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Echo News - August 2012

Ontario Woman Abuse Screening Project



13 Regions in Ontario Implementing Woman Abuse/Trauma-Informed Services and Screening for Abuse/Trauma

Through the Ontario Woman Abuse Screening Project, over 150 woman abuse/sexual assault and mental health and addiction health agencies in thirteen regions, as well as women with lived experience, are collaborating to ensure **woman abuse/sexual assault/trauma-informed services** are available wherever women access our services. Women accessing addiction/mental health services are being routinely screened for all forms of abuse and trauma.

We believe that abuse/trauma-informed services and screening are wise best practices that promote better outcomes for women and should be adopted throughout Ontario. Collaborating across sectors allows us to, "***treat the woman as a 'whole person' so there are no wrong doors, and ensure women are supported and connected to the services they need. This promotes earlier interventions and prevention.***" (Women with lived experience, HER Grey Bruce)

Our regional, cross-sectoral trainings are increasing the capacity for service providers to address the interrelationships of abuse/trauma with mental health, health and/or substance use issues. Through this initiative, agencies are: serving many women who are marginalized who were not accessing services previously; and increasing capacity to serve women with complex co-occurring issues, while providing culturally-safe services addressing the needs of First Nations/Aboriginal, Francophone women and women from diverse cultures.

Our Ontario Trillium Foundation grant has been extended for another year, so service providers have the opportunity to participate in training!

Contact slcoulter@womanabusescreening.ca, [London Abused Women's Centre](#) (lead agency). Visit our website www.womanabusescreening.ca.

By Kathryn Irwin-Séguin, Iris Addiction Recovery for Women, and Sandra-Lynn Coulter, Ontario Woman Abuse Screening Project

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- ▶ Cancer Care Ontario changes cervical cancer screening guidelines
- ▶ Website aims to help pregnant smokers kick habit with information, peer support
- ▶ Ministry of Health to close provincial women's health agency
- ▶ Job stress becomes women's heart issue
- ▶ Women's Health Agency Winds Down - Reflects on Achievements

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Echo Conversations for the Development of Caregiver Support Programs



It's estimated that unpaid caregivers contribute \$25 billion to the Canadian health economy per year. In Ontario, of all the people who provide care to a friend or family member, just over half are women – but they provide 70% of the hours of care. Last year Echo partnered with [St. Elizabeth](#) to identify the features of effective caregiver education and support programs. We are taking the promising practices identified in this research to communities where there are high numbers of caregivers.

We have partnered with Alzheimer Societies in order to support women caregivers to learn about the promising practices, and then use them along with their own knowledge of their communities and of being a caregiver to design new caregiver support programs. These new programs will be offered by the partner Alzheimer's Society. Our first event will be on October 1st in Peterborough, and the next will be in Hamilton on October 18th.

Watch for our reports on these events in the Fall!

View the [Promising Practices and Indicators for Caregiver Education and Support" Report](#) and [Echo Advance](#) which were released recently.

Nadia says farewell to Echo



Much of Echo's success can be attributed to the talented and dedicated knowledge translation specialists whose passion for women's health has resulted in the development and support for innovative programs, educational materials and health information to help drive behaviour change.

Nadia Minian has been a member of Echo's Knowledge Translation team since January 2010 when she joined to head up the agency's chronic disease portfolio. As Nadia prepares for her newest challenge as a project scientist at the Centre for Addictions and Mental Health (CAMH) she shares some insights on what working at Echo has meant to her.

Q: Can you tell us a bit about your background?

A: I studied developmental psychology at the Graduate Center, City University of New York (CUNY). While completing my PhD I worked at the Center for Community and Urban Health at Hunter College as the Associate Director of Evaluation. One of my biggest projects was to conduct an evaluation of 10 HIV prevention programs. I also assisted in the Center's strategic planning and overall growth and development.

After six years working at Hunter College I moved to Toronto, where I worked as a Scientist at the Ontario Tobacco Research Unit (OTRU). At OTRU I was in charge of monitoring and evaluating how well the smoking cessation system was working in Ontario. I also worked with a task group to develop a framework for Ontario's cessation system, which aims to reduce the excess health and economic burden associated with tobacco use as well as to reduce disparities in the distribution of this burden across society. I remained at OTRU for four years before joining Echo.

Q: What was it about Echo that made you want to work here?

A: There were two things that really attracted me to Echo. First, I liked the fact that it was an agency dedicated to women's health. I had been working in public health for several years, mostly on HIV prevention and smoking cessation, and had noticed how some measures and programs affected women in ways that were so different than how they affected men. The idea of working for an agency focused on improving women's health was appealing. I also found Echo's mandate to promote equity extremely attractive, as it aligns with my own values and the work I most enjoy.

The second thing that appealed to me was the fact that Echo is a knowledge translation agency, which aims to translate knowledge from the research setting into real-world applications. I could not imagine a more direct and important way to move this important agenda forward.

Q: What did you work on during your time at Echo and what are some of your greatest achievements?

A: At Echo, I headed the chronic disease portfolio, leading projects on cancer screening, smoking cessation and cardiac/stroke rehabilitation. I built partnerships with key stakeholders, started demonstration projects, and coordinated evaluation and spread activities using a social capital model.

Q: What have you enjoyed the most during your time at Echo?

A: I was fortunate to work with amazing partners like North Bay Indian Friendship Center, Peterborough County-City Health Unit, CAMH, OTRU, Brampton Multicultural Community Center, the Anne Johnston Health Station, the Bay Center for Birth Control, Tazim Virani and Associates, the Center for Community Based Research, Toronto Rehab, the Cardiac Care Network, the Heart and Stroke Foundation and the Ontario Stroke Network. All of them are extremely committed to improving the health of Ontarians, and building a stronger future.

In addition to working with such wonderful external partners, I was privileged to work with committed, passionate and bright people at Echo. We have all worked hard to improve women's health in Ontario by focusing on women's unique health needs and issues, developing and supporting innovative programs, educating health professionals, and motivating behaviour change through health information. I have learned a tremendous amount from every staff member.

Q: Can you tell us a bit about your new role?

A: In my new position at CAMH, I will be working as a Project Scientist focusing on knowledge translation for the Nicotine Dependence Clinic in the Addictions Program. The Nicotine Dependence Clinic integrates clinical services, research, policy and knowledge translation in tobacco cessation/harm reduction. I look forward to applying much of what I have learned in my previous roles here.

If there is one thing I have learned from my previous jobs, it is that tobacco is a very addictive substance, but tobacco control and women's health are much more so!

[To learn more about Nadia's projects, visit the chronic disease section at echo-ontario.ca](#)

Interesting Resources:

The Canadian Women's Health Network Library will now be housed at the Morisset Library at the University of Ottawa. To check out the resources click [here](#).

[Public Health Agency of Canada: Social Determinants of Health](#)

[Healthy Debate: Immigrant Women Access Health Care Differently](#)

[Windsor Star: Cancer Care Ontario changes cervical cancer screening guidelines](#)

[Daily Mail \(UK\): Why are women more likely to get Alzheimer's?](#)

Events:



Sept 13, 2012
Primary Care: Promoting Excellence
Venue: Sheraton Toronto Airport Hotel
Organizer: Ontario Hospital Association
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Sept 26 - 28, 2012
Health Care Leadership Summit 2012
Venue: JW Marriott, Toronto
Organizer: Ontario Hospital Association
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Oct 16 - 19, 2012
OCSA Great Ideas Conference
Venue: Hilton Suites, Toronto
Organizer: Ontario Community Support Association
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Oct 16 - 17, 2012
Association of Family Health Teams of Ontario 2012 Conference
Venue: Hilton, Toronto
Organizer: Association of Family Health Teams of Ontario
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Oct 29 - 31, 2012
Advancing Excellence in Gender, Sex and Health Research (CIHR Conference)
Venue: Hilton, Montreal
Organizer: Canadian Institutes for Health Research
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