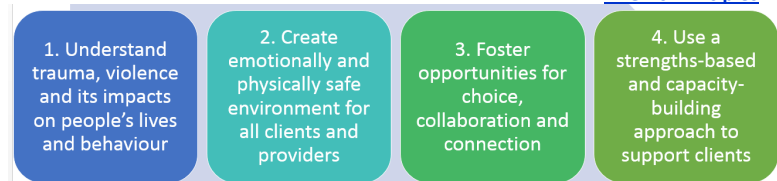
The Knowledge Hub is hosting a national trauma conference on June 10-11, 2020 featuring the 17 trauma-and violence-informed health promotion projects funded through the Public Health Agency of Canada’s (PHAC) investment, “Supporting the Health of Victims of Domestic Violence and Child Abuse through Community Programs”.

The conference is centred on the promotion of trauma-and violence-informed practice and research. As we plan the conference program, we are constantly thinking of how principles such as SAMSHA’s six key principles of a trauma-informed approach and/or Vega’s principles of trauma-and violence-informed care can guide our planning process.

### SAMSHA’s Principles



### VEGA’s Principles



**Safety** is a key principle of trauma-and violence-informed care and it encompasses physical, emotional, spiritual and cultural safety. In this bulletin, we will focus on what we can consider to create a safe space for conference participants and speakers.

From a service provider perspective, fostering safety entails the following:

- ⇒ Taking a non-judgemental approach (making people feel accepted and deserving)
- ⇒ Fostering connection and trust
- ⇒ Providing clear information and predictable expectations about programming

Source: [www.projectvega.ca](http://www.projectvega.ca)



## Conference Registration is Now Open!



### Trauma and Violence Intervention Research: Promoting safety and well-being across the lifespan

Pre-conference workshops: June 9, 2020  
Conference: June 10 - 11, 2020

Join our conference featuring innovative trauma-and violence-informed health promotion and intervention research supporting people with lived experiences of intimate partner violence and/or child maltreatment.

Learn more: <http://kh-cdc.ca>



The Knowledge Hub is currently conducting online meetings with the trauma-and violence-informed health promotion community of practice members to explore what they might be interested in presenting at the conference.

We are also assembling panels of speakers to present on topics related to trauma and violence. The Knowledge Hub will be finalizing the conference program by November 2019.

## The Knowledge Hub released two new videos featuring Reaching out with Yoga and Bounce Back League!

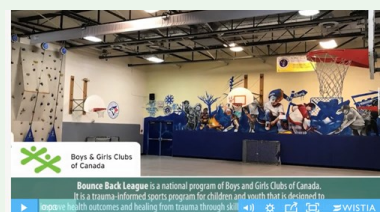
### Reaching out with Yoga

is a collaborative project between the BC Society of Transition Houses and Yoga Outreach. This project is exploring how trauma-informed yoga impacts the health and well-being on women and children who have experienced violence, as well as anti-violence workers.



### Bounce Back League

is a national program of Boys and Girls Clubs of Canada. It is a trauma-informed sports program for children and youth that is designed to improve health outcomes and healing from trauma through skill building and supportive relationships.



Financial contribution from



Public Health Agency of Canada

Agence de la santé publique du Canada



[www.kh-cdc.ca](http://www.kh-cdc.ca)

### Questions to consider when organizing conferences & events:

- ⇒ Does the physical environment promote a sense of safety, calming, and de-escalation?
- ⇒ Are we providing space where participants can go to practice self-care?
- ⇒ Have we developed mechanisms to address gender-related physical and emotional safety concerns (e.g., gender-specific spaces and activities)

### Strategies that the Knowledge Hub is working towards adapting:

- Develop and include a conference code of conduct in the conference program and registration webpage
- Maintain communication that is open, respectful, and compassionate.
- Allow ample time for potential conference participants to make the necessary arrangements to be able to attend.
- Incorporate a traditional Indigenous opening and closing.
- Identify Elders and support professionals in the conference program and where they can be reached during the event.
- Use welcoming language on all signage .
- Welcome conference participants and presenters and ensure that they feel respected and supported.
- Parking lots, common areas, washrooms, entrances, and exits are well lit.
- Gender neutral washrooms are clearly marked with proper signage.
- Provide microphones to meet accessibility standards
- Adhere to the conference program to meet attendees' expectations.
- Provide opportunities for self-care activities, such as mindfulness, colouring and playdough activities.
- Offer preferred pronoun and “no photos” buttons.



### Why a conference code of conduct?

Various guides, blogs and articles on inclusive conferences and events recommend developing a code of conduct that sets the ethical expectations of the event. For instance, Pendergrass and colleagues (2019)<sup>1</sup> note that a conference code of conduct creates a structure of accountability in the event of inappropriate behaviour. It often includes a diversity statement and an anti-harassment policy. A code of conduct conveys the message that conference organizers care about making their attendees feel safe.

### Our Draft Conference Code of Conduct:

*This conference is being offered to raise awareness on trauma and violence-informed practice and a variety of innovative trauma-and violence-informed health promotion research interventions.*

*The Knowledge Hub is dedicated to the creation of a safe, respectful, and collegial conference experience for all participants and presenters.*

*Open, critically-engaged, and often challenging discourse is expected to flourish at this conference. Participants are encouraged to respect and celebrate different perspectives and be mindful of the diversity of our community.*

*There is no place at this conference for harassment or intimidation based on race, religion, ethnicity, language, gender identity or expression, sexual orientation, physical or cognitive ability, age, appearance, or other group status. Unsolicited physical contact, unwelcome sexual attention, and bullying behavior are likewise unacceptable.*

*Conference organizers are listed in the program and can be identified by their name badges. In the event a participant has been made to feel unsafe or unwelcome at the conference, they are always available to assist.*

***Did we miss anything? Any suggestions you would like to see added?***

***Please don't hesitate to contact us: [smoha84@uwo.ca](mailto:smoha84@uwo.ca)***

### Resources to Consider:

[Government of Canada Guide to Planning Inclusive Meetings](#)  
[FemNorthNet & DAWN Canada Toolkit for Creating Inclusive Processes, Spaces & Events](#)  
[FemNorthNet & DAWN Canada: The Toolkit Checklist](#)  
[Inclusive Scientific Meetings](#)  
[Checklist for hosting inclusive events and conferences at the University](#)

1. Pendergrass et al., (2009). *Inclusive Scientific Meetings*. Retrieved from: <https://static1.squarespace.com/static/582cce42beba9bfc47a82b04/t/5ca0fe7d9b747a3d7dc7a71f/1554054781756/Formatted+Inclusive+Meeting+Guide-v5.pdf>

## Fall is scale-up season for projects!

**Bounce Back League (BBL)** will be running its trauma-informed sports league program at ten new additional sites in Canada!



BBL started at three pilot sites in St. Alban's, Kawartha and Okanagan. The ten new implementation sites will work directly with Edgework Consulting, the evaluation team and the national Boys and Girls Clubs of Canada and mentors from the three pilot sites to establish and run a BBL league at their locations for the Fall-Winter-Spring sessions.

The new BBL implementation sites are in:

- ⇒ South Coast BC
- ⇒ Edmonton
- ⇒ Alberta
- ⇒ Winnipeg
- ⇒ Toronto
- ⇒ Niagara
- ⇒ Ottawa
- ⇒ Moncton
- ⇒ Saint John
- ⇒ Summerside



## Building Internal Resilience through Horses

has recently partnered with three Indigenous organizations to offer groups specifically for Indigenous community members. This partnership opens up possibilities to include cultural advisors and medicines, and take an intergenerational approach to resilience building.



The project is also planning to work with the New Canadian Centre to offer programming that will meet the needs of the young people they are working with.

## Supporting the Transition to and Engagement in Parenthood (STEP)

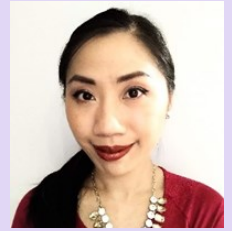
is nearing the completion of the program manual and will start running its first two pilot groups in the Fall. The project has collected data on more than 300 parents expecting a child. The purpose of this study is to better understand the influence of difficult life events on the transition to parenthood.



## Member Profile

### Meet Linda Liu!

*Hi everyone! I am the research manager for the Sole Expression project, which is a joint collaboration among Boost CYAC, UNITY Charity, and Ryerson University (Child and Youth Studies).*



*My role in Sole Expression is to oversee programming elements, and in the past year with our many staff transitions, maintain the collaborative relationships within the Project Leads Working Group. One of our most fruitful experiences is extending these trauma-informed principles beyond the intervention and weave them into how we conduct research, engage participants in outreach and recruitment and data collection.*

*My role in Sole Expression has richly informed my other hats in life, such as Clinical Nurse specialist in our Medical Psychiatry team at University Health Network, staff nurse in child and adolescent mental health, or in my relationships within my faith community. I meet adults who have grown up with adverse experiences and carry trauma in them. These encounters constantly remind me of the need for universal trauma-informed principles in caring for clients; and more importantly, the need for more early trauma-informed interventions such as Sole Expression to help youth find release from the trauma within their bodies.*

*Sadly, I am not gifted in dance, but I love music and serve as a church pianist. My ongoing resolution for myself is to carve more time on the yoga mat and engage in self-care practices beyond lounging with Netflix!*

## Check out Building Connections Annual Updates!

*Since the launch of Building Connections in October 2016, over one thousand CAPC/CPNP/AHSUNC project staff across Canada have received trauma-informed training resources on interpersonal violence (IPV) and child maltreatment.*



## Featured Resources

[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\*, 109821401983582. doi: 10.1177/1098214019835821](#)

This article describes two approaches that the authors have integrated into a research and evaluation initiative supporting the health and well-being of vulnerable families. Specifically, they have adopted a relational approach, intentionally and consistently focusing on building relationships, and a trauma-informed approach, highlighting safety across all levels. Based on these approaches, specific strategies and key considerations are outlined in this article.

[Berthelot, N., Lemieux, R., Garon-Bissonnette, J., Lacharité, C., & Muzik, M. \(2019\). The protective role of mentalizing: Reflective functioning as a mediator between child maltreatment, psychopathology and parental attitude in expecting parents. \*Child Abuse & Neglect\*, 95, 104065. doi: 10.1016/j.chiabu.2019.104065](#)

Childhood maltreatment impacts parenting and has intergenerational consequences. This study provides empirical evidence of the protective role of reflective functioning during the prenatal period in parents with histories of childhood maltreatment.

[Hadjipavlou, G., Varcoe, C., Tu, D., Dehoney, J., Price, R., & Browne, A. J. \(2018\). "All my relations": experiences and perceptions of Indigenous patients connecting with Indigenous Elders in an inner city primary care partnership for mental health and well-being. \*Canadian Medical Association Journal\*, 190\(20\). doi: 10.1503/cmaj.171390](#)

This study was conducted to determine whether including Indigenous Elders as part of routine primary care improves depressive symptoms and suicidal ideation in Indigenous patients. The results suggest that encounters with Indigenous Elders, as part of routine primary care, were associated with a clinically and statistically significant reduction in depressive symptoms and suicide risk among Indigenous patients.

[Lau, C., Stewart, S. L., Saklofske, D. H., & Hirdes, J. \(2019\). Scale development and psychometric properties of internalizing symptoms: The interRAI Child and Youth Mental Health internalizing subscale. \*Psychiatry Research\*, 278, 235–241. doi: 10.1016/j.psychres.2019.06.013](#)

The purpose of this study was to develop and assess the reliability and validity of the internalizing subscale on the interRAI Child and Youth Mental Health (ChYMH) in assessing broadband internalizing mental health symptoms.

## [Register Now for our Upcoming Knowledge Hub & Learning Network Webinars](#)



### Trauma-Informed Responses to Human Trafficking

Register: [https://zoom.us/webinar/register/WN\\_mXSaMirAQO2tD80y2dE1dg](https://zoom.us/webinar/register/WN_mXSaMirAQO2tD80y2dE1dg)

Presented by: Brenda Quenneville and Gina Snooks

Date & Time: October 22, 2019 | 1:00-2:15 PM EST

### How Law and Stigma Harm Sex Workers: Panel Discussion

Register: [https://zoom.us/webinar/register/WN\\_n1Fn\\_U4iQIOZrlbPopUROg](https://zoom.us/webinar/register/WN_n1Fn_U4iQIOZrlbPopUROg)

Presented by: Representatives from Maggie's, Safe Space & Butterfly

Date & Time: November 19, 2019 | 1:00-2:15 PM EST

### Story Shifters: Co-creating New Stories about Trauma

Register: [https://zoom.us/webinar/register/WN\\_2p5KYKG\\_R8WCdaLiYKTxAw](https://zoom.us/webinar/register/WN_2p5KYKG_R8WCdaLiYKTxAw)

Presented by: Barbara Ward, Mental Health Lead, Waterloo Region District School Board

Date & Time: December 3, 2019 | 1:00-2:15 PM EST

## [Access Past Webinar Recordings](#)

## Knowledge Hub Team

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

We would love to hear from you!

Contact us: [smoha84@uwo.ca](mailto:smoha84@uwo.ca)

Check us out on Social Media:

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

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