

POLICYWISE FOR CHILDREN & FAMILIES

Adversity, Trauma, and Resilience

A Framework for Collaborative Action

There is a need for a cohesive and collaborative cross-sector approach to adversity, trauma, and resilience. PolicyWise for Children & Families has developed a framework for collaborative action on adversity, trauma, and resilience using findings from literature and engagement with experts and practitioners. Opportunities for further exploration and development are proposed to support implementation of the framework.

To access the full report please contact PolicyWise
at info@policywise.com

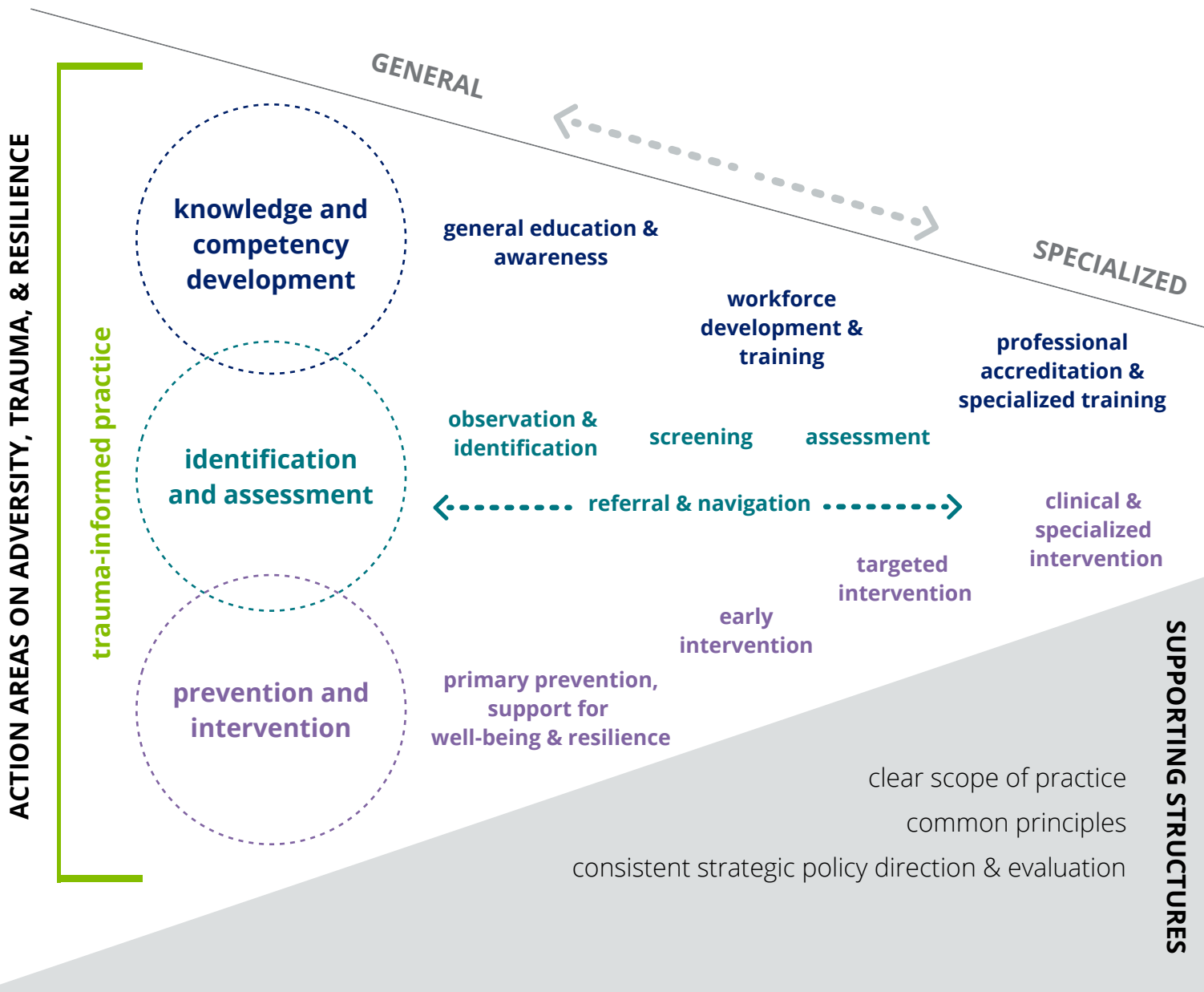


PolicyWise
for Children & Families

Adversity, Trauma, and Resilience

A Framework for Collaborative Action

The framework identifies action areas and a corresponding spectrum of general to specialized activities along with supporting structures to promote evidence-informed, aligned policy and practice. Findings from an environmental scan, stakeholder engagement, and additional rapid literature scans led to the development of the following framework for collaborative action on adversity, trauma, and resilience.



Adversity, Trauma, and Resilience

Action Areas

The action areas within the framework for collaborative action have not generally been conceptualized as interrelated pieces of a common and collaborative approach. These action areas are interconnected and reinforce one another. Together, these actions form the foundations of collaborative approach. Trauma-informed practice in particular is woven throughout all areas of action on adversity, trauma, and resilience.

Action Areas	Alberta Examples
1 Trauma-informed practice: Organizational change and practice that realizes impacts of trauma, recognizes signs and symptoms, responds by fully integrating knowledge about trauma into policy and practice, and resists re-traumatization (SAMHSA, 2014).	+ Alberta Health Services Trauma-Informed Care Initiatives
2 Knowledge and competency: Awareness, training, education, and capacity-building initiatives to build competency and translate knowledge into practice and behaviours.	+ Alberta Family Wellness Initiative Brain Story Certification + Community Mental Health Training Framework
3 Identification and assessment: Tools and approaches for identifying exposure to and impacts of adversity and trauma as well as protective factors and resilience	+ CUPS Calgary Society Resiliency Matrix
4 Prevention and intervention: Measures to promote structural change, support community and individual well-being, and healthy childhood development	+ Alberta Children's Services Well-being and Resiliency Framework + Well-being and Resiliency: The Miyo Resource kâ-nâkatohkêhk miyo-ohpikinawâwasowin



Adversity, Trauma, and Resilience

Practice Alignment

Given the range of populations, professionals, and sectors involved in addressing adversity, trauma, and resilience, it is necessary to define the scopes of practice and related roles and responsibilities to support coordination and collaboration. The table below outlines the scope and roles of professionals, populations, and settings and sectors involved in collaborative action supporting the continuum of general to specialized activity.*

	General	Focused	Specialized
Professionals	General interaction and wide-ranging support with children, youth, and families, e.g., teachers, coaches, caregivers, Elders and knowledge keepers, general healthcare providers, child care providers.	General trauma skills and practice are central to role. e.g., social workers, first responders. Interact with those at higher risk or who have experienced adversity or trauma.	Have specialized trauma skills and education, may require accreditation or professional membership to practice, e.g., clinical social workers, clinical psychologists, trauma specialists.
Populations	The general public, communities, and individuals, includes children, youth, caregivers, families, and community members.	Communities and individuals that have experienced adversity and trauma, are at higher risk, and/or are experiencing impacts on health and social outcomes.	Individuals with severe and/or complex health and social outcomes related to adversity and trauma, e.g., post-traumatic stress disorder, psychological disorders
Settings and Sectors	General public and private life, e.g., schools, primary health care, child care, and recreation settings.	Settings where individuals at risk and in need are supported, e.g., Social services, mental health, addictions, child and family supports, primary health care, emergency rooms and hospitals.	Settings with clinical and specialized professionals, e.g., schools, hospitals, psychiatric hospitals, addictions recovery, mental health clinics.

*Further exploration and stakeholder engagement is needed to clarify and adapt this understanding based on how this spectrum operates for and is experienced by individuals, communities, and systems in Alberta.

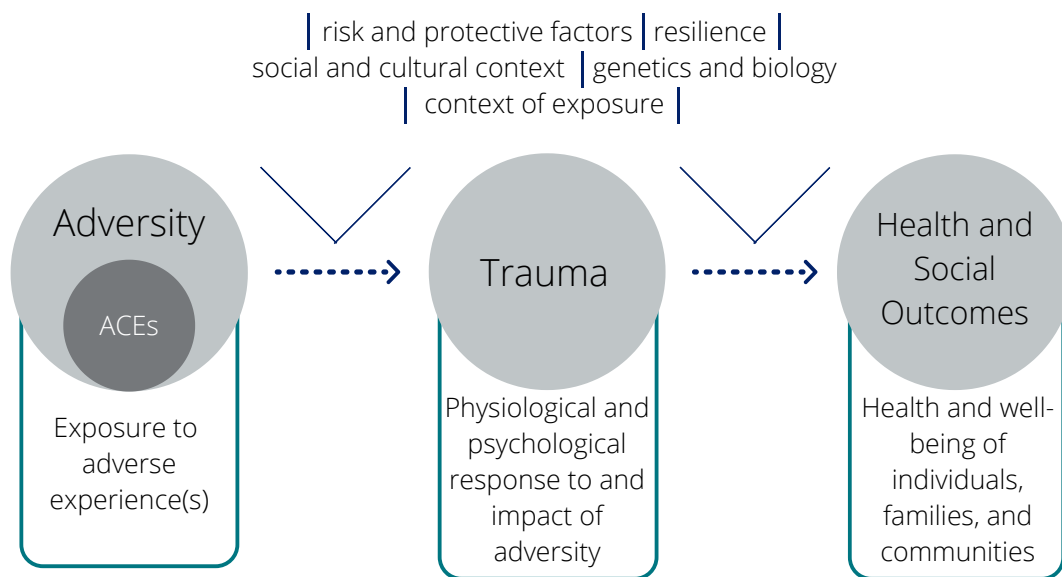


Adversity, Trauma, and Resilience

Common Principles

Common principles across action areas and sectors are important to align approaches and mitigate unintended harm. These common principles are based on findings from a rapid literature review, thought leader interviews, and preliminary engagement with Alberta stakeholders.

- 1 Acknowledge the variables that influence the pathway from adversity to outcomes.** Adversity and trauma, along with many other factors, interact to impact outcomes. Adversity does not pre-determine trauma and negative outcomes.



- 2 Focus on resilience and protective factors.** A strengths-based approach in practice and policy that recognizes and builds on the mitigating impacts of protective factors and resilience to improve outcomes.

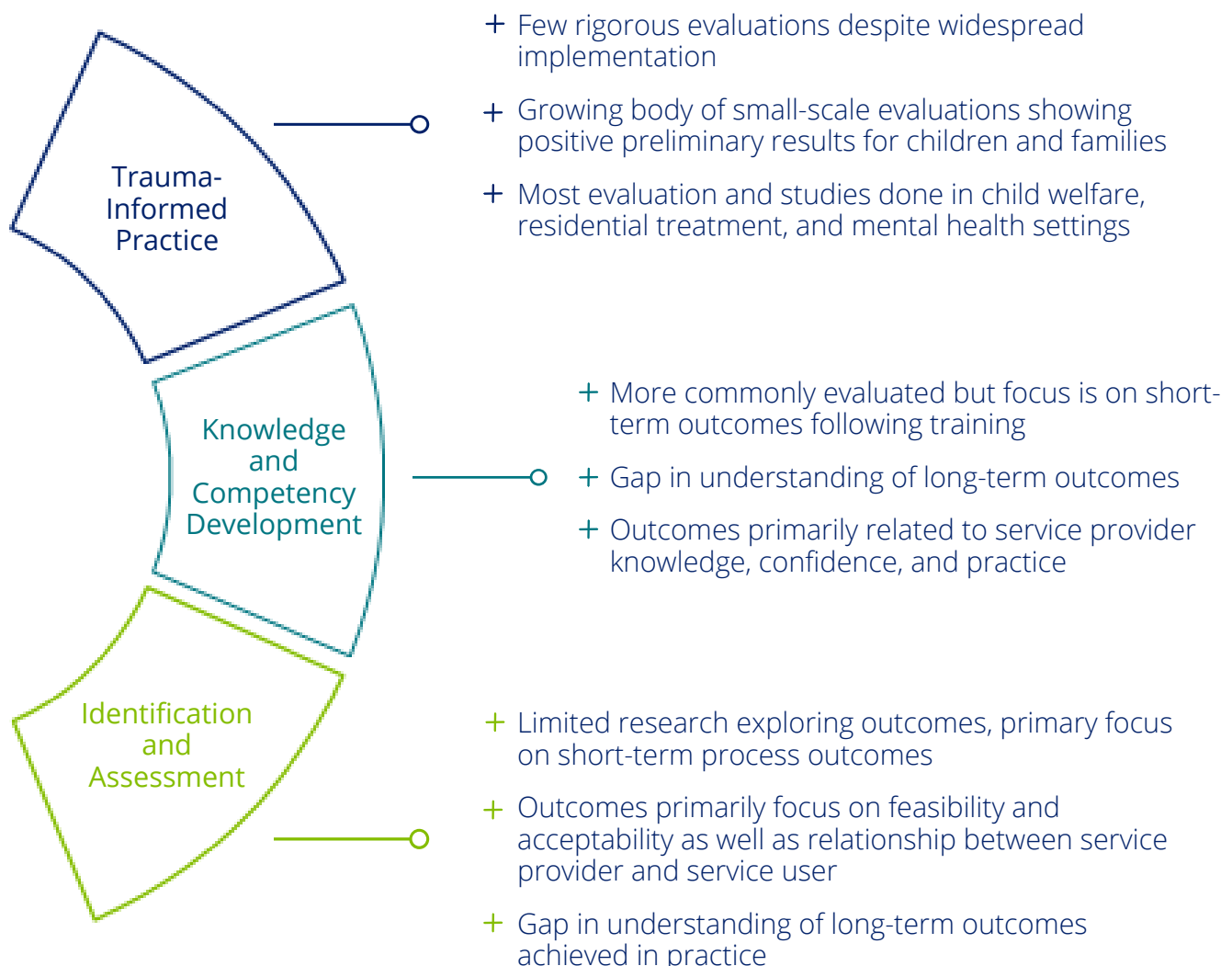
- 3 Responsive to context in order to practice ethically and mitigate harm.** There is potential for unintended harm at the individual, family, community, and systems level when developing and implementing approaches to adversity, trauma, and resilience. Mitigation is critical for an ethical approach.



Adversity, Trauma, and Resilience

Evidence and Evaluation

It is important that consistent strategic policy direction is established to support collaborative action toward common goals and outcomes. In turn, consistent monitoring and evaluation of these outcomes will strengthen the evidence base to inform effective policy and practice. Below is an overview of the current state of evaluation and evidence for selected approaches, identified from literature.



Adversity, Trauma, and Resilience

Opportunities for Further Exploration and Development

There are opportunities in both Alberta and other jurisdictions to continue to build out and operationalize a framework for collaborative action on adversity, trauma, and resilience. Below are highlights of opportunities for further exploration which emerged from findings to date.

Further Engage with Stakeholders

Further understand the current state of: activity, how stakeholders are working together, outcomes and measurement, and promising practice across and within action areas.

Align Practice Guidance

Collaboratively develop aligned and coordinated practice guidance, standards, and considerations based on available evidence and promising practices identified by service providers and stakeholders.

Strengthen Evaluation

Develop and implement a shared evaluation framework to support comprehensive evaluation that considers outcomes at the individual, family, community, organization, and systems levels.

Coordinate Cross Sector Policy

Support alignment of policy related to adversity, trauma, and resilience across sectors to guide practice, coordinate strategic direction and goals, and monitor outcomes.

