

Gender Informed Approaches to Substance Use Treatment

**Trauma, Gender and Substance Use
Webinar Series**



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The Trauma/ Gender/ Substance Use (TGS) Project

- Financial assistance provided by Health Canada
- 2 year knowledge exchange project
 - Partner with CCSA and people working in the substance use field from across Canada to collaboratively develop:
 - Evidence based guidance
 - Training
 - Public health messages
 - Knowledge products (fact sheets, resource lists etc.)
- Gender informed and transformative principles integrated with TIP principles

TGS Project Goal

- To guide the further integration of trauma informed, gender informed and gender transformative practices into substance use prevention, health promotion, treatment, harm reduction and policy in Canada

Today's Objectives

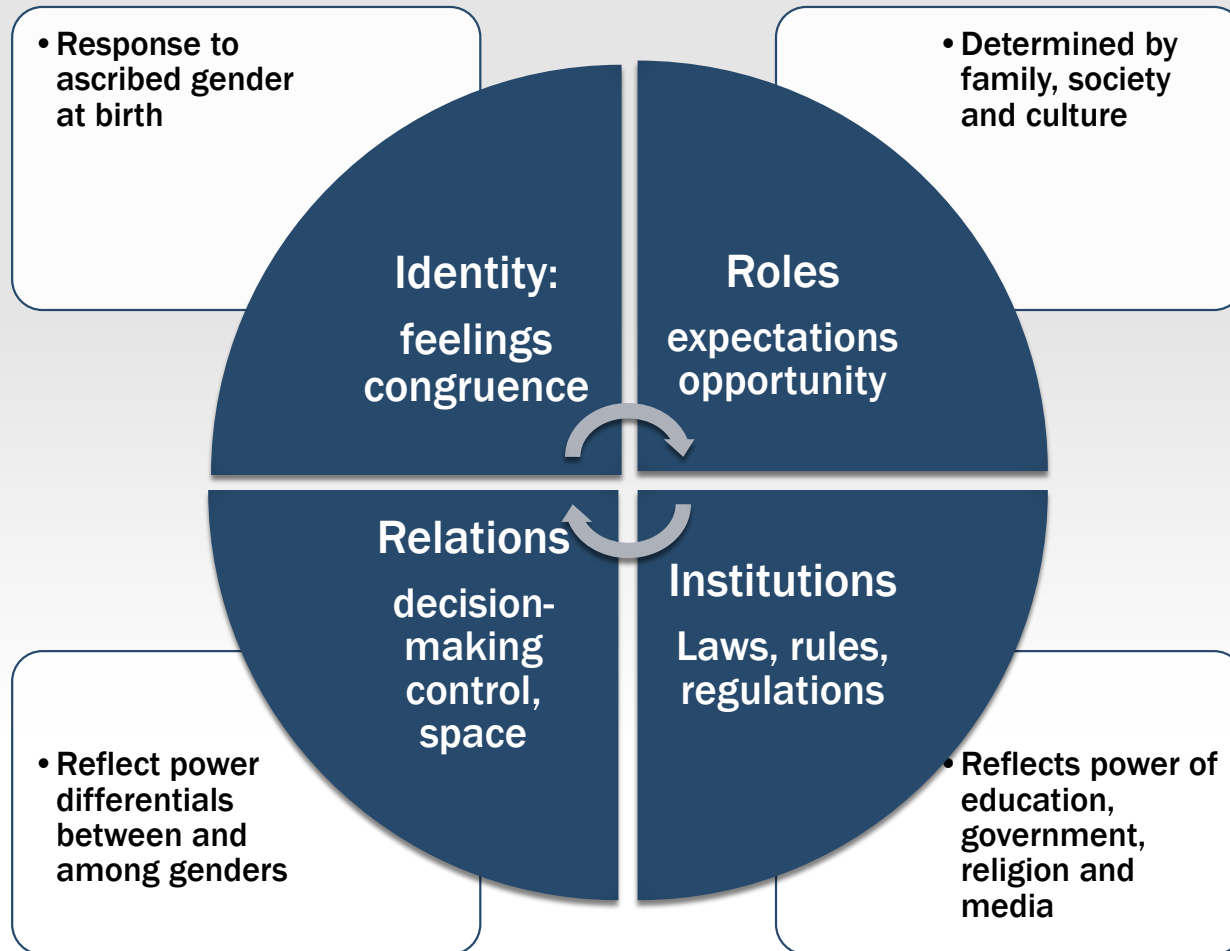
- This webinar will focus on a range of approaches for integrating gender informed and gender transformative approaches into substance use treatment.
- We will discuss successes and challenges experienced in developing and delivering gender informed substance use treatment services.

[About Us](#)[Featured Projects](#)[Research in Action](#)[Webinars and Media](#)[Publications](#)

Welcome to the Centre of Excellence for Women's Health

We are a research and knowledge exchange centre focused on sex and gendered approaches to health, with strong roots in policy, practice, academic and community networks.

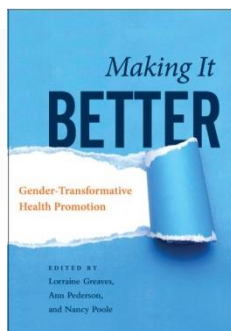
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Gender
has many
components

intersecting
and
interacting
with sexual
orientation,
race,
ethnicity,
culture, SES...

A Continuum of Approaches to Action on Gender and Health



Greaves, L., Pederson, A., & Poole, N. (Eds.). (2014). *Making it Better: Gender-Transformative Health Promotion*. Toronto, ON: Canadian Scholars Press. p.22

Treatment Setting and Mandate

Renascent Addiction Treatment

■ Organizational mandate

- Provide addiction recovery programs for those at the most serious end of the substance use continuum
 - Seeking/needing abstinence goal
 - Working with full circle of client's loved ones
 - Within a 12 recovery model

■ Population specific foundational work (Renascent and sister organization Donwood Institute)

- Renascent Women's Program founded 1980
- Donwood Women's Program founded 1992
- Donwood LesBiGay Program founded 1995
 - Renamed Rainbow Service 2003



Renascent™

The road to recovery starts here.

Who we are

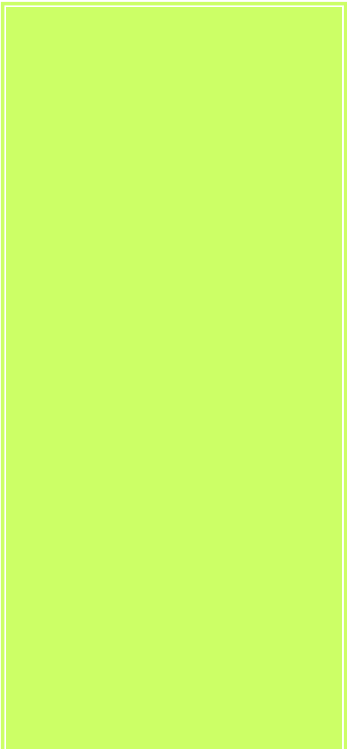
The Jean Tweed Centre



For Women & Their Families

- Working from a framework of safety, connection and empowerment, women-centered care is a holistic approach which validates the experiences of women and contextualizes substance abuse and mental health within her broader social and cultural experiences, including trauma and violence

Continuum of Care

- 
- Support & Stabilization
 - Residential & Day Programming
 - Wrap-Around Services (Family, Trauma, Individual Counselling, Continuing Care, Telemedicine)
 - Outreach (Pregnancy/Parenting, Concurrent A/MH, Justice)
 - Supportive Housing (Permanent, women-led households)

The Jean Tweed Centre



For Women & Their Families

BREAKAWAY ADDICTION SERVICES



Our Mission:

- To provide seamless, comprehensive and effective harm reduction services and a full range of addictions treatment services that are amenable to an individual's needs and goals.
- Our services are offered through community-based facilities with a focus on street and community outreach.

Philosophy:

- We are dedicated to providing treatment that includes all aspects of our client's lives and situations.
- We have always operated on a non abstinence or 'harm reduction' approach, which forms the philosophical basis for all our work.



Gender specific treatment programming



Trauma
Gender
Substance Use

Services for Women

- Increased Social Awareness/Acknowledgement
- Women's Voices –Feminism Influences Health Care
- Growing Dissatisfaction with Dominant Treatment Models
- Advocacy – “Jean Tweed” & Others

The Jean Tweed Centre



For Women & Their Families

Women Specific Treatment

A Braided Approach

SAFETY – Emotional & Physical
CULTURE – Environment
GENDER – By Women/For Women

CREATING SANCTUARY:

- Non Violent Social Engagement
- Trauma Informed

CLINICAL COMPETENCY

- Self Reflective
- Cultivating Gender Lens

REDUCING BARRIERS & BUILDING CAPACITY –

- Flexibility/Child Care/Housing/Women's
- Health/Collaboration

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For Women & Their Families

EVALUATION

WHAT HAVE WE LEARNED

- Feedback:
- High Satisfaction Rates
- Feeling of Safety
- Validation
- Support for family needs
- Continuum of services (trauma/family/etc.)
- Example:
- Mom & Kids Too
 - ▣ Retention/Goal Attainment/Family Reunification

Population Focused Treatment

■ Population Specific programming

- Critical mass of clients and staff
- All or essential core program elements delivered by clinicians from that population
- Key program sessions explicit to unique, perhaps exclusive, experiences and recovery issues faced by that population

■ Population sensitive program

- Organization, facility, and staff sensitive to and attentive to unique, perhaps exclusive, experiences and recovery issues faced by that population

■ Population neutral program

- Program content focused on common elements of recovery faced by all addiction clients working to recovery



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The road to recovery starts here.

In what ways has
discussion and
practice changed
with requests
for treatment from
transgender people?

PROGRAMS FOR LGBTTTQQ2SIA INDIVIDUALS

- **Available**

- Not enough programs specifically for LGBTTTQQ2SIA people
- Not workable to offer generic services with some accommodation
 - Clear evidence that these individuals face barriers, and are often uncomfortable in mainstream services
- Services that exist are generally poorly distributed

- **Accessible**

- Barriers to service must be minimal (Location, physical plant, first contact staff)
- Information about services must be communicated in appropriate media.
- Other clients must be accommodating

- **Acceptable**

- Staff: Incorporate significant number of peers; Non-peer staff need to be genuinely accepting (pronouns etc.)
- Program: co-developed with clients; respond to specific population needs; Low barrier intake; Flexible to changing needs/wants



Responding to Transgender Clients

- Anti-Oppressive Lens – Inclusion Policy – Challenging binary assumptions
- Trans Access Training
- Messaging/Marketing Service to Trans Communities
- Interagency Networking
- Infrastructure, i.e. washrooms
- Curriculum/Programming/Language
- Evolving Knowledge/Practice

Renascent's Journey to Improve Services

- Pieces to Pathways focus on addiction service to the Trans population
 - Objective to improve access and reduce/eliminate barriers to effective treatment
- Pieces and Pathways work with Renascent
 - Full organizational audit in relation to improving service for the Trans population
 - Policies and procedures
 - Website
 - Promotional materials
 - Physical environments
 - Program session outlines
 - Audits of program sessions
 - Audits of intake and assessment interviews
 - Staff training



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Comments, Questions, Discussion

Type your
questions

In the Q&A
box in the
bottom right
hand corner