



## **Children and Youth Planning Table Continuous Professional Learning Committee CPLC Meeting Minutes PART 1: A Discussion with Dr. Barbara Ward – Trauma Informed Practices**

**Location:** Virtual  
**Date:** Thursday, July 29<sup>th</sup> 2021  
**Time:** 3:00pm - 4:00pm

**Presenter:** Dr. Barbara Ward

**CPLC Members in Attendance:** Natalie Spain, Debbie Jones, Mandy Martin, Silviu Kondan (SPA), Corie Schweertman (Co-Chair), Kathi Smith

**Other Members in Attendance:** Kathilee Porter, Margie McLean (CYPT Backbone), Joana Lincho (CYPT Backbone), Debbie Engel, Erin Schreiter, Joe-Ann McComb

## **Agenda**

<b>AGENDA ITEM</b>	<b>Notes</b>
<b>Welcome &amp; Introductions:</b>	<p>Corie welcomed members of the CPLC and other members who joined today's meeting to discuss the potential to bridge efforts around trauma informed learnings, resources and trainings. Corie began the meeting by providing a territorial acknowledgement.</p> <p>Silviu provided context on the important and emergent area of trauma informed learnings based on the CYPT training needs survey. Comparing the results from 2015 and 2021, we noticed that the most increase in day-to-day work for respondents related to: i) the use of trauma informed lens (39% to 75%) and ii) the use of decolonizing and anti-oppressive approaches (52% to 84%). Silviu mentioned that collective efforts in this area were also discussed with the Pandemic Working Group as well as with the CPLC (during a short meeting on June 25<sup>th</sup>). Across both groups there is a strong interest and dedication to potentially focus on this specific area with both structured and planned outputs and outcomes.</p> <p>The purpose of this particular meeting was to come together in a casual but informative format to learn more about trauma informed (TI) resources in our community and to learn from Dr. Barbara Ward's expertise in this area. Corie and Silviu also prompted the group to begin thinking of ways we can collectively support Dr. Ward and the public school board's current work on TI resources. Similarly, they hoped that by attending this meeting, members were to begin thinking, across a longer-term period, on how the CYPT can fill</p>

	<p>areas/needs related to TI trainings/resources/learnings (through the CPLC as well as in collaboration with other groups or members).</p> <p>.</p>
<p><b>Trauma Informed Work in Waterloo Region – A Presentation by Dr. Barbara Ward</b></p>	<p>Dr. Ward began her presentation by reminding attendees that trauma informed work is multifaceted and has stretched across various organizations for years. She acknowledged that members in the meeting would likely have their own knowledge in this area, despite it being within other interdisciplinary approaches. Dr. Ward emphasized that trauma informed work is tied to active progress – it is something that is continuous and requires ongoing strategic planning and resource allocation.</p> <p>In the Waterloo Region District School Board (WRDSB) context, Dr. Ward mentioned that trauma informed work was closely streamlined across several departments and teams. This is part of the board’s larger objective of ensuring that students feel safe, happy and that they are learning. Similar to how the board prioritizes human rights and equity, TI work is closely tied to other important pieces of work – including CYPT’s focus on belonging and anti-racism.</p> <p>Dr. Ward presented the WRDSB’s graphic, drafted in the autumn of 2020, which was developed for all staff to improve their TI knowledge through 5 core principles. This graphic is currently housed on the staff website and will also be part of an optional trauma informed course for staff to access. This would entail having access to learnings through a comprehensive module(s) on each of the 5 principles with directed content, resources, case studies, reflection questions, further learnings, videos and podcasts. This work is encompassed in the broader WRDSB’s work on developing resources and trainings related to TI work.</p> <p>The graphic was shared with a message to staff that noted that the challenges and experiences that have shaped students’ experience throughout the pandemic (and prior) were distinct, but acknowledging that they were not necessarily apparent or obvious. The resource was to provide an opportunity for staff to have introspection on how to connect and re-connect with students so they feel safe, welcomed and happy to be back in school.</p> <p>The 5 Core Principles include: <b>Establishing Connection, Being Predictable, Being Flexible, Delighting in your Students, and Co-Regulating.</b> To provide more context, Dr. Ward provided a glimpse at the modules and how they were structured.</p> <p>Dr. Ward then provided context to the relationship between TI work and anti-racism – particularly understanding how structural inequity has impacted social realities and individuals through the social determinants of health. She further mentioned how important it is for children and youth to be able to navigate spaces and exposures in ways that respect their diverse identities. To this point, Dr. Ward emphasized that TI work is connected directly to the CYPT Pillars of Belonging: Equity, Attachment/Relationships and Children and Youth Feeling Valued, Heard and Included.</p>

<p><b>DISCUSSION</b></p>	<p>Corie and Silviu prompted the group to consider their own experiences engaging with TI resources and learnings and to reflect on Dr. Ward’s presentation when considering the following questions:</p> <ul style="list-style-type: none"> <li>• What insight or learning from Barbara’s presentation resonates with you and why?</li> <li>• Are TI approaches and learning becoming more important or prevalent in your work/organization? And if so, what have been your personal experiences with available resources/trainings?</li> <li>• What steps do you think that the CPLC/CYPT can take to support the board’s initiatives across Waterloo Region collaboratively?</li> <li>• Are there TI trainings or resource needs that you think the CYPT/CPLC can fill/support as a longer-term project?</li> </ul> <p>The group emphasized how important and pertinent TI work is for our community and for those working with children, youth and families. Members agreed that this is clearly an intersecting area that would benefit from a collective and shared approach to the development of resources, trainings or material. Some members expressed the importance of having clear and simplified language when speaking about TI– the 5 principles being a great example of a resource that can support community members irrespective of background in this field.</p> <p>Members also spoke about the work their particular organizations are doing in this realm. The group agreed that TI work has become more important and prevalent in organizational settings, particularly in response to the challenges posed by the pandemic.</p> <p>One challenge – reflective of the work that members of the call had started in the past – was the continuation of resources in this area. Dr. Ward emphasized the importance in not solely relying on funding for resources and trainings but in considering how we can shape organizational policies and practices directly to ensure they evolve with a TI lens.</p> <p>It was agreed by members of the call that another community discussion was needed to dive into this work in more detail and to brainstorm specific actions that the CPLC can support in this area of work. Given the strong interest, Corie and Silviu suggested that the group reconvenes at the next scheduled CPLC meeting to continue the discussions in the meeting. Dr. Ward was excited to continue contributing to this work in a collective setting.</p> <p><b>Action:</b></p> <ul style="list-style-type: none"> <li>➤ The Co-Chairs and Silviu will plan to invite Dr. Ward and non-CPLC members to have another in-depth discussion on this topic</li> <li>➤ Dr. Ward, the Co-Chairs and Silviu will discuss ways in which TI-related resources and trainings can be integrated in the CPLC workplan.</li> </ul>

