

TABLE OF CONTENTS

CHAPTER 1: PURPOSE & SCOPE	08
<hr/>	
CHAPTER 2: THE HOPE & RECOVERY TOOLKIT: WHAT IS IT & WHO IS IT FOR?	10
2.1 WHO IS THE HOPE & RECOVERY TOOLKIT FOR?	
2.2 HOW TO USE THIS TOOLKIT	
2.3 HOW THE TOOLKIT IS ORGANIZED: CHAPTER BY CHAPTER OVERVIEW	
<hr/>	
CHAPTER 3: COMMON LANGUAGE USED IN THIS TOOLKIT: GBV, WOMEN, SUBSTANCE USE CONTINUUM/SPECTRUM	15
<hr/>	
3.1 A RELATIONAL UNDERSTANDING AND APPROACH TO THE SUBSTANCE USE CONTINUUM	
3.2 CONTINUUM OF SUBSTANCE USE TABLE: EXAMPLE OF STRENGTHS-BASED PRACTICE APPROACH FOR EACH STAGE OF THE CONTINUUM	
3.3 SPECTRUM OF GENDER-BASED VIOLENCE (GBV) – A RELATIONAL INTRODUCTION TO THE GBV SPECTRUM	
3.4 SPECTRUM OF GENDER-BASED VIOLENCE (GBV) – PRACTICE EXAMPLE TABLE 2	
3.5 DUAL CONTINUUM LENS TO SUPPORTING WOMEN EXPERIENCING GBV AND SUBSTANCE USE	
3.6 UNDERSTANDING HUMAN TRAFFICKING IN THE CONTEXT OF SUBSTANCE USE AND GBV	
<hr/>	
CHAPTER 4: BACKGROUND - PREVALENCE AND IMPACT OF GBV AND SUBSTANCE USE AMONGST WOMEN	29
<hr/>	
4.1 REALIZING THE PREVALENCE AND IMPACT OF GBV & SUBSTANCE USE AMONGST WOMEN A. SUBSTANCE USE & GENDER-BASED VIOLENCE	
4.2 THE LINK BETWEEN ADVERSE CHILDHOOD EXPERIENCES, SUBSTANCE USE, AND INTIMATE PARTNER VIOLENCE AMONG WOMEN	
4.3 THE NEED FOR A TRAUMA-INFORMED, GENDER-RESPONSIVE APPROACH	
4.4 TRAUMA-INFORMED PRINCIPLES	
4.5 EQUIP HEALTH CARE'S TRAUMA AND VIOLENCE INFORMED CARE (TVIC) PRINCIPLES	
<hr/>	
CHAPTER 5: RELATIONAL AND TRUST-BUILDING APPROACH: AN ESSENTIAL PRACTICE TO SUPPORTING WOMEN EXPERIENCING GBV AND SUBSTANCE USE.	36
<hr/>	
5.1 RELATIONAL, WOMAN-CENTERED AND TRUST BUILDING APPROACH IS AN ESSENTIAL PRACTICE	
5.2 WHAT "RELATIONAL AND TRUST-BUILDING" LOOKS LIKE IN PRACTICE	
5.3 THE "FOUR ANCHORS" FOR A RELATIONAL, WOMAN-CENTRED, TRUST-BUILDING APPROACH	
5.4 WORKING AT THE INTERSECTIONS: SUBSTANCE USE, GBV, AND COERCION	
5.5 FIVE SIMPLE STEPS FOR TALKING ABOUT SAFETY AND USE (ABOUT 3–5 MINUTES)	
5.6 ORGANIZATIONAL ENABLERS (MAKING TRUST VISIBLE)	
5.7 DOCUMENTATION THAT PROTECTS	
5.8 INDIGENOUS-LED, STRENGTHS-BASED STANCE	
5.9 PROGRAM EVALUATION INDICATORS YOU CAN USE TO TRACK RELATIONAL AND TRUST-BUILDING APPROACH	

CHAPTER 6: INDIGENOUS WOMEN & CHILDREN: PERSPECTIVES AND IMPACTS OF GBV & SUBSTANCE USE**43**

- 6.1 INDIGENOUS WOMEN & CHILDREN: PERSPECTIVES AND IMPACTS OF GENDER BASED VIOLENCE (GBV) & SUBSTANCE USE
- 6.2 INTERGENERATIONAL TRAUMA
- 6.3 IMPACTS ON INDIGENOUS CHILDREN & FAMILIES
- 6.4 WHAT WORKS (INDIGENOUS-LED)

CHAPTER 7: UNDERSTANDING CONTEXT, COPING, AND IMPACT: GENDER-BASED VIOLENCE AND SUBSTANCE USE**48**

- 7.1 WHY A RELATIONAL, STRENGTHS-BASED LENS?
- 7.2 HOW EXPERIENCES OF SUBSTANCE USE AND GBV MAY SHOW UP: POTENTIAL SIGNS TO GUIDE CARE WORKERS SUPPORTING WOMEN
- 7.3 USING THE DUAL-CONTINUUM LENS
- 7.4 SUBSTANCE-USE COERCION (A BRIDGE BETWEEN LENSES)
- 7.5 RESPONDING TO HOW THE IMPACT OF GBV AND SUBSTANCE USE SHOW UP FOR WOMEN

CHAPTER 8: RAPID EVIDENCE SYNTHESIS: METHODS SUMMARY**64**

- 8.1 LIMITATIONS OF THE TOOLKIT
- 8.2 RAPID REVIEW OF EVIDENCE: METHODS SUMMARY
- 8.3 ADAPTED RAPID REVIEW METHODOLOGY

CHAPTER 9: RAPID REVIEW EVIDENCE SYNTHESIS: KEY THEMES FROM THE LITERATURE REVIEW**70**

- 9.1 LINKS BETWEEN ADVERSE CHILDHOOD EXPERIENCES (ACE) & TRAUMA WITH GBV AND SUBSTANCE USE
- 9.2 TRAUMA & GENDER INFORMED APPROACH TO SERVICES AND PROGRAMS MATTER
- 9.3 INTERSECTIONALITY & SOCIAL DETERMINANTS
- 9.4 PEER SUPPORT/LIVED EXPERIENCE
- 9.5 FACTORS THAT FACILITATE ACCESS TO SERVICES & DECREASE BARRIERS
- 9.6 SAFETY PLANNING
- 9.7 CHILDBEARING & PARENTING CONSIDERATIONS
- 9.8 CULTURAL SAFETY
- 9.9. 2SLGTBQIA+ INCLUSIVE APPROACH
- 9.10 STAFF COMPETENCIES & SUPPORT NEEDS

CHAPTER 10: HOW TO ASK, SUPPORT, AND CONNECT WOMEN TO SERVICES: SCREENING, BRIEF INTERVENTION, REFERRAL TO TREATMENT (SBIRT)**102**

- 10.1 INTRODUCTION TO SCREENING, BRIEF INTERVENTION, REFERRAL TO TREATMENT (SBIRT)
- 10.2 GENTLY WITH PERMISSION ASK ABOUT GBV AND SUBSTANCE USE ROUTINELY
- 10.3 GBV SCREENING TOOLS FROM THE LITERATURE: TOOLS THAT CAN HELP US TO ASK ABOUT GBV IN MORE SPECIFIC WAYS IF NEEDED AND WHERE APPROPRIATE
- 10.4 COMBINED GBV, SUBSTANCE USE & PREGNANCY SCREENING TOOL
- 10.5 SUBSTANCE USE SCREENING TOOLS
- 10.6 BEST PRACTICES FOR SUBSTANCE USE SCREENING IN IPV SETTINGS
- 10.7 BRIEF INTERVENTION
- 10.8 EVIDENCE-INFORMED BRIEF INTERVENTIONS FOR SUPPORTING WOMEN EXPERIENCING GBV AND SUBSTANCE USE
- 10.9 BRIEF INTERVENTION: SAFETY PLANNING FOR WOMEN EXPERIENCING GBV AND SUBSTANCE USE
- 10.10 WHY INTEGRATE SAFETY PLANNING INTO SUBSTANCE USE SESSIONS
- 10.11 BRIEF INTERVENTION: MOTIVATIONAL INTERVIEWING (MI)
 - CORE PRINCIPLES OF MI
 - BRIEF MI STRATEGIES FOR CARE WORKERS
 - SAMPLE MOTIVATIONAL INTERVIEWING DIALOGUE FOR CARE WORKERS
 - SAMPLE BRIEF INTERVENTION SCRIPTS RELATED TO SUBSTANCE USE (MOTIVATIONAL INTERVIEWING)
- 10.12 TRAUMA-INFORMED BRIEF INTERVENTIONS
- 10.13 REFERRAL TO SUPPORT AND SERVICES GUIDANCE
- 10.14 EVIDENCE-BASED MODELS/PROGRAMS FOR GBV & SUBSTANCE USE
- 10.15 REFERRAL TO SUPPORT & SERVICES: KEY CONSIDERATIONS
- 10.16 WARM REFERRAL PATHWAYS

CHAPTER 11: INTERSECTORAL AND INTERSECTIONAL CONSIDERATIONS & RECOMMENDATIONS

144

- 11.1 HOW INTERSECTIONALITY CHANGES WHAT WE DO
- 11.2 HEALTH, EMPLOYMENT, AND EVERYDAY SERVICES: THE ACCESS GAP
- 11.3 LEGAL AND JUSTICE SYSTEM IMPACTS: PATTERNS, NOT ONE-OFFS
- 11.4 HOUSING AND HOMELESSNESS: WHEN SAFETY MEANS MOVING AGAIN (AND AGAIN)
- 11.5 CHILD-WELFARE: SEPARATING RISK FROM SUPPORT
- 11.6 INDIGENOUS WOMEN AND 2SLGBTQIA+ PEOPLE: HONOURING SELF-DETERMINATION
- 11.7 WHAT COORDINATED, EQUITY-ORIENTED SYSTEMS LOOK LIKE (CANADA'S LEVERS)
- 11.8 RECOMMENDATIONS

CHAPTER 12: REFERENCES – TOOLKIT

155

APPENDICES

180

- APPENDIX A: PRISMA DIAGRAM PEER REVIEWED LITERATURE
- APPENDIX B: PRISMA DIAGRAM GREY LITERATURE SEARCH
- APPENDIX C: SAFETY PLAN - IMMEDIATE SAFETY NEEDS RELATED TO GBV & SU

