

# KNOWLEDGE HUB BULLETIN

## Hub June 2019 Knowledge Exchange

On June 18-19, 2019, the Knowledge Hub hosted the fifth Knowledge Exchange at Western University in London, ON for the Trauma- and Violence-Informed Health Promotion Community of Practice (CoP) members. Members of the Public Health Agency of Canada (PHAC) funded projects were in attendance, as well as representatives from PHAC.

This Knowledge Exchange provided the opportunity for members of the CoP to develop and/or strengthen existing relationships and share project learnings. [The meeting summary report is posted on Basecamp.](#)



CoP members participating in a panel discussion at the Knowledge Exchange

## The Knowledge Hub Meets with CoP Members in Toronto!



Left to right: Kasia Ignatowska, Tatiana Ferguson, Linda Baker, Wendy Komiotis, Entisar Yusuf, Robert Nonomura, Sara Mohamed, Anna-Lee Straatman, Dianne Lalonde

On July 11, 2019, the Knowledge Hub met with CoP members from three different projects, FGM/C, P.E.A.C.E and Transformed to continue the conversation on peer-led focus groups. The meeting was hosted by the P.E.A.C.E project at Covenant House in Toronto.

The three projects are utilizing this approach to conduct a number of their activities and the Knowledge Hub facilitated a discussion around best practices for peer-led activities. Project members will be sharing resources and tools with each other to enhance their activities and safety protocols.



## Check out our Latest Videos!

The Knowledge Hub released new videos featuring the PHAC funded projects to promote their activities to Canadian communities.



[Safe & Understood](#)



[STEP](#)



[Nato' we ho win](#)



[P.E.A.C.E](#)

Thank you to those who participated in the videos and helped coordinate their logistics!

## Do you have a question or discussion topic for the CoP?



Based on consultations with CoP members, the Knowledge Hub has been hosting the online meetings as thematic-based ones and the meeting themes are usually suggested by CoP members. For example, for the April 2019 Zoom meeting, members of the Reaching out with Yoga project invited CoP members to discuss, "Responding to Disclosures in Intervention Research".

If you have a topic of interest that you would like to discuss with other CoP members then please email us your suggestion and we will help coordinate/facilitate the online meeting for it.

## Bodywork is Crucial to Trauma Work!

Shape Your Life (SYL) is a free, trauma-informed, non-contact boxing program for self-identified women who have experienced violence. It began in 2007 and received funding from PHAC in 2015 to continue the program and to measure its effects on the mental and physical health outcomes of participants.



Dr. Cathy Van Ingen

The evaluation of the program was concluded in March 2018. Dr. Cathy Van Ingen provided an overview of the research findings at the June 2019 Knowledge Exchange.

Data was collected from participants at three phases, baseline, mid, and post program. Significant increases occurred as early as 8 weeks into the program in the following areas:

- Self-esteem/confidence
- Personal and interpersonal agency
- Mental health
- Physical, psychological, social and environmental quality of life



Resilience and perceived physical ability also improved from the 8th week to the 16th week.

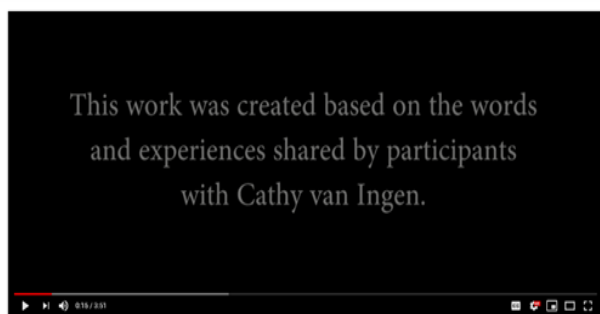
*"...boxing is the place that I come because I need to step into a place where my body remembers that I'm strong, where my body remembers that I'm in a different place and time" – SYL Participant*

## Shape Your Life Amplifies Participants Voices & Stories



Shape Your Life is constantly finding new creative ways to amplify participants' voices and stories.

"Shape Me" song produced by Cathy Van Ingen and Joanne Green and performed by Nari was inspired by the words shared by participants about their process of surviving and healing from violence and trauma through the Shape Your Life Boxing program.

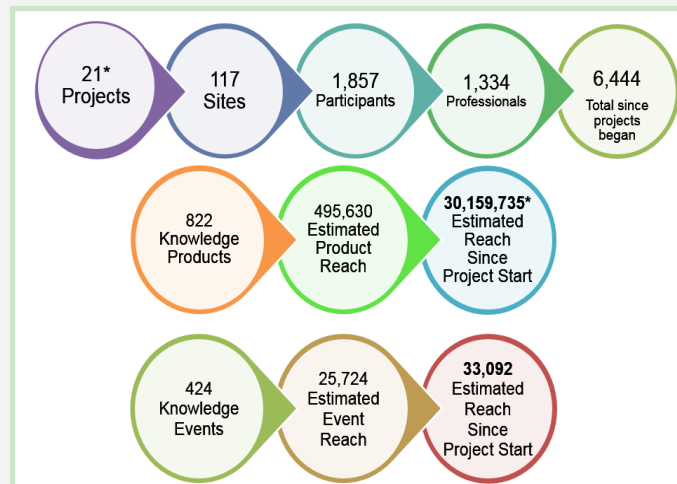


Shape Me - Nari - Shape Your Life Boxing Program

## Investment Snapshot

During the June 2019 Knowledge Exchange, Shannon Hurley from the Public Health Agency of Canada shared highlights from the recent annual reports completed by projects. [You can access a copy of Shannon's presentation slides on Basecamp.](#)

This image offers numerical highlights from project reports:



\*21 projects, including 2 that ended during 2018/2019 - Shape Your Life project and Being Trauma Aware (SKCAC).

\*Estimated product reach since project start: High because of Social Media reach.

## Save the Date: The Knowledge Hub June 2020 Conference

The Knowledge Hub will be hosting a conference, June 10 & 11, 2020 in London, ON featuring the 17 PHAC funded trauma-and violence-informed health promotion projects!

### Trauma and Violence Intervention Research:

Promoting safety and well-being across the lifespan

June 10 & 11, 2020

This conference will provide the opportunity to CoP members to share their research findings with conference participants.

## From Feasibility to Effectiveness: Building the Evaluation of MindUP

The MindUP™ for Young Children project is implementing and evaluating a mindfulness-informed, evidence-based social and emotional learning intervention within a trauma-informed framework to full-day kindergarten children in the London District Catholic School Board and a community-based organization, Merrymount Family Support and Crisis Centre.



Dr. Claire Crooks

Dr. Claire Crooks discussed the importance of conducting feasibility studies before implementing an intervention at the June 2019 Knowledge Exchange.

The feasibility study was conducted based on Bowen & colleagues' framework (2009). It showed high rates of acceptability and reported engagement with the MindUP curriculum. It also demonstrated positive impacts on the students and that the program fits strongly within a trauma-informed framework. The pilot study also showed that the program had benefits not only for the students but for the educators as well.

MindUP's evaluation (2017-2018) showed significant decrease in behavioural symptoms for students in intervention classrooms relative to comparison classrooms.

*"I feel I am more mindful and aware of student's emotional states and able to relate behaviours back to the brain more often."*  
- MindUP Teacher

### Key Areas of Focus For Feasibility Studies

Area	Description	Indicators
Acceptability	To what extent is a new idea, program, approach, or measure judged as suitable, satisfying, or attractive to program deliverers? To program participants?	<ul style="list-style-type: none"> <li>- Satisfaction</li> <li>- Intent to continue use</li> <li>- Perceived appropriateness</li> <li>- Fit with organizational culture</li> </ul>
Demand	To what extent is a new idea, program, approach, or measure likely to be used?	<ul style="list-style-type: none"> <li>- Actual use</li> <li>- Expressed interest or intention to use</li> <li>- Perceived demand</li> </ul>
Implementation	To what extent is a new idea, program, approach, or measure be successfully delivered to participants in a defined, but not fully controlled, context?	<ul style="list-style-type: none"> <li>- Degree of execution</li> <li>- Successes &amp; challenges</li> <li>- Supports &amp; resources required</li> </ul>

Bowen, D. J., Kreuter, M., Spring, B., Cofta-Woerpel, L., Linnan, L., Weiner, D., ... & Fernandez, M. (2009). How we design feasibility studies. *American Journal of Preventive Medicine*, 36(5), 452-457.

## Member Profile

### Meet Kasia Ignatowska!



*I am the Health Promotion Coordinator for the P.E.A.C.E. project at Covenant House Toronto.*

*My work focuses on developing a peer-led program for self-identified women (ages 16-24) to share experiences, build relationships and learn about health and wellness. I'm dedicated to bringing forward several types of creative, self-reflective and holistic approaches to wellness that participants can explore in a self-guided environment.*

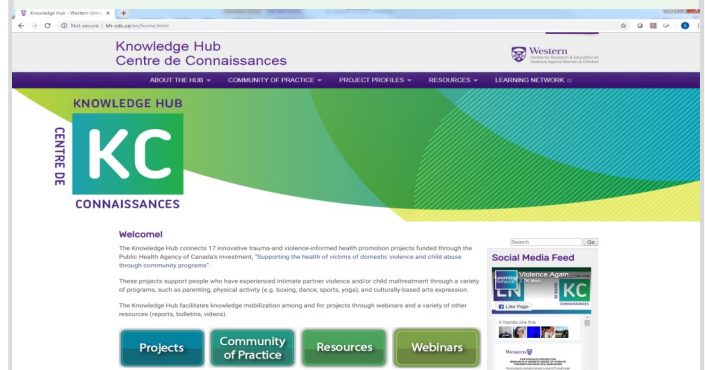
*It has been rewarding to see friendships made in and outside of program space and hearing about activities that positively influence participants' day-to-day life.*

*Working on P.E.A.C.E. as an intervention to address gender-based violence has been an exciting challenge and a meaningful trajectory. My 10+ years of direct experience supporting children and youth in community organizations, hospitals, the court system and shelters, provided me with practical understanding of trauma-informed practice, anti-oppressive and strength-based approaches that govern the P.E.A.C.E project.*

*I spend my own time in nature, cycling, practicing yoga and working on choreography projects.*

## The Knowledge Hub Launches a New Website!

The Knowledge Hub has recently launched a new website with a new URL: [kh-cdc.ca/](http://kh-cdc.ca/)



Please email us any project updates that you would like to add to your project's webpage under our ["Project Profiles"](#) section on our website.



## Featured Resources

Zuberi, S., Motz, M., Leslie, M. & Pepler, D.J. (2018). *Building Connections: Supporting readiness and capacity of community-based projects to deliver a trauma-informed intervention*. Zero to Three, 39(2), 21-25

This article provides an overview of Building Connections, a national initiative in Canada to embed trauma-informed approaches into community-based projects, highlighting the components that indicate successful implementation.

Baird, S. L., Alaggia, R., & Jenney, A. (2019). "Like Opening Up Old Wounds": Conceptualizing Intersectional Trauma Among Survivors of Intimate Partner Violence. *Journal of Interpersonal Violence*, 088626051984878.

To conceptualize intimate partner violence-related trauma from an intersectional lens, this paper presents qualitative findings from a study of 15 women's experiences of intimate partner violence and trauma.

Lapum, J. L., Martin, J., Kennedy, K., Turcotte, C., & Gregory, H. (2018). *Sole Expression: A Trauma-Informed Dance Intervention*. *Journal of Aggression, Maltreatment & Trauma*, 28(5), 566-580.

This article discusses the development of Sole Expression, a trauma-informed hip-hop dance program for youth who have experienced abuse and/or exposure to violence.

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 an intimate partner violence- specific intervention (Intervention for Health Enhancement After Leaving [iHEAL]), "Reclaiming Our Spirits" (ROS) is a health promotion intervention developed to address the health needs of Indigenous women. This article demonstrates the efficacy of ROS in improving women's quality of life and health.

## Register Now for our Upcoming Knowledge Hub & Learning Network Webinars



### Strategies for Working with Indigenous Individuals Experiencing Trauma

Register: [https://zoom.us/webinar/register/](https://zoom.us/webinar/register/WN_ZZTk06EftIOOt8Nq82Zbyg)

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**Presented by:** Dr. Holly Graham, Assistant Professor, University of Saskatchewan

**Date & Time:** September 24, 2019 | 1:00-2:15 PM EST

### Trauma-Informed Responses to Human Trafficking

Register: [https://zoom.us/webinar/register/WN\\_mXSaMjrAQO2tD8Oy2dE1dg](https://zoom.us/webinar/register/WN_mXSaMjrAQO2tD8Oy2dE1dg)

**Presented by:** Dr. Rosemary Nagy, Associate Professor, Nipissing University and her research partners

**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\\_U4iQIQZrlbPopUROg](https://zoom.us/webinar/register/WN_n1Fn_U4iQIQZrlbPopUROg)

**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

## 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)

Twitter: [twitter.com/learn2endabuse](https://twitter.com/learn2endabuse)

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