

# Freedom from Violence: Navigating the Intersections of Trauma, Mental Health and Substance Use



Every year it gives me great pleasure to invite you to our Annual Training Forum. This year, once again, we have chosen to focus on a key issue for anti-violence workers across BC: the inter-connections between violence, substance use and mental health. We are confident that these two days will be full of information and practical skills that you will be able to take back to your incredibly demanding work lives.

We are grateful, as always, to the Ministries of Community Services and Public Safety and Solicitor General for providing funding assistance for this Training Forum, enabling us to offer invaluable training to Community-Based Victim Assistance Programs, Stopping the Violence Counselling Programs, Stopping the Violence Outreach Programs and Community Coordination Initiatives. This year we have the Canadian Women's Foundation and the Vancouver Foundation to thank for their funding as well.

As frontline workers and program managers know only too well, people with mental health and substance use issues are extremely vulnerable to violence. Violence can seriously damage one's mental health and lead to substance abuse. Having mental health issues and/or addictions is a powerful barrier to accessing safety and support.

For a number of years, the programs that we support have been reporting that survivors of violence are increasingly presenting with co-occurring issues of substance use, mental health and experiences of violence. Workers' efforts to increase their clients' safety are often compromised by the complexity of the clients' lives and the workers' lack of relevant tools and information. As well, there has never been province-wide coordination between the mental health, addiction and anti-violence services, and this has left workers managing complex cases in isolation from each other.

In 2000, the BCASVACP undertook an extensive needs analysis with anti-violence workers across BC on what they were facing in their work and what support they felt they needed. A top priority that was identified was working with clients who have mental health and addiction issues, and building strong relationships with the mental health and

addiction sectors. This issue has continued to be raised by anti-violence programs since that time. In 2004 it was recognized in the Ministry of Community Services STV Counselling Program Evaluation Report as a concern. The Ministry of Public Safety and Solicitor General, in their 2006 regional roundtable meetings with victim service providers in BC, confirmed that service provision to clients has become more complex due to social and economic issues, including an increase in addictions and more complex mental health issues.

This Training Forum is an important step towards improving services for survivors of violence with mental health and/or addictions issues. Our goal is to increase service providers' knowledge and skills, and to promote collaboration within our own anti-violence sector and between the anti-violence sector and the mental health and addictions sectors. We are offering keynote addresses and workshops from leaders and innovators in the field. We are also launching our Freedom from Violence Resource Toolkit, funded by the Vancouver Foundation. The toolkit is intended to support the development of consistent, coordinated responses across the province to survivors of violence, mental health issues and addictions.

Please join us at the Forum. We look forward to seeing you there.

*Tracy Porteous*

Executive Director, BCASVACP

On behalf of the Training Forum Planning Committee

# 2007 Annual General Meeting



**Friday, November 23, 2007**

**9:30 AM – 1:30 PM**

**Plaza 500 Hotel,  
Vancouver**

**9:30 AM Welcome & Call to Order**

- The Year in Review
- Open Member Discussion
- Break (coffee, muffins & fruit provided)
- Association Business
- Board of Directors Election

Please join us for the BCASVACP's Annual General Meeting on November 23, 2007, just after the Fall Training Forum on November 21 & 22, at the same location. For those traveling from out of town, it is our hope that you will be able to stay through November 23 so that you can join us for the meeting. The BCASVACP's AGM is:

- A time for members to connect with other advocates, counsellors and managers from programs across the province and within your region.
- A chance to meet or reconnect with the staff and Board of the Association.
- A time to recognize the Association's accomplishments of the past year.
- A time to identify critical issues and look to the year ahead.

At the AGM, elections are held for regional representation on the Board of Directors of the Association for the coming year. The term of office for Directors is two years. Therefore, not all seats will be vacant. Please contact your current Board representative to inquire about her intentions and to see if there will be a vacancy in your region. We encourage prospective Board members to discuss your interest with other members in your region, get prior approval from your agency to sit on the Board, and come to the AGM prepared to speak about yourself and what you bring to the Association. Those member programs who are in good standing, and have paid their membership dues at least 30 days prior to the AGM will be eligible to vote at the AGM. If you are unsure about your membership dues, just give us a call. We hope that members new and old will join us at the upcoming 2007 Annual General Meeting!



*\* art throughout program by Sheila Norgate*



# Forum at a Glance



**NOVEMBER 21, 2007**

## **Wednesday AM**

**7:30 Registration & Coffee**

- Information tables

**8:30 Opening Welcome**

### **Keynote Address**

*Angela Marie MacDougall*  
Keeping it All on the Table —  
We are the Leaders for a Future of Integrated  
Mental Health Practice

### **Break**

### **Keynote Address**

*Dr Charlotte Sophia Kasl*  
Yes, You Can: A 16-Step Empowerment  
Approach for Overcoming Addiction and Trauma

## **Wednesday PM**

**12:00 Lunch Provided**

- Odin Books
- Massage Therapy

**1:30 Concurrent Workshops**

1. Barriers to Safety for Women Living in Rural & Remote Communities: Supporting Aboriginal Women Living on Reserves and Substance Using Women
2. Double Vision: Women, Trauma & Mental Health
3. How Can We Make Mental Health & Substance Use Services Safe for Women? Applying the Safety and Health Enhancement (SHE) Framework
4. Living the Sixteen Steps: An Empowerment Workshop for Love, Strength, & Power
5. Safety for Women with FASD: Working Differently
6. Practical Strategies in Supporting Sex Workers
7. Specialization in Practice: Justice System Approaches

**4:45 Adjourn**

**NOVEMBER 22, 2007**

## **Thursday AM**

**8:00 Registration & Coffee**

- Information tables

**8:30 Opening**

### **Keynote Address**

*Gloria Larocque*  
Advocating for Indigenous Women in Canada:  
Advocating for All Women

### **Break**

### **Keynote Address**

*Dr John Briere*  
Beyond the Ivory Tower: Real World Crisis  
Intervention for Multiply Traumatized and  
Marginalized Clients

## **Thursday PM**

**11:30 Lunch Provided**

- Odin Books
- Massage Therapy

**12:45 Concurrent Workshops**

1. Collaboration to Support Women with Trauma & Substance Use Issues: The Seeking Safety Model
2. Hitting The Ground Running—Preparing Women for Coming Face to Face With the “System”
3. Intervening in Complex Trauma: The Self-Trauma Model
4. Making Anti-Violence Services Accessible to Women with Mental Health & Addictions Issues
5. Relapse and Recycle: Empowering Girls & Women Through Change
6. Safe Conversations: Holistic Safety Planning with Women with Violence, Trauma, Mental Health and Substance Use Concerns
7. The Strength and Safety Within

**4:00 Closing Entertainment**



### Keeping it All on the Table — We Are the Leaders for a Future of Integrated Mental Health Practice

Angela Marie MacDougall



The work of frontline anti-violence programs is incredibly complex, not only because of the need for strong skills and analysis, but because we are living in the same world as the women who access our services. We ourselves are casualties at the same time that we are helpers.

Women survivors of violence, women who use substances and/or who have come to the attention of the mental health system, women who are living out the generational impact of poverty, racism or colonialism, are often ground down by violence and oppression.

Our work is well positioned to make a difference for women in general, and especially for the most marginalized. We are the leaders for the future of quality mental health, addiction and anti-violence work. We must ensure that our work and interventions are pieces of the solution rather than contributing to further marginalization.

**Angela Marie MacDougall** draws on her own experiences of oppression, violence, abuse, substance use and trauma responses to speak about survival and personal transformation. Throughout her 18 years of experiences in front line support work, counselling, training and administration, Angela has focused on integrating practices to meet the needs of women dealing with violence, oppression, substance use and what are commonly understood as mental health issues. She has written, taught and spoken on how it is always about starting with ourselves as helpers—from our attitudes, our beliefs and our values. She encourages helpers to stretch themselves to become more inclusive and to push back the walls that limit our practice. As an agent of change, she has sought out leadership roles in her professional life, intent on integration. Currently, Angela is Executive Director at Battered Women's Support Services in Vancouver.

### Yes, You Can: A 16-Step Empowerment Approach for Overcoming Addiction and Trauma

Dr Charlotte Sophia Kasl



Addiction and trauma are deeply intertwined. Addictions often begin as an attempt to soothe oneself, ease one's fears, or anesthetize the pain of abuse, trauma and feeling alienated. The 16 steps are based on love, not fear. They provide a flexible developmental model that encourages people to focus on their strengths, develop authentic relationships, accept

their humanness, learn self care, heal the physical body and learn to trust their internal wisdom. This model is expansive and designed to integrate the whole person by encouraging creativity, taking action, having fun, expressing gratitude, questioning and honouring individual and cultural differences. It has been used successfully in numerous programs, especially for the least advantaged people in our society.

**Charlotte Sophia Kasl, PhD**, has been a psychotherapist for 30 years and is the author of eight books, including *Women, Sex, and Addiction*; *Many Roads, One Journey: Moving Beyond the Twelve Steps*; *Finding Joy*; and the highly popular *If the Buddha Dated/Married/Got Stuck* series. She is a certified addiction specialist in the areas of alcohol, other drugs and sex. She received a lifetime achievement award for her work with sexuality and addiction from the Society for the Advancement of Sexual Health and the Edward A Swinyard award for her pioneering 16-step empowerment model for overcoming trauma and addiction that focuses on women and people of color. She brings an empowerment approach to all her work that is grounded in understanding the physical, emotional and neurological effects of trauma and addiction, along with the effects of all forms of discrimination and oppression. Charlotte has also presented workshops for over 30 years on sexuality, trauma, addiction, healing from trauma, relationships and finding joy.





### Advocating for Indigenous Women in Canada: Advocating for All Women

*Gloria Larocque*



Early advocacy for women's rights in Canada did not include Aboriginal women. The mainstream feminist movement still does not acknowledge the impact of the Indian Act on Aboriginal women. Widespread lack of knowledge about the systemic inequality that Aboriginal women face may be one of the reasons that Aboriginal women are blamed for their own oppression.

Aboriginal women are advocating for their rights, and for the creation of a channel for Aboriginal women to exercise their own expertise and increase their autonomy within society. With institutionalized inequality among women in Canada, are any woman's rights safe?

Experience has taught Gloria that advocacy for one who cannot speak for herself brings dignity, respect and honouring of one's spirit. If we do not advocate for the most marginalized women, then all of us are compromised.

**Gloria Larocque** is from the Sturgeon Lake Cree Nation in Northern Alberta. She is in her third year at UBC, majoring in First Nations Studies and taking courses in Women's Studies. Gloria integrates her learnings from these courses into her own advocacy for the 500 Missing/Murdered Aboriginal women of Canada, raising awareness outside and inside the classroom. Gloria believes that lack of knowledge about the systemic inequality that Aboriginal women face is one possible reason that Aboriginal women are blamed for their own oppression.

Gloria is vividly aware of the effects of this systemic inequality through the advocacy she provides her terminally ill sister, who has suffered from a deplorable lack of advocacy with her health care. Gloria has worked with many organizations in her role as advocate. She founded the inaugural Indigenous Women's Empowerment Day (2006) at which the Lieutenant Governor of BC spoke.

### Beyond the Ivory Tower: Real World Crisis Intervention for Multiply Traumatized and Marginalized Clients

*Dr John Briere*



Although helpful for many individuals, traditional approaches to crisis intervention sometimes underestimate the experience of those who struggle with multiple issues (e.g. substance abuse, psychosis, social oppression) and the effects of repeated victimization. Based on the presenter's experience in directing several inner city

crisis/trauma centres (including the trauma program for Los Angeles County-USC Medical Center), this keynote considers an approach to the immediate needs of complex trauma survivors who suffer the additional effects of depriving social environments. Issues addressed will include safety, the effects of substance abuse and overwhelming psychological distress on treatment effectiveness, and contextually appropriate, acute post-assault interventions.

**John Briere, PhD**, is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, Director of the Psychological Trauma Program at LAC-USC Medical Center, and Co-Director of the MCAVIC-USC Child and Adolescent Trauma Program, National Child Traumatic Stress Network. He is a past president of the International Society for Traumatic Stress Studies (ISTSS), and recipient of the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS and the Outstanding Professional Award from the American Professional Society on the Abuse of Children (APSAC). Designated as "Highly Cited Researcher" by the Institute for Scientific Information, he is author or co-author of over 70 articles, 20 chapters and encyclopedia entries, 10 books, and eight psychological tests in the areas of trauma, child abuse and interpersonal violence. His newest book (co-authored with Catherine Scott, MD) is Principles of Trauma Therapy, released this year by Sage Publications. His website is [www.JohnBriere.com](http://www.JohnBriere.com).

# Workshop Descriptions



Wednesday November **21**, 2007

**1:30 PM Concurrent Workshops**

## 1. Barriers to Safety for Women Living in Rural & Remote Communities: Supporting Aboriginal Women Living on Reserves and Substance Using Women

Women in small and remote communities who are struggling with violence and substance use face many barriers. Some of these barriers result from service providers' lack of understanding of addiction, the intergenerational history of trauma, and from cultural and language issues. Other barriers are community based including: a lack of safe transportation, lack of confidentiality, lack of access to safe spaces, nepotism within local leadership, and inappropriate behaviour by "helpers" (co-dependency, holding back funds or services if she drinks or drugs, alienation). Brain chemistry under stress goes back to survival mode, meaning we may see behaviours of our clients that can be frustrating, scary and/or co-dependent. Understanding and guidance are required to provide safety and help to restore a woman to her fullest potential. Participants in this workshop will gain an understanding of the physiology of trauma, addiction and cravings/relapse and gain creative strategies for working with the challenges to safety within small communities. The workshop will include presentation as well as interactive components.

### Presenter

**Maggie Matilpi** is an addiction counsellor at Namgis Treatment Centre in the village of Alert Bay on northern Vancouver Island. She has worked in the field of family violence and addictions for the past 12 years in various capacities, including Specialized Victims Services Coordinator for the Namgis First Nation. Maggie is passionate about supporting and advocating for folks who are recovering from trauma and addictions and sharing her ideas about how to improve their lives and the services designed to help them.

## 2. Double Vision: Women, Trauma and Mental Health

This workshop will work to bring a sharper focus to the often-confusing worlds of the medical model and trauma. Through case studies, discussions and experiential exercises we will explore the historical relationship between psychiatry

and trauma, techniques for working with women with serious mental health issues in a community setting and ways to liaise with the system to reduce women's revictimization.

### Presenters

**Cathy Welch** is a feminist counsellor who has worked in community anti-violence agencies and within the mental health system since the mid-1980s. She has worked as a front-line worker and as an educator and community organizer around issues of violence against women, including lesbian relationship violence, heterosexism and homophobia and the connections between violence and women's mental health. Currently, Cathy works as an STV Counsellor and Program Supervisor in a rural community-based sexual assault center and as an anti-oppression educator.

**Shelley MacGregor-Valentine** is a feminist who has worked as an STV Counsellor for over 15 years. She specializes in working with clients experiencing high levels of disassociation and complex post-traumatic stress. Her background in psychiatric nursing has enabled her to bridge a feminist trauma model and the mental health system to act on behalf of her clients, who are often negotiating a confusing and inhospitable system.

## 3. How Can We Make Mental Health and Substance Use Services Safe for Women? Applying the Safety and Health Enhancement (SHE) Framework

Research and experience confirm that substance use and mental illness are linked to women's experiences of trauma and abuse. However, women report that mental health and addiction services are not designed to support women's safety and may retraumatize women. This workshop introduces the new Safety and Health Enhancement (SHE) Framework, designed to assess for risks within services. Findings will be presented from a pilot of the SHE Framework, conducted in the Mental Health and Addictions Service in Powell River, to demonstrate that by assessing services through a safety lens, changes can be made to reduce systemic risks. Participants will apply the SHE Framework to a case study.

### Presenters

**Jill Cory** has 23 years of experience in the field of stopping violence against women, working in front-line, policy, training and research arenas, and currently



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coordinates the Provincial Woman Abuse Response Program at BC Women's, providing training and support to health regions to reduce the health impacts of violence against women. She is the co-author of several publications: "When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships" (2006, 6th printing) and the "Safety and Health Enhancement Framework and Evidence Paper" (2006).

**Carrie Bisson** is the STV Outreach coordinator for Powell River Transition House Society. She recently completed her Diploma in Social Services from Malaspina University-College and has been accepted into the School of Social Work at the University of Victoria. Carrie is passionate about her outreach work, including the 10-week education program she designed and runs for women at Transition House Society and the weekly workshop she coordinates for young moms. Carrie is involved in several projects with the Woman Abuse Response Team from BC Women's Hospital, including Building Bridges and the Safety and Health Enhancement pilot project conducted with mental health, addictions and anti-violence workers.

**Shainil Jessa**, Mental Health and Addiction Clinician, Vancouver Coastal Health in Powell River: bio not available.

## 4. Living the Sixteen Steps: An Empowerment Workshop for Love, Strength, and Power

Participants in this workshop will gain a deeper experience of the 16-Step approach and its relevance for overcoming the pain and alienation that often underlie addictions. We'll explore steps for becoming our authentic selves, living by our deepest truths, affirming our power, taking action, reducing stress, bonding in celebration and joy and putting addiction in the context of culture. Information on starting and maintaining groups will also be included. This workshop will include lecture, discussion and experiential components. It is for anyone wanting to become more empowered and alive.

### Presenter

**Dr Charlotte Sophia Kasl:** see Keynote bios.

## 5. Safety for Women with FASD: Working Differently

Supporting a woman in making choices that reinforce her safety can be challenging when she has Fetal Alcohol Spectrum Disorder (FASD) or other cognitive challenges. In order to do safety planning, anti-violence workers may need to collaborate with the woman's existing support



network, in place to help her with issues of daily living, safety and interdependence.

This workshop will provide an introduction to the effects of FASD and explore helpful service policies and ways of working with women with this disability on safety planning, prevention of substance misuse and related support needs. The workshop facilitators bring extensive expertise in research, caregiving, service development and teaching on FASD issues. In addition, one or more women who have FASD will be present to share the types of interventions that have assisted them in managing life's challenges and staying safe (names/bios not available before Forum).

### Presenters

**Jan Lutke** has been involved with many FASD organizations, including the National Advisory Committee on FASD to Health Canada, the FAS Support Network of BC and FASD Connections. She is the Clinical Research Manager for the Canada Northwest FASD Research Network, sits on numerous provincial and national advisory committees and consults on many projects. She co-wrote and instructs the online FASD curricula of the JIBC. Jan and her husband have been foster and adoptive to 13 children with a diagnosis within FASD. With several of her children, Jan provides skills instruction on FASD to UBC medical students. She was awarded the Outstanding Achievement Advocacy Award by the Child Welfare League of Canada in 2006.

**Nancy Poole** is a Research Associate with the BC Centre of Excellence for Women's Health, leads training on reducing harms related to alcohol and tobacco use in pregnancy and facilitates virtual communities of practice on women and substance use. Nancy teaches on FASD-related issues for the JIBC and is a research consultant to BC Women's Hospital on women and substance use. The Ontario Centre for Addiction and Mental Health recently published a book edited by Nancy and Lorraine Greaves, Highs and Lows: Current Canadian Perspectives on Women and Substance Use. Nancy received the Excellence in Addictions award from the Association of Substance Abuse Programs of BC in 2005.

## 6. Practical Strategies in Supporting Sex Workers

Traditional drug treatment programs often fail to work for women in the sex industry, focusing only on drug use issues and ignoring factors related to the sex industry. The risk of drug use must be situated in the context of other hardships such as poverty in order to understand how it is viewed by

# Workshop Descriptions



the user. Recovery also is shaped by various forces such as gender, education and race. This presentation will provide anti-violence workers with practical information about how to approach the work of supporting women in the sex trade who have substance use issues and will provide information about a nationally funded pilot addictions treatment/relapse prevention program for sex workers. The first of its kind in Canada, this model is different from others because of its specific attention to issues that sex workers face when leaving the sex industry. Working in the sex industry can be equally as addictive as drugs and alcohol. By offering alternative treatment solutions, choices for sex workers and practical, respectful support, anti-violence workers can work with women in the sex trade in innovative ways to address the complex issue of addiction and sex work.

## Presenters

**Lauren Casey** holds a Masters Degree in Sociology/Criminology, specializing in women, sex work and addictions. She is Coordinator of the Canadian National Coalition of Experiential Women (CNCEW), a consortium of women across Canada who have worked or are working in the sex industry. The CNCEW is committed to the advancement of equality and human rights for sex workers, striving to improve their living and working conditions. Lauren has delivered groundbreaking presentations nationally and internationally, speaking on the necessity of inserting the experiential voice into public policy, programs and services directly relating to substance misuse, access to health care and sex work.

**Barbara Smith** is a social worker and past director of Prostitutes Empowerment Education Resource Society (PEERS). As a former sex worker, Barbara was a driving force in the creation of a number of non-profit organizations and believes strongly in the experiential voice. She coordinated a three-year national project with Health Canada regarding awareness and support for those affected with FASD (fetal alcohol spectrum disorder) and those needing support throughout their pregnancies. Barbara currently works with Lauren at the CNCEW.

## 7. Specialization in Practice: Justice System Approaches

Many communities across the province are realizing the effectiveness of specialization and collaboration with the justice system in addressing violence against women. Among the leaders in BC have been the police domestic violence units in Vancouver and New Westminster, with evaluations showing enhanced victim safety and satisfaction and reduced stays of proceedings in criminal prosecutions due to increased support of victims.

This workshop will showcase initiatives in BC that are taking a specialization approach. The presenters will share their experiences of building and birthing these projects in order to learn from one another and the participants about how the fine details of specialization in practice can impact a woman's safety and her experience of justice.

## Presenters

**Christine Birnie** is the Administrative Crown in Smithers, and has been with the Crown for 10 years. Christine has practiced as a criminal defence and as a family lawyer. Her interest in this area relates to creating a focused, speedy and responsive criminal justice response to allegations of domestic violence and to the particular needs of Aboriginal people in this context.

**Andrew Cochran** has prosecuted and defended criminal cases in various courts in BC, working recently in criminal appeals and special prosecutions, and bail/charge approval with an emphasis on "early resolution." Andrew was recently seconded to the development of community court for the Vancouver downtown core. This court is intended to be one in which the community is accorded a greater emphasis.

**Jane Coombe** is a Policy and Program Analyst with the Victim Services and Crime Prevention Division, MPSSG. She has been actively involved in: the Ministry's Violence Against Women in Relationships (VAWIR) Policy, the VAWIR community coordination program, interdisciplinary training on the criminal justice response to violence against women and criminal harassment, VictimLINK, the Priority Response Partnership for women at high risk, the Division's Aboriginal strategy, and the coordinated risk assessment and victim safety strategy.

**Jocelyn Coupal** has acted for the defence and for Crown and has tried cases in Provincial and Supreme Court as well as in the Court of Appeal. She was Administrative Crown Counsel for many years in New Westminster, leaving that position to be a Senior Trial Crown. She is one of the founding members of the Domestic Violence Response Team in New Westminster. Most recently the Criminal Justice Branch has seconded her to continue her work in the domestic violence arena.

**Insp. Richard Konarski** is Operations Support Officer in Langley. He implemented a dedicated domestic violence investigator at Ridge-Meadows Detachment and developed, and was a primary instructor on, the RCMP's Violence in Relationships Training Course. His Master's thesis, "Domestic Violence and the Criminal Justice System: An Empirical Study on the Response by Police and Prosecutors to Domestic Violence in Two Communities in BC" (2002), addressed means of enhancing the response to domestic violence by criminal justice personnel.



# Workshop Descriptions



**Georgia Peters** has worked in government for over 30 years, as a probation officer and as Crown Counsel. In the early 1980s she prosecuted many child sex assault cases, developed training materials, and along with Wendy Harvey became a Branch expert in the area. She has worked as senior counsel on the Family Maintenance Enforcement Project and is now a Crown Counsel in Victoria. She has sat on the board for the Victoria Family Violence Project and is a member of the Victoria VAWIR Coordinating Committee.

**Carol Seychuk** is the Executive Director of the Northern Society for Domestic Peace in Smithers. She has worked in the anti-violence social service field for 20 years. Carol's experience is in frontline service provision and, for the past 18 years, in senior management. She is also involved provincially on the boards of the BC Institute Against Family Violence and the Ending Relationship Abuse Society.

**Diane Turner** is a lawyer at Kelliher and Turner. She has been a Crown counsel and provided policy and legal advice at the Criminal Justice Branch of the Ministry of Attorney. Diane served on the BC Task Force on Family Violence and was chair of the committee that developed the 1993 Attorney General VAWIR Policy. She has sat on various committees at the Law Society of British Columbia, is a member of the Judicial Council of the Provincial Court of BC, and is on the International Criminal Court's list of counsel.

**Heather Whiteford, MSW, RSW,** is Manager of the Victim Services Division at Family Services of Greater Vancouver. Her portfolio includes CBVAPs, as well as two police partnerships (DVU and DVRT), an STV Program, and a partnership with New Westminister City in the Vital Connections Program (counselling for older adults). She has taught at the Justice Institute of BC and currently teaches at the UBC School of Social Work.



# Workshop Descriptions



Thursday November 22, 2007

12:45 PM Concurrent Workshops

## 1. Collaboration to Support Women with Trauma and Substance Use Issues: The Seeking Safety Model

In Nanaimo, Haven Society's STV Counselling program and Vancouver Island Health Authority's Adult Alcohol and Drug Services have partnered to offer the Seeking Safety program, a cognitive/behavioural therapy designed by Lisa M. Najavits. The program is unique in that it focuses on the present to help women find safe ways to cope with the effects of both post-traumatic stress and substance abuse in their everyday lives. It is also unique in that it brings together two very different service perspectives. Presenters Anne Spilker and Julie Rogers have collaborated to bring this group process to women in Nanaimo for over three years now. In this workshop participants will gain an understanding of the Seeking Safety model, look at the process of working collaboratively across organizations and disciplines and look at therapeutic process within the model and process of mutual support.

### Presenters

**Julie Rogers, BSW**, has worked in many different addiction positions in the system of care over the past 16 years. Her passion for her work in the addiction field is rooted in her own recovery journey. Julie worked as an Outpatient Alcohol and Drug Counsellor at the Nanaimo Mental Health and Addictions Clinic for five years. Recently she changed positions and now works as an Outreach Alcohol and Drug Counsellor, specifically working with high risk pregnant women and families who have substance use and parenting issues.

**Anne Spilker, MSW, RSW**, has been a social worker and educator for over 20 years. She also teaches at the University of Victoria School of Social Work. Anne has worked in the area of violence against women for the past 12 years, both as a front-line worker and programs manager in a women-serving feminist agency. Her interest in the intersection of women's experience of trauma and substance use began early on in her work with trauma recovery.

## 2. Hitting The Ground Running – Preparing Women for Coming Face to Face With the “System”

Mainstream systems, particularly the legal system, are steeped in oppression and further victimization lurks around every

corner. For women living on the margins—living with serious social and health issues such as violence, addiction, mental health, racism, poverty and the impact of colonization—interfacing with systems is daunting. Victim service workers are on the front lines, situated between the woman and the systems. Good victim service work involves a complex balance of excellent communication, system and cultural interpretation and advocacy. When women survivors don't easily fit into the role of victim or when their behaviours further isolate them from the help they desire, what is a victim service worker to do? In this workshop, through presentation, dialogue and casework, participants will deepen analysis and develop and strengthen their theoretical framework and practical skills to best prepare women for “the system.”

### Presenter

**Angela Marie MacDougall**: see Keynote bios.

## 3. Intervening in Complex Trauma: The Self-Trauma Model

Complex trauma typically involves early, repetitive victimization and multiple and prolonged traumas in adulthood. The outcomes of such trauma may include not only classic post-traumatic stress, but also dysfunctional relational styles, affect dysregulation, overdeveloped avoidance responses (e.g., dissociation, tension reduction behaviours and substance abuse), and a variety of other affective and behavioural outcomes. Drawing on the presenter's latest book (*Principles of Trauma Therapy*), this workshop will present a non-pathologizing, developmentally informed therapy for these complex post-traumatic presentations. The Self-Trauma Model incorporates cognitive-behavioural, relational and mindfulness principles to support the processing of traumatic memories, the development of increased self-capacities, and the reworking of maladaptive relationship styles within the counselling relationship. Techniques discussed will include grounding, therapeutic exposure, emotional awareness, cognitive “reconsideration” and mindfulness training.

### Presenter

**Dr John Briere**: see Keynote bios.



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## 4. Making Anti-Violence Services Accessible to Women with Mental Health and Addictions Issues

Accommodating for a physical disability is readily understood as necessary for most service providers. But how do we accommodate a person with a mental health concern and/or addiction when they are trying to access our services? Do we even know what issues are in need of accommodation? This workshop will address how fear and stigma affect access, how service providers sometimes personalize behaviours, thus limiting services, how to manage expectations both for service providers and persons accessing service and how to reframe “manipulation” into something positive. Elements of the Mental Illness First Aid (MIFA) course will be introduced, along with literature about the full MIFA course.

### Presenters

**Cathie Cameron** is the Health Promotions Coordinator for Canadian Mental Health Association Mid-Island Branch. Her role is educating the public on current mental health issues and strategies for wellness. She facilitates a variety of workshops, including Mental Illness First Aid, Mental Health Works and the Recovery Workshops Series for people living with mental health issues. She is also the Peer Support Coordinator. Cathie holds a social work degree from the University of Victoria, and her background is in mental health and addictions, with an understanding of feminist, anti-oppression analysis. Cathie also works with Somenos Transition House as a Transition House Counsellor.

**Lynda Cockshutt** is a trained Mental Illness First Aid co-facilitator for CMHA Mid-Island Branch. Lynda is a member of the Phoenix Center Clubhouse, and also holds a position as a peer support worker there. Lynda works in Nanaimo and is involved in volunteer work in the community.

## 5. Relapse and Recycle: Empowering Girls and Women Through Change

The Transtheoretical Model of Change (TMC) is a powerful intervention tool that has the potential to facilitate a positive outcome for clients experiencing trauma, mental illness and substance misuse. TMC consists of the following stages: pre-contemplation, contemplation, preparation, action, maintenance and termination. This process is not linear, but rather a continuum. In this continuum an opportunity is provided for professionals and high-risk populations to explore change while being cognizant of the compassion it offers. This train-

ing will ground participants in the TMC using an interactive, experiential process. The educational components will include the stages of change and processes of change as well as a frame of reference based on success within the continuum. Participants will consider a change they would like to achieve in their own lives using the TMC. The workshop uses humour, interaction and heart in order that practitioners/clinicians might facilitate the work in the same way.

### Presenter

**Marjorie McQuarrie** has a BA in Human and Social Development in Child and Youth Care from the University of Victoria with a specialty in suicide prevention/intervention. She is the child/youth counsellor at the Prince George Native Friendship Center/Native Healing Center specializing in sexual abuse. Marjorie comes from a strength-based, client-centred perspective and has worked in the areas of high-risk street entrenched youth, mental health and addictions and probation. Heart, compassion and the wisdom of those she serves are the key elements in her practice.

## 6. Safe Conversations: Holistic Safety Planning with Women with Violence, Trauma, Mental Health and Substance Use Concerns

Many women with mental health and substance use concerns have made it clear that a holistic approach is crucial in helping them to make connections between past and present dangers and their health, safety and wellbeing. A holistic approach acknowledges the inter-relatedness of physical, mental, emotional and spiritual health and wellbeing. Safety planning within the anti-violence sector is often focused on physical or external safety risks, and risks from others, for obvious and important reasons. While acknowledging this central dimension to safety planning, this workshop examines the potential benefits of embracing a more holistic model. A self-reflective and experiential approach will be used throughout. There will be opportunities to try out using this model to support women in mapping not only the dangers and risks but also the strengths and supports she has in her life that help her to actively manage and reduce these risks.

### Presenters

**Dr Tessa Parkes**, Knowledge Exchange Coordinator in women’s mental health, substance use and trauma at the BC Centre for Excellence in Women’s Health (BCCEWH), has worked in the health and social services sector for 20 years. Tessa has worked in the UK as a trainer/

# Workshop Descriptions



*consultant in health and social care and a Lecturer in Mental Health at the University of Kent. She has experience in the health, social care and housing/homelessness sectors and has provided training to mental health providers across the UK on the links between women's mental health and social inequalities. She was lead writer for the Freedom from Violence Toolkit produced by BCASVACP this year.*

**Dr Amy Salmon** is a Research Associate and Addictions Research Coordinator at the BCCEWH, and an Adjunct Assistant Professor at the University of Victoria's Centre for Community Health Promotion Research. A sociologist of health education, her research focuses on access and barriers to health information and care for substance-using women, including Aboriginal women and women in Vancouver's Downtown Eastside. She has been a consultant for federal and provincial governments on diverse topics related to women's mental health and addictions, and is the Co-Leader of the Canada Northwest FASD Research Partnership's Network Action Team on Prevention from a Women's Health Determinants Perspective.

## 7. The Strength and Safety Within

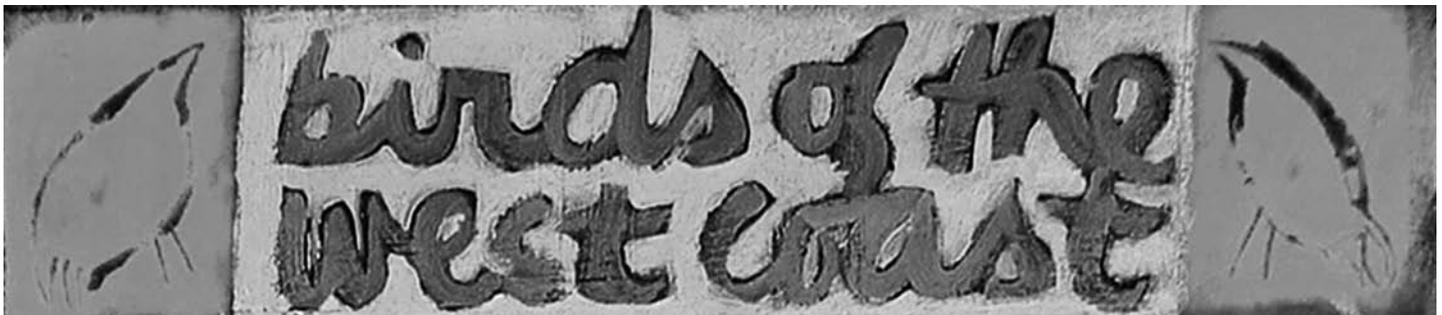
When we are stressed, we fear the unknown: the passions, desires and vague discomforts and challenges that arise from within. With yoga exercises, breathing and movement, the nervous system is strengthened and true relaxation can

happen. Meditation and mantra (sacred sound) can shift the brain waves to a calmer, more balanced state. It is then that we experience that space of safety, beauty and trust that resides within. This workshop will explore the nature of the Self as spirit having a human experience. By harmonizing with our Self, we gain peace of spirit, mind and body. This then can be shared with others in our life. Participants will learn techniques such as breathing, meditation and stretching techniques to use in their work or at the end of the day to restore themselves to a place of awareness and connection to True Self. Participants will be practicing these yoga techniques on the floor and are encouraged to bring blankets and/or mats to the workshop.

### Presenters

**Dharm Kaur Khalsa** has been teaching Kundalini Yoga and Meditation for 23 years. She is also a Teacher Trainer for the Internationally Certified KRI Level 1 Teacher Training Program and has been training yoga teachers for 19 years. In addition to regular classes she also teaches pre-natal yoga. Dharm Kaur is the co-founder of Yoga West (1990), one of the first yoga centres in the Lower Mainland located in the heart of Kitsilano. Dharm is also a Sikh Minister.

**Harjit Kaur** has been doing Kundalini Yoga since 1984 and is a professional member of the International Kundalini Yoga Teachers Association and the Yoga Association of British Columbia. She is also Special Projects Manager at the BCASVACP.



# Registration & General Information



**Please register early to ensure your space! Note: While we can only cover travel and accommodation subsidies for one staff person from each STV Counselling Program, CBVA Program, STV Outreach Program and Community Coordination Initiative in BC, you can send as many people as you like!**

## Training Forum Location

This year we respectfully acknowledge the traditional territory of the Coast Salish people, on whose land we will be gathering. The Training Forum will be held at the Plaza 500 Hotel, which is located at:

**500 West 12th Avenue, Vancouver**

This location is wheelchair accessible. The hotel's toll free phone number is **1-800-473-1811**, and for local calls is **604-873-1811**.

## Registration for the Training Forum

Please complete the attached registration form (one form for each person registering) and **submit with payment by Friday, October 26, 2007 to:**

BCASVACP

728-602 West Hastings Street, Vancouver, BC V6B 1P2

The Training Forum registration fee includes lunch on Wednesday, November 21, and Thursday, November 22. Single day registration will include lunch on that day.

## Subsidies

PLEASE SEE EXPENSE CLAIM GUIDE

## Booking Accommodation

We have booked a block of rooms at the Plaza 500 Hotel, which is also the site for the Training Forum. Please call the Hotel directly at 1-800-473-1811 or 604-873-1811 to reserve your accommodation. You need to register no later than **Tuesday, October 30**, and specify the BC Association of Specialized Victim Assistance and Counselling Programs (BCASVACP) to receive the Training Forum rate. The quoted rate is \$89.00 plus taxes for single or double occupancy, which includes a free pass to Fitness World. Please note that breakfast is not included in this rate. SEE EXPENSE CLAIM GUIDE for more information.

## Driving Directions to the Plaza 500 Hotel

Please see [www.plaza500.com](http://www.plaza500.com) for driving directions from the airport, ferry terminals, etc.

## Parking

Parking at the Plaza 500 Hotel is \$3/hour, \$10/day (8 AM- 6 PM).

## This Is A Scent-Free Event!

For participants who are environmentally sensitive, smoking and strong scents can make the Training Forum inaccessible. Please do not wear perfumes, colognes or other scented products to the Forum. Help us create a "scent-free environment".

## Professional Resources

Odin Books will have resources available for purchase. The Hotel also has an on site Business Centre (i.e. internet, photocopying, faxing, printing for a fee).

## ASL Interpretation

American Sign Language interpreters will be available upon request throughout the Forum. Please specify your interpretation requests on the registration form.

## Massage

Massage therapists will be offering neck, shoulder, head and hand massages free of charge during the Training Forum at specified hours.

# Expense Claim Guide



## BCASVACP Training Forum and AGM, November 21 & 22, 2007

### SUBSIDIES

We are pleased to announce that partial subsidies are available to one staff person from each CBVA Program, STV Counselling Program, STV Outreach Program and Community Coordination Initiative in BC. Please note that subsidies are based on each person's individual expenses and cannot be accumulated or submitted as a group. Please also note that registration fees are not included in this subsidy. The subsidy formula is as follows:

- 1) The Association will reimburse 70% of travel, accommodation, and childcare expenses that total less than **\$800**.
- 2) The Association will reimburse 80% of travel, accommodation, and childcare expenses that total more than **\$800** or more.

**Note:** Single day registrants will receive the same subsidies for travel, childcare and one night accommodation. Single day registrants who require subsidy for more than one night of accommodation must contact BCASVACP for prior approval. We also offer subsidized Group Rates and Student Rate. The subsidy formula is as follows:

**Group Rates:** For groups of five registrants or more from the same agency, we will deduct \$20.00 off each registrant's standard rate (see Registration Form for more details). Single day registrations are not eligible for group rate subsidy.

**Student Rate:** Students with a valid student number will receive \$20.00 off general registration.

Please designate one person per category who will submit an expense claim for subsidy. The designated staff person or committee member will receive a travel/accommodation claim package in their package at the training forum. Please submit original receipts for reimbursement within 30 days.

### ACCOMMODATION

**Original receipts required.** The Association has booked a block of rooms at the Plaza Hotel at \$89/night. Registrants must pay for their room directly and then submit an expense claim to the BCASVACP after the training forum for reimbursement.

**Accommodation will be eligible for subsidy for November 20 and 21.** Accommodation may also be eligible for subsidy for November 22 for those who stay for the AGM, or in cases of limited travel options. Please contact our office to receive prior approval. The maximum allowable accom-

modation charge per night is \$89 plus taxes. Greater Vancouver participants can receive accommodation subsidy if travel is over 65 km each way from their office.

Private lodging will be eligible for subsidy at a rate of \$30/night. Specify "private lodgings" on your claim form.

### MEALS

Meals outside of the forum itself cannot be subsidized due to funding constraints. We hope that your agency can cover these costs. Lunch and refreshments are, however, provided on both days of the training forum.

### AUTOMOBILE TRAVEL

Mileage will be eligible for subsidy at the rate of 43 cents per km for individuals traveling more than 32 km from their office to the Training Forum and AGM. If you decide to drive instead of flying, please note that mileage will only be subsidized up to the amount of an advance, economy plane ticket from the same destination.

### PARKING

Parking costs will be reimbursed with original receipts.

### FERRY TRAVEL

Original receipts required. Costs for automobiles and foot passengers will be eligible for subsidy.

### AIR TRAVEL

Original receipts required. Air travel subsidy is based on seat sale and economy class prices. The BCASVACP strongly recommends that you/your agency purchase cancellation insurance, as we will not be able to provide reimbursements for unused airline tickets. Please note, however, that the BCASVACP will not be able to reimburse you/your agency for the cost of the insurance. Our recommendation for purchase is for your protection only.

### CHILDCARE

Please contact the Association office at 604-633-2506 ext. 10 for details.

### REGISTRATION FEE

The registration fee is not eligible for subsidy.



# Training Forum & AGM Registration Form



**Freedom from Violence: Navigating the Intersections of Trauma, Mental Health and Substance Use**

November 21 – 22, 2007

**BCASVACP Annual General Meeting**  
November 23, 2007

Plaza 500 Hotel, Vancouver, BC

To register, please mail this form and the following two completed pages (one registration per person)

**with payment by**

**Friday, October 26, 2007 to:**

**BCASVACP**

**728-602 West Hastings Street**

**Vancouver, BC V6B 1P2**



**Do not fax your Registration Form—Mail in only!**

Registrant's Name: \_\_\_\_\_

Agency Name: \_\_\_\_\_

Program Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Specify with a check mark the Program or coordination initiative that you represent:

CBVA Program

STV Counselling Program

STV Outreach program

Community Coordination Initiative

Other (Please Specify): \_\_\_\_\_

Are you registering for Group Rate subsidies?

(i.e. you are part of a group of five or more registrants from the same agency)

yes

no

If yes, which agency? \_\_\_\_\_

# Training Forum & AGM Registration Form



## Please check the statement(s) that apply to you:

I will be attending the training forum on both days, November 21 – 22, 2007.

I will be attending the training forum on one day only.

I will be attending the BCASVACP AGM on November 23, 2007.

I am the person designated from my CBVAP Program / STV Counselling / STV Outreach Program / Coordination Initiative who will be submitting an expense claim for subsidy. Yes  No

## Dietary Requirements:

Vegan (strict, no eggs or dairy)

Vegetarian

Other:  (please specify) \_\_\_\_\_

## Accessibility/ASL Interpretation:

I have accessibility/ASL requirements (specify):

\_\_\_\_\_  
\_\_\_\_\_

## Forum Payment:

In continued recognition of the financial constraints that programs are dealing with, the Association is again pleased to offer reduced registration fees. Check the one that applies to you.

- BCASVACP Member Programs & Coordination Initiatives: \$150/person
- Non-Member Programs & General Registration: \$180/person
- Group rate of five or more from same agency. \$20 off each registrant (\$160/\$130)
- Students: \$160/person. School name and Student number: \_\_\_\_\_
- Single day registration: \$100/person

\$ \_\_\_\_\_ Registration Payment Enclosed

- **Registrations must be accompanied by payment!** We regret that we cannot accept payment by credit card.
- Registration fee includes your participation at the Training Forum, handout materials, lunch and refreshments on both days (single day registration includes lunch and refreshments on one day).
- Please make cheque or money order payable to the:  
**BC Association of Specialized Victim Assistance & Counselling Programs**
- Registration fees can be refunded until Friday, November 9, 2007. A \$30 administration fee will be charged for each refund request. **Registration fees are non-refundable after this date.**

For more information call the BC Association of Specialized Victim Assistance and Counselling Programs at 604-633-2506 ext. 10.



# Workshop Choices



Please select your first and second choice for each day (choices are not guaranteed):

1st Choice	2nd Choice	
<b>Wednesday, November 21, 2007</b>		
<input type="checkbox"/>	<input type="checkbox"/>	1. Barriers to Safety for Women Living in Rural & Remote Communities: Supporting Aboriginal Women Living on Reserves and Substance Using Women
<input type="checkbox"/>	<input type="checkbox"/>	2. Double Vision: Women, Trauma and Mental Health
<input type="checkbox"/>	<input type="checkbox"/>	3. How Can We Make Mental Health and Substance Use Services Safe for Women? Applying the Safety and Health Enhancement (SHE) Framework
<input type="checkbox"/>	<input type="checkbox"/>	4. Living the Sixteen Steps: An Empowerment Workshop for Love, Strength, and Power
<input type="checkbox"/>	<input type="checkbox"/>	5. Safety for Women with FASD: Working Differently
<input type="checkbox"/>	<input type="checkbox"/>	6. Practical Strategies in Supporting Sex Workers
<input type="checkbox"/>	<input type="checkbox"/>	7. Specialization in Practice: Justice System Approaches
<b>Thursday, November 22, 2007</b>		
<input type="checkbox"/>	<input type="checkbox"/>	1. Collaboration to Support Women with Trauma and Substance Use Issues: The Seeking Safety Model
<input type="checkbox"/>	<input type="checkbox"/>	2. Hitting The Ground Running–Preparing Women for Coming Face to Face With the “System”
<input type="checkbox"/>	<input type="checkbox"/>	3. Intervening in Complex Trauma: The Self-Trauma Model
<input type="checkbox"/>	<input type="checkbox"/>	4. Making Anti-Violence Services Accessible to Women with Mental Health and Addictions Issues
<input type="checkbox"/>	<input type="checkbox"/>	5. Relapse and Recycle: Empowering Girls and Women Through Change
<input type="checkbox"/>	<input type="checkbox"/>	6. Safe Conversations: Holistic Safety Planning with Women with Violence, Trauma, Mental Health and Substance Use Concerns
<input type="checkbox"/>	<input type="checkbox"/>	7. The Strength and Safety Within