

2024

Impact Report



Child Trauma
Research Centre
UNIVERSITY OF REGINA



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ACKNOWLEDGING THE LAND:

and our Treaty Responsibilities



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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.

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About Us

The **Child Trauma Research Centre** at the University of Regina actively works to shape the world in which we hope to live. We support children, youth, families, practitioners, and communities to bridge the gaps between research and real-world impact. Through research and a deep commitment to strength-based knowledge sharing, the CTRC works to reduce the long-term health, social, emotional, physical, and economic effects of childhood trauma.



Child Trauma Research Centre
UNIVERSITY OF REGINA

Who We Are
The Child Trauma Research Centre works to actively shape the world in which we wish to live. We support children, youth, families, practitioners, and communities to bridge the gaps between research and real-world impact. Through research and knowledge sharing, the CTRC aims to reduce the negative long-term health, social, emotional, and economic effects of childhood trauma.

What We Do

- Research**
ethical, multi-disciplinary, and trauma-informed research and
- Dissemination**
We provide focused, responsive, relevant, and consumable research.
We prioritize accessibility through clear language to engage different audiences.
We maximize reach and impact to develop meaningful and collaborative relationships with communities.





Our Vision

The CTRC will be an innovative nexus for leading-edge child trauma research and for its dissemination with, in and for community.

The CTRC will be part of local, provincial, national, and international conversations around child trauma.

The CTRC will shape and sustain relationships with governments, researchers, Indigenous Knowledge Keepers, organizations, and service providers to practice *pimosayta* and *pimatisiwin*.

2024

Our Mission

1

Research

We **conduct** ethical, multi-disciplinary, and relational research

We **emphasize** strength-based, trauma-integrated research aimed at understanding and addressing trauma

We **promote** positive change to end cycles of trauma

2

Dissemination

We **provide** focused, responsive, relevant, and consumable research

We **prioritize** accessibility through clear language to engage different audiences

We **maximize** reach and impact to develop meaningful and collaborative relationships

3

Advocacy

We **advocate** for program and policy enhancement

We **work** alongside those in vulnerable contexts to promote understandings of childhood trauma

We **translate** research and community programs to bridge the gap between research and practice

4

Community

We **build** strong connections and partnerships in the communities we serve

We **optimize** community engagement by involving community members and stakeholders in our research

We **leverage** collective resources to ensure best practices in shaping the direction of our research



Our Team

2024 saw our team grow. Through anonymous funding and successful grant application we were able to support:

- The Director
- The CTRC Research Chair
- The CTRC Post Doctoral Scholar
- 1 Research Associate
- 2 Research Assistants
- 1 Program Coordinator
- 1 Graduate Research Assistant

In September 2024, the CTRC's Director was hired as an Assistant Professor, Trauma-informed Teaching, in the Faculty of Education at the University of Regina.



Nathalie Reid
Director

Lise Milne
Research Chair

Hang Thi Thuy Tran
Post-Doctoral Scholar

Adrienne Ratushniak
Research Associate

Steffi Oberthier
Graduate Research Assistant

Raelynn Fohr
Research Assistant

Sam Houston
Project Coordinator

Interns & Volunteers:

Shuangbo Liu; Emili Banovic; Dannielle Hillsdon; Jenni Martin

Previous CTRC Team Members:

Linzi Stoddart; Alishba Khan; Bailey Hammer; Grace Hawkins; Rashique Ramiz; Chantelle Priel; Susana Prado; Ana Dollimount

CTRC Affiliates:

- Dr. Heather Hadjistavropoulos
- Dr. Heidi Cramm
- Dr. Charity Marsh
- Dr. Jerome Cranston
- Dr. Audrey Aamodt
- Dr. Akram Mahani
- Shannon Patton (CMHA)
- Pam Reimer (Homebase)



Reflections on 2024

Taking moments to reflect on 2024 is a wonderful way to spend some time. The work being done by each member of our team is leading to creative, collaborative, community-oriented, multi-disciplinary and cross-sectoral research. We also worked really diligently to ensure that we were creating accessible and responsible knowledge products.

2024 Highlights

- Securing significant research funding
- Partnering with the Canadian Mental Health Association-Regina's Branch to offer a youth engagement speaker series entitled: Powered by Youth
- Expanding our work with the Saskatchewan Roughrider Foundation
- Beginning renovations for the ThRive Lab - The Child and Youth Trauma Research Incubator and the Community Connections Centre
- Working alongside community organizations, government, practitioners, and people with lived experience to increase the impact of our work (e.g. new relationships with Home Base (IYS))
- Being a finalist for the YWCA's Women of Distinction awards for the work at the CTRC

I want to take a moment to offer my sincere appreciation for all those who support our work. Working with, in, and for community is our driving force, and the communities in which we find ourselves have been exceptionally supportive. Thank you!

Nathalie Reid

Dr. Nathalie Reid

Director, CTRC

Assistant Professor, Trauma-Informed Teaching





Research Chair's 2024 Reflections

It has been a true privilege continuing in my role as the CTRC Research Chair in Approaches Supporting Child and Youth Health and Well-Being. Alongside Dr. Reid and the Centre's hard-working team, I have engaged in projects that align with the CTRC's strategic research focus priorities.

2024 Highlights

- A collaborative, multi-/cross-disciplinary project to increase the CTRC's impact, guided by a project advisory committee and four child and youth-related sector advisory committees
- A trauma-focused prenatal prevention group program aimed at interrupting the inter-generational cycle of trauma
- Knowledge mobilization of research findings that highlight policies and practices to support responses to situations of intimate partner violence
- Projects with Canadian child welfare organizations to support trauma-informed care of children and youth.

We are also well on our way to creating a physical and digital space within the CTRC - The Child and Youth Trauma Research Incubator (ThRive) and Community Connections Centre. This Canadian Foundation for Innovation project is part of a pan-Canadian network led by McGill University, aimed at creating environments conducive for collaborative, community-based research to be nurtured and amplified at the institutional level.

Dr. Lise Milne

Research Chair, CTRC

Associate Professor, Faculty of Social Work



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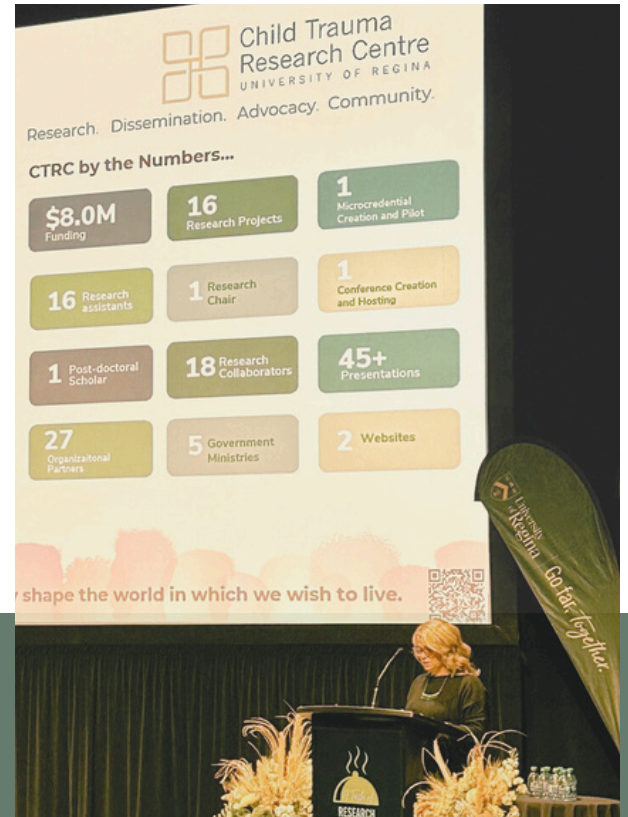
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Within the greater community I continue to serve on the Board of the Saskatoon Sexual Assault and Information Centre. At a national level, I have been working on innovative projects with the Canadian Consortium on Child and Youth Trauma, Childhood Adversity and Resilience Research Training Platform, and the Alliance Against Violence and Adversity.

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.

Dr. Lise Milne

Research Chair, CTRC
Associate Professor, Faculty of Social Work



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Why we do what we do

It is critical to understand the current context for children and youth in SK regarding their mental health.

- Over 1 million Canadian children and 7.5 million youth suffer from mental health issues (Mental Health Commission of Canada, 2017)
- 55% of Canadian children and youth saying they are happy, 27.4% saying they have felt sad or hopeless for a long period in the past year, and only 42.9% of children ages 11-15 reporting they felt high levels of support from their teachers (United Nations International Children's Emergency Fund, 2019).
- In the Portrait of Youth in Canada: Data Report, youth (ages 15-30) report the lowest rates of excellent or very good mental health compared to older age groups, with 66% of males, and 54% of females reporting excellent or very good mental health (Garriguet, 2021).
- Youth also reported the highest rate of lifetime suicidal thoughts. Since 2003 the reported rates of youth mental health have reflected a downward trend (Garriguet, 2021).
- During the pandemic, the use of the national Kids Help Phone services increased by 400% (Children First Canada, 2022).
- The Canadian Institute for Health Information found that at the beginning of the pandemic, 1 in 4 hospitalizations for youth aged 5-24 were for mental health issues (Canadian Institute for Health Information, 2022).
- The Raising Canada report identified that more than 75% of mental health issues begin before the age of 25 and cited that child and youth mental health deteriorated by "67-70% in at least one domain, while, surprisingly, there was [also] an increase in mental well-being for 19-31% of participants" (Children First Canada, 2022, pg. 26).
- Suicide is the second leading cause of death for youth ages 15-24, and the leading cause of death for First Nations, Métis and Inuit communities (Children First Canada, 2022).
- According to the Saskatchewan Alliance for Youth and Community Wellbeing (2019) survey, 38.6% of students in grades 7-12 reported experiencing depressive symptoms, and 21.6% reported self-harm, 31.8% of whom did not know where to get help.
- The strength-based resilience research supportive of mental health and wellbeing that we do aims to address the above issues in meaningful and proactive ways.



Our Year in Review

New Projects

2025- Medavie Foundation (submitted). Reid Principal Investigator, supporting public safety children & youth. \$600,000

2024- Ministry of Justice, SK. Reid Co-Investigator/Research Partner with Praxis Consulting. \$258,777

2024- SSHRC Partnership Grant- Garnet Families: Strengthening the families' research ecosystem for defence and public safety sectors. \$2.5M. Reid Co-Applicant and Co-chair of the Mentorship, Education, and Training Working Group

2024- SSHRC Knowledge Synthesis Grant. Reid Collaborator for Examining the Application of Gladue Factors in Child Maltreatment Cases and Implications for Culturally Diverse Narratives within the Legal System - A Scoping Review. \$30,000

2024- iA Financial Group. Milne PI: Supporting expecting parents. \$10,000

2024- SHRF Solutions-Impact Grant. Reid/ Milne Co-PI: Bolstering the CTCRC's Impact, Collaborative approaches to translating trauma-integrated child/ youth research in SK. \$149,300

2024 - Youth Engagement Speaker Series: Empowered by Youth. Partnership with Canadian Mental Health Association, Regina Branch

2024 - Childhood Adversity and Resilience Research Training Platform

Ongoing Projects

Research Chair - Supporting the Transition to and Engagement in Parenthood, ThRlve Community Lab, Canadian Consortium on Child and Youth Trauma, Alliance Against Violence and Adversity, CPS Responses to Intimate Partner Violence, Supporting Group Care Workers to Provide Trauma-Informed Care

Saskatchewan Roughrider Foundation - Win with Wellness
TIPS for... knowledge mobilization series

Psychology Canada - Strong Minds, Strong Kids
PSPNET Families

Post Doctoral Research - Understanding the Mental Health Impacts of Culturally Relevant Foods



Our Year in Review

Publications

Milne, L., Ratuszniak, A., & Nguyen, H. (2024). How adverse childhood experiences impact the professional quality of life of residential care workers: Resilience as a mediator for burnout, secondary traumatic stress, and compassion satisfaction. *Frontiers in Child and Adolescent Psychiatry*, 3, 1-13.

<https://doi.org/10.3389/frcha.2024.1423451>

Milne, L., Stoddard, L., & Ratuszniak, A. (revisions). Exploring the optimal conditions for implementing a Canadian trauma-focused prenatal group program: Interrupting the intergenerational cycle of trauma. *Societies (Special Issue)*.

Ratuszniak, A., Milne, L., Nixon, K., & Carlos Rosas-Jiménez (submitted). 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*.

Reid, N., & Tran, H. (submitted). Engaging with/in the Messiness of Curriculum Alongside Educators in a Trauma-Informed Microcertificate. *LEARNING Landscapes*.

Cramm, H., Cox, M., Norris, D., Reid, N., Tam-Seto, L. ... (2024). Lifestyle Dimensions of Public Safety Families: There's No Life Like It. *Families in Society*. <https://doi.org/10.1007/s10926-024-10213-y>

Reid, N. & Oberthier, S. (2024). TIPS for... Knowledge Mobilization Series. Child Trauma Research Centre. <https://www.childtraumaresearch.ca/en/resources/tips-for-series/>

Reid, N., Oberthier, S., Cramm, H., Beahm, J., Reiser, S... . (2024). PSPNET Families Wellbeing Hub: An Online Ecosystem of Upstream Supports. *Journal of Military, Veteran, and Family Health*



Our Year in Review

Publications

Tran, T. T. H., Bui, T. A., Kenton, D. J., Rajasekharan, S., Lu, O., & Khan, S. (2024). Making Kin with Multispecies' Flourishing in the Anthropocene: A Multiperspectival Narrative Into Environmental and Sustainability Education. *Alberta Journal of Educational Research*, 70(2), 224-248.

Tran, T. T. H. (2024). Teaching environment and sustainability: Experiences of a Vietnamese educator living in Canada. *Journal of Environment and Sustainability Education*, 2(2), 61-72.

Tran, T. T. H. (2024). Online learning during the COVID-19 pandemic: A multiperspectival narrative of Vietnamese university students. *Journal for Educators, Teachers and Trainers*, 15(1). <https://doi.org/10.47750/jett.2024.15.01.001>

Tran, T. T. H. (2024, submitted). Culturally Relevant Food Offerings and Mental Health of Refugees and Immigrants: A Narrative Inquiry. Palgrave Macmillan.



Our Year in Review

Presentation Highlights

PSPNET
PSPNET FAMILIES

February 5, 2024

A brief overview of:
PSPNET & PSPNET FAMILIES

Logos for: University of Regina, Saskatchewan Health Services, CIPSRT, ICRTSP, PSPNET, Child Trauma Research Centre, Queens University, Families Matter Research Group.

The University of Regina
Child Trauma Research Centre

Dr. Nathalie Reid, Director
Presentation by Minister Malowski
March 26, 2024

Supporting
trauma-integration
In Education

Dr. Nathalie Reid,
Faculty of Education, University of Regina
Western Association Deans of Education Conference
Relational Leadership, Feb 20, 2025

THINKING TOGETHER:
trauma-integration

PRESENTED BY NATHALIE REID
Director, Child Trauma Research Centre

L'Université de Regina
Centre de recherche sur les traumatismes chez les enfants

Child Trauma Research Centre
CTRC

Dr. Nathalie Reid, Directrice

Supporting
trauma-integrated
Schools

a presentation by:
Dr. Nathalie Reid
Child Trauma Research Centre,
University of Regina

2024 TRAUMA SYMPOSIUM
May 2, 2024

REFLECTIONS ON A TRAUMA-INFORMED CARE TRAINING PROGRAM
FOR RESIDENTIAL CARE WORKERS:

PRAIRIE CHILD WELFARE CONSORTIUM CONFERENCE
WINNIPEG - 2024

Dr. Lise Milne, MSW, PhD - Associate Professor, Faculty of Social Work
Child Trauma Centre Research Chair: Approaches Supporting Child and Youth Well-Being, University of Regina

Alexandra Palva, GDRD, M.Ed. (Counselling), C.C.C. - Therapist, Children's Therapy Program
Child and Family Services of Western Manitoba

PSPNET & PSPNET FAMILIES:
What you don't know, can't help

Logos for: PSPNET FAMILIES, PSPNET.

FAMILIES MATTER RESEARCH GROUP
INTERACTIVE SERIES

CIPSRT | ICRTSP

What about the public safety
personnel (PSP) kids and youth?

WEDNESDAY, OCTOBER 16, 2024
11:00 am CST | 1:00 pm EDT

Families Matter Research Group

UNIVERSITY OF ALBERTA
CENTRE FOR RESEARCH FOR TEACHER EDUCATION AND DEVELOPMENT

Home Walking Alongside Children,
Youth, and Families New to Canada

a presentation by:
Dr. Thi Thuy Hang Tran
Child Trauma Research Centre - University of Regina

2024



Our Year in Review

Presentations Highlights



TUESDAY, MARCH 26
12 - 1 PM (LOCAL SK TIME)



**WHAT'S COLLABORATION GOT TO DO WITH IT?
BETTER RESPONDING TO THE COMPLEXITIES OF CHILD
PROTECTION RESPONSES TO INTIMATE PARTNER VIOLENCE
IN SASKATCHEWAN**



PRESENTED BY:



Lise Milne, MSW, RSW, PhD - Faculty of Social Work, University of Regina
Lise is an Associate Professor in the University of Regina Faculty of Social Work and the Research Chair in Approaches Supporting Child and Youth Health and Well-Being at the Child Trauma Research Centre. Before pursuing academia, Lise spent 15 years as a child welfare worker, supervisor, and trainer - experience that continues to inform her research practice and perspectives.



Adrienne Ratushniak, MA - Child Trauma Research Centre
Adrienne works with Lise Milne and the Child Trauma Research Centre as a Research Associate. She has a background in medical anthropology and qualitative methods, which has translated well to research in the social work sector.

BACKGROUND:

Intimate Partner Violence (IPV) is a complex, multifaceted public health epidemic with myriad impacts on children and their families. Saskatchewan has some of the highest rates in the country of police-reported IPV, and reports to child protection services for child exposure to IPV.

As part of a larger national study, a 5-phase mixed-methods study was conducted in Saskatchewan, to provide a holistic understanding of how child protection services responds to situations of IPV. The study included a survey with child protection services workers; two child protection services worker focus groups; as well as interviews with child protection services supervisors, survivors, and collateral supports (e.g., emergency shelters, law enforcement, newcomer settlement agencies). Findings were compared to uncover patterns among the datasets, and an abductive approach ensured the analysis remained exploratory and grounded in participatory data.

In a two-part presentation, the study background, methods, and prominent themes that emerged will be discussed, including the need for widespread systemic changes to increase the efficacy of education, reporting, investigation, treatment, and prevention of IPV. To illustrate the complexity of these cases as experienced by survivors of IPV, a narrative case study will be presented and discussed with audience members.



CARe Research Training Platform Upcoming Webinar

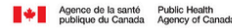
Sex and Gender Considerations in Child Maltreatment and Child Welfare Research



Dr. Lise Milne, PhD, MSW
University of Regina

April 9, 2025
10:30 - 11:30 AM CST

To Join:
<https://umainebo.zoom.us/j/66536165855?pwd=akU1aUJzQjlsZnNkZjZpNabpYHh0Wjda.l>
Meeting ID: 665 3616 5855
Passcode: 354077



INTEGRATING SEX AND GENDER IN HEALTH RESEARCH

CARe rtp WORKSHOP
SEPT.26, 2024

Dr. Lise Milne, MSW, PhD
Associate Professor, University of Regina Faculty of Social Work
Child Trauma Research Centre Research Chair - Approaches Supporting Child and Youth Wellbeing



PATHS Conference: Reflecting on the Past and Envisioning a Future without Abuse

WHAT'S COLLABORATION GOT TO DO WITH IT?

**Better Understanding How Child Protection Services
Respond to Cases of Intimate Partner Violence**

Dr. Lise Milne, MSW, PhD and
Adrienne Ratushniak, MA
October 16, 2024



2024



Our Year in Review

Reach

Our websites continued to perform well:

- www.childtraumaresearch.ca
- www.pspnetfamilies.ca (over 67,000 users)

Our Trauma Integrated Practices for... Knowledge Mobilization series has a

92% download rate

We created **5** new TIPs for... sheets this year.

Our social media platform followers all increased:

- Instagram: 593 followers
- Twitter: discontinued
- Facebook: 241 followers
- LinkedIn: 2,248 followers

We offered 2 versions of the Trauma-Informed Pedagogies and Practices microcertificate:

- Typical offering of 3 badges
- Adapted face-to-face offering for Good Spirit School Division

CTRC was featured in 3 news stories

Presentations: Director (15); Chair (11); Post Doc (5)

Presentations reached 3,000+ people

CTRC director developed 4 new community partnerships

CTRC post doctoral scholar won 2 awards

Training of 8 students/highly qualified personnel



CTRC in the Limelight

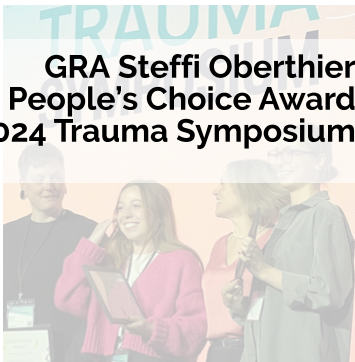
Highlights from 2024



Dr. Reid Interview with Matt Galloway
The Current
Feb. 26, 2024



Microcertificate
with Sun West SD



GRA Steffi Oberthier
People's Choice Award
2024 Trauma Symposium



Successful SHRF Impact Grant



Dr. Lise Milne brought the ThRive Lab to the CTRC

Dr. Milne's STEP Program



Dr. Reid Interview
Mar. 27, 2024



STEN Live Radio On Demand CBC Podcasts CBC Music Playlists Q Saskatoon

Dr. Milne on The Morning Edition



more episodes of Morning Edition - Sask >

The Morning Edition - Sask with Adam Hun

U of R researchers study response to intimate partner violence by child protection services

April 9, 2024

What's collaboration got to do with it? We'll talk with University of Regina faculty of social w researchers on how child protection services responds to cases of intimate partner violence how more collaboration in those responses are needed.



SSHRC Partnership
Dr. Reid, Co-Chair,
Mentorship, Education, &
Training Working Group



CMHA Partnership
Powered by Youth



CTRC in the Limelight

Highlights from 2024

RESOLVing Violence
Navigating the Terrain: Policies and Responses to Intimate Partner Violence
 February 06, 2024 • Resolve SK

Dr. Milne Publication

Welcome back to another insightful episode of the Resolving Violence Podcast! Today, we had the immense privilege of sitting down with the brilliant Dr. Lise Milne, Associate Professor at the University of Regina and the powerhouse behind groundbreaking research in child welfare and intimate partner violence.

In this episode, Dr. Milne takes us on a captivating journey through her 15 years of hands-on experience in child welfare practice, coupled with a decade at the prestigious McGill Center for Research on Children and Families. Brace yourselves as we unravel the layers of her current research, touching upon vital topics such as policy responses to intimate partner violence, trauma-informed practices in child-serving organizations, and perinatal prevention programming for trauma-impacted caregivers.

WCA EGINA | *Women of Distinction*

2 CTRC Finalists:

Dr. Nathalie Reid & RA Linzi Stoddard

**Drs Milne and Reid featured in:
 Secondary Traumatic Stress: The Cost of Caring. Mind over Matter, Volume 18,
 Women's Brain Health Initiative**



Dr. Milne presenting to an international audience in Sweden at the International Society for the Prevention of Child Abuse and Neglect

WHAT'S COLLABORATION GOT TO DO WITH IT? BETTER RESPONSES TO THE COMPLEXITIES OF CHILD PROTECTION INTEGRATED FINDINGS FROM A CANADIAN POCIP August 2024 CONFERENCE

ISPCAN

#Itsempowerstoendchildabuse



CTRC Networks



Co-Applicant
The **Canadian Consortium on Child and Youth Trauma** aims to improve the lives of children and youth impacted by trauma, and to strengthen individual, family, and community resilience. The



Co-Applicant/ Stream Co-Lead
Garnet Families connects military, veteran, first responder, and public safety families and those who study, serve, and support them with research



Co-Applicant/ Academic Partner
AVA (Alliance against Violence and Adversity) is creating capacity to transform community health and social services to promote health and wellness of girls, women, and gender-diverse people at risk/affected by violence and adversity over the life-cycle.



Academic Research Partner for the
Childhood Adversity and Resilience Research Training Platform
to generate impactful research with the aim of preventing and reducing the impact of child maltreatment, improving child welfare practices, and making effective interventions accessible across contexts in Canada

2024



Strategic Compliance

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

There are several ways in which we sought to achieve this goal this year, which we accomplished.

The CTRC is becoming a known name in public safety personnel families research circles, and it continues to strive toward leadership in child trauma work 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
Increase social media presence	<ul style="list-style-type: none"> Hired Se7en Consulting New Resources/ TIPs 	<ul style="list-style-type: none"> All platforms follower numbers increased
Increase Provincial Presence	<ul style="list-style-type: none"> Ministry of Justice SK ACEs project HomeBase: SK Youth Integrated Services SK RoughRider Foundation 	<ul style="list-style-type: none"> More SK recognition Being called onto projects
Increase National Presence	<ul style="list-style-type: none"> Continued: CCYT, AVA, CARE RTP Joined: Garnet Families, Warrior Health, & CARE RTP 	<ul style="list-style-type: none"> 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
- HomeBase Youth Integrated Services
- SHRF Impact Grant

Highlights:

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 ThRlve Child and Youth Trauma Incubator and the Community Connections Centre in our ongoing commitment to dissolving some of the typical barriers between research and real-world impact

PROJECTS	DETAILS	OUTCOME
Increased relationship with SRF	<ul style="list-style-type: none"> • Win with Wellness program • Rider Reading program 	<ul style="list-style-type: none"> • ongoing relationship
Powered by Youth	<ul style="list-style-type: none"> • CMHA, Regina Branch partnership • Hosting monthly speakers/workshops for youth 	<ul style="list-style-type: none"> • ongoing relationship • youth accessing relevant topics
Impact Grant	<ul style="list-style-type: none"> • working alongside 85 provincial stakeholders from 5 sectors to bolster the CTRC's impact 	<ul style="list-style-type: none"> • 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 consultant and a Knowledge Keeper for the Impact Grant
- an Indigenous Elder and a Knowledge Keeper for the Microcertificate
- in hiring 2 Indigenous research assistants
- Farm-H to begin conversations around the mental health and wellbeing of ag children and youth
- Indigenous educators for Impact Grant

The CTRC is committed to always thinking with reconciliation, to honouring the calls of the Truth and Reconciliation Commission, and on working alongside Indigenous knowledge holders and wisdoms in this province that sees unacceptably high levels of overrepresentation of Indigenous peoples in the Social Services, Health, and Justice systems. We continue to strive in this area as it is critical to our work.

DETAILS

OUTCOME

Highlights:

PROJECTS

Increased Indigenous guidance	<ul style="list-style-type: none"> • Consultant • Knowledge Keepers • Research Assistants 	<ul style="list-style-type: none"> • more Indigenous wisdom in our work
Sask Ag Matters – Child and Youth Experiences	<ul style="list-style-type: none"> • Held first meeting with Farm-H. Invited to present at Sask Ag Matters 	<ul style="list-style-type: none"> • this year was a beginning • more work next year
Impact Grant	<ul style="list-style-type: none"> • recognizing the overrepresentation of Indigenous peoples in trauma-related provincial issues • Significant Indigenous guidance and involvement 	<ul style="list-style-type: none"> • 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

Highlights:

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

PROJECTS	DETAILS	OUTCOME
Impact Grant	<p>The Advisories Committees will engage:</p> <ul style="list-style-type: none"> • Website • TIPs Sheets • Training modules 	<ul style="list-style-type: none"> • A better understanding of the impact of our KMb initiatives • Guidance for future directions
TIPs	<ul style="list-style-type: none"> • every project through the CTRC is required to produce, at minimum, 1 TIPs for... sheet • New partnerships support TIPs for... development 	<ul style="list-style-type: none"> • more KMb breaking down barriers • more research impact • practical application
Perspectives from the Fields	<ul style="list-style-type: none"> • shares current experiences from people in the fields • reinvigorating this program 	<ul style="list-style-type: none"> • 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 **\$2,951,085** in research funding at the provincial, and federal levels
- have received **\$224,900** in anonymous funding to support operational costs
- have secured Canadian Foundation for Innovation grant to establish the ThRlve Child and Youth Research Incubator Lab and the Community Connections Centre

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
6 New Research Projects	<ul style="list-style-type: none"> • Funding for student and trainee positions 	<ul style="list-style-type: none"> • ability to hire/maintain research assistants
Anonymous funding	<ul style="list-style-type: none"> • Supports the Research Chair, post-doctoral scholar, and project coordinator • *ends April 2025 	<ul style="list-style-type: none"> • growth of the CTRC's identity and research work
CFI Funding	<ul style="list-style-type: none"> • supports the ongoing connection between the CTRC and community 	<ul style="list-style-type: none"> • increasing research and real-world impact • having community guide CTRC's research



Strategic Compliance

Developed New Strategic Plan: Toward 2030

CHILD TRAUMA RESEARCH CENTRE

TOWARD

2030



Child Trauma
Research Centre
UNIVERSITY OF REGINA



Student & Trainee Stories



Steffi Oberthier: GRA

I have worked at the CTRC since 2022, and the experiences I have had here are unlike any other job I've ever had. I have been able to attend conferences and events all over Canada, which has played an integral role in my growth as a researcher. The CTRC is a collaborative space where researchers can come together to do meaningful and impactful work. Moreover, being a part of this environment has supported me throughout my Master's degree, which I will be forever grateful for. I am privileged to work alongside such inspiring people who challenge and guide me to become the best version of myself, all while contributing to the development of resources that support the mental health and wellbeing of children and youth.

Adrienne Ratushniak: Research Associate

I have thoroughly enjoyed my time at the CTRC. It has been an honour to see the Centre's growth over the years, and 2024 has been the most exciting one yet! Collaborating with this ever-growing interdisciplinary team is such a delight; sharing our diverse insights and perspectives. As someone who loves learning, I feel privileged to work somewhere that continuously teaches me new things – both informally through knowledgeable co-workers and research participants, and formally through workshops, conferences, and other educational opportunities.





Student & Trainee Stories

Raelynn Fohr: RA

Working at the CTRC in 2024 has given me a wealth of knowledge in the research process and the processing of academic organizations as a whole. Over the past year, I learned how to apply for grant funding, navigate the ethics approval process, and how research centre management works. I also gained invaluable insight into the importance of collaboration and teamwork in research, as well as the challenges and rewards of working on large-scale academic projects. The experiences and skills I've developed at the CTRC have been transformational to me as an individual and will give me a solid foundation moving forward in my academic and professional career.



Sam Houston: Coordinator

Working with the CTRC gave me the opportunity to be part of a research team grounded in the strength and resilience of those they served. Surrounded by researchers who always prioritized the voices of those most affected deepened my commitment to using research as a tool for advocacy and impact. At the CTRC, community partners weren't just participants; they were co-creators of knowledge, shaping every stage of the work from planning to implementation. This collaborative approach showed me the power of leading with integrity and purpose, and the lasting value of centering those the research is meant to serve.

Shuangbo Liu, Volunteer

Working at the CTRC has been an outstanding experience that has significantly fueled my academic and professional growth! In 2024, I participated in a variety of academic and community-partner projects that allowed me to sharpen my skills in research design, resource allocation, and project management, all within an environment that encourages the exploration of personal interests. The supportive and flexible nature of the centre allowed for both structured learning and independent development.





Community Stories: Powered by Youth

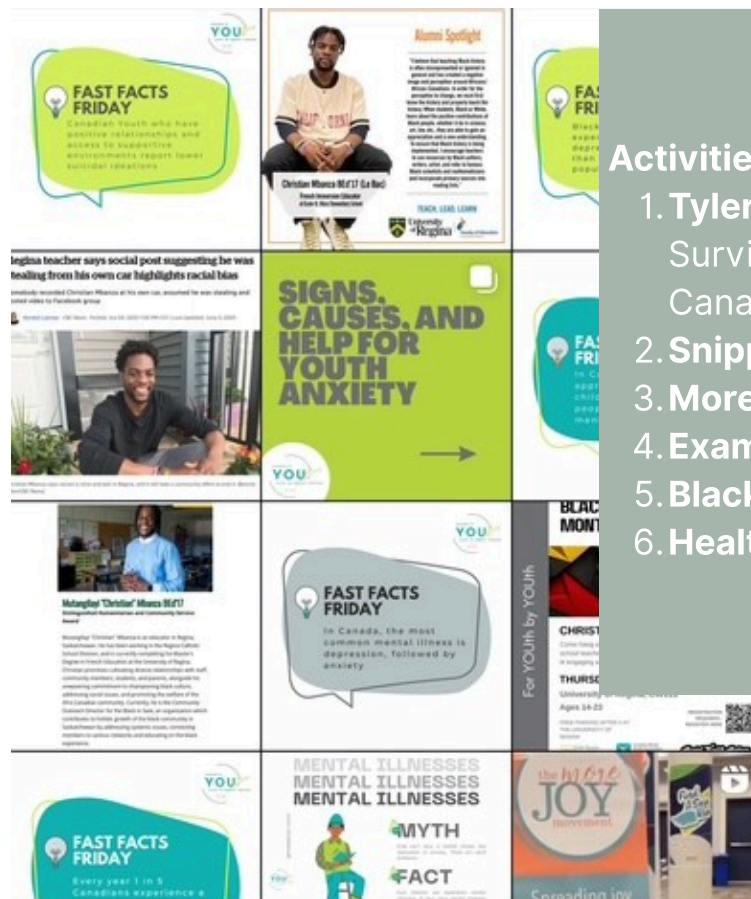


Regina Branch



Powered by YOUth is a monthly series of workshops, speakers, and seminars on topics related to supporting youth mental health and wellbeing. Powered By YOUth is aimed towards youth mental health ages 14-23 years old. It aims to give youth a safe space to talk about mental health. Powered By YOUth was created with the Child Trauma Research Centre at the University of Regina.

April's Powered by YOUth event focuses on healthy relationships. Tuesday April 22nd from 6:00 – 8:00pm at the University of Regina – College West Building (113).
 Click/tap the images above to view more information.
 Click/Tap here to register



Activities so far:

1. Tyler Smith - Humboldt Survivor and Amazing Race Canada
2. Snippets and Sippets
3. More Joy Conference
4. Exam Stress and Wellbeing
5. Black History Month
6. Healthy Relationships



Community Stories: SK Roughrider Foundation



Dr. Reid, Dr. Milne and the CTCRC have been chosen to be the Saskatchewan Roughrider Foundation's Evaluation Partners for their *Win with Wellness & Rider Reading Programs*



CTRC 2024 Financials

University
of Regina

Child Trauma Research Centre

Statement of Expenditures

	January 2024- December 2024	January 2023- December 2023	January 2022- December 2022
Funds Available			
Balance, beginning of period	\$ 847,576.34	\$ 876,146.96	\$ 1,022,616.87
Money Received	\$ 134,609.00	\$ 244,500.00	\$ 82,500.00
Cost Recoveries	\$ -	\$ 1,500.00	\$ 1,109.50
TOTAL FUNDS AVAILABLE	\$ 982,185.34	\$ 1,122,146.96	\$ 1,106,226.37
Expenditures:			
Salaries and Benefits	\$ 306,063.78	\$ 331,799.98	\$ 241,423.82
Materials and Supplies	\$ 33,398.76	\$ 14,304.07	\$ 741.88
Equipment	\$ 273.68	\$ 3,351.40	\$ -
Software	\$ 6,255.41	\$ -	\$ 230.65
Travel	\$ 10,140.14	\$ 3,769.17	\$ 3,674.86
TOTAL EXPENDITURES	356,131.77	353,224.62	246,071.21
BALANCE	626,053.57	\$ 768,922.34	\$ 860,155.16



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