

## Resources about Trauma (and Violence) Informed Practice


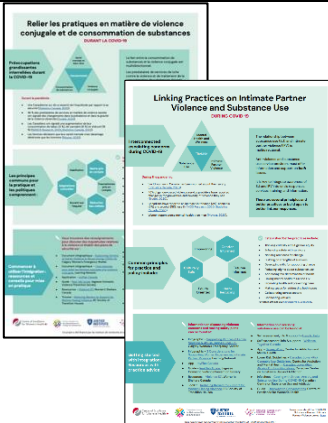
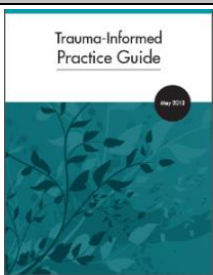
### Ressources sur la pratique tenant compte des traumatismes (et la violence)

For the past decade, researchers at the Centre of Excellence for Women's Health have been producing resources about trauma informed practice, in collaboration with governments and organizations across Canada. We have used the term trauma informed practice, to differentiate this approach from trauma specific care. All materials endorse the trauma and violence informed view that understanding and action is needed at individual, organizational and systemic levels.

*Resources with only a description in English are not currently available in French.*

Au cours de la dernière décennie, les chercheurs du Centre d'excellence pour la santé des femmes ont produit des ressources sur la pratique tenant compte des traumatismes, en collaboration avec les gouvernements et les organisations à travers le Canada. Nous avons utilisé le terme de pratique tenant compte des traumatismes pour faire la différence entre cette approche et les soins spécifiques aux traumatismes. Tous les documents s'inscrivent dans la perspective d'une pratique tenant compte des traumatismes et la violence, selon laquelle la compréhension et l'action sont nécessaires aux niveaux individuels, organisationnel et systémique.


*Les ressources uniquement avec une description en anglais ne sont en fait pas disponibles en français.*

Infographics / Les infographies	
<p>1</p> 	<p><a href="#"><b>8 Strategies for being trauma informed at the organizational level</b></a></p> <p>This infographic offers strategies to incorporate trauma informed principles at the organizational level.</p> <p><a href="#"><b>8 stratégies pour tenir compte des traumatismes au niveau organisationnel</b></a></p> <p>Cette infographie présente des stratégies pour intégrer les principes de l'information l'approche tenant compte les traumatismes au niveau de l'organisation.</p>
<p>2</p> 	<p><a href="#"><b>Linking Practices on IPV and Substance Use</b></a></p> <p>This infographic identified the interconnections among trauma, IPV, substance use and mental health concerns during the pandemic, common principles for integrated practice and policy, and links to information on practical practice approaches.</p> <p><a href="#"><b>Relier les pratiques en matière de violence conjugale et de consommation de substances</b></a></p> <p>Cette infographie identifie les interconnexions entre les traumatismes, la Violence entre Partenaire Intime (VPI), la consommation de substances et les problèmes de santé mentale pendant la pandémie, les principes communs pour une pratique et une politique intégrée et les liens vers des informations sur les approches pratiques.</p>
Manuals and Guides / Les manuels et les guides	
<p>3</p> 	<p><a href="#"><b>Trauma Informed Practice Guide</b></a></p> <p>This guide on trauma informed practice remains popular 10 years after its co-development with the addictions field in BC. It includes appendices on self care for practitioners, an organizational checklist, approaches to responding to disclosure, and grounding skills.</p>

4		<p><b><u><a href="#">Healing Families, Helping Systems: A Trauma-Informed Practice Guide for Working with Children, Youth and Families</a></u></b></p> <p>This guide is the result of a project of the Ministry of Children and Family Development in BC with the goals of identifying trauma-informed approaches, to raise awareness, and to increase capacity among service providers delivering child and youth services. It describes how TIP can be realized in interactions with children and youth, with families, through worker wellness, through action at the organizational level and at the leadership level.</p>
5		<p></p> <p><b><u><a href="#">Trauma Informed Development and Education (TIDE) at the YWCA Toronto</a></u></b></p> <p>The YWCA Toronto worked with CEWH to generate an organizational shift toward trauma informed practice across the YWCA Toronto locations. This project was designed to increase the skills and practices of staff, leadership, and program partners. One element was the involvement of program participants in the development of a workbook to strengthen their contributions to trauma-informed action within their organization or community. It is for women with lived experience who wish to increase their leadership capacity, build their networks, strengthen skills and build confidence to lead trauma informed change.</p>
6		<p><b><u><a href="#">Trauma Informed Practice and the Opioid Crisis: A Discussion Guide for Health Care and Social Service Providers</a></u></b></p> <p>This resource is an example of how trauma informed practice can be applied to an issue to support policy and practice change. Includes practical tools such as how to do box breathing and examples and discussion questions for applying each principle.</p> <p><b><u><a href="#">Pratique tenant compte des traumatismes et la crise des opioïdes</a></u></b></p> <p>Cette ressource est un exemple de la façon dont la pratique tenant compte des traumatismes peut être appliquée à une question afin de soutenir le changement de politique et de pratique. Elle comprend des outils pratiques telles que la respiration en boîte, des exemples et des questions de discussion pour l'application de chaque principe.</p>
7		<p><b><u><a href="#">New Terrain: Tools to Integrate Trauma and Gender Informed Responses into Substance Use Practice and Policy</a></u></b></p> <p>This toolkit provides information about trauma, gender, and sex informed programs, initiatives and projects and includes specific tools to support practice and policy change.</p> <p><b><u><a href="#">Terres nouvelles : Outils pour intégrer des interventions tenant compte du genre et des traumatismes dans les pratiques et les politiques en matière de consommation de substances</a></u></b></p> <p>Cette boîte à outils fournit des informations sur les programmes, les initiatives et les projets tenant compte des traumatismes, du genre et du sexe et comprend des outils spécifiques pour soutenir les changements de pratiques et de politiques.</p>

**Conversation starters / Les amorces de conversation**

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**Methamphetamine and trauma informed approaches**

This conversation starter for substance use service providers describes the principles of trauma informed practice and offers examples of strategies for incorporating them into methamphetamine treatment responses. Reflection questions are offered as to how these strategies might be brought into and integrated in practice and programming.

**Consommation de méthamphétamine et approches tenant compte des traumatismes**

L'amorce de conversation destinée aux prestataires de services d'aide aux toxicomanes décrit les principes de la pratique tenant compte des traumatismes et donne des exemples de stratégies permettant de les intégrer dans les réponses au traitement de la méthamphétamine. Des questions de réflexion sont proposées sur la manière dont ces stratégies peuvent être introduites et intégrées dans la pratique et la programmation.

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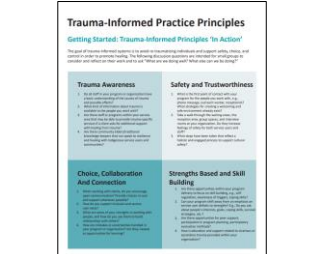
**Building a Trauma Informed Aftercare Network in Saskatchewan**

This resource captures ideas generated in meetings led by the Family Treatment Centre in Prince Albert (Saskatchewan), about aftercare for women who have completed treatment for substance use problems, and what opportunities exist for enhancing aftercare in a trauma-informed way.

**Établir un réseau de suivi tenant compte des traumatismes en Saskatchewan**

Cette ressource présente les idées générées lors de réunions organisées par le Family Treatment Centre de Prince Albert (Saskatchewan) sur la posture pour les femmes qui ont terminé leur traitement pour des problèmes de toxicomanie et sur les possibilités d'améliorer la posture d'une manière tenant compte des traumatismes.


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**Trauma informed practice principles: Getting started - TIP principles in action**


This conversation starter offers a summary of trauma informed practice principles and questions intended for small groups to consider and reflect on their work and to ask "What are we doing well? What else can we be doing?"


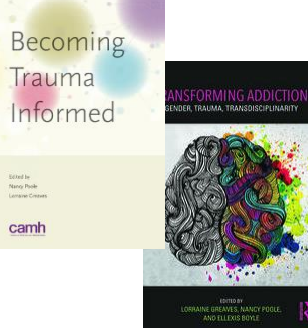
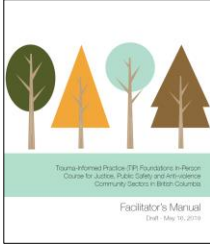

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**Wraparound Programs and Trauma-informed Practice**

This info sheet describes how programs serving pregnant and parenting women enact and measure the achievement of trauma informed practice, in multidimensional wraparound services.



Booklets / Les livrets		
12		<p><b><u><a href="#">Repairing the Holes in the Net</a></u></b></p> <p>Repairing the Holes in the Net was a research and system change initiative to improve policy and practice related to care and support for northern women experiencing homelessness, mental health and substance use concerns. Women in the 3 northern territories who were precariously housed, experiencing violence and mental health concerns offered a brilliant view of their situation – of unresolved trauma, poverty and social exclusion, inability to find and maintain housing and ineffective services - and how small and large policy and practice change that is trauma informed could help.</p>
Books / Les livres		
13		<p><b><u><a href="#">Becoming Trauma informed</a></u></b></p> <p>This multi-authored collection edited by Poole and Greaves brings together the voices of those who have integrated trauma-informed principles into various mental health and addiction treatment and social service environments, and of the diverse groups with which they work.</p> <p><b><u><a href="#">Transforming Addiction: Gender, trauma, and transdisciplinarity</a></u></b></p> <p>This provocative collection edited by Greaves and Poole offers research and innovative practice and policy advice toward integrating sex and gender, and issues of trauma and mental health in the addiction field.</p>
Courses / Les cours		
14		<p><b><u><a href="#">Trauma Informed Practice Foundations Course for Justice, Public Safety and Anti-violence Community sectors in BC</a></u></b></p> <p>This TIP Foundations Curriculum is available to those currently employed in corrections, Crown, lawyers, police, and victim services/anti-violence programs. It is designed to provide an introduction to trauma informed practice, and how to integrate knowledge about how people are affected by trauma into procedures, practices and services.</p>
15		<p><b><u><a href="#">A Digital Handbook on Wraparound programs</a></u></b></p> <p>The handbook supports the development, operation, and sustainability of wraparound programs for pregnant and/or early parenting women and gender diverse people with substance use and other concerns. It includes two sections on trauma informed approaches: 1) Trauma informed practice for clients 2) Well being for staff and organizational wellbeing.</p>