

HEAL Project Logic Model

The HEAL Project—Hubs of Expressive Arts for Life, funded by the Public Health Agency of Canada (PHAC), is an innovative initiative implemented from April 2022 to March 2026. The project aims to evaluate the effectiveness of an expressive arts-based intervention designed to improve the mental health and overall well-being of newcomer women survivors of domestic violence. This Logic Model presents an overview of the project’s core components and activities. It outlines key inputs, activities, outputs, and short- to long-term outcomes, illustrating a strategic approach to both program implementation and evaluation. Image description: Participant-molded clay objects representing tools used to cook a meal. This imagery serves as a metaphor, highlighting that many tools and resources are needed to create a dish. Similarly, multiple components and supports were essential to the successful implementation of the HEAL Project.

INPUT	ACTIVITIES	OUTPUT	TARGET POPULATION	SHORT/MEDIUM IMPACT	LONG TERM IMPACT
<p>Funding Funded by the Public Health Agency of Canada from 2022 - 2026, a total of \$805,588 CAD.</p> <p>Human Resources Access Alliance</p> <ul style="list-style-type: none"> Executive Director Director of Knowledge and Organizational Learning Project Coordinator, Health Promoter focus on Newcomer Mental Health Administrative Team <p>Human Resources External</p> <ul style="list-style-type: none"> Advisory Committee (6 - 10 relevant subject matter experts) Immigrant Insight Scholar Fellow Partner organization program implementation staff Peer researchers Expressive Art Therapist Gender-Based Violence, Human Rights, and Healthy Relationship subject matter experts Language Interpreters Certified Childminders <p>Additional Human Resources</p> <ul style="list-style-type: none"> Trained Volunteers Placement Students Trained Peer Leaders Participants HEAL Program 	<p>YEAR 1: Adaption and intervention planning</p> <ul style="list-style-type: none"> Mobilize project team including: project core team, advisory committee meeting, implementing partner organizations, expressive art facilitators, and additional relevant supportive staff. Conduct literature review, environmental scan, co-design sessions on expressive arts and survivors of domestic violence to collect existing knowledge Develop 12 session HEAL Program intervention Approval from Community Research Ethics Office Prepare training and onboarding documents <p>YEAR 2: Implementation of Programs & Data Collection</p> <ul style="list-style-type: none"> Implement the Phase I Program among Arabic, Bengali, and Farsi speaking newcomer groups Conduct evaluations pre, during, and post program Host Arts and Culture visits Present learnings at local immigration groups and conferences <p>YEAR 3: Implementation of Programs, Data Collection and Analysis</p> <ul style="list-style-type: none"> Implement the Phase II HEAL Program among Tigrinya speaking newcomer group, 2SLGBTQ+ newcomer group, and newcomers with shelter experience Conduct evaluations pre, during, and post program Host Arts and Culture visits Present learnings at local immigration groups and conferences <p>YEAR 4: Professional Development & Capacity Building</p> <ul style="list-style-type: none"> Knowledge mobilization strategy Main deliverables include digital knowledge platform, Toolkit 2.0, bi-lingual report, service provider trainings, publications Culminating HEAL Project event in November 2025 as part of the #16DaysofActivism against gender base domestic violence 	<ul style="list-style-type: none"> Implement 72 expressive arts programs with 60 newcomer participants (Arabic, Bengali, Farsi, Tigrinya, LGBTQ+ and shelter experience). Mobilize an interdisciplinary team of practitioners, researchers and artists relevant to newcomer survivors of domestic violence - core team & advisory committee Host 8 arts and culture social gatherings in Toronto. Work alongside 10 peer workers and immigrant insight scholar research fellows. Building on existing and new knowledge, develop HEAL Toolkit 2.0 containing best practices Publish social media campaigns, articles, blogs, and bi-lingual report Present at local immigration groups and conference while being part of a Community of Practice Host final HEAL Project culminating event with all stakeholders involved and those interested Develop an online digital hub for learning about interdisciplinary expressive arts approaches 	<p>Must identify with one of the HEAL pilot subgroups include Arabic, Bengali, Farsi, Tigrinya speaking, LGBTQ+, and those with shelter experience. newcomers and new</p> <p>Inclusion Criteria</p> <ul style="list-style-type: none"> 18+years and older Survivor of domestic or family violence Identity as a Women Self-identify a newcomer including immigrant, refugee, asylum seeker and non-status Need to identify in one of the six linguistic or social identity Able to commit to HEAL program sessions <p>Exclusion Criteria</p> <ul style="list-style-type: none"> Currently in an abusive or unsafe violent environment or home Unable to commit 7 out of 12 sessions Unwilling to complete consent forms Is not interested in engaging in a 12 session expressive arts program Based on screening, is not ready to participants in a group therapy program. Individuals are referred to safety planning or crisis supports based on need. 	<p>Individual and Interpersonal : Creating supportive environments & developing personal skills. Participants will experience the following:</p> <ul style="list-style-type: none"> Decreased feelings of stress, anxiety, and loneliness Increased self-esteem, confidence, sense of control, and belonging Created safe space to share personal experiences Enhanced community connections by reducing social isolation Participants developed stronger coping strategies and stress management skills Gained new understanding of healthy relationships and increased awareness and understanding of personal rights Greater knowledge of available support services and participants more willing to voluntarily access support services Increase adoption of healthier coping strategies with stresses associated with abusive relationships Promoted personal autonomy and self-efficacy when making decisions about their mental health and wellbeing Able to effectively share about identity and self-express using different art modalities <p>Organizational & Community Capacity Building: Community action and reorient healthcare services</p> <ul style="list-style-type: none"> Strengthened equity-informed planning and evaluation for programs and services Enhanced training for service providers to address intersectional needs Increased understanding and application of expressive arts therapies Improved collaboration through interdisciplinary, team-based care Participants voluntarily accessed mental health and settlement support services Increase understanding of cultural sensitivity and tailoring of programs to meet newcomer needs 	<p>System and Policy : Building Healthy Public Policy</p> <ul style="list-style-type: none"> Increase understanding of newcomer experiences of domestic violence and trauma recovery to inform domestic violence strategies Decrease siloed healthcare towards intersectoral support for newcomers at risk or survivors of gender-base domestic violence Contribute to relevant Community of Practices gathering a diverse of change and decision makers in healthcare, settlement, and the arts Contribute evidence base knowledge through peer-reviewed research on expressive arts interventions for trauma healing Contribute to Canada's gender-based violence strategy at it evolves through time 

