

### Sharing lessons learned: a peer-led, trauma-informed intervention



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### Peer Education and Connection through Empowerment: **Intervention overview**



- Session 1 - Space Agreement, Pronouns & Art
- Session 2 - Drawing Our Personal Identity Maps
- Session 3 - Identifying our Strengths via bracelet making with Lourinda
- Session 4 - Cooking with Pam
- Session 5 - Gender Identity
- Session 6 - Consent F.R.I.E.S.
- Session 7 - Unpacking Our Fears & Meditation with Cynthia
- Session 8 - Coping through Body - tapping and holding techniques with Ashley
- Session 9 - Boundaries in Romantic Relationships with Claire
- Session 10 - On-Line Dating & Sex Trafficking Awareness
- Session 11 - Workout & Body Image with Cosampra
- Session 12 - Grief and Emotions with Louise
- Session 13 - Externalizing Emotions through Drama with Young People's Theatre
- Session 14 - Celebration over Phil

*"I have gained a plethora of resources, supportive peers, and an environment where personal growth is both encouraged and nurtured."*

## Key Takeaways: Peer Mentors

### Recruitment

*"Connecting with peers has increased my awareness of different ways of being"*

### Training

*"As our activities change so do our facilitation styles"*

### Support

*"On occasion, the subject feels too emotionally heavy on top of the other commitments and events I have going on in my life and it can be a challenge to facilitate that particular session"*



*"In a peer mentor model, there is greater freedom to simply be human beings, interacting. The safe space created allows everyone to have a more equal voice, experience healthy social interactions, and inspire and learn in both directions from each other".* – Peer Mentor, Pe.a.c.c.e. Project

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## Key Takeaways: Trauma-informed Practice



*"The peer facilitators were knowledgeable, welcoming and non-judgmental."*

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# P.E.A.C.E. Project Resources

March 2021

**P.E.A.C.E. PROGRAM MANUAL**  
PEER EDUCATION & CONNECTION THROUGH EMPOWERMENT

**How to Use This Manual**  
PEER EDUCATION & CONNECTION THROUGH EMPOWERMENT

**For Staff**  
This manual is a guide for staff who are planning a program. It is not a manual for participants. P.E.A.C.E. programs are designed for the success and growth of everyone involved. Your success here is a shared objective that is all but impossible to duplicate. We hope you'll use this framework to develop a program that is valuable and unique to your community.

**For Peer Mentors**  
Thank you for leading your time and space to P.E.A.C.E. Peer Mentors like yourself are a huge part of what makes P.E.A.C.E. a successful program for young people. Much of this manual is your program handbook. On a technical level, it will help you identify an understanding of major topics and terms, facilitate delivery, do a program from the manual when you're not well-versed (leading or following) and ensure your ideas are heard and well-organized following your responsibilities as P.E.A.C.E. with other staff of your site.

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## PEACE: Trauma-Informed Psychoeducation for Female-Identified Survivors of Gender-Based Violence

Deborah Kahn <sup>1</sup>, B.H.Sc., M.D., Amanda J. F. Noble, M.S.W., Ph.D., Vicky Stangeopoulos, M.D., M.H.Sc.

Published Online: 1 Jun 2018 | <https://doi-org.myaccess.library.utoronto.ca/10.1176/appi.ps.69601>

**Psychiatric Services**  
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Metrics

**Health and Social Care** *in the community*

ORIGINAL ARTICLE Full Access

### Implementing a trauma-informed intervention for homeless female survivors of gender-based violence: Lessons learned in a large Canadian urban centre

Deborah Kahn FRPC, MEd, MSc, Denise Lachenaie MA, Thanaia Rajakumbaran MSc, Amanda Noble PhD, Vicky Stangeopoulos MD, MPhD

First published on 08 December 2019 | <https://doi-org.myaccess.library.utoronto.ca/10.1176/appi.ps.69601> | CiteSpace 2

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**Research Article**

### Promoting Wellness and Recovery of Young Women Experiencing Gender-Based Violence and Homelessness: The Role of Trauma-Informed Health Promotion Interventions

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Front. Psychiatry, 09 December 2020 | <https://doi.org/10.3389/fpsyg.2020.601540>

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## Supporting Female Survivors of Gender-Based Violence Experiencing Homelessness: Outcomes of a Health Promotion Psychoeducation Group Intervention

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### Objectives

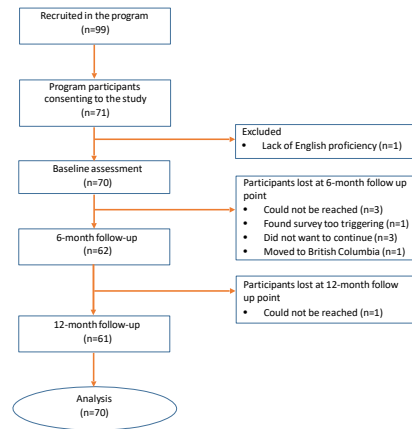
- ❖ To describe the intervention tailored to the needs of female experiencing GBV and homelessness
- ❖ To review outcomes, 12 months after program enrolment

### Aim

- ❖ To evaluate changes in quality of life and other outcomes 12 months after enrolment in the program.

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## Study flowchart



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❖ Descriptive statistical analysis

❖ Linear mixed models

❖ Interaction analysis

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### Demographic and clinical characteristics of study participants



- ❖ Mean age = 21.47 (SD: 3.79)
- ❖ 48.6% were born in Canada.
- ❖ 2.8% married, 16% with children.
- ❖ The most common Adverse Childhood Experience (ACE) was emotional abuse (75.7%), while physical neglect was the least commonly reported ACE (34.3%).
  - Nearly 83% had an ACE score  $\geq 4$ .
- ❖ Participants born in Canada had a lower score of physical health, psychological health, environment, overall quality of life, and a higher score of HADS-anxiety and traumatic stress symptoms

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**Primary outcome:** quality of life

**Secondary outcomes:** included experiences of victimization, resiliency, psychological distress, substance use, level of mastery, and traumatic stress symptom

- The overall quality of life score increased over 12 months.
- The experience of victimization decreased over 12 months

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- ❖ Psychoeducation interventions may be a promising approach to improving outcomes for this population
- ❖ PEACE can successfully support youth experiencing GBV and homelessness, and other populations experiencing trauma and marginalization

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Thank you!



Peer, Education, and Connection through Empowerment

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