



# 2021

## IMPACT REPORT



Child Trauma  
Research Centre  
UNIVERSITY OF REGINA



The University of Regina has undertaken an ambitious initiative through the recent establishment of CTRC with its commitment to engaging in child trauma research and to shaping meaningful action in supporting and improving the mental health of children, youth with, in, and for community.



## About the CTRC

The University of Regina's 2020-2025 Strategic Plan names 'Discovery and Well-Being' as signature focus areas. As part of its ongoing commitment to this focus, the University supported the creation of the Child Trauma Research Centre (CTRC) in March 2020. Since then, the CTRC has engaged in strength-based, resilience-supportive/enhancing projects related to its strategic priorities and its commitment to innovative child trauma research.

## Our Vision

The 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. The Child Trauma Research Centre at the University of Regina (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
- **REDUCE** repeat contacts with justice, corrections, social services, health, and education support providers, through attending to the social, political, and economic determinants of trauma
- **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, & government to shape the direction of child trauma research
- **SHAPE** policy development and government decision-making



2021



# WHERE WE STARTED

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## 2020

### **The Digital Connections Hub:**

**Project Summary:** A project dedicated to managing the impacts of COVID-19 on the mental health of children, families, and workers in vulnerable contexts. We were funded to synthesize and mobilize knowledge for the child-serving organizations, which lead to the creation of a website: [www.childtraumaresearch.ca](http://www.childtraumaresearch.ca)

The website features COVID-19 News; Perspectives From the Field; External Educational Links; Synthesized COVID-19 Resources, Information Briefs, Information Posters/Infographics, and French Translations of Resources

### **Funders:**

SHRF 2020 Research Connections COVID-19 Rapid Response - \$10,000  
CIHR 2020 Knowledge Synthesis Grant - \$47,342



### **Understanding the Emotional Impact of COVID-19 on Teachers, Administrators, and Professional School Staff:**

**Project Summary:** The purpose of this study is to inquire into the complex experiences and emotional states of teachers, administrators, and professional school staff (TAPS) in relation to school re-opening and over the course of the 2020-2021 school year.

**Funders:** University of Regina 2020 President's Research Seed Grant & SSHRC Explore Grant - \$5,000

# HIGHLIGHTS 2020

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## Canadian Consortium on Child and Youth Trauma

In 2020, CTRC joined the McGill Centre for Research on Children and Families as a partner in the successful \$2.5M SSHRC Partnership Grant to form the Canadian Consortium on Child and Youth Trauma. CCYT aims to improve the lives of children and youth impacted by trauma, and to strengthen individual, family, and community resilience. They created a network of researchers, practitioners, policy-makers, professionals, community representatives, and students from a diversity of key institutions and child, youth, and family service sectors. By joining together in our mission, our goal is to work for further developments for children and youth, service providers, families and caregivers, governments, and the general public who share a concern for children in care and the wellbeing of children and youth in general.

### First Expert in Residence:

Growing our team to include Dr Lise Milne, Faculty of Social Work Development whose extensive knowledge, experience, research, and network strengthened the CTRC in its inceptive year.



# 2021



Throughout COVID-19 many children and youth experienced disruption, heightened isolation, reduction in community activities, and increased and often unsupervised access to social media. Emergent research is showing children and youth have become victims of increased predation, abuse, and neglect. 2021 for the CTRC was a year marked by responding to the short- and long-term impacts of COVID-19 on children and youth and those entrusted with their care.

# WHERE WE ARE

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2021

## A Detailed Overview of the CTRC's Year 2021

**The Digital Connections Hub:** The DCH was launched in December 2020. Through 2021, we continued its growth, added sections for Perspectives from the Field and News, and made adjustments to satisfy user feedback. Usership grew significantly over the course of the year,

**Canadian Consortium on Child and Youth Trauma.** We began participating in the 'Journal Watch' explorations looking at emergent child trauma research. We also presented at the first-ever 2021 'Child and Youth Trauma Symposium' with a presentation entitled: Supporting the mental health and well-being of Canadian children, families, and service providers during COVID-19 and beyond: Mobilizing critical knowledge through the creation of our website.

**Understanding the Emotional Impact of COVID-19 on Teachers, Administrators, and Professional School Staff.** Throughout the 2020-2021 school, our research team (Dr. Reid, Dr. Cranston, and Rashique Ramiz) shaped and administered 3 national surveys. 491 respondents completed the surveys supporting the team to shape an article for The Conversation (<https://theconversation.com/provinces-should-act-fast-to-avert-a-teacher-shortage-now-and-after-covid-19-154930>), a 2022 Canadian Society for the Study of Education conference presentation, and whose results will be published in an upcoming book. (President's Seed Grant/ SSHRC Explore Grant funding: \$5,000)

**Program Evaluation of Regina Early Years Programming:** In partnership with the Regina Perinatal Health Network, participant and staff questionnaires and interviews were administered, and a literature review was conducted as to the prevalence of issues and need for services, and a report was written including a case for funding. **More details at:** <https://www.childtraumaresearch.ca/assets/program-evaluation-regina-perinatal-health-network-online-version.pdf>

# Where We Are (continued)

**Fusing Neuroscience with Play, Art, and Narrative (PAN):** This project synthesizes the expertise of a multi-disciplinary team to co-create and facilitate the integration of a resilience enhancement resource, named a Connection Kit (CK), for approximately 12 children ages 6-8, based largely on neuroscience and the principles of play, art, and narrative (PAN). The CK will support children to increase self-regulation, improve learning, and build healthy relationships, with the ultimate goal of enhancing resilience. 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. (SHRF funding: \$7,500)

**Expanding our Scope to Southern Saskatchewan:** In 2021, the CTRC sought to expand its network and reach by building relationships with communities in Southern Saskatchewan, including, but not limited to, Cypress Hills, Maple Creek, and Swift Current. Trauma-sensitive programming and opportunities for children and youth were explored, and partnerships were secured.

**Regina Sexual Assault Centre / U of R Conference: From Awareness to Action - Supporting Systemic Responses to Sexual Violence.** As a member of the planning committee, Dr. Reid had an integral role in the planning of all aspects, and the execution of the conference on November 9-10, 2021. There were 212 registrants who attended over 1600 sessions (both live and pre-recorded). Using a Hubilo platform the planning committee was able to keep the presentations available to registrants for an additional 2 months following the conference. We also supported student training by hosting a Student Symposium through the conference which offered participating students (1) a proposal/abstract writing workshop; (2) a peer-review workshop; and, (3) the ability to present during the conference. Virtual conference: [www.rsaconference.ca](http://www.rsaconference.ca) (SSHRC funding: \$25,000 Connection Grant).

**Developing a Microcredential in Trauma-Informed/Sensitive Pedagogies and Practices:** In 2021, the CTRC partnered with the Saskatchewan Teachers' Federation Professional Learning in order to begin planning for a microcredential supportive of SK educators in relation to trauma-informed practices. We applied for the Saskatchewan Health Research Foundation Truth and Action grant to



# 2021 STRATEGIC COMPLIANCE DASHBOARDS

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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 counselors, 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. Dramatic growth in our stakeholder list



**595+ stakeholders**

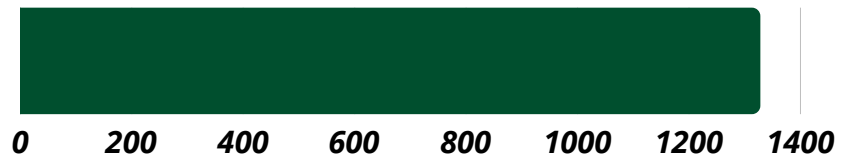
125 stakeholders

### 2. Hosted a major conference

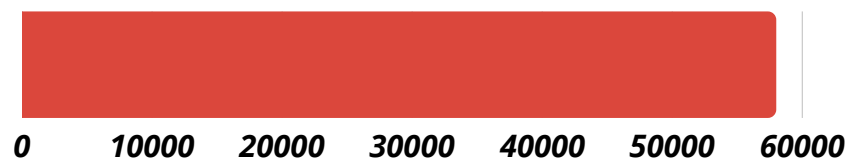
*212 Total Registrants*



*1328 Number of Sessions Attended*



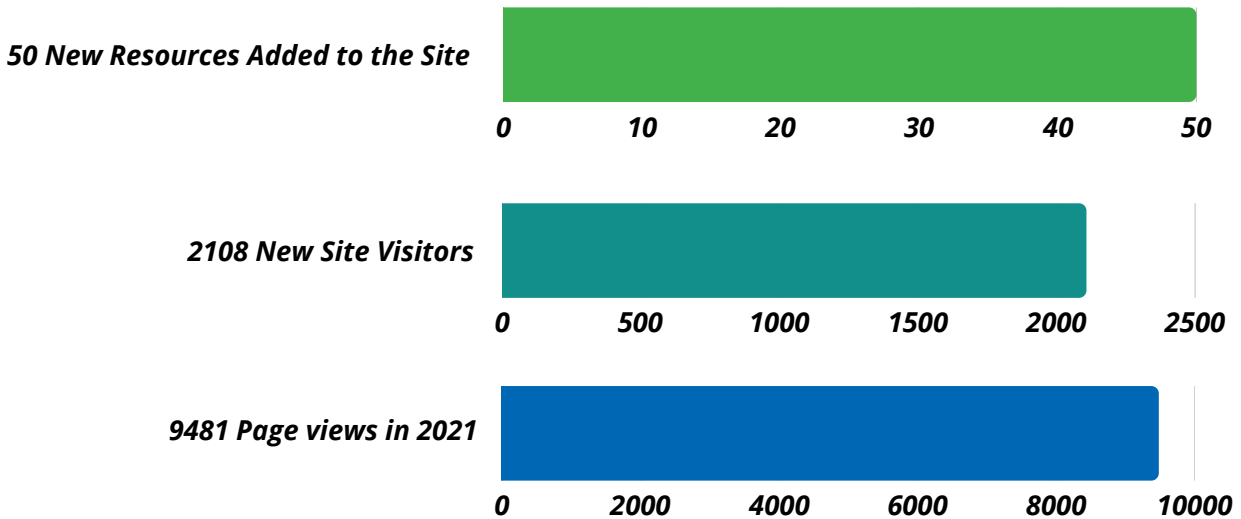
*58000 CAD Total Fund Received*



# Dashboards (continued)

## Goal 1: Continued

### 3. Ensured the relevance and sustainability of the Digital Connections Hub



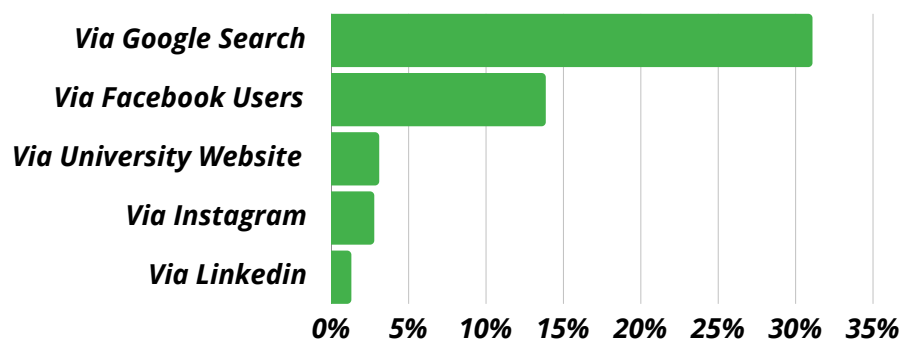
12 significant updates



50 new posts

### 4. Increased Social Media Presence

**2145+**  
Web  
Referrals



# Dashboards (continued)

## Goal 2: Increase community connectivity and partnerships

### 1. SHRF Connections Grant - Creating neuroscience infused play, art, and narrative resilience-enhancing kits for children

#### This research team includes:

- the Director of the CTRC
- professors from Social Work and Education
- the Executive Director of 'play yqr'
- an art therapist
- a School Support Specialist Counsellor, Regina Catholic Schools
- a youth with lived experience

### 2. New Connections and Partnerships in 2021



A program of The Regina Early Learning Centre



In 2021, the CTRC's Director, Dr. Nathalie Reid joined the University of Regina's Reconciliation Action Committee, and the Community Council on Research. She also continued meeting with community agencies, and stakeholders, including the Saskatchewan Rough Riders' Foundation, Saskatchewan Health Authority, the Saskatchewan Health Quality Council, Kids Help Phone, TRiP, Swift Current municipal government, the Friends of Cypress Hills, etc

# Dashboards (continued)

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

### 1. Increased work in Southern Saskatchewan to build trauma-informed child and youth programming



Maple Creek



Swift Current



Cypress Hills

### Area for further growth: building relationships in Indigenous communities

COVID-19 and its resulting restrictions interfered with the CTRC's plan to build relationships with Indigenous communities. The plans to mitigate this shortcoming in 2022 include ongoing conversations with All Nations Healing Hospital in Fort Qu'Appelle SK, working alongside the Treaty Education Alliance Executive Director and Counsellor in the shaping of a trauma-informed microcredential, and meeting with and learning from local Indigenous leaders.

# Dashboards (continued)

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

### 1. The Digital Connections Hub

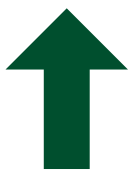
**100+** English & French Knowledge Products

**7** Categories of supportive resources

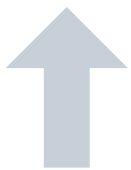
**14** Perspectives from the field

**56** News Stories

## Goal 5: Support student research and training



**+2 undergraduate student research assistants**



**+3 graduate student research assistants**



**+2 graduate student supervisory committees (Master's/ PhD)**

# Dashboards (continued)

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

### 1. Funding

**secured:**

**\$85,342**

SHRF  
SSHRC  
CIHR

**in progress:**

**\$3M**

SHRF  
Mental Health Research Canada  
Public Health Agency of Canada  
SSHRC Partnership Grant  
HRJ Consulting  
Ministry of Education

### 2. Building Relationships for Long-term Sustainability

**Regina**

TRAMARACK INSTITUTE'S  
COMMUNITIES BUILDING  
YOUTH FUTURES

**Government**

MINISTRY OF EDUCATION  
MINISTRY OF SOCIAL  
SERVICES  
STFPL

**Province**

RESOLVE  
SOUTHERN SASK  
ESTEVAN  
WEYBURN  
SWIFT CURRENT  
MAPLE CREEK  
CYPRESS HILLS  
SK HEALTH QUALITY COUNCIL  
ALL NATIONS HEALING HOSPITAL

**Canada**

MCGILL  
PUBLIC HEALTH AGENCY

# PRESENTATIONS & MEDIA

January, 2021

## **The Apologists Podcast**

Trauma-Sensitive Teaching  
Hosts: Chris Poulsen & Vito Michienzi  
PodBean, Apple, Audible, Spotify

February 4, 2021

## **Mental Health Round Table**

A meeting with Mayor Sandra Masters to showcase the mental health research being accomplished at the University of Regina.  
Host: University of Regina's Vice President, Research  
Venue: Zoom

March 12, 2021

## **Trauma-Sensitive Teaching**

A presentation to third-year Bachelor of Education Students  
Host: Donna Nikiforuk (class instructor)  
Venue: Zoom

March, 17, 2021

## **Shaping a School Mental Health Attendance Policy**

Host: Ben Grebinski, ED of the Saskatchewan League of Educational Administrators, Directors, & Superintendents (LEADS)  
Venue: Regina, SK - Virtual conference between LEADS and CTRC via Zoom

March, 19, 2021

## **University of Alberta PhD Panel**

From Then to Now: What to do With a Ph.D.  
Host: Faculty of Education, University of Regina  
Venue: Zoom

March, 25, 2021

## **Kings University, Edmonton**

Trauma & Teaching Following a Horrific Incident  
Host: Faculty of Education, University of Regina  
Venue: Zoom

March 26, 2021

## **CBC Morning Edition With Stefani Langenegger**

Paying attention to teachers and the upcoming teacher shortage  
Host: Stefani Langenegger  
Venue: Radio

# PRESENTATIONS & MEDIA

**March 26, 2021**

## **Mental Health Research at the University of Regina - Presentation**

A presentation showcasing the UR's commitments to mental health and wellbeing

Host: University of Regina, Vice President, Research

Venue: Zoom

**May 18-19, 2021**

## **Conference Presentation**

The Digital Connections Hub – Supporting the well-being of vulnerable Canadian children, families, and service providers during COVID-19 and beyond: Mobilizing critical knowledge

Host: The Canadian Consortium on Child and Youth Trauma

Venue: The 2021 Child and Youth Trauma Symposium, QC – Virtual via conference platform

**June 11, 2021**

## **International Conference Presentation**

The Digital Connections Hub – Supporting the well-being of vulnerable Canadian children, families, and service providers during COVID-19 and beyond: Mobilizing critical knowledge

Host: International Society for the Prevention of Child Abuse and Neglect.

Venue: Rimini conference, Italy – Virtual via conference platform

**September 23, 2021**

## **Ministry of Education Presentation**

Presentation requested by Assistant Deputy Minister Susan Nedelcov-Anderson, to present an update on the CTIRC's projects in relation to the Interim Provincial Education Plan.

**October 19-26, 2021**

## **Student Training Session Facilitation**

Developed and lead two training sessions for the UR/RSAC Conference Student Symposium. Session 1 - Abstract/ Proposal Writing; Session 2 - How to Peer Review

**November 8-9, 2021**

## **Media Around UR/RSAC Conference**

- Regina Leader Post: <https://leaderpost.com/news/local-news/upcoming-conference-to-focus-on-improving-responses-to-sexual-violence>
- CTV Morning Live: <https://regina.ctvnews.ca/video?clipId=2313098>
- The Office of the Treaty Commissioner website
- Saskatchewan Association of Social Workers website
- Regina Sexual Assault Centre Website
- Social Media Child Trauma Research Centre Website
- Social media The University of Regina Students' Union website



**looking ahead**



# WHERE WE ARE GOING

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2022+

## 2022 Child Trauma Research Centre Projected Growth

### **Increased Community Connections (by the level of the community)**

**Local:** The CTRC's Director has been asked to sit at the leadership table for the Communities Building Youth Futures Initiative through the Tamarack Institute, supporting the removal of barriers for youth in Regina. The Director has secured Mental Health Research Canada funding for a project to develop trauma-informed workshops focusing on mental health and re-connectivity for youth in partnership with three local community organizations: Girls Rock Regina, Femmes Across the Board, and VibesYQR.

**Provincial/ Governmental:** The Director has secured funding for a partnership between the Child Trauma Research Centre, the Saskatchewan Teachers' Federation Professional Learning, and the Treaty Education Alliance to develop a micro-credential offered through the University of Regina's Centre for Continuing Education. The Director has secured Saskatchewan's Ministry of Education funding to create a pan-Can.

**National/International:** The Director is a co-principal investigator on the successful \$2M Public Health Agency of Canada grant supporting the development of an ecosystem of prevention resources for Public Safety Personnel families. This project boasts Dr. Heather Hadjistavropoulos from the University of Regina and Dr. Heidi Cramm from Queen's University as co-principal investigators. This project also boasts support from national organizations such as Medavie, Wounded Warriors, the Vanier Institute of the Family, and the Canadian Institute for Military and Veteran Health Research; and also has an international scope as it is drawing in experts from the United Kingdom, Australia, and Israel as collaborators in the content development.

### **Personnel Growth:**

2022 will see the establishment of a Research Chair; the hiring of two post-doctoral scholars; the hiring of 2 graduate student research assistants; the hiring of 2 research assistants; and, the hiring of a CTRC program manager

# WHERE WE ARE GOING

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**Structural Growth:** Obtaining a space at the UofR that allows for the development of the Community Connections Hub. The conversation has grown to include the possibility of including a data lab (through a Canadian Foundation for Innovation grant, and our partnership on a gift through the McGill Centre for Research on Children and Families).

**Increased Commitment to Student Training:**

In 2022, the CTRC will be establishing and hiring a research chair, who will hire at minimum two research assistants. The CTRC will also be hiring two post-doctoral scholars. The CTRC will be hiring a program manager and research assistants to support the research work of each of the projects.

**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 keep 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 operationalise the Centre will be guaranteed in perpetuity by the interest earned on the endowment.

**Upcoming Research Funding Decisions:**

- SHRF/ Mental Health Research Canada: Dr Nathalie Reid & Dr Charity Marsh
- SHRF Truth and Action Research Grant: Dr Nathalie Reid, Nicole Turcotte STFPL
- Public Health Agency of Canada: PSPNET Families: An Ecosystem of Prevention Resources and Supports for Public Safety Personnel (PSP) Families: Dr Heidi Cramm, Dr Heather Hadistavropoulos, Dr Nathalie Reid
- SSHRC Partnership Grant: Dr Nathalie Reid as a collaborator
- SK Ministry of Education: Dr Nathalie Reid



our team



# TEAM MEMBERS

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 Memebers

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## **Rashique Ramiz**

Research and Communications Assistant

Rashique Ramiz completed his postgraduation in Project Management-IT from Canadore College, Ontario and completed his Master's Degree from the Kenneth Levene Graduate School of Business, University of Regina. He is currently employed as a Research Communications specialist with the CTRC. His previous work experience includes IT project management, graduate research and digital marketing in various fields. In Regina, he has worked as a volunteer business consultant for non-profit organizations.



## **Bailey Alan Hammer**

Undergraduate Research Assistant

Bailey is an undergraduate student at the University of Regina studying Psychology and Business Administration. Bailey has adamantly been working for a plethora of agencies/institutions within his community aimed at the betterment of life outcomes for children and youth. In his work he has been able to aid in the care and rehabilitation of children/youth from across Canada.



## **Chantelle Priel**

Research Assistant

Chantelle is a fourth year undergraduate student in the Faculty of Social Work at the University of Regina. She is currently employed as a research assistant with the Child Trauma Research Centre. She has also received her certification in the neurobiological effects of adverse childhood experiences.



# Faculty Associate

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Dr Lise Milne is an Assistant Professor at the University of Regina in the Faculty of Social Work (Saskatoon Campus) and Faculty Associate at the Child Trauma Research Centre, Social Policy Research Centre, and the McGill Centre for Research on Children and Families. Lise's research interests include child and adolescent trauma, the neurobiological impacts of trauma, trauma-informed practices within child welfare organizations, responses to children exposed to interpersonal violence, knowledge mobilization - especially for child-serving organizations in the context of COVID-19, program implementation evaluation, and social work practicum experiences. She has taught for the past nine years at the graduate and undergraduate levels at the University of Regina, and McGill and Concordia Universities in Montreal. For ten years she worked at the McGill University Centre for Research on Children and Families on several university-community partnership projects and was the coordinator for the Canadian Child Welfare Research Portal ([cwrp.ca](http://cwrp.ca)). Lise has 15 years of experience in child welfare in both Manitoba and Quebec as a child welfare worker, supervisor and trainer. She has been a member, chairperson, and consultant for specialized groups on child sexual abuse and has provided training to staff.



## **Dr Lise Milne**

Faculty Associate,  
Child Trauma Research  
Centre (CTRC)

# OUR CONTACTS

## **Dr Nathalie Reid**

Director

Child Trauma Research Centre

University of Regina

E-mail: [Nathalie.Reid@uregina.ca](mailto:Nathalie.Reid@uregina.ca)

Phone: 306.737.6415

## **Dr. Chris Yost**

Vice President (Research)

University of Regina

E-mail: [christopher.yost@uregina.ca](mailto:christopher.yost@uregina.ca)

Phone: 306-585-5184

## **Development Office**

University of Regina

Phone: 306-585-5432



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