



OMSSA EXCHANGE

MAY 2-4, 2022 | VIRTUAL

BREAKOUT



Improving Intake and Assessment: Using Equity-Based and Trauma- and Violence-Informed Care Approaches



FSP Framework on Equity, Anti- Oppression, and Anti-Racism: Trauma- informed and Trauma Specific Training.

Sandra Rupnarain and Monica Riutort May 2, 2022

Transforming Lives in Peel

Equality Vs. Equity



Equality ...doesn't mean... **Equity**

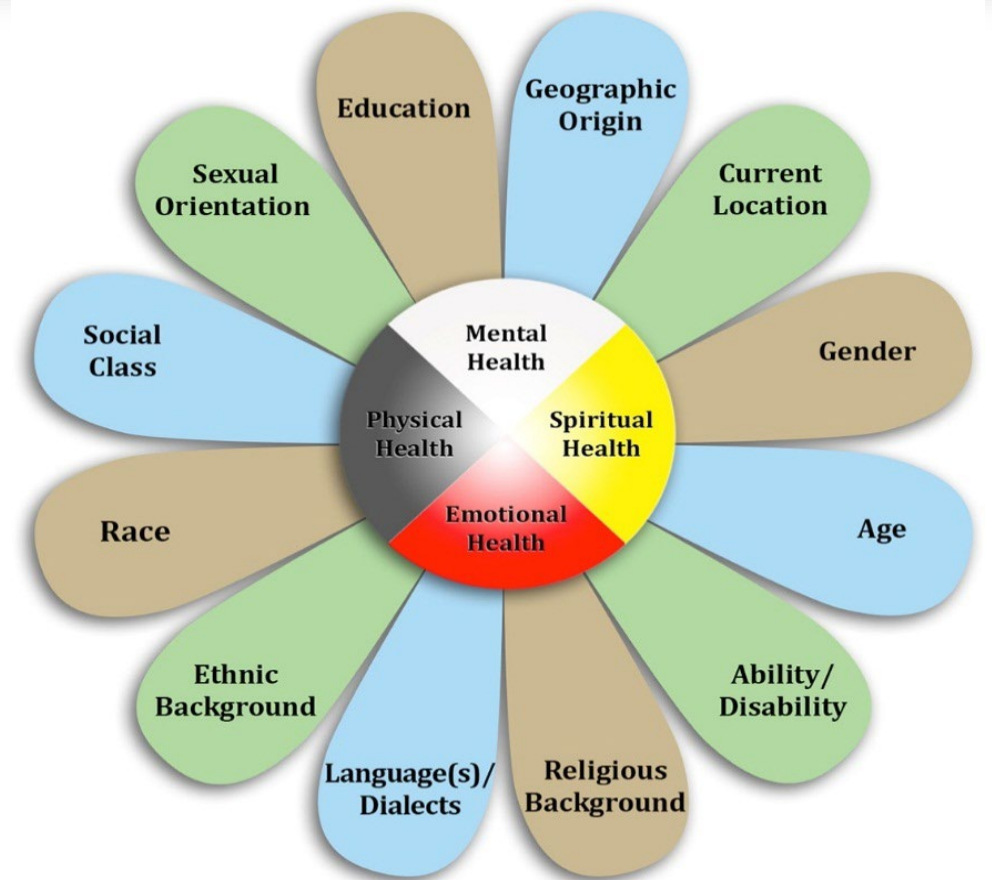
Mississauga Halton Local Health Integration Network.

Diversity

Diversity includes any dimension used to differentiate groups and people from one another.

When talking about diversity in a workplace, we focus mostly on respecting and appreciating what makes employees different in terms of race, age, gender, ethnicity, religion, disability, sexual orientation, education, and national origin.

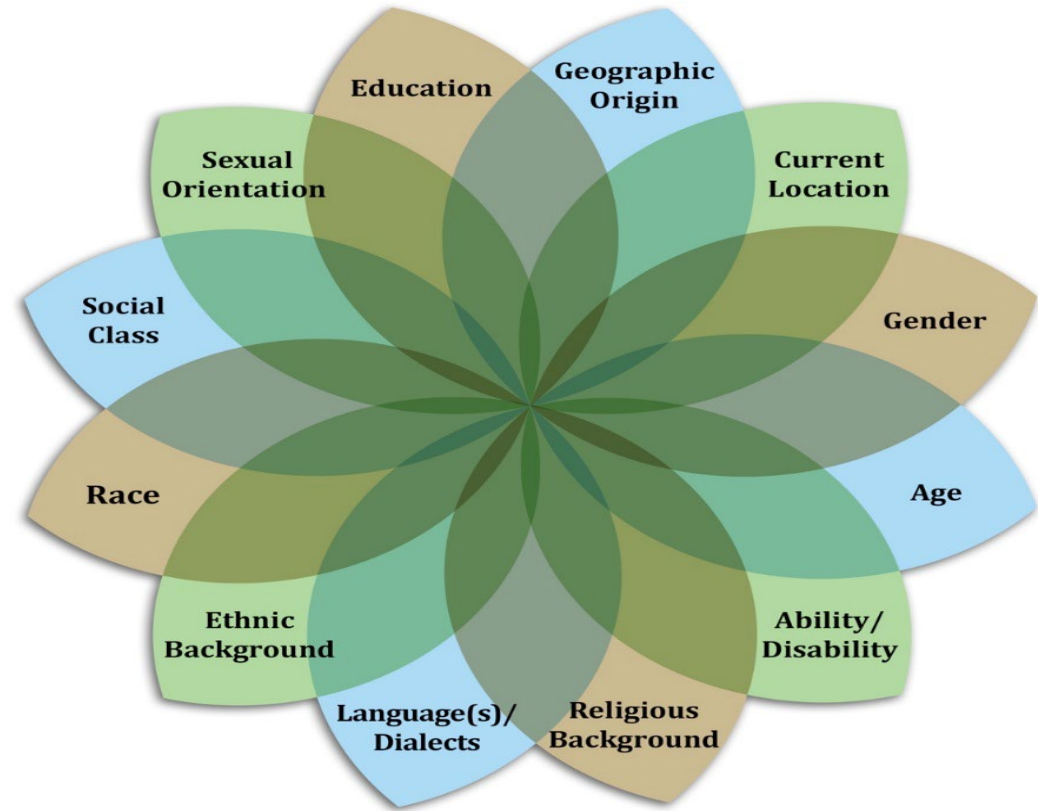
It tends to hide power relations and social justice.



Intersectionality

Intersectionality (Crenshaw 1989)

“A method for understanding the various ways interlocking forms of oppression affect individuals.”



What Are The Social Determinants Of Health?

“The conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power, and resources at global, national, and local levels” –WHO

Social Determinants of Health (Toba and Raphael 2020)

“Health- specific economic and social conditions that shape the health of individuals, communities, and nations as a whole.”



FSP Framework Equity, Anti-Oppression and Anti-racism

Essential definitions

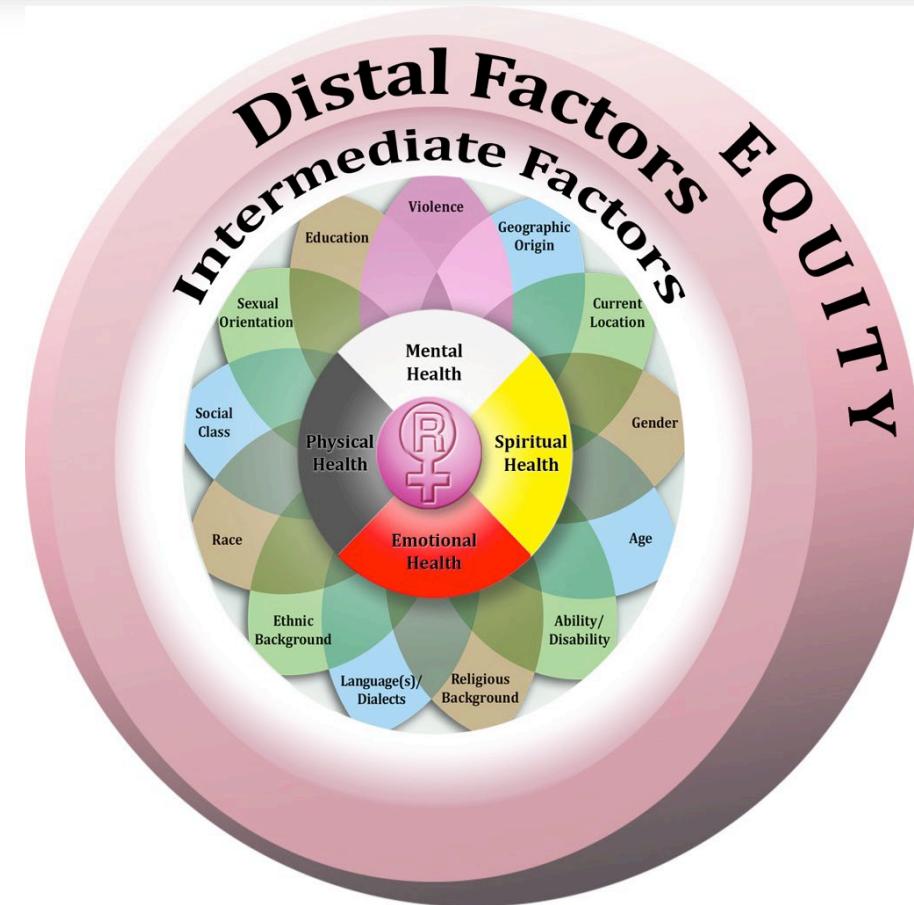
- Equity
- Equality
- Anti-Oppression
- Anti-Racism
- Gender
- Diversity
- Determinants of Health

Types of Determinants

Proximal: Most immediate behavioral and environmental factors to the individual

Intermediate: Community infrastructures, systems, resources, and capacities

Distal: Historic, social, political, and economic factors



Screening vs Assessment

Assessment and screening are essentially different psychometric procedures with different design and outcome aims.

Screening

The primary aims of screening are to be quick (relatively), time and cost efficient and to categorise people into groups (risk groups) with good accuracy. Screening reports should ideally be available immediately and they should be simple, clear and uncomplicated

Assessment

Assessment is a much lengthier and more complex process and although labelling is not always essential, assessment generally has the aim of reaching a diagnosis with advice

Trauma Screening Tool – the Questions

“Some people have noticed a connection with their current concerns and traumatic experiences. These may involve unwanted experiences, exposure to difficult situations, or experiences of fear or loss. I have a few questions to ask you about any traumatic experiences that will help me to better support you. Are you ok with that?”

1. Have you had any experiences that were traumatic?
2. Are you currently being affected by these experiences? (ie: flashbacks, nightmares, panic attacks, dissociation etc.)
3. How often does this happen to you?
4. Have you received any support for these traumatic experiences or the effects?
5. What do you find helpful in dealing with these experiences?
6. If applicable, are you still in contact with those involved?
7. Are you grieving the loss of someone or something? If so, please explain.

Trauma Stewardship

A daily practice through which individuals, organizations, and societies tend to the hardship, pain or trauma experienced by humans, other living beings, or our planet itself.

Caring for ourselves while caring for others and the world around us requires developing a deep sense of awareness, enhancing our ability to engage oppression and ethically work for change.

- Laura van Dernoot Lipsky, 2009

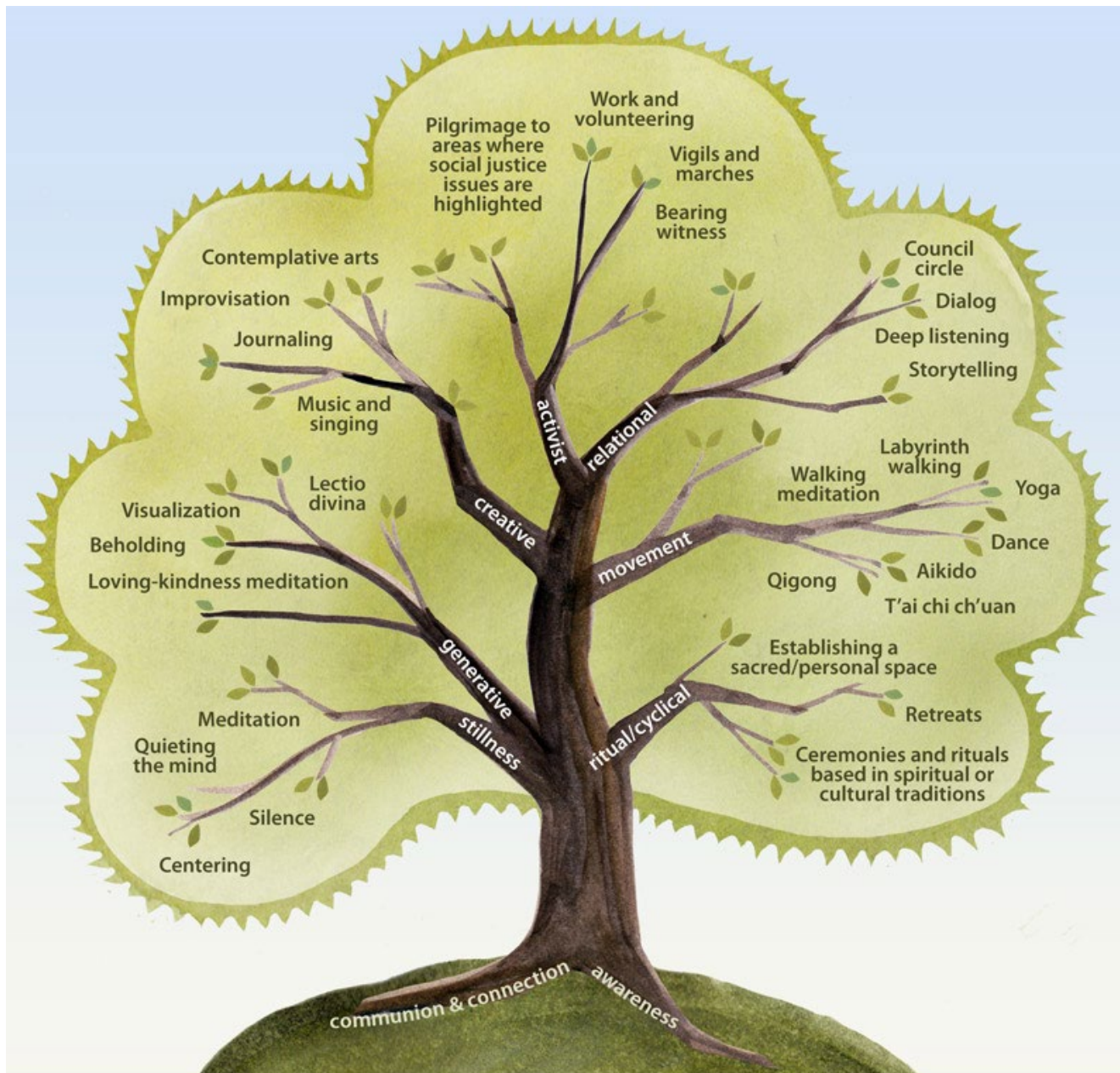
ABCs of Addressing Trauma Exposure Response

A – Awareness: practice mindfulness and acceptance. Attunement and compassion with one's needs, limits, emotions and resources. Paying attention to all levels of awareness and information.

B – Balance: maintain balance among activities – work, rest and play. Attend to all aspects of oneself for inner balance. Relax, self-soothe, experience joy and take in “the good”.

C – Connection: connect with self, others and to something larger (spirituality, sense of meaning, purpose). Break the silence and offset isolation. Increase validation and hope.

Adapted from: Pearlman, LA., Carling, J. 2009



The Tree of Contemplative Practices

www.contemplativemind.org