



Background

Trauma is a significant public health issue that impacts individuals, families, communities, service providers and systems. Numerous studies have confirmed the high prevalence of traumatic life events that many infants, children, youth, and adults experience. Thankfully, as a society, we're becoming more trauma aware and responsive. This has resulted in the development of practices, policies, research, services, groups, teams, and evidence-based screening, assessment, and treatments, all aimed at preventing trauma when possible, and providing compassionate trauma care that supports healing. There is a lot of great work happening in this field, but there is also still a lot of work to do.

At IWK (Izaak Walton Killam) Health, making our organization more trauma informed and responsive is vitally important to us. Over the last 6 years, we have had the good fortune to be joined in this work by a large group of dedicated local, provincial, and national partner organizations. Our IWK Trauma Informed Care (TIC) Team is dedicated to: 1) providing trauma informed care education and training to all staff, physicians, students and volunteers at IWK Health; 2) promoting trauma informed care implementation across all disciplines and service settings; 3) collaborating with community partner organizations to build TIC capacity among service providers working with children/youth/families across the province; 4) improving accessibility to trauma screening and assessment; and 5) promoting the importance of service provider wellness through staff support initiatives and programs. This work compliments the trauma-specific services we offer through our Mental Health and Addictions Program, including trauma screening, assessment, individual and family treatment, and group sessions.

Vision

A culture that understands trauma and actively creates safer physical and psychological spaces that reduce the risk of re-traumatization and improve everyone's experiences.

Mission

To embed trauma awareness, cultural and historical awareness, safety, trustworthiness, choice, and collaboration into everyday interactions, policies and practices.

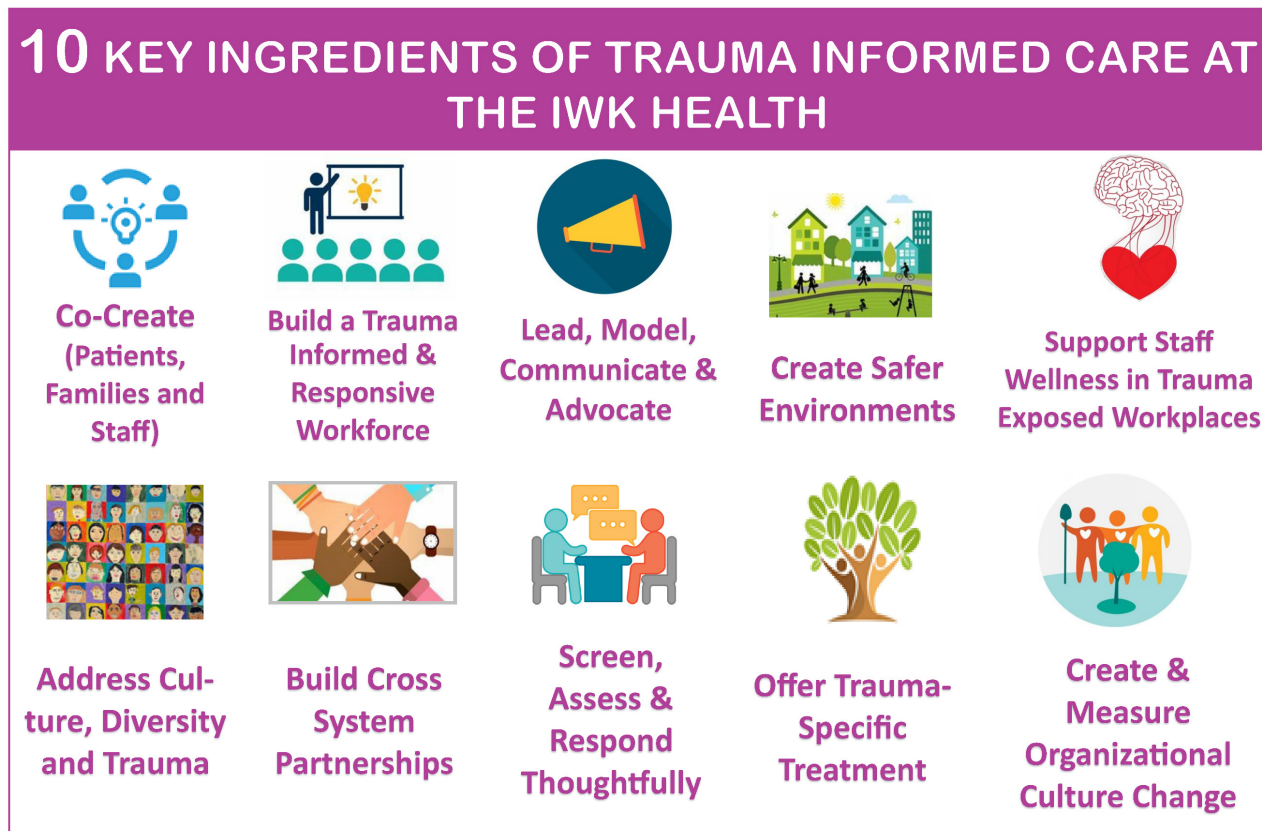
Our Guiding TIC Values and Principles

- Trauma Awareness
- Safety and Trustworthiness
- Choice and Collaboration
- Strengths-Based Skill Building
- Cultural and Historical Awareness
- Engagement
- Developmentally-Appropriate Considerations

Trauma is common; how people respond to it is unique.

Understanding your experiences and meeting your needs is important to us.

10 Key Ingredients for Trauma Informed Care at IWK Health



©IWK Trauma Informed Care Team, 2019; updated in 2021; Adapted from Center for Health Care Strategies, 2018

Version 2

Who We Are

The TIC Team at the IWK is currently made up of 1 full time staff and 6 part-time staff members:

- **Holly Murphy** (MN, RN BScN, CPMHN Candidate): Advanced Practice Leader
- **Dr. Sue McWilliam** (PhD): TIC Research and Evaluation Lead; MHA Implementation Scientist
- **Prasanna Kariyawansa**: Program Educator TIC and IWK MHA
- **Amy Jones** (MSW, RSW, Clinical Social Worker & Co-Lead IWK/Dal Family Therapy Training Clinic): Clinical Treatment Lead
- **Joanne Zevenhuizen** (RNMN): Advanced Practice Leader, Education for IWK MHA Program
- **Tonya Grant** (MSW, RSW): Provincial Clinical Lead for NSHA Child/Youth Mental Health & Addictions Program
- **Trudy Flinn**: Administrative Assistant for TIC and Research, Evaluation & Outcomes Teams

Supporting Partners

The Nova Scotia Department of Health & Wellness; IWK Health and Nova Scotia Health; Provincial Intersectoral Partners: Department of Education & Early Childhood Development, Department of Community Services, Department of Justice; local and national university partners; as well as over 50 community-based and govt sector partners working with children, youth and their families.