



## CHAPTER 1

# Purpose & Scope

1.

# About the Jean Tweed Centre and the Purpose of the Hope and Recovery Toolkit

The Jean Tweed Centre (JTC) is a leading community-based organization offering a comprehensive range of services for women experiencing substance use, mental health, and gambling concerns. Our mission is to provide excellent care that supports women and their families in achieving health and well-being. Since 1983, we've focused on each woman's unique experience within her broader physical, emotional, social, and cultural context. We are committed to delivering individualized, gender- and trauma-informed care.

Over the decades, we have witnessed the profound, reciprocal relationship between gender-based violence (GBV), trauma, and substance use in the lives of the women we serve. Substance use often emerges as a coping response to trauma, including GBV. In contrast, women who use substances face an increased risk of experiencing violence due to the specific vulnerabilities associated with substance use.

Despite this clear connection, GBV and substance use are often addressed separately, leaving many women without access to comprehensive, integrated care. Service providers across both the substance use and GBV sectors possess deep expertise in their respective fields but often lack timely and adequate resources to build capacity for addressing both issues concurrently in the lives of women.

Through funding support from the Government of Ontario and collaboration and consultation with service providers and women with lived experience of GBV and substance use, we have developed the “Hope & Recovery Toolkit: Essential Practices to Support Women Experiencing Substance Use & Gender-Based Violence,” which is intended to provide an easy-to-access guide to essential practices for service providers to recognize the signs and impact of GBV and substance use to support the needs of women in ways that are trauma-informed and gender-responsive.

This toolkit helps service providers by addressing a key gap in service delivery: access to tools and information on essential practices that anyone who supports women experiencing GBV and substance use can implement across sectors. We hope that this toolkit will support service providers in offering more holistic care that is responsive and timely for women experiencing GBV and substance use.



**Imagine  
This...**

Imagine a woman arriving at your service: she’s juggling parenting, unpredictable work shifts, and constant safety concerns. To cope, she sometimes turns to substances to manage overwhelming stress. Some days, she’s ready to talk; on others, just showing up is a victory.

This toolkit is for those moments. It offers simple, trauma- and violence-informed steps to help you recognize, respond, and connect—wherever a woman is in her journey. The approach is relational and woman-centred, acknowledging the complex, interwoven realities of gender-based violence and substance use, and focused on building trust at every interaction.