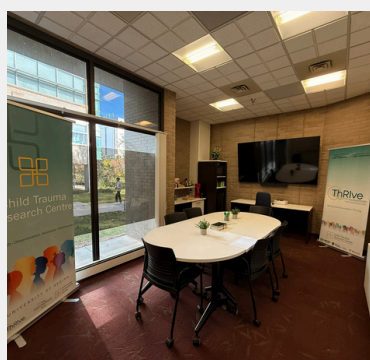
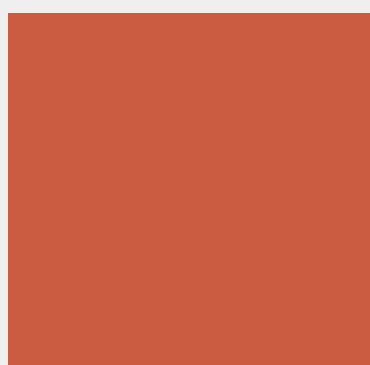


2025 CTRC Impact Report



Explore **More**



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.

Director's Reflections

Dear community,

I want to start by thanking you for your ongoing and evolving support. It is with and for you that we do the work we do, in the ways that we do it. We continue to strive to do **MORE** so as to respond to the complex needs we see all around us.

2025 was an exceptional year. It was a year of **MORE**: our team grew, our funding grew, and our number of projects grew.

This year, we ensured that we were **MORE** part of local, provincial, national, and international conversations around child trauma, through creative knowledge mobilization initiatives, presentations, conference presentations, and peer-reviewed publications.

2025 MORE Highlights

- The Saskatchewan Roughrider Foundation asked us to do **MORE** by expanding our program evaluation work to include the Win with Wellness and Rider Reading programs (35,000 SK students per year).
- Through my role as Partner with the Canadian Consortium on Child and Youth Trauma, we added **MORE** to the CTRC by opening the UofR Child and Youth Trauma Research Incubator (ThRlve) and the Community Connections Centre.
- I was invited as an Academic Partner for the Childhood Adversity and Resilience Research Training Platform to support **MORE** community-based research trainees, and with the Garnet Families Network to develop **MORE** mentorship opportunities.
- As a Co-Investigator, I worked with Garnet Families Network to support **MORE** community organizations, content development, and reach.
- I also worked **MORE** closely with the Ministry of Social Services, supporting community-based youth in care organizations and the Ministry of Justice, supporting a large-scale Saskatchewan-based adverse childhood experiences education and prevention project.



As we continue our work alongside children, youth, and those who serve and support them, we are excited to be seeing the impact of our work in the community. Thank you again for all of your support!

Nathalie Reid

Dr. Nathalie Reid

Child Trauma Research Centre
Director

Chair's Reflections

To begin, I am so grateful to have the privilege of continuing in my role as the CTRC Research Chair in Approaches Supporting Child and Youth Health and Well-Being. I am in great company with Dr. Reid and our cohort of amazing research associates, research assistants, interns, and volunteers.

This past year, half of which I spent experiencing my first sabbatical, I continued to engage in projects in alignment with the CTRC's strategic research focus priorities.

A Few 2025 Highlights

- Grand Opening of the Child and Youth Trauma Research Incubator (ThRIve), for which I am the Lab Director.
- Successful recruitment to deliver 3 prenatal group prevention programs to support expecting parents, interrupting the inter-generational cycle of trauma.
- Continued work with our community on a collaborative project to increase the CTRC's impact, guided by project and sectoral advisory committees.
- A pan-Canadian project to promote healing and recovery for children using culturally safe simulation-based virtual training designed for child welfare staff.
- Contributing to a project on tools for parents to prevent online child sexual exploitation and abuse.
- Mobilizing knowledge to large pan-Canadian audiences on intimate partner violence and child sexual abuse.
- Academic partner for Childhood Adversity and Resilience (CARE) research training platform, and looking forward to taking on an Academic lead role for a SK project in 2026!



Without the support of local, provincial and national funding organizations and corporations we could not engage in the important work we do. I would like to extend my appreciation to the Saskatchewan Health Research Foundation, Social Sciences and Humanities Research Council/Canadian Consortium on Child and Youth Trauma, Canadian Institutes for Health Research, Public Health Agency of Canada, Jim Pattison Children's Hospital Foundation, Saskatchewan Roughrider Foundation, iA Financial, Canadian Foundation for Innovation, our gracious anonymous donor, as well as the Faculty of Social Work and Office of the Vice President of Research for their generous support.

Dr. Lise Milne

Child Trauma Research Centre
Research Chair

Research Associates' Reflections

Adrienne Ratusniak, M.A.



Now that the renovations for the ThRlve Lab and Community Connections Centre have been completed, the space feels even more welcoming and conducive to collaborative research. It brings me such joy to walk in and see the ever-growing team of volunteers, interns, research assistants and associates, and others working together.

My two biggest highlights from the year are that Dr. Milne and I published the first of three articles on the IPV project, sharing the perspectives of victim-survivors through a narrative case study. And that, after many setbacks, we were finally able to begin successful recruitment for the STEP program.

Steffi Oberthier, M.Sc.



Over the last several years of working at the CTRC, I have experienced considerable growth. In 2025, specifically, I was promoted to Research Associate, was named a collaborator on a \$600,000 project that will develop an online mental wellbeing hub for kids and youth in public safety families, and attended the Society for Research in Child Development's Biennial Meeting in Minneapolis.

Apart from this, I am proud to say that I completed my Master of Science in Experimental Psychology. I look forward to continue to grow and learn alongside Nathalie, Lise, and the rest of the CTRC family.

Raelynn Fohr, B.A.



I have had the privilege of learning an immeasurable amount from the CTRC in 2025. In the past year, I have had the opportunity to be a part of the research process through participant recruitment, qualitative analysis, and manuscript development. Under the guidance of Nathalie, I have also had the opportunity to learn project management and supervision skills.

Our Vision

Our vision continues to be to work actively to shape the world in which we hope to live through engaging in leading strength- and resilience-based trauma-integrated research aimed at reducing the long-term social, emotional, political, psychological, emotional, and spiritual repercussions of childhood trauma for children, youth, and those entrusted with their care.

Research

Dissemination

Advocacy

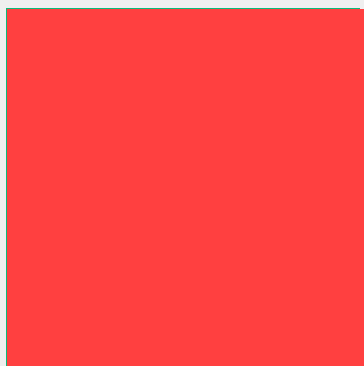
Community

Our Team

In 2025 we saw our team grow.

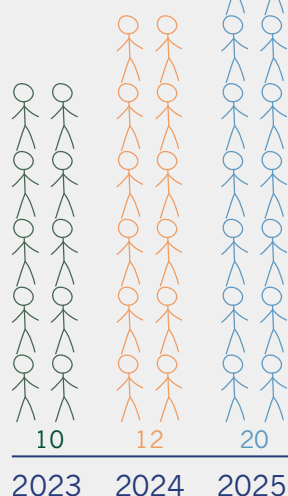
In 2025 we were able to support the work of:

- The Director
- The CTRC Research Chair
- 2 CTRC Post Doctoral Scholars
- 3 Research Associates
- 8 Research Assistants
- 1 Project Coordinator
- 6 Research Interns



Training & Mentoring

CTRC
Research
Assistants,
Interns,
&
Volunteers



**Jaclyn Roach, RA
Masters Candidate,
Faculty of Education**

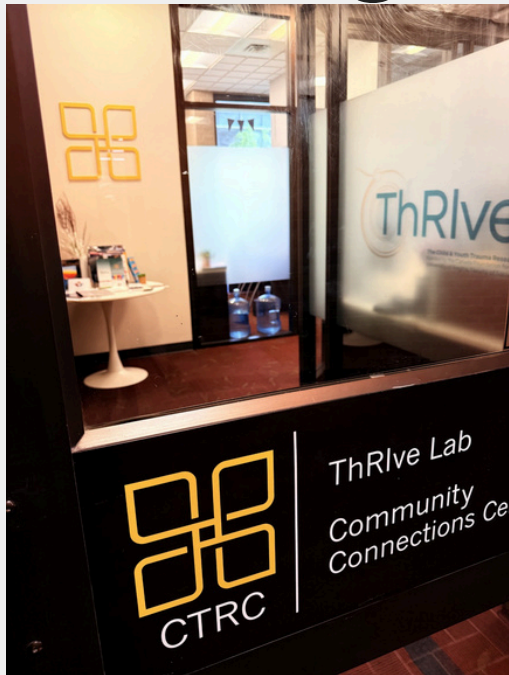
Working at the CTRC has given me the opportunity to bring my own classroom experiences directly into research that will actually impact how we support kids and educators. Within my work, I get to take real human stories and build practical, trauma-informed tools that can make a difference in schools. For me, being part of this team means we aren't just looking at data from a distance, but we're actively working towards solutions to improve educator and student wellbeing.



**Hayley Hodson, RA
Masters Student,
Faculty of Education**

I entered my Master's in Education with the goal of completing a thesis, without exactly knowing what that entailed. I was quickly introduced to the world of research by joining a variety of projects in a variety of capacities through the Child Trauma Research Centre (CTRC). I can proudly say I have completed Research Ethics Board Applications, conducted surveys and interviews, analyzed data through a variety of methods, and am approaching the report writing stage with a project looking at bettering the pathways for youth in care in Saskatchewan. The wonderful people I have had the privilege of working with have mentored me and instilled a sense of confidence that I never would have had, had I not had the opportunity to work at the CTRC.

Year in Review - Exciting Developments



The University of Regina Child Trauma Research Centre (CTRC) recently opened its doors to the new Child and Youth Trauma Research Incubator (ThRive) lab, thanks to support from the Canadian Foundation for Innovation, the Office of the Vice President (Research), and the Faculty of Social Work. The ThRive lab aims to make a difference by furthering the mission of the Canadian Consortium on Child and Youth Trauma to improve the lives of children and youth impacted by trauma. The lab provides workspace, equipment, and a Community Connections Centre meeting space within the CTRC to form one integrated centre. The lab brings together researchers, practitioners, community partners and students across multiple disciplines and walks of life, both physically and virtually. Innovative and interactive research findings will inform local, provincial, and national standards, policies, and practices.

Supported by Director of the CTRC, Dr. Nathalie Reid, ThRive will be led Dr. Lise Milne, Associate Professor in the Faculty of Social Work and CTRC Research Chair. ThRive is part of a network of eight Canadian universities, including Calgary, McMaster, Montréal, Ottawa, Regina, Toronto and Quebec à Trois-Rivières, with the national hub led by Dr. Delphine Collin-Vézina at McGill University. Already engaged in several policy and research initiatives related to child and youth mental health and well-being, ThRive is making its mark as the first pan-Canadian collaboration of its kind for child and youth trauma.

For more information, please visit: <https://www.innovation.ca/projects-results/research-stories/moving-beyond-surviving-thriving>

Year in Review - Projects & Funding

Director

SHRF Establishment Grant: *Shifting the focus: Understanding the downstream impacts of educator wellbeing on students' attendance, engagement, and wellbeing in Saskatchewan*

\$145,064 / Principal Investigator

Medavie Foundation & Mitacs Grants: *Public Safety Personnel Youth and Kids (PSPYK)*

\$810,000 / Principal Investigator

SHRF Align Grant: *Supporting Saskatchewan Youth in Care: Building Better Pathways to Post-Secondary Education*

\$9,871 / Principal Investigator

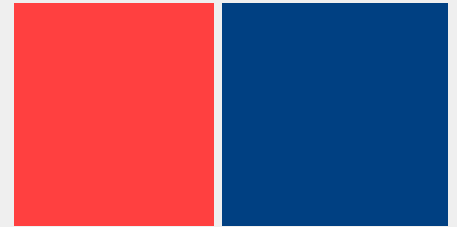
SSHRC Insight Grant: *Understanding the downstream Impacts of Teacher Wellbeing on Student attendance, academic achievement, engagement, and wellbeing*

\$320,046 / Principal Investigator

SHRF Impact Grant: *Key Features of Youth Mental Health-Friendly Neighborhood: A Comparative Case Study*

\$150,000 / Co-Investigator

Year in Review - Publications



Turcotte, N., & Reid, N. (2025). Trauma-integrated practices in schools. Saskatchewan Teachers' Federation Bulletin, 91(4), 28–30.

Cramm, H., Cox, M., Norris, D., Reid, N., Tam-Seto, L., Dekel, R., ... & Mahar, A. (2025). Lifestyle dimensions of public safety personnel families: there's no life like it. Journal of Occupational Rehabilitation, 35(2), 268-277. <https://doi.org/10.1007/s10926-024-10213-y>

Mahani, A., Revelli, M., Reid, N., Ali, S., & Zahid, S. (2025). From Silos to Support: Lived Experiences of Youth and Families in Cross-Sectoral Collaboration Through TRiP (The Regina Intersectoral Partnership). Child & Youth Services, 1–28. <https://doi.org/10.1080/0145935X.2025.2595430>

Liu, S., Reid, N., Milne, L. (2025, April). Translating child trauma research into action: The CTRC's journey to inform interventions and policy. Psynopsis: Canada's Psychology Magazine, 47(2), 10-12. <https://cpa.ca/psynopsis/>

Reid, N., & Tran, T. T. H. (2025). Engaging with/in the Messiness of Curriculum Alongside Educators in a Trauma-Informed Microcertificate. LEARNing Landscapes, (29), 193-208. <https://doi.org/10.36510/learnland.vi29.1150>

Year in Review - Projects & Funding

Chair

Public Health Agency of Canada (PHAC) Grant: *Promoting healing and recovery of children and adolescents exposed to trauma: Culturally safe simulation-based virtual training designed for child welfare staff*

\$1,285,235 / Co-Investigator

CIHR Project Grant Priority Announcement: Population and Public Health: *Co-creating innovative digital knowledge translation tools for parents to prevent online child sexual exploitation and abuse*

\$100,000 / Co-Investigator

iA Financial Donation: *Supporting Expectant Parents to Prevent the Intergenerational Cycle of Trauma*

\$10,000 / Principle Investigator

SSHRC Insight Grant: *Understanding the downstream Impacts of teacher wellbeing on student attendance, academic achievement, engagement, and wellbeing*

\$320,046 / Co-Investigator (PI Dr. Nathalie Reid)

SHRF Establishment Grant: *Shifting the focus: Understanding the downstream impacts of educator wellbeing on students' attendance, engagement, and wellbeing in Saskatchewan*

\$145,064 / Co-Investigator (PI Dr. Nathalie Reid)

SHRF Align Grant: *Supporting Saskatchewan Youth in Care: Building Better Pathways to Post-Secondary Education*

\$10,000 / Co-Investigator (PI Dr. Nathalie Reid)

And we wait...Co-Applicant for:

PHAC Special Call: Preventing and Addressing Child Maltreatment / \$3M

PHAC Preventing Family Violence Program Open Call / \$1.5M

SSHRC Insight Grant / \$419,108

SHRF Establishment Grant / \$146,535

Alberta Innovates: LevMax-Health Tri-Agency / \$750,000

CIHR Planning & Dissemination Grant / \$25,000

Year in Review - Publications

Chair

Ratushniak, A., Milne, L., Nixon, K., & Rosas-Jiménez, C. (2025). Sarah's story: A Canadian narrative case study and systems map of the complex barriers intimate partner violence victim-survivors and their children must navigate. *Child Protection and Practice*, 8, 100259. <https://doi.org/10.1016/j.chipro.2025.100259>

Milne, L., Stoddard, L., & Ratushniak, A., Berthelot, N., & Mannion, L. (2025 - revise & resubmit). Exploring the optimal conditions for implementing a Canadian trauma-focused prenatal group program: Interrupting the intergenerational cycle of trauma. *Societies Special Issue: Building the Evidence Base for Innovative and Contextually Sensitive Programs to Prevent and Treat Child Abuse and Neglect and Reduce Child Welfare Involvement*.

Liu, S., Reid, N. & Milne, L. (April 2025). Translating Child Trauma Research into Action: The Child Trauma Research Centre's Journey to Inform Interventions and Policy. Canadian Psychological Association. *Psynopsis: Canada's Psychology Magazine*, 2, 10-11. <https://cpa.ca/psynopsis/>

Punjani, N., Hussain, A., Martin, J., Milne, L., Salami, B., Hartling, L., & Scott, J. (Preprint April 2026). Beyond "Stranger Danger": Canadian parents' perspectives on family-centered prevention of online child sexual exploitation. *Research Square*. DOI: 10.21203/rs.3.rs-9568683/v1

Year in Review - Reach

Websites

- www.childtraumaresearch.ca
 - feedback from Advisory Committees
 - migration to CTRC-hosted site
 - making suggested changes
 - soft launch for more feedback
- www.pspnetfamilies.ca
 - ongoing promotion
 - migration and link cleaning to be more aligned with pspnet.ca
- www.pspyk.ca
 - created site for resources for public safety youth & kids
 - mainly used for project recruitment at this point

Social Media

Our social media platforms have seen a dramatic increase over the past 4 years. In 2022, we had 345 followers, while today we boast 3214. We attribute this increase to our posts relating to our research, to major funding announcements, and to our children's literature for important days knowledge mobilization campaign.



2025 Posts: 40
Followers: 265



2025 Posts: 3
Followers: 2292



2025 Posts: 35
Followers: 657

Year in Review - Reach

Community Connections Highlights

This year, we deepened our ongoing relationships with the seven organizations highlighted below.

Saskatchewan Roughrider Foundation



This year, the Foundation expanded our relationship, asking us to evaluate both their Rider Reading and their Win with Wellness programs.

Canadian Mental Health Association, Regina Branch



Canadian Mental Health Association
Regina Branch
Mental health for all

This year, we grew our outreach initiatives, our offerings, and our attendance. We partnered with Street Culture's Safe Cafe to support youth in Regina.



Sun West School Division



SUN WEST
SCHOOL DIVISION

This year, we partnered with Sun West School Division in order to offer a tailored version of the Trauma-Informed Pedagogies and Practices Microcertificate to senior administration and to colony teachers.

Good Spirit School Division



This year, we partnered with Good Spirit School Division's trauma-informed practices group in order to develop and deliver a year's worth of Trauma-Integrated Practices (TIPs) sheets for teachers and educators.

Praxis & PATHS



This year, we worked on developing the knowledge base of a psychoeducational resource about ACEs in Saskatchewan. These will become a training module.



SK Teachers' Federation, Professional Learning



This year, we continued to work with STFPL to refine and develop the badges of our microcertificate. This ongoing partnership is aimed at supporting practicing teachers across Saskatchewan.

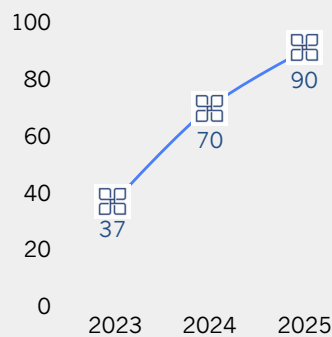
Year in Review - Reach

Presentation & Media Highlights

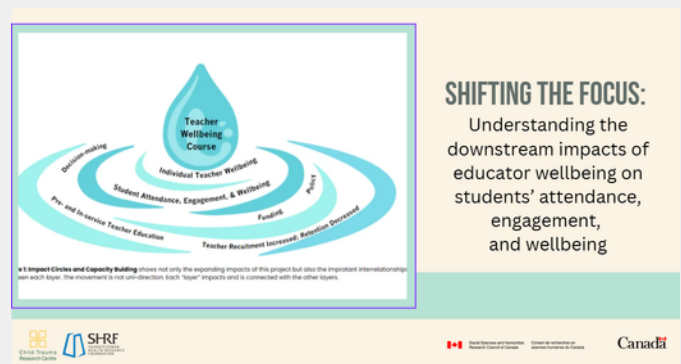
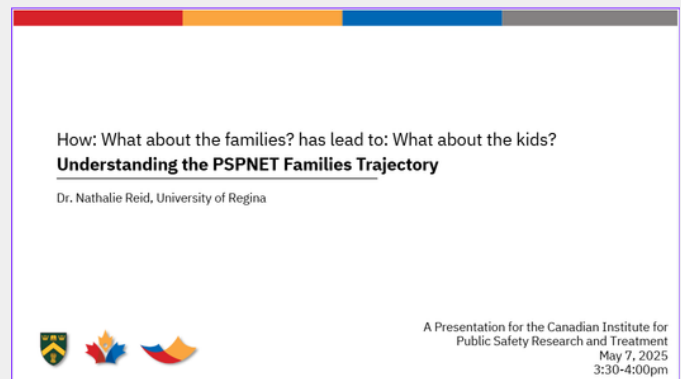
While combined, the CTRC personnel boasted 20 presentations this year, here we highlight the most significant.

Presentations

*Total Presentations



Director



Year in Review - Reach

Presentation & Media Highlights

Chair

If These Walls Could Talk: The Hidden Toll of Intimate Partner Violence on Children.

Invited presenter – Saskatchewan Prevention Institute (Pan-Canadian audience)

Visible and Invisible Wounds: Confronting Child Sexual Abuse as a Public Health Crisis.

Invited opening presenter – Calgary Communities Against Child Sexual Abuse Knowledge Exchange (Calgary, Alberta)

Integrating Sex and Gender in Health Research.

Invited presenter – Childhood Adversity and Resilience Webinar (Pan-Canadian audience)

‘Not what you think they are’: Inside a teen facility facing years of red flags, mistreatment claims.

Global News media in-person interview with Krista Hessey (Winnipeg)
<https://globalnews.ca/news/11318922/venture-academy-emotional-harm-mistreatment/>

Year in Review - Reach

National Networks

Between the Director and the Chair, we are participants (in various capacities) in the following national research networks

Canadian Consortium on Child and Youth Trauma



Both the Director and the Chair, are research partners in the CCYT and this year we participated in the development and filming of psychoeducational materials aimed at supporting practitioners to understand childhood trauma.

Garnet Families Network



Garnet Families is a network of those who study, serve, and support public safety families. This network brings together people with experience, researchers, organizations, governments, programs, etc., to best serve this population.

Families Matter Research Group



This is a group of researchers committed to military, veteran, and public safety families research. This group of researchers is dedicated to both families and child and youth research.

Childhood Adversity and Resilience Research Training Platform



This research training platform brings together trainees and researchers in a mentoring and educational relationship, through cohorts.

AVA Research Network



This research training program brings together practitioners, people with lived experience, and researchers to create training experiences to end gender-based violence.

Research Spotlight - PSPYK



This year we were privileged to get funding to pursue PSP youth and kids - with the goal of creating a hub of upstream mental health support for public safety children and youth. PSP mental health and wellbeing, PSP families' mental health and wellbeing, and the mental health and wellbeing of PSP children and youth are inextricably connected. When the wellbeing of PSP is compromised, children and youth are also at risk. Conversely, the wellbeing of PSP children and youth can also impact PSP wellbeing affecting both home and work. Because of this mutually reinforcing relationship, it is crucial to provide resources that specifically address the wellbeing of both PSP children and youth.

Through the funding of the Medavie Foundation, we have completed a scoping review on the mental health and wellbeing of PSP kids and youth, and have begun recruiting PSP kids and youth to assess what topics are important and useful to them!

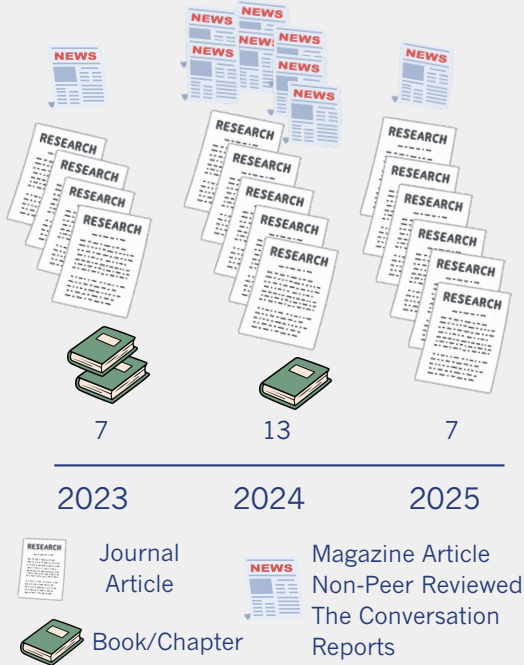
www.pspyk.ca

Research Outputs: Over the years

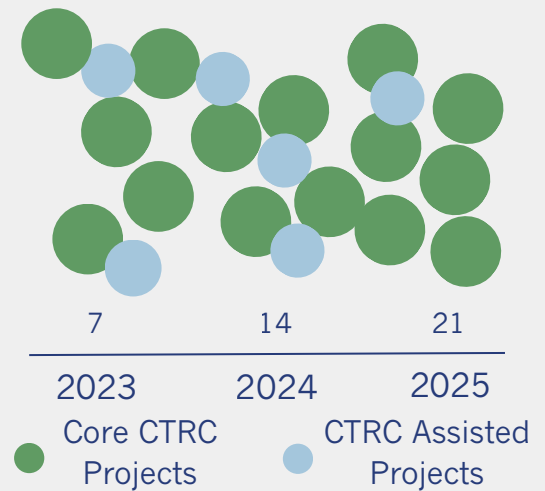
Click the graphs for more information!

Publications

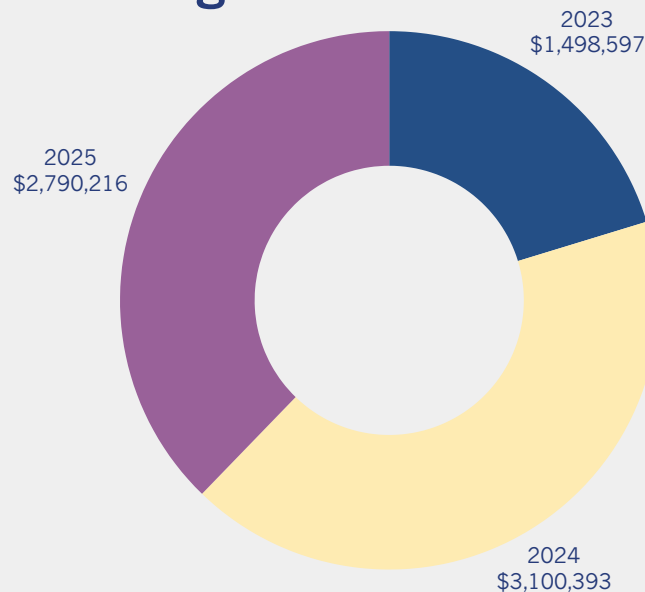
*Year Published



Total CTRC Projects



Total Funding



Research Outputs

Sample Knowledge Mobilization Products

TiPs for...

USING GENDER-INCLUSIVE LANGUAGE In Pregnancy Care

Trauma-Integrated Practices Sheet
August 14, 2024

Accurate and inclusive language is important for creating a health care system that is accessible and inviting. People who have a uterus may not identify as women, but can, and do, carry pregnancies. Similarly, a family dynamic may include LGBTQ+ relationships, non-biological caregivers, more than two primary caregivers, and many other unique and important family dynamics.

Understanding the Language

Cis-normativity: The assumption that everyone is "naturally" heterosexual, and the privilege that comes with heterosexuality.

Gender identity: One's understanding of themselves in terms of masculinity and femininity or combinations of both. A person's gender identity may determine their pronouns, appearance, and perceptions of self. One's gender identity may be the same or different to their sex.

Inclusive Pregnancy Books:

- Why Did No One Tell Me This?: The Doula's (Honest) Guide for Expectant Parents by Natalia Holmes and Ash Sprink
- Baby Making for Everybody: Family Building and Fertility for LGBTQ+ and Solo Parents by Maree Goodman and Ray Rishlin
- Transformed by Birth by Britta Bushnell Ph.D.

Why is Language Important?

Language has the potential to sustain stigma and negative stereotypes in society. Non-inclusive language also influences a person's sense of self-worth by making them feel excluded, negatively impacting overall mental health and wellbeing. Moreover, research has shown that non-heteronormative people may experience microaggressions, invalidation, and discrimination, thus making them more likely to experience psychological distress.

Instead Of:

- Mothering
- Mother or Father
- Wife or Husband
- Breastfeeding
- Pregnant Woman

Try:

- Parenting or Child Care
- Parent, Grown-Up, Responsible Adult
- Partner or Significant Other
- Chest-feeding, Nursing, or Feeding
- Expecting/Expectant Parent or Pregnant People

REMEMBER!

Gender inclusive language in pregnancy care does not discredit cis-gendered women who become pregnant, but instead functions as an umbrella of language for all people currently pregnant, regardless of gender identity or sex assigned at birth. Moreover, these terms don't necessarily need to be used within your own family, but offer inclusivity when addressing other families where you may not know about the family dynamic.

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STEEP in parenthood

The Connections Hub

CHILDREN'S MENTAL HEALTH SERVICES

WHAT IS IT?

Children's Mental Health Services is a public service provided by the Saskatchewan Health Authority. The services aim to improve child and youth mental health through intervention with young people and their families. Services are available for children and youth:

- With severe mental health disorders
- With mild mental health or behavioural challenges
- At risk of developing mental health and behavioural challenges

WHAT SERVICES DO THEY PROVIDE?

- Assessment
- Treatment
 - For the child
 - For the family
- Education
- Case consultation
- Intake

WHO WORKS THERE?

Child and youth mental health services is a multi-disciplinary team which includes:

- Social Workers
- Occupational Therapists
- Psychologists
- Speech Language Pathologists

IMPORTANCE OF CHILD SPECIFIC MENTAL HEALTH PRACTITIONERS

Working with children in mental health settings requires a different skill set and approach than working with adults. Because of this, it is important that when looking for mental health support for children and youth, the practitioner chosen is trained to work specifically with children and youth. Unlike adult mental health services, children and youth services may often include family and school staff to holistically help the young person.

GET CONNECTED

For child and youth mental health and addictions services in Saskatchewan scan the QR code.



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SHRF
SASKATCHEWAN HEALTH RESEARCH FOUNDATION

TiPs for...

MANAGING YOUR HEALTH (PHYSICAL, MENTAL, & EMOTIONAL) During Exam Season

Trauma-Integrated Practices Sheet
April 7, 2025

Remember to:

- ✓ **Eat & Hydrate**
TIP: Meal Prep
Pre-plan meals for each week leading up to your exams. This way, not only do you not have to worry about squeezing in the time and motivation to cook, but you can also ensure that you are having healthy, nutritious dishes each day. Make sure to incorporate foods that are rich in protein, nutrients, and carbs so that you have the energy to push through! Fast food for rewards!
- ✓ **Take Breaks**
TIP: Set Alarms
Work for set periods of time will help you to take care of yourself. To keep track, set an alarm to work for 30/60 minutes (whatever is optimal for you), and when your alarm rings, get up & get your body moving for 5mins. When time is up, set a new work-time alarm and get back to work. The auditory element of this helps keep us consistent and holds us accountable!
- ✓ **Sleep**
TIP: Distributed Learning
Instead of pulling all-nighters and cramming before an exam, try the distributed learning method. This involves evenly spacing out your studying over time. For example, try to set aside at least 1 to 2 hours each day after class or at the end of each week to revise material. The material is more likely to be stored in your long-term memory, making it easier to recall during an exam.
- ✓ **Exercise**
TIP: Walk It Out
Exercising during exams does not have to look like going to the gym and lifting weights for an hour. Doing what you can without adding more stress to your schedule is incredibly important. Even just getting outside for a 10 minute walk can reset your mind and keep your body healthy during stressful times. So too can reading/studying on a stationary bike!

During stressful times, it is important for you to confide in peers and loved ones if you feel yourself struggling. Trudging on by yourself will only make you feel isolated and overwhelmed. Talking to someone can ground you, remind you that you don't have to tackle alone, and validate your feelings.

Reach Out!

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The Connections Hub

It's the great pumpkin! (event!)

**October 28th
6-8pm**

The Safe Cafe,
2375 College Ave

Join us for an evening of pumpkin carving, fun, and socializing.

Sign up here



For ages 14-23



The Great Pumpkin Event

Child Trauma Research Centre
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TOXIC STRESS (PART 2): BUILDING RESILIENCE TO COUNTER THE IMPACTS ON INFANTS AND CHILDREN

The Bottom Line

Stress that is prolonged and/or intense, also known as toxic stress, can have life-altering adverse effects if not addressed early. Building resilience in children through positive relationships and safe environments can help prevent stress from becoming toxic, and through this prevent its adverse effects.

*This is Part 2 of a series on Toxic Stress in Developing Children

What is Resilience?

Resilience is the ability to manage stress in a way that is positive and maintains well-being. One's personal resilience can be affected by biology, personality, experience, development, and environment.

Exposure to stress in positive situations is an important part of resilience for infants, children, and adults as coping skills to combat stress are not innate and must be practiced. The managing of stress, called stress inoculation, occurs when someone is able to manage a stressful situation, such as the loss of a family member or a natural disaster in a positive way. The strategies used can create resilience in the future for repeated or extremely stressful situations.

Why is Resilience So Important?

Resilience in early childhood can have life-long positive effects on those who experienced toxic stress. People who have higher resilience may do better in academic settings and social situations. Resilience has also been linked to increased empathy and autonomy.

Increased resilience can also lead to better long-term mental health outcomes, especially for those who have experienced adversity in childhood.

Finally, resilience can help people return to baseline more effectively after a negative event, and through this can help decrease negative outcomes related to toxic stress, and the trauma that may occur if this stress is not managed.



Don't be afraid of using your voice. Sit with your elders and share your struggles when appropriate. Stand up and talk about what's right and wrong with the kids.



Indigenous Perspectives From the Fields

June 23, 2025

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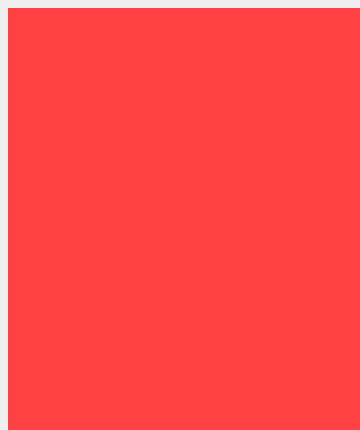
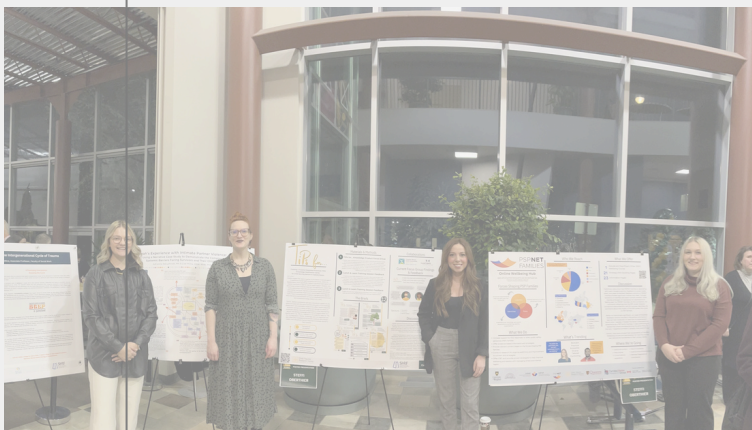
Strategic Compliance

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

The CTRC is becoming a known name in child trauma research and knowledge mobilization in Saskatchewan, and in public safety personnel families research nationally and internationally in as many ways as possible. Ongoing goals include: to leverage research partnerships, conference opportunities, and publications, in order to become more well known in child trauma research circles.

Highlights:

PROJECTS	DETAILS	OUTCOME
Reinvigorate Social Media Re-create website	• New Resources/ TIPs • Impact Grant input for website and knowledge products	• All platforms: follower numbers increased • Total followers: 3214
Increase Provincial Presence	• Ministry of Justice SK ACEs project • SK RoughRider Foundation • Microcertificate offered across SK	• More SK recognition • Being called onto projects
Increase National Presence	• Continued: CCYT, AVA, CARE RTP • Mentorship committee co-chair; Garnet Families • Joined Warrior Health, & CARE RTP	• Bringing the CTRC's name to national networks of researchers and practitioners



Strategic Compliance

Goal 2: Increase community connectivity and partnerships

We are very pleased with our new work with:

- Saskatchewan Roughrider Foundation
- Canadian Mental Health Association , Regina Branch
- Greater Saskatoon Catholic Schools
- Good Sprit & Sun West School Divs
- SHRF Impact Grant Advisory Committees

Working with, in, and for community is central to the CTRC's work. We are very excited to be engaging not only our SHRF Impact Grant research which supports us to inquire into our impact, but also the development of the ThRive Child and Youth Trauma Incubator and the Community Connections Centre.

Highlights:

PROJECTS	DETAILS	OUTCOME
Increased relationship with SRF	• Win with Wellness program • Rider Reading program	• ongoing relationship
Powered by Youth	• CMHA, Regina Branch partnership • Hosting monthly speakers/workshops for youth	• ongoing relationship • youth accessing relevant topics
Impact Grant	• working alongside 15 provincial stakeholders from 5 sectors to bolster the CTRC's impact	• better understanding of the good and the gaps



Strategic Compliance

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

This year, we have engaged:

- An Indigenous research assistant and advisory group member to support our work
- an Indigenous Elder and a Knowledge Keeper for the Microcertificate
- We have been working with rural and colony school staff to support their commitment to trauma-informed teaching
- We offer many of research opportunities and trainings via virtual means so as to increase the reach of our work.
- We worked with the Ministry of Social Services to connect with their Youth Advisory Teams in many communities.

Highlights:

PROJECTS	DETAILS	OUTCOME
Increased Indigenous guidance	• Consultant • Knowledge Keepers • Research Assistants	• more Indigenous wisdom in our work
Ministry of Social Services – Educational Pathways of Youth in Care	• Working across the province and with Indigenous community consultants	• still working on this project
Impact Grant	• reach of people across the province • ensuring heightened representation where possible	• drawing on the expertise of the advisors on the Impact Grant to better understand

Strategic Compliance

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

This year we continued our commitments to:

- relevant, responsive, and supportive knowledge mobilization initiatives
- The TIPs for... knowledge mobilization program
- reconfiguring our website
- working on the Impact Grant

How do we know that what we are doing is working? How can we understand impact? We have worked really diligently to find ways to better reflect impact that are meaningful and as such, we have engaged with the Re-Aim and PRISM frameworks and will be inquiring into our work through these frameworks with the Impact Grant

Highlights:

PROJECTS	DETAILS	OUTCOME
Impact Grant	The Advisories Committees will engage: • Website • TIPs Sheets • Training modules	• A better understanding of the impact of our KMb initiatives • Guidance for future directions
TIPs	• every project through the CTRC is required to produce, at minimum, 1 TIPs for... sheet • New partnership with Good Spirit School Division for a collection of TIPs sheets	• more KMb breaking down barriers • more research impact • practical application
Perspectives from the Fields	• reinvigorated this program • Included a sub-section of Indigenous Perspectives	• the ability to share and learn from stories that are contemporary and strength-based

Strategic Compliance

Goal 5: Ensure the sustainability of the Centre and enable continuous growth

This year we have:

- been involved in **\$2,740,216** in research funding at the provincial, and federal levels
- have received **\$92,931** in anonymous funding to support operational costs
- the Canadian Foundation for Innovation ThRive Child and Youth Research Incubator Lab and the Community Connections Centre opened this year

The CTRC is continuously trying to ensure its long-term sustainability in ways that support

- a) its ongoing growth and promotion
- b) its research
- c) its operational costs

Ultimately, the goal is to be able to provide sustainability and consistent employment and training opportunities for those who work with the CTRC

Highlights:

PROJECTS	DETAILS	OUTCOME
5 New Research Projects	• Funding for student and trainee positions	• ability to hire/maintain research assistants
CFI Funding	• supports the ongoing connection between the CTRC and community	• increasing research and real-world impact • having community guide CTRC's research

S

Strengths

- Community connection
- University support
- Infrastructure
- Cross-faculty/ multi-disciplinary
- Research Staff
- - Chair, PD, RAs, Interns, Volun
- 6 research foci with training
- National Presence
- Grant success
- Knowledge mobilization
- Reputation
- Ability to have an immediate
- Impact on the next generation
- Focus on children/youth AND those entrusted with their care

W

Weaknesses

- Funding for permanent staff
- Lack of a manager
- Lack of Indigenous research presence
- Need for UR researchers to work through the CTRC (ie. Director is not a PI or CO-PI but can support the grant writing, and can be a collaborator)

O

Opportunities

- Timely and needed (ie. rise in awareness on a global stage)
- Current conditions require prevention and intervention research
- Multi-sectoral engagement
- Enough reputational clout to solidify an identity
- Responding pro- and reactively to incidents like fires, the pandemic, and the subsequent "shadow pandemic"

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Threats

- Measurable results (ie difficult to measure impact)
- Losing Chair
- Standardizing cross-industry measures
- Too many foci which dilutes our identity
- Another entity "getting there first"
- Government funding models/ silos
- Having to take on too many projects to cobble together salaries

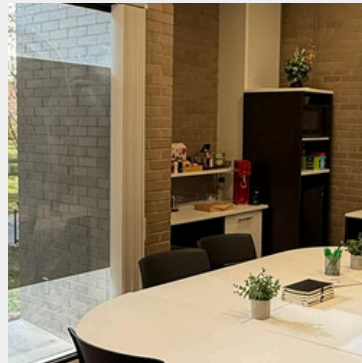
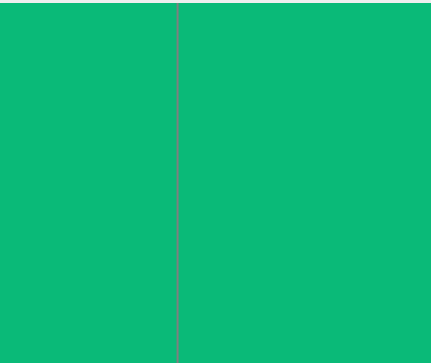
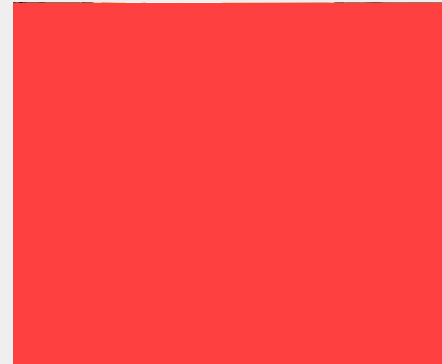
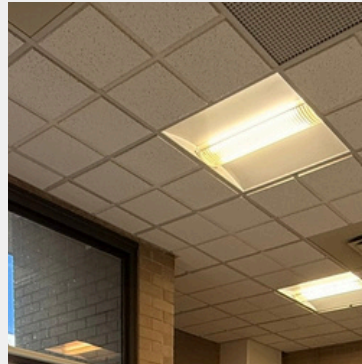
CTRC 2025 Financials



Child Trauma Research Centre

Statement of Expenditures

	January 2025- December 2025	January 2024- December 2024	January 2023- December 2023
Funds Available			
Balance, beginning of period	\$ 626,053.57	\$ 847,576.34	\$ 876,146.96
Money Received	\$ 291,624.50	\$ 134,609.00	\$ 244,500.00
Cost Recoveries	\$ 1,250.00	\$ -	\$ 1,500.00
TOTAL FUNDS AVAILABLE	\$ 918,928.07	\$ 982,185.34	\$ 1,122,146.96
Expenditures:			
Salaries and Benefits	\$ 279,792.92	\$ 306,063.78	\$ 331,799.98
Materials and Supplies	\$ 25,488.04	\$ 33,398.76	\$ 14,304.07
Equipment	\$ 803.70	\$ 273.68	\$ 3,351.40
Software	\$ -	\$ 6,255.41	\$ -
Travel	\$ -	\$ 10,140.14	\$ 3,769.17
TOTAL EXPENDITURES	306,084.66	356,131.77	353,224.62
BALANCE	612,843.41	626,053.57	\$ 768,922.34



Thank You!

Please connect with us at:



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[@childtraumaresearch](https://www.instagram.com/childtraumaresearch)



www.childtraumaresearch.ca



www.pspnetfamilies.ca



www.pspky.ca