

Project Summary and Timeline

January 2018 - March 2023

The Collaborating Centre for Prison Health and Education at UBC has received funding from the Vancouver Foundation and Health Canada-Substance Use and Addictions Program (SUAP) for this five-year project, which will engage formerly incarcerated men (FIM) to develop and pilot test a health literacy resource for both currently and formerly incarcerated men. We seek to raise awareness of the concepts/processes of trauma and resilience, and how they relate to substance use. We will explore how men want to foster resilience and how men perceive the effects of trauma and resilience on their inter-personal relationships, their incarceration and reintegration experiences, and on their help-seeking behaviour.

KEY ACTIVITIES

1) Preliminary Focus Groups and Interviews

Through small focus groups with FIM, we seek to understand the role stress has played in their lives, how men have overcome challenges they've faced, and how they might be supported in their efforts to manage their stress. These focus groups will inform all subsequent project activities.

include instruction on photography basics and creating visual narratives, as well as taking, curating and narrating photographs for the project.

The photovoice project will culminate in a photo exhibition which will share men's narratives in order to highlight the importance of trauma and resilience-informed supports for men with incarceration experience.

2) Trauma and Resilience Awareness Workshop and Photovoice Project

We will deliver three trauma and resilience awareness workshops over 3 months in different locations in Vancouver and the Lower Mainland. Workshop participants will provide feedback on the workshop content, which will inform the development of the health literacy resource. The workshops are intended to prepare potential participants for the photovoice project by providing information on the concepts of resilience and trauma.

3) Co-Develop a Trauma and Resiliency Health Literacy Resource

We will develop a health literacy resource to increase trauma and resilience awareness among men who have experienced incarceration. Content for the resource will be informed by Key Activities 1 and 2. We will also meet with stakeholder organizations to understand their needs surrounding a trauma and resiliency health literacy resource. The resource will be co-developed with an advisory group of FIM and then adapted and piloted within various stakeholder organizations.

Through photovoice, participants will explore their understandings of resiliency and trauma within the context of their own lives and their help-seeking behaviour. Participants will go through a series of sessions that will

EXPLORING PATHS TO HEALING



THE UNIVERSITY OF BRITISH COLUMBIA



CCPHE
THE COLLABORATING CENTRE FOR PRISON HEALTH & EDUCATION

A project aimed at fostering resilience and raising trauma awareness among formerly incarcerated men.

Resource Summary

This project is intended to foster resilience among formerly incarcerated men (FIM) and equip them with a greater capacity to manage traumatic stress and its relationship to substance use. To achieve this goal, we will develop and pilot a Health Literacy Resource which will include a resilience-oriented Workbook and a facilitator's guide for a Discussion Group activity. FIM can use the Workbook independently. Peer support workers can use the facilitator's guide and the Workbook to lead the Discussion Group with FIM in community settings.

A trauma and resilience Workshop will initially train project participants for future activities (photovoice and health literacy resource development). The Workshop will contain health education information, draw connections between substance use and trauma, and provide an introduction to the concepts of trauma and resilience-informed practice. It will then be refined as a training tool for peer support workers within community, health and correctional organizations.

TIMELINE	ANTICIPATED # OF PARTICIPANTS
 WORKSHOP (Jan - Mar 2020) Trauma & Resilience workshop delivered to FIM by a counsellor	 x30
 PHOTOVOICE (Jan - Oct 2020) FIM create visual narratives & photo exhibit about resilience	 x15
 DEVELOP RESOURCE (Jan - Dec 2020) Co-develop with an advisory committee of FIM	 x10
 PILOT RESOURCE (Jan - Dec 2021) Pilot health literacy resource within community organizations	 x50

	 WORKBOOK	 DISCUSSION GROUP	 WORKSHOP
AUDIENCE	Formerly Incarcerated Men	Formerly Incarcerated Men	Peer Support Workers
DELIVERED BY	Self-guided	Peer Support Workers	Trained Facilitator
FORMAT	Printed Material	Facilitated Discussion	Presentation
MATERIALS INCLUDED	Workbook	Facilitator's Guide and Workbook	Presentation guide, slides, and take-home materials
HEALTH LITERACY RESOURCE			