

Project Brief

During this period (Jan - Nov 2019), the Collaborating Centre for Prison Health and Education (CCPHE) engaged in the following activities: 1) expanded the project team to include one community-based project assistant with incarceration history, a recognized Indigenous community leader, and an experienced counsellor; 2) completed the preliminary focus groups, analyzed the transcripts, and drafted an in-progress manuscript based on focus group data; and, 3) began developing the trauma and resilience workshop to be delivered to formerly incarcerated men.

2018 ————— 2023

PRELIMINARY FOCUS GROUPS

Timeline: April - June 2019

Location: UBC Learning Exchange

Summary: 18 formerly incarcerated men participated in four focus groups. Participants completed a timeline activity, charting both positive and negative life events, and then engaged in a one-hour group discussion.

DEMOGRAPHICS

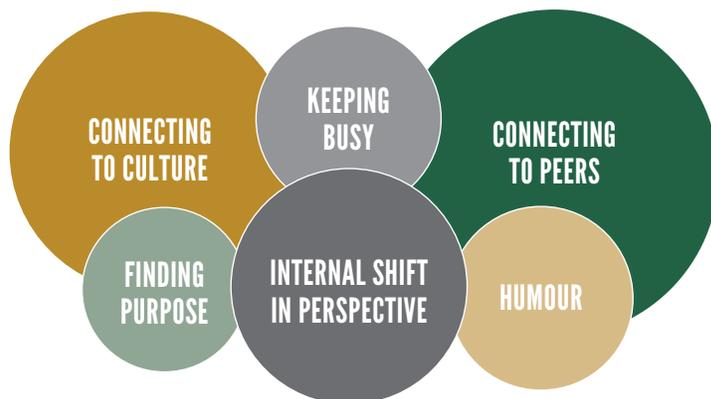


- 84% First incarcerated as a teenager
- 72% Self-identify as Indigenous
- 72% Over 50 years old
- 50% Have received trauma counselling

Key Themes

Participants identified barriers and facilitators to overcoming the stresses associated with incarceration and reintegrating into the community. The following themes emerged as key to overcoming these challenges:

- 1) Connecting to peers, 2) Connecting to culture, 3) Keeping busy, 4) Internal shifts in perspective, 5) Laughter and a sense of humour, and 6) Finding a purpose/meaningful engagement.



TRAUMA AND RESILIENCE WORKSHOP DEVELOPMENT



The project team, led by the counsellor, has begun drafting content for the trauma and resilience workshop. This workshop will be delivered by the counsellor to up to 30 formerly incarcerated men.

The workshop is intended to train project participants for participation in future activities, including 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.