

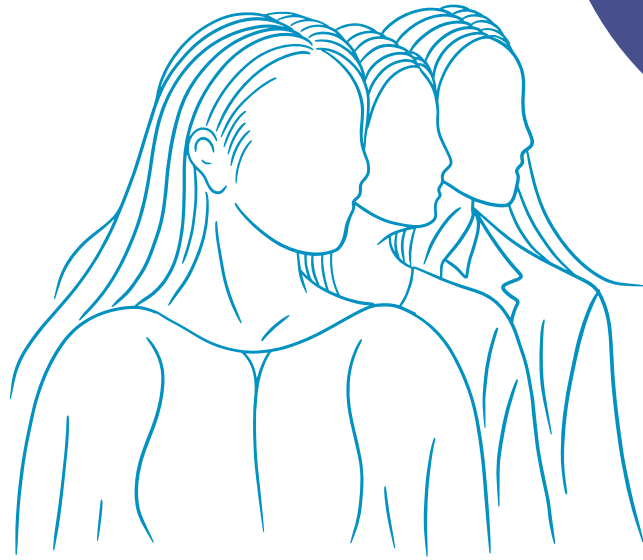


CHAPTER 2

HOPE & RECOVERY TOOLKIT:

What is it and who is it for?

2.



About the Hope & Recovery Toolkit

This toolkit is intended to be an easy-to-use initial guide to essential practices that service providers can apply universally across settings to recognize the signs and impacts of GBV and substance use among women in ways that are relational, woman-centred, and trust-building. It is intended to be a quick reference guide or starting point based on findings from the current evidence and a review of the literature to support a more integrated approach to supporting women experiencing GBV and substance use.


2.1. WHO IS THE HOPE & RECOVERY TOOLKIT FOR?

The toolkit is intended to provide service providers from a wide range of disciplines and across sectors with a one-stop initial point of reference for evidence-informed essential practices to support women experiencing substance use and gender-based violence.

2.2. HOW TO USE THIS TOOLKIT

The Hope and Recovery Toolkit is organized into separate, interrelated chapters for easy reference and guidance for care workers and teams to access as needed, as an initial point of reference.

Chapters are intentionally written in short paragraphs and prompts to facilitate an initial point of guidance.

 **Practice Pearls:** Throughout the toolkit, Practice Pearls highlight concrete examples and tips for implementing the suggested essential practices.

Essential Chapters to read if you are short on time include:

The following two chapters are foundational pillars referenced throughout the toolkit.

- **Chapter 3 (Common Language & Concepts)**
- **Chapter 5 (Relational, Woman-centred, Trust-Building Approach)**

2.3. HOW THE TOOLKIT IS ORGANIZED: CHAPTER BY CHAPTER OVERVIEW

CHAPTER 1 – PURPOSE & SCOPE

This opening chapter introduces the Jean Tweed Centre and the purpose of the Hope & Recovery Toolkit in a simple, practical way. It names the gap that many women experience- support for Gender-Based Violence (GBV) and substance use that is often split across systems- and offers a clear intention: a strength-based, relational guide that service providers can use to make care safer and more collaborative.

CHAPTER 2 – ABOUT THE HOPE AND RECOVERY TOOLKIT

This chapter provides an overview of the toolkit, including who it is for and guidance on how to use it. It outlines the content of each chapter, explains the development process based on a rapid review of the evidence, and highlights the toolkit's limitations.

CHAPTER 3 – COMMON LANGUAGE & CONCEPTS

This chapter introduces the key terms, concepts, and frameworks used throughout the toolkit. It explores the substance use continuum, the gender-based violence (GBV) spectrum, and the principles of trauma- and violence-informed, strengths-based practice, providing a shared foundation for understanding the relationship between GBV, substance use, safety, and healing.

CHAPTER 4 - BACKGROUND: PREVALENCE, IMPACTS, ACES, AND WHY TRAUMA AND VIOLENCE INFORMED CARE (TVIC) MATTERS

This chapter connects the dots between trauma and adverse childhood experiences (ACEs), GBV, and substance use, reminding us that many coping strategies make sense in the context of these interrelated experiences. It surfaces the structural barriers women face and explains why a trauma- and violence-informed, gender-responsive approach helps.

CHAPTER 5 - RELATIONAL, WOMAN-CENTERED, TRUST-BUILDING APPROACH

A relational, woman-centred, trust-building approach is treated as the first intervention and the essential practice when supporting women experiencing GBV and substance use. This is the most important chapter of the toolkit, which seeks to describe how we can put this essential practice into action in our day-to-day interactions and work with women experiencing GBV and substance use. This chapter introduces “four anchors” to guide the application of a relational, woman-centred, trust-building approach grounded in the EQUIP Trauma- and Violence-Informed Care (TVIC) principles (a widely used, evidence-based framework developed by EQUIP Health Care).

CHAPTER 6 - INDIGENOUS WOMEN & CHILDREN: PERSPECTIVES AND IMPACTS OF GENDER-BASED VIOLENCE (GBV) & SUBSTANCE USE

This chapter provides an introductory overview of considerations related to structural inequities and colonial histories that impact GBV and substance use experiences of Indigenous women and children. It points readers toward learning first by seeking the expertise of Indigenous leaders and resources before acting. The chapter highlights essential Indigenous-led resources and supports practitioners in providing culturally safer, more informed support.

CHAPTER 7 - UNDERSTANDING CONTEXT, COPING, AND IMPACT

Chapter 7 offers a gentle, practical way to notice how GBV and substance use may show up in daily life without blame or labels. Using a dual continuum lens (Jean Tweed Centre & Yoon, 2026) and recognizing the role substance use coercion can play in people's lives helps us understand the meaning behind behaviours, reflect on strengths, and co-create practical next steps that increase safety.

CHAPTER 8 - RAPID REVIEW OF EVIDENCE (METHODS & SYNTHESIS)

This summary explains how evidence and lived experience have shaped the toolkit's development.

CHAPTER 9 – RAPID REVIEW OF EVIDENCE KEY TERMS

This chapter summarizes the key learnings and themes from the review of the evidence and literature conducted to inform the development of this toolkit. It distills helpful themes from the literature about what supports access, what reduces barriers, and which practices can be applied across settings.



CHAPTER 10 – HOW TO ASK, SUPPORT, AND CONNECT WOMEN TO SERVICES: SCREENING, BRIEF INTERVENTION, REFERRAL TO TREATMENT (SBIRT)

This toolkit translates evidence from the literature through the SBIRT approach, guiding us on how to Ask, Support, and Connect women with the services they require. In this context, “screening” refers to inquiring about gender-based violence (GBV) and substance use in ways that are seamlessly integrated into everyday conversations, emphasizing relational, woman-centred, and trust-building methods. Therefore, the most effective approach to “screening” becomes a universal conversation in which “we ask everyone.” Brief interventions utilize language aligned with Motivational Interviewing (MI), offer harm-reduction strategies, and incorporate safety planning. Referrals are designed as warm handoffs that respect individual pace and privacy, ensuring women have access to the necessary supports.

CHAPTER 11 – INTERSECTORAL & INTERSECTIONAL CONSIDERATIONS

This chapter widens the lens to the systems and structures that affect women experiencing GBV and substance use, spanning multiple sectors such as health, housing, justice, social services, and child welfare, and offers practical ways to coordinate.

Toolkit References

A consolidated reference list that supports the toolkit's concepts, tools, and practice guidance is found at the end of each chapter and in a consolidated format at the end of the toolkit.

Appendices – PRISMA Diagrams & Tools

The appendices house the PRISMA diagrams from the peer-reviewed and grey literature searches and open-access tools in one spot for quick use.



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