

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

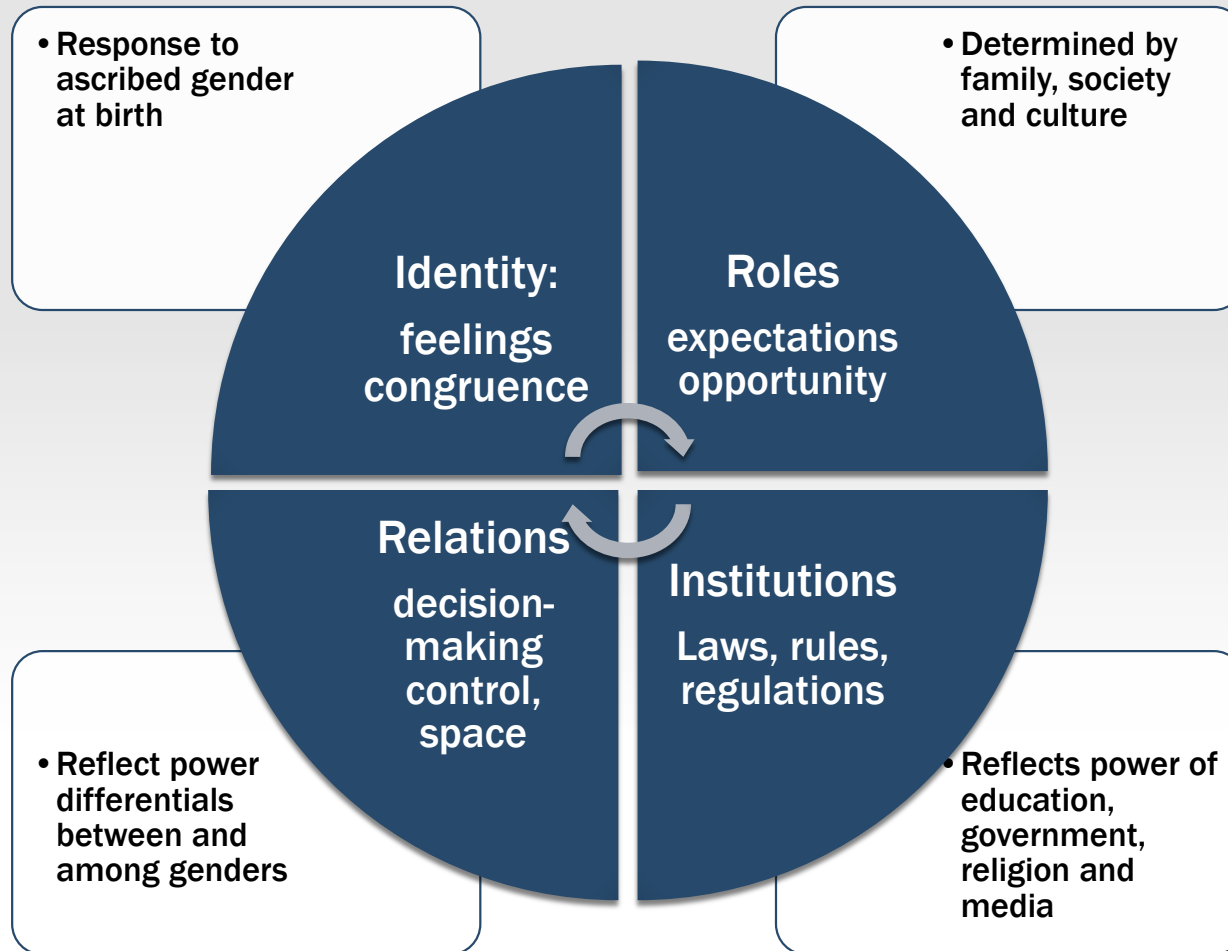
- This webinar will focus on a range of approaches for integrating gender informed and gender transformative approaches into substance use treatment.
- We will discuss successes and challenges experienced in developing and delivering gender informed substance use treatment services.



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.

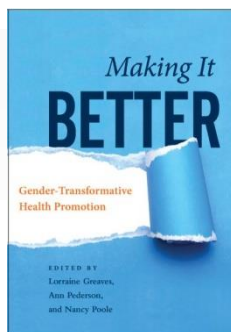
bccewh.bc.ca



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)

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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

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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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