



**Breaking the Cycle:
Trauma-Informed Practice in
Action**

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Breaking the Cycle

- An early intervention program that promotes the developmental and mental health of infants and young children who are at risk due to maternal substance use and unresolved maternal trauma
- FASD prevention and early intervention program, with FASD assessment and diagnostic services
- Funded by the Public Health Agency of Canada's CAPC and CPNP program, and Ontario's Ministry of Children and Youth Services



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BTC Partners

Mothercraft		Hospital for Sick Children
St. Joseph's Health Centre		Toronto Western Hospital - Mental Health and Addictions
St. Michael's Hospital		Toronto Public Health
Children's Aid Society of Toronto		Ministry of Community Safety and Corrections
Catholic Children's Aid Society of Toronto		



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BTC PROGRAMS AND SERVICES

Addictions

- Relapse Prevention Group
- Recovery Group
- Life Skills Group
- Individual Counselling
- Connections Group

Mental Health Counselling

Health/Medical Services

- FASD Assessment/Diagnostic Clinic
- Pre-Postnatal Counselling

Basic Needs Support

- Food
- Clothing
- Transportation

Developmental Clinic

- Screening and Assessment
- Developmental and Interactional Guidance
- Parent-Child Psychotherapy
- Home Visiting
- Early Intervention

Child Care

Pregnancy Outreach Program

Probation and Parole Services

Parenting

- New Mom's Support Group
- Nobody's Perfect Parenting Program
- Cooking Healthy Together
- Parent-Child "Mother Goose" Program
- Hanen "You Make the Difference"
- "Learning Through Play" Group
- Access Visits




Admission Criteria



Women/Mothers

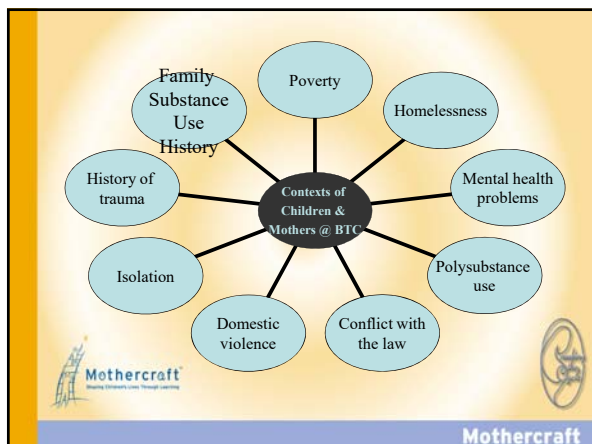
- Who are pregnant and/or parenting children 6 years;
- Who are experiencing problems of substance use and recovery;
- Who desire support around their substance use or recovery.

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Infants/Young Children

- Who have been exposed to alcohol and/or other substances during the prenatal period;
- Who have been exposed to parental alcohol/substance use in postnatal period





The poster features two columns of text. The left column is titled 'BUILDING CONNECTIONS' and the right column is titled 'CRÉER DES LIENS'. Both columns have sub-headers: 'Supporting Community-Based Programs to Address Interpersonal Violence and Child Maltreatment' and 'Soutenir les programmes communautaires pour lutter contre la violence interpersonnelle et le maltraitance des enfants'. Below the text are two identical grids of photos showing children and adults. Logos for various organizations are at the top. The Mothercraft logo is at the bottom right.

Trauma-Informed Practice Principle



Choice, Collaboration and Connection

Trauma-informed services encourage opportunities for working collaboratively with children, youth and families. They emphasize creating opportunities for choice and connection within the parameters of services provided. This experience of choice, collaboration and connection often involves inviting involvement in evaluating the services, and forming service user advisory councils that provide advice on service design as well as service users' rights and grievances.





Discussion Prompting Questions

1. When working with families, how do you encourage open communication?
2. How do you provide choices in program and support these choices whenever possible?
3. How do you handle mistakes or uncertainties in your work? How do you handle mistakes or uncertainties in your program?



Discussion Prompting Questions

4. How do you support inclusion and family, children and community voice?
5. What are some of your strengths in working with people?
6. How do you use your strengths to build relationships with parents and families? With co-workers and work colleagues?



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Healing Through Relationships

- Interrupting cycles of trauma
 - The importance of infancy and the early years
- *Supporting a mother's relationship with her child means helping her protect her child from the kinds of experiences that cause her pain. (Pawl, 1994)*



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Healing Through Relationships



- Child Functioning
- Relationship Between Mother and Child
- Relationship Between Staff and Families
- Relationships Among Staff
- Relationships Among Community Agencies
- Relationship-Based Theoretical Frameworks



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