

## Project Brief

During this period (Jan - Dec 2020), the Collaborating Centre for Prison Health and Education (CCPHE) engaged in the following activities: 1) Delivered a trauma and resilience awareness workshop, 2) Completed a photovoice project; and, 3) Presented at the John Howard Society National Conference Speaker Series. The project team also held preliminary meetings with clinical counselors to begin developing the health literacy resource.



### TRAUMA AND RESILIENCE AWARENESS WORKSHOP



#### “Making Sense of Traumatic Stress and Resilience: A Primer for Formerly Incarcerated Men”

#### Timeline

January - February 2020

#### Summary

A total of 15 formerly incarcerated men participated in two workshops. The workshops were delivered by counsellor Jesse Frender, supported by community-based project assistant Richard Teague. Each workshop lasted for three hours and included a meal break.

The workshop contained four major components: 1) Describe trauma (or traumatic stress) and how it works; 2) Discuss where trauma comes from and what causes traumatic stress; 3) Draw connections between the different elements of traumatic stress and what it might mean in the context of participants’ lives; and, 4) Discuss how men can develop resilience and better manage traumatic stress.

#### Evaluation

Content from the workshop will be incorporated into the final health literacy resource based on participant feedback. All participants completed a pre- and post-workshop survey and were asked to provide additional written comments on the workshop content.

**45%** of participants demonstrated an overall increase in knowledge

**100%** would recommend the workshop to men who have challenges related to substance use.

**100%** had a better understanding of how experiencing trauma can affect someone’s substance use.

**91%** felt more comfortable asking for help to manage their substance use or the substance use of someone they know.

#### Selected participant comments on the most helpful messages from workshop



“There are many different responses to trauma. Always wondered why I respond the way I do.”



“Understanding that humans do things that are out of their control when stressed or traumatized. I could relate it to a resentment I was carrying and it opened my mind as to how to let it go.”



“Stress is too dangerous to not explore”



“Patience, listening, Breathing skills”

# EXPLORING PATHS TO HEALING



THE UNIVERSITY OF BRITISH COLUMBIA



CCPHE  
THE COLLABORATING CENTRE FOR PRISON HEALTH & EDUCATION

## PHOTOVOICE PROJECT



### Shifting Focus: Snapshots of Resilience

**Timeline:** February - December 2020

The project was intended as an opportunity for participants, all formerly incarcerated men, to apply the knowledge they gained in the trauma and resilience awareness workshop they previously attended. Seven men agreed to participate and six completed the project.

### Summary

Participants met as a group once a week for four weeks to learn how to use digital cameras (provided by the project) and photography basics. Participants took photos based on weekly prompts. Due to COVID-19, group sessions were suspended in March and the planned photo exhibit was adapted into a virtual exhibit. Participants continued their photo assignments independently and met with the project team individually to complete the project.

Content for the exhibit and short film came from participant photos and in-depth interviews conducted by filmmaker Jeff Topham and project manager Kate Roth. All photos and captions included in the exhibit were edited and approved by each participant.

### Exhibit Feedback

The *Shifting Focus: Snapshots of Resilience* virtual exhibit and accompanying film were launched December 7, 2020.

In the first month, the exhibit ([www.shifting-focus.com](http://www.shifting-focus.com)) was visited 900 times and the short film was viewed 210 times. Visitors were asked to complete a short feedback survey, containing both Likert and open-ended response questions. 32 feedback surveys were completed.

90%

of visitors strongly agreed the exhibit has the potential to reduce stigma experienced by men who have been incarcerated.

72%

of visitors strongly agreed the exhibit provides useful information about the factors that promote resilience in men who have been incarcerated.



## JOHN HOWARD SOCIETY PRESENTATION



The project team, including Dr. Chris Richardson, Kate Roth, and Richard Teague, presented a project summary and progress-to-date at the John Howard Society National Conference Speaker Series on June 16, 2020 to a total of 91 attendees from 8 provinces across Canada.

### Evaluation

To engage John Howard Society (JHS) staff in early integrated knowledge translation, conference participants were invited to complete an online feedback survey which included Likert scale and open-ended questions. Overall, participants responded favourably to the

development of a health literacy resource about trauma and resilience for formerly incarcerated men. JHS staff provided valuable written feedback regarding future opportunities for implementation and further collaboration.

97%

of participants said a trauma and resilience resource would be very useful for men.

80%

were likely or very likely to incorporate a printed trauma and resilience resource into their work.

84%

felt peer led programming (like discussion groups) would be a very effective means of delivering health literacy information about trauma and resilience to men.