

2022

IMPACT REPORT



Child Trauma
Research Centre
UNIVERSITY OF REGINA



ACKNOWLEDGING THE LAND:

and our Treaty Responsibilities

While most of our work happens or is taken up in Treaty 2, 4, 5, 6, 8, and 10 Territories, the University of Regina is situated on Treaty 4 lands with a presence in Treaty 6. These are the lands of the nêhiyawak, Anihšīnāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation.



A silhouette of a person's arm and hand is shown on the left side of the image, reaching towards the right. The background is a warm, golden sunset sky with soft clouds. The text is overlaid on a white rectangular area in the lower right portion of the image.

SUPPORTING THE UNIVERSITY OF REGINA'S STRATEGIC AND RESEARCH PLANS

The University of Regina has named well-being and belonging as an area of focus in their 2020-2025 Strategic Plan, and has committed to promoting mental health and wellness research by prioritizing research activities at existing health-related research centres, such as the Child Trauma Research Centre, in their 2021-2025 Research Action Plan.

WELCOME

2022

Letter from the CTRC Director

Dear Community,

Thank you for your interest in the Child Trauma Research Centre (CTRC). Since its establishment in March 2020, the CTRC has worked tirelessly to build and grow its network, secure research funding, execute leading-edge research, and undertake important, useful, and creative knowledge dissemination all with the goal of supporting children and those entrusted with their care.



Dr Nathalie Reid
Director
Child Trauma Research Centre
(CTRC)

We look forward to continuing to grow. Exciting projects that have begun this year include:

- inquiring into the impacts of climate trauma on children and youth;
- supporting public safety personnel families;
- inquiring into the impacts of culturally relevant food security on the health and wellbeing of refugee and newcomer children and families; and,
- creating a microcredential in trauma-informed/sensitive pedagogies and practices.

I also feel extremely privileged to serve my community by sitting at the leadership table for the City of Regina Communities Building Youth Futures initiative, as a Board Member on the City of Regina's Community and Social Impact Regina municipal corporation, and as a research partner for the Saskatchewan Roughriders Foundation.

We thank everyone who has supported our work and our growth, and look forward to the exciting things ahead.

Be well, stay well, become well,

Nathalie

Letter from the CTRC Research Chair

Dear Community,

In 2022 I joined the Child Trauma Research Centre (CTRC) as the inaugural Research Chair in Intervention and Prevention Approaches Supporting Child and Youth Health and Well-Being (2022-2025). Since then, I have had the honour of working with an incredibly passionate and motivated team, led by Dr. Reid. My goal is to bring my experiences and connections to further develop the CTRC, which saw tremendous growth this past year. I am confident in saying that the CTRC has now established itself in Saskatchewan and beyond as a leader in research and dissemination.



Dr Lise Milne
Research Chair, Child
Trauma Research
Centre (CTRC),
University of Regina

Among several other research and community initiatives in which I was involved in 2022, I was awarded a 3-year Saskatchewan Health Research Foundation Establishment grant - Exploring the optimal conditions for implementing a trauma-focused prenatal group program in Saskatchewan: Interrupting the intergenerational cycle of trauma. This research is aligned with several of the CTRC's strategic research focus priorities, especially the importance of supporting perinatal health through prevention activities.

I would like to sincerely thank you for supporting the work we do, and for enabling us to extend our reach across Saskatchewan, Canada, and beyond.

Lise



Our Vision

The Child Trauma Research Centre at the University of Regina (CTRC) works to actively shape the world in which we wish to live. Since its inception, it has functioned with a spirit of cooperation, working alongside stakeholder groups and across sectors to build the relationships necessary to create and support multi-disciplinary, cross-sectoral programs of research. Grounding ourselves in strength-based approaches, we continuously seek to understand and mitigate the social and economic determinants of child trauma, while working to reduce the negative long-term health, social, emotional, and economic effects of trauma experienced in childhood.

The CTRC is shaping itself to be an innovative nexus for leading-edge child trauma research and for its dissemination with/in and for community.



Our Mission

- **CREATE & CONDUCT** leading-edge research, innovative dissemination structures, and productive and relevant evaluation metrics
- **IDENTIFY AND FILL** research gaps on the landscape regionally, provincially, nationally, and globally
- **SUPPORT** prevention and (early) intervention programs with evidence- and strength-based approaches to trauma, trauma-informed practice, and trauma sensitivity
- **ATTEND** to the social, political, and economic determinants of trauma for children, youth, and families, in an effort to reduce repeat contacts with justice, corrections, social services, health, and education support providers,
- **DECREASE** the social and economic costs associated both directly and indirectly with child trauma
- **CREATE** a Saskatchewan-based network of researchers, practitioners, service providers, industry representatives, and government to shape the direction of child trauma research
- **SHAPE** policy development and government decision-making

A wooden mannequin is positioned on the left side of the frame, leaning against a yellow background. To its right, several wooden blocks are arranged in a row, increasing in size from left to right. The overall scene is bright and clean, with a yellow background and a dark green vertical bar on the far left.

a year of growth.

A YEAR OF EXCEPTIONAL GROWTH

With 5 new projects, over \$4 million in new funding, a growing team of researchers, and building bridges across Saskatchewan and Canada, the CTRC's position as a leader in effective strength-based trauma research has never been stronger.

WHERE WE ARE

2022

New Projects

PSPNET Families: An Ecosystem of Mental Health Resources and Supports for Public Safety Personnel (PSP) Families

Public Health Agency of Canada - \$2,072,233

The goal of this project is to develop and offer evidence-based and trauma-informed mental health resources to support the unique logistics, risks, and identify factors shaped for PSP family members in relation with the occupational risks and requirements of PSP. PSP family members are a unique population who serve alongside their PSP and matter unequivocally in their own right. PSPNet Families launched to the public on December 6, 2022.

Co-Principal Investigators are: Dr. Nathalie Reid, Dr. Heather Hadjistavropoulos (University of Regina), and Dr. Heidi Cramm (Queen's University)

Take Up Space! You Matter!

Mental Health Research Canada/ SHRF - \$65,000

This project researches the impacts of trauma-informed, arts-based community engagements on youth mental health and well-being. This project responds directly to the effects of isolation and anxiety youth have experienced in relation to COVID-19 through increased self-regulation and healthy relationships.

Principal Investigator: Dr. Charity Marsh; Co-Investigator Dr. Nathalie Reid

Where We Are (continued)

Exploring the Optimal Conditions for Implementing a Trauma-Focused Prenatal Group Program in Saskatchewan SHRF Establishment Grant - \$119,958

The CTRC's new Research Chair, Dr. Lise Milne, was awarded a SHRF Establishment Grant (2022-2025) to uncover the necessary conditions to successfully implement a trauma-focused prenatal prevention program in Saskatchewan. The program aims to support expectant parents who experienced adversity in childhood. The goal of this program is to promote emotional regulation, self-reflection, connection, and to break the inter-generational cycles of trauma.

Principal-Investigator: Dr. Lise Milne; Co-Investigator: Dr. Nathalie Reid

Conducting a Pan-Canadian Knowledge Synthesis of Trauma-Informed Best Practices in Education SK Ministry of Education - \$11,092

This project was created in support of the Saskatchewan Ministry of Education naming mental health as a pillar in their 10-year plan. In 2022, the CTRC committed to undertaking a pan-Canadian knowledge synthesis and mobilization project in relation to trauma-informed best practices in education, releasing 20 resources and a full report on the province's Blackboard site (making it available to all educators in the province) and on our website in both English and French (childtraumaresearch.ca).

Principal-Investigator: Dr. Nathalie Reid

Where We Are (continued)

Communities Building Youth Futures

Communities Building Youth Futures is a Canadian project through the Tamarack Institute to develop collective impact and system-wide solutions for youth as they build and act upon plans for their future. A primary goal is engaging youth aged 15 to 30 facing barriers to education and employment, to develop strategies that remove barriers, and that enable young people to be engaged in their communities and successfully navigate transitions from youth to adulthood.

Leadership Table: Dr. Nathalie Reid

Alliance Against Violence and Adversity (AVA): Health and Social Services Research Training Platform for System and Population Transformations in Girls' and Women's Health CIHR Training Grant - \$2,400,000

The objective of the AVA Training Platform is to create capacity to improve the health of girls, women, and gender-diverse people exposed to ACEs, especially violence. The AVA platform focuses on addressing:

- (1) insufficient capacity to undertake collaborative implementation science
- (2) insufficient capacity to undertake transformative strategic planning and management for multi-level (agency to system) changes
- (3) lack of recognition of the need/value of innovative social solutions to prevent and address health problems
- (4) barriers and silos that prevent cross-disciplinary and cross-sectoral work.

Principal Investigator: Dr. Nicole Letourneau; Co-Investigator: Dr. Lise Milne; Partner: Dr. Nathalie Reid

WHERE WE ARE

2022

Ongoing Projects

Developing a Microcredential in Trauma-Informed/Sensitive Pedagogies and Practices:

SHRF Truth and Action Research Connections Grant - \$9,960

This project aims to translate and mobilize Indigenous and non-Indigenous trauma-informed/sensitive knowledge to support the mental health/well-being of both students and educators, constructed by a diverse group of educators across Saskatchewan. The Facilitator Community (made up of educators, counselors, and Indigenous advocates from across the province) developed and ultimately offered courses (badges) with the purpose of guiding teachers in the creation of trauma-informed/sensitive and culturally relevant healing-centered classrooms that simultaneously support the health and well-being of students and educators. The microcredential will be piloted in Winter 2023.

Principal Investigator: Dr. Nathalie Reid; Co-Investigator Nicole Turcotte

Neuroscience, Play, Art, and Narrative (PAN) Woven

Resilience-Enhancement Toolkits for Children:

SHRF Research Connections Grant - \$15,350

This project synthesized the expertise of a multi-disciplinary team to co-create and facilitate the integration of a resilience enhancement resource for children. Long-term, the goal is to use this project as a springboard to a larger project aimed at supporting children and youth of all ages, in all community compositions.

Principal Investigator: Dr. Nathalie Reid; Co-Investigator: Dr. Lise Milne.



dashboards.

**STRATEGIC COMPLIANCE
DASHBOARDS**

The CTRC's 2021-2025 Strategic Plan lays out our commitments and directions. The following section shows our evaluation metrics.

2022 STRATEGIC COMPLIANCE DASHBOARDS

The CTRC's vision is anchored in the University of Regina's Strategic Plan (2020-2025), which foregrounds mental health and well-being.

The CTRC has already undertaken numerous research projects in relation with supporting those involved in child welfare and child well-being: teachers, school-based counsellors, trauma-informed practices, etc. It is our aim to continue to grow in these, and other, areas.

Our strategic research focus priorities include but are not limited to:

- Child and youth mental health and well-being
- Perinatal health and resilience building
- Trauma-informed practices and pedagogies
- Teacher mental health and well-being for all in schools
- Neuroscience, play, art, and narrative infused approaches to trauma and resilience
- Childhood trauma and climate change
- Childhood trauma and food (in)security

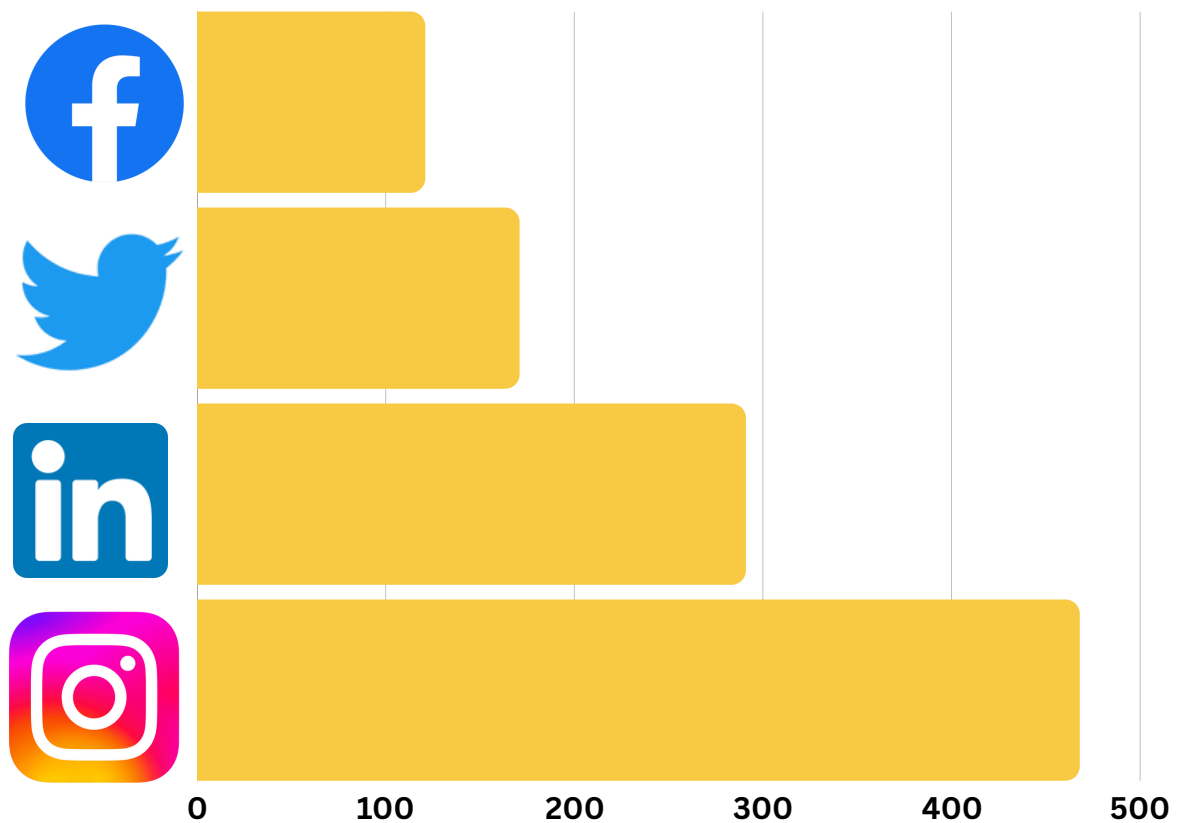
The following section will show how we are achieving the goals we have set out in our strategic plan.

Dashboards (continued)

Goal 1: Strengthen the CTRC's leadership locally provincially, and nationally

1. Increased online presence through social media and websites.

2022 saw significant growth on our social media platforms, due in part to an active commitment to deliver timely and useful resources focused on holidays and days of awareness on a provincial, national, and international scale.



Dashboards (continued)

Goal 1 (continued)

2. Partnered and collaborated with researchers across Canada and abroad

With a plethora of new projects, we have been able to partner with research from across Canada and even the world. These researchers include:

- Dr. Heidi Cramm (Queen's University)
- Dr. Tim Black (University of Victoria)
- Dr. Rachel Dekel (Bar-Ilan University)
- Prof. Nicola Fear (King's College London)
- Dr. Sharon Lawn (Flinders University)
- Dr. Alyson Mahar (University of Manitoba)
- Dr. Deborah Norris (Mount Saint Vincent)

3. The launch of PSPNET Families & AVA Platform

The launch of PSPNet Families (pspnetfamilies.ca) was met with a great deal of traffic. The official launch was December 5, 2022, and from December 5 to December 31, the site garnered 4787 visits.

The Alliance Against Violence and Adversity training platform (avatraining.ca) launched in 2022, offering online training, resources, and mentorship programs across Canada.

Dashboards (continued)

Goal 2: Increase community connectivity and partnerships

Fostered professional partnerships and connections

With the tremendous growth we have seen in 2022, we grew our professional networks across Canada partnering with a total of **27** organizations and working alongside **5** government ministries

Here are some organizations we had the privilege of collaborating with in 2022:

- Saskatchewan Roughrider Foundation
- Saskatchewan Teachers' Federation Professional Learning
- Treaty Education Alliance
- Saskatchewan Advocate for Children and Youth
- Growing Young Movers
- TRiP – The Regina intersectoral Partnership
- Vibes YQR
- Femmes Across the Board
- GRR! (Girls Rock Regina!)

Dashboards (continued)

Goal 3: Build relationships in rural, remote, and Indigenous communities

Much of our work is geared toward extending our reach beyond the urban municipalities and Saskatchewan. In order to do so, we have worked alongside a Facilitator Community drawn from across the province in the development of the microcredential. We have worked with scholars across the country on mental health supports for PSP family members who have told us that their access in rural locations has been very supportive. This will be an area in which we continue to grow in 2023.

Area for further growth: Building relationships in Indigenous communities

The CTRC is committed to establishing an Indigenous Advisor to honour our commitment to the decolonization of trauma research and of trauma resources, and to ensure we are attending to our treaty responsibilities and reconciliation.

Dashboards (continued)

Goal 4: Provide timely, meaningful, and accessible research products

The release of Trauma-Informed Practices in Education

From our Conducting a Pan-Canadian Knowledge Synthesis of Trauma-Informed Best Practices in Education, we have released **20** briefs in English and French covering a variety of topics such as how to manage discussions of trauma, and how trauma can present itself in students. In addition, the full bilingual report **Pan-Canadian Knowledge Synthesis on Trauma-Informed/Sensitive Practices in Education** was released on our website as well.

Goal 5: Support student research and training



+3 undergraduate student research assistants



+1 undergraduate research assistant



+1 Post-Doctoral Scholar

Dashboards (continued)

Goal 6: Ensure the sustainability of the Centre and enable continuous growth

1. Funding

Total Funding in 2022:

\$4.67 M

- Saskatchewan Health Research Foundation
- Canadian Institutes of Health Research
- Public Health Agency of Canada
- Mental Health Research Canada
- Ministry of Education
- Social Sciences and Humanities Research Council

2. Building relationships for long-term sustainability

Canada

Queen's University
McGill University
University of Calgary
Canadian Institute for Public Safety
Research and Training
Canadian Institute for Pandemic Health
Education and Response
Canadian Institutes of Health Research

Saskatchewan

Saskatchewan Roughrider Foundation
Saskatchewan Teachers Federation
Professional Learning
Saskatchewan Health Research Foundation
Saskatchewan Health Quality Council's
Youth Mental Health Learning and Sharing
Community

Regina

Tamarack Institute's
Communities Building Youth Futures
Regina Public Schools
VIBES YQR
Femmes Across the Board
Girls Rock Regina
Growing Young Movers

Government

Ministry of Education
Ministry of Social Services
Public Health Agency of Canada
Ministry of Health

PRESENTATIONS & MEDIA

CTRC Director - Dr. Nathalie Reid

Presentations

- 2022 Provincial Mental Health and Wellbeing Symposium
- Educators' Mental Health and Desires to Be-Well: Understanding the Emotional Impacts of COVID-19 Whilst Still in the Midst, and Beyond. Canadian Society for the Study of Education Conference Presentation
- PSPNET Families Stakeholder Engagement Presentations
- Take Up Space! You Matter. Community Partners Presentation
- FMRG Interactive Series: PSPNET Families Wellbeing Hub
- Ministry of Education - Keynote to English as an Additional Languages Provincial Gathering

Submitted Publication

- Accepted Chapter (in Press) for Liora Bresler's (Series Editor) Springer book series entitled, Landscapes: The Arts, Aesthetics, and Education.

PRESENTATIONS & MEDIA

Research Chair - Dr. Lise Milne

Presentations

- International Congress of Clinical and Health Psychology in Children and Adolescents
- International Summit - Institute on Violence, Abuse and Trauma
- International Society for the Prevention of Child Abuse and Neglect Conference - International Conference (2)
- International Society for the Prevention of Child Abuse and Neglect Conference - North American Conference (2)
- Child and Youth Trauma Symposium (2)
- Saskatoon Sexual Assault and Information Centre Winter Learning Workshop

Media

- Alive Magazine (Journalist Gail Johnson). Coping with Trauma, Carefully: Ways to assist children's healing. <https://www.alive.com/health/coping-with-trauma-carefully/>
- Salt Lake Tribune Podcast. Sent Away. Topic: Sexual abuse within adolescent residential facilities. <https://www.sltrib.com/sentaway/>
- Saskatoon Star Phoenix (Journalist Jason Warick). RCMP, others investigating following alleged exorcism at Sask. children's Bible camp. <https://www.cbc.ca/news/canada/saskatoon/rcmp-others-investigating-alleged-exorcism-at-bible-camp-1.6562436>

Internal Reports

- Three internal technical reports for the Public Health Agency of Canada: Canadian Child Welfare Information System.

PRESENTATIONS & MEDIA

Post-Doctoral Scholar - Dr. Hang Tran

Presentations

- Keynote for the Saskatchewan Ministry of Education - A gathering for the SK English as an Adult language specialists. Co-Presented with Dr. Nathalie Reid
- Living Library Presenter. "home walk and home walking alongside newcomer children and mothers." Faculty of Education presentation to EC&I 871 Trauma-informed Teaching Class
- Engaging with Vietnam international conference: "The experiences of Vietnamese students doing online learning under the COVID-19 pandemic: A collaborative autobiographical narrative inquiry"
- Teaching and Learning Here and Now Conference, University of Regina: "Towards a Polylogic Pedagogy in Making Kin with and for Multispecies' Flourishing: A Multiperspectival Narrative"

Media

- Khan, S., LaFrance, S., & Tran, H. T. T. (2022). After Plantations' Precarities: Curating Math-thematic Curriculum Plots in Initial Teacher Education for Multispecies' Flourishing and a Freedom-yet-to-Come. *Research in Mathematics Education*, 24(2), 170-186.
<https://doi.org/10.1080/14794802.2022.2090421>



our team.



CTRC 2022

TEAM MEMBERS

2022

Dr Nathalie Reid is currently the Director of the Child Trauma Research Centre at the University of Regina, and a lecturer in the Faculty of Education. Her current research is taking her in many directions including trauma-sensitive pedagogies, mental health and connectivity in rural and remote communities, and child trauma and climate change.

Her doctoral research, (defended successfully December 9, 2019) entitled Teachers' Experiences of/with Trauma and Trauma-Sensitivity sought to foreground the stories of trauma teachers live by, with, and in, and her career as a Secondary teacher, in three provinces across Canada, often alongside at-risk youth, laid the foundation for her passion inquire into the complexities of children's experiences as well the experiences of those entrusted with the care of children.

Her research has implications for program and policy development, teacher education, teacher retention, teacher, child, and youth mental health, and supporting all those living with trauma on school landscapes. Nathalie was born in Moose Jaw and as a member of a military family, moved extensively nationally and internationally. She graduated with a BAH and B.Ed. (Concurrent Education Program) from Queen's University. Nathalie went on to teach high school in Ontario, Nova Scotia, and in two communities in Alberta. She completed a M.Ed. in Curriculum Development from St. Francis Xavier University in Antigonish, NS, and her PhD at the University of Alberta.



Dr Nathalie Reid

Director
Child Trauma Research Centre
(CTRC)

TEAM MEMBERS

2022

Research Chair - Dr. Lise Milne

A tenured Associate Professor, Dr. Milne joined the Faculty of Social Work in 2018. For a decade prior, she worked in the research-rich environment of the McGill Centre for Research on Children and Families (CRCF) as a project manager for several university-community partnership projects.

Dr. Milne's area of research focuses on better understanding and reducing the impact of early childhood adversity on children and youth, including neurobiological impacts. This knowledge has been enhanced through ongoing certification in the Neurosequential Model of Therapeutics. Based on an innovative tri-provincial study she conducted regarding the personal and professional experiences of residential care workers, she co-developed and implemented two trauma-informed training programs in Saskatchewan and Manitoba. Dr. Milne is also the Saskatchewan lead alongside a pan-Canadian team of researchers investigating how child protection services respond to cases of intimate partner violence, and to suggest policy and practice responses.

As a Co-Investigator on two large national grants, she has been engaging in cross-sectoral collaborations and an iterative process of knowledge exchange on the impacts of abuse and violence. In the spirit of knowledge-sharing, she has worked alongside Dr. Reid and the CTRC in developing the Connections Hub website to produce and disseminate important research and knowledge related to the well-being of children, youth, families, and service providers.

Recognizing the critical need for prevention supports during pregnancy and early infancy, Dr. Milne's current focus is on a 3-year project to support expectant parents who experienced childhood adversity, with the goal of interrupting the inter-generational cycle of trauma.

Dr. Milne is a member of the Saskatoon Sexual Assault & Information Centre Board, RESOLVE Steering Committee, and the McGill CRCF faculty team. She has engaged in contract work for the Public Health Agency of Canada on developing a Canadian Child Welfare Information System.



Dr Lise Milne
Research Chair, Child
Trauma Research
Centre (CTRC),
University of Regina

TEAM MEMBERS

2022

Post-Doctoral Scholar - Dr. Hang Tran

Dr Hang Thi Thuy Tran joins the Child Trauma Research Centre as a Post Doctoral Scholar. Her area of focus will be understanding the mental health impacts of culturally relevant food offerings for refugee and newcomer families, children, and youth.

Dr Hang Thi Thuy Tran has worked in multiple areas: a lecturer, a researcher, a community facilitator, an interpreter, and a cultural broker. She completed her PhD in Elementary Education at the University of Alberta, Canada in 2021. Her doctoral dissertation entitled "Narrative Inquiry into the Experiences of Vietnamese Children and Mothers Composing Lives in Transition to Canada" received the 2022 Canadian Association for Teacher Education (CATE) Recognition Award for Theses and Dissertations on Teacher Education.

Her study highlights the importance of cultural ethics in doing research and everyday life-making, the "world"-traveling to better understand the experiences of newcomer children and families and their contribution to Canadian education and culture, and making kin with multispecies' flourishing as significant in the children's familial curriculum-making and school curriculum-making worlds. Dr Tran has a wide range of research interests including newcomer children and families, familial curriculum-making, cultural brokering, teacher education, and narrative inquiry.



Dr Hang Tran
Post Doctoral Scholar,
Child Trauma Research
Centre (CTRC),
University of Regina

TEAM MEMBERS

2022

CTRC Research Coordinator -Sam Houston

Sam Houston obtained a Bachelor of Arts with a major in Economics and Society from the University of Regina. With a background in the public sector, Sam obtained hands-on experience working directly with communities in vulnerable contexts. He hopes to utilize his research and analytic skills to support and strengthen communities in vulnerable contexts, specifically children and those entrusted with their care.



Sam Houston,
CTRC Research
Coordinator

Research Associate - Dr. Audrey Aamodt

Dr. Audrey Aamodt's work builds on a funded pilot to inquire into how the climate crisis is being taken up in schools. How extreme weather events are experienced, including associated displacement creates trauma. Additionally, how the information about these events is taken up in schools can also shape trauma for Canadian children and youth who can no longer imagine a future, and through trauma-layering or retraumatization for young people who have relocated to Canadian schools as a result of ecological crises.



Dr Audrey Aamodt
Banting Post Doctoral
Scholar Candidate

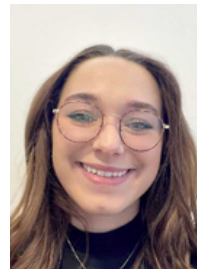
TEAM MEMBERS

2022

CTRC Intern & Research Assistants

Intern:

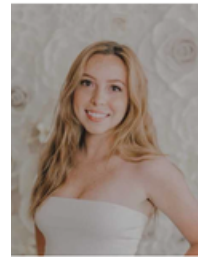
Grace Hawkins is currently an undergraduate Psychology student at the University of Regina. She has an interest in trauma and grief in children and youth. In the future, Grace hopes to conduct research in this area, as well as become a practitioner to provide services to those who have experienced trauma and loss. She also works for the YMCA of Regina and has a passion for working with children.



Grace Hawkins

Research Assistants:

While the CTRC has boasts 12 research assistants in the past 2.5 years, currently we are proud to have supported 3 in 2022 who worked tirelessly on the PHAC PSPNET Families project, and on data analysis. These research assistants are: Baily Hammer (BA Psychology); Steffi Oberthier (BA Psychology); and Anna Dollimount (MA Psychology).



Steffi Oberthier



Bailey Hammer



Anna Dollimount



looking ahead.

CTRC 2022

LOOKING AHEAD

2023+

Mental Health Attendance Policy

This is a student-lead project aimed at reshaping attendance policies in order to acknowledge mental health as an excusable absence. Developed with the intention of being able to proactively track students and schools who might require intervention, this project seeks to shape mental wellbeing spaces in schools supportive of children and youth.

Climate Trauma

This project responds to past, current, and future ecological crises with an eye to understanding the impacts of these on children and youth's perceptions of, and engagements with, their world. Intersecting ecological education with emotional experiences of teachers and students, this study atypically weaves climate change education with mental health scholarship. It will contribute to: nuancing climate hope alongside other emotional experiences; future curriculum and policy development; teacher education programming; in-service teachers' pedagogical practices; and, informing the ways in which teachers and schools shape multi-generational responses to climate change crises.

LOOKING AHEAD

2023+

TIPS Knowledge Mobilization Series

The TIPS for... Series is a knowledge dissemination and mobilization initiative that offers trauma-integrated practices relating to a variety of topics and tailored to a variety of audiences, whether it be youth, practitioners, or other child-serving sectors. We provide knowledge briefs that will support either (1) a specific sector (e.g., TIPS for... Teachers) or (2) a specific need (e.g., TIPS for... Co-Regulation). TIPS for... knowledge users will be supported with easy, effectively translated and accessible, evidence-and strength-based, multi-disciplinary trauma-integrated knowledge tailored to their contexts.

Program Evaluation, Saskatchewan Roughrider Foundation, Win with Wellness

The Saskatchewan Roughrider Foundation has introduced their Win With Wellness stress and mental health player presentation series in schools across Saskatchewan, The CTRC has been named a research partner and is undertaking the program evaluation for this program.

Future projects:

- PSP Kids
- Agriculture Trauma and Kids
- Justice and Corrections

LOOKING AHEAD

2023+

Indigenous Counsel

As mentioned earlier, we are looking to practice Pimatisiwin by engaging in relationship-building alongside an Indigenous knowledge keeper or advisor to support, sustain, and guide all of the CTRC's work.

Seeking Additional Funding

While the CTRC has been highly successful in securing research grants, most of these do not support salary costs for the principal investigator(s), nor do they support overhead/operational costs. However, the CTRC is hugely grateful for the anonymous donation that has supported this significant growth in 2022. To ensure sustainability, the CTRC will continue to seek an endowment so that the salaries (or substantial portions thereof) of the necessary primary staff to operationalize the Centre will be guaranteed in perpetuity by the interest earned on the endowment.

Upcoming Research Funding Decisions (Update):

- PHAC PSPNET Families extension and new project
- SHRF Child and Youth Mental Health Align Grant
- SHRF Research Connections Grant
- Co-Investigator on a SHRF Align and Establishment Grant with Dr. Akram Mahani
- Core Team of Dr. de los Reyes' Canada Excellence Research Chair application

OUR CONTACTS

Dr Nathalie Reid

Director

Child Trauma Research Centre

University of Regina

E-mail: Nathalie.Reid@uregina.ca

Phone: 306.737.6415

Dr. Chris Yost

Vice President (Research)

University of Regina

E-mail: christopher.yost@uregina.ca

Phone: 306-585-5184

Development Office

University of Regina

Phone: 306-585-5432

