

## Preventing and Addressing Family Violence – The Health Perspective

Access Alliance Multicultural Health and Community Services (Access Alliance) works with peer researchers, community members as well as academic and community organization partners (project team) to implement HEAL, an inter-sectoral, creative, culturally safe, multi-pronged capacity enriching project. This co-design, mixed method, community based participation action research is focused on vulnerable newcomer populations who are survivors or at risk of, domestic violence in the City of Toronto.

### Who are the pilot groups for intervention?

#### NEWCOMER WOMEN SURVIVORS OF DOMESTIC VIOLENCE

- Arabic speaking
- Bengali speaking
- Dari and/or Farsi speaking
- Tigrinya and/or Amharic speaking
- LGBTQ+ asylum seekers
- Women living in shelters

**The prevalence of family violence has been heightened, specifically among newcomer women, due to the COVID-19 pandemic.**

### Who is involved in this project?

#### LEAD TEAM:

- Axelle Janczur: Executive Director and Project Champion
- Akm Alamgir: Project Research Lead
- Christen Kong: Project Coordinator

#### PROJECT TEAM

- Immigrant Insight Scholar
- 13+ Partner Organizations
- Expressive Art Therapists
- Peer-researchers
- Placement Students
- Volunteers

#### ADVISORY COMMITTEE

- Team of interdisciplinary members consisting of experts on gender-based violence, health promoters, settlement workers, art therapists, public health professionals, researchers and peers.



### What are the driving research questions?

1. Which modalities of Expressive Art Therapy practices can improve health and wellbeing of gender-based domestic violence survivors?
2. To identify the baseline needs of newcomer survivors of domestic based violence.
3. What changes can we expect and measure in participants' attitudes, knowledge, and practices during and after their participation in the designed Expressive Arts Therapy curriculum?
4. How the successful interventions can be scaled up and shared with other organizations?

**Expressive arts programs are interdisciplinary health promotion strategies to address trauma, loss, and abuse experienced by vulnerable newcomer women.**



**PROJECT TIMELINE**

- YEAR 1:** Adaption and intervention planning
- YEAR 2:** Implementation of programs and research design
- YEAR 3:** Implementation of programs and data synthesis
- YEAR 4:** Professional Development & Capacity Building Hubs

**DELIVERABLES**

The team will develop expressive arts interventions and best practices to address the trauma-informed health impacts of family violence and to improve participants' physical and mental wellbeing. Deliverables are not limited to:

- Recalibrated 'Stepping Up Toolkit'
- KMb plan and implementation throughout
- Bi-lingual English and French final report & tool
- Service providers training curriculum
- Publications - blog posts, articles, community facing reports
- Social Media Campaign

**The Project Highlights**

- Deliver interdisciplinary team based expressive arts programs to newcomer women.
- Develop art medium tools and processes to build upon a distilled expressive arts guidebook with trauma and violence informed best practices.
- Apply co-design and mixed method research to measure the impact the expressive art intervention has on participant's awareness of mental health and support services.
- Mobilize new evidence learned and recalibrated methodologies to contribute to community of practice.

**The project's knowledge mobilization goals are to generate evidence to equip community members, service providers, researchers, and policy makers with new intervention practices gained from this project.**

**CONTACT US**

**Christen Kong, Project Coordinator**  
ckong@accessalliance.ca  
416-324-0927 ex 5227