

# Thinking about safety/inclusion through the lens of violence/trauma



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**BC WOMEN'S  
HOSPITAL+  
HEALTH CENTRE**



An agency of the Provincial Health Services Authority

**WOMEN'S HEALTH  
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*Acknowledge the unceded, traditional and ancestral territories of the Coast Salish First Nations*

**Musqueam, Tsleil-Waututh, and Squamish**



With permission from V. Brciic and J. Morgan

# Safety is Essential for Inclusion

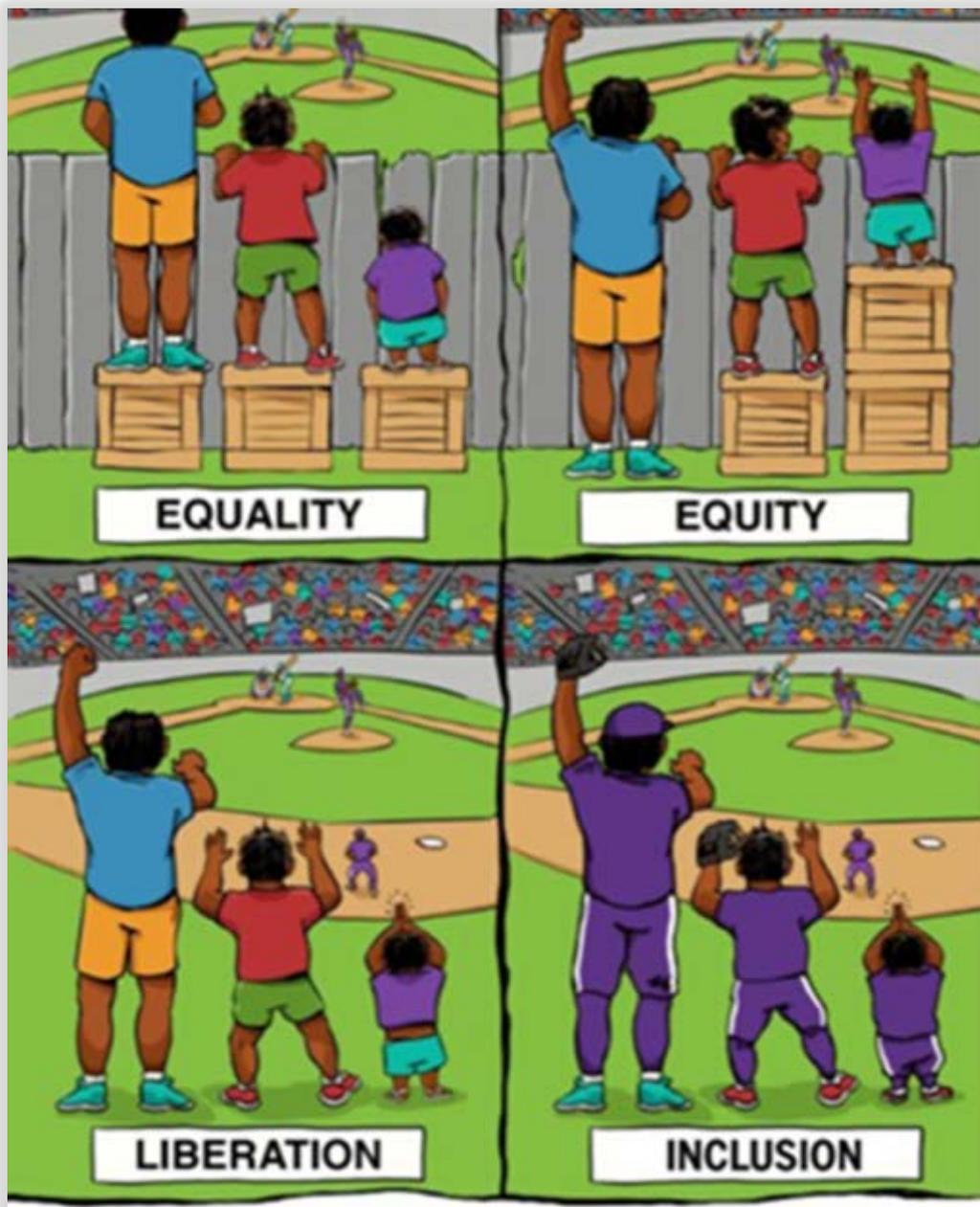
- Confidence in the security of the physical environment

Not contaminated	Accessible
Sustainable	Universal design

- Prerequisites of health

Peace	Shelter	Education	Income
Stable eco-system	Sustainable resources	Social justice	Equity

Ottawa Charter, 1986



Interaction Institute for Social Change | Artist: Angus Maguire

# Understanding Interpersonal Violence

- **Manifest violence** – when people are hurt
- Public health typically differentiates between intentional and unintentional injury/violence
- Can be addressed through primary and secondary prevention
  - e.g., relationship education, gender-based violence education for health care sector
- Risk of violence varies by social location but systematically patterned
  - e.g., gender-based violence

# Understanding Structural Violence

- **“suffering is ‘structured’ by processes and forces that conspire—whether through routine, ritual, or more commonly, the hard surfaces of economics and politics—to constrain agency.”**
- Largely invisible, maintained by systems
- Also experienced systematically by some groups/people
- Primary prevention through policy, organizational development
- Secondary prevention through trauma-informed practice
- Treatment through trauma-specific services

# Addressing Violence/Trauma Through Public Health

## Interventions

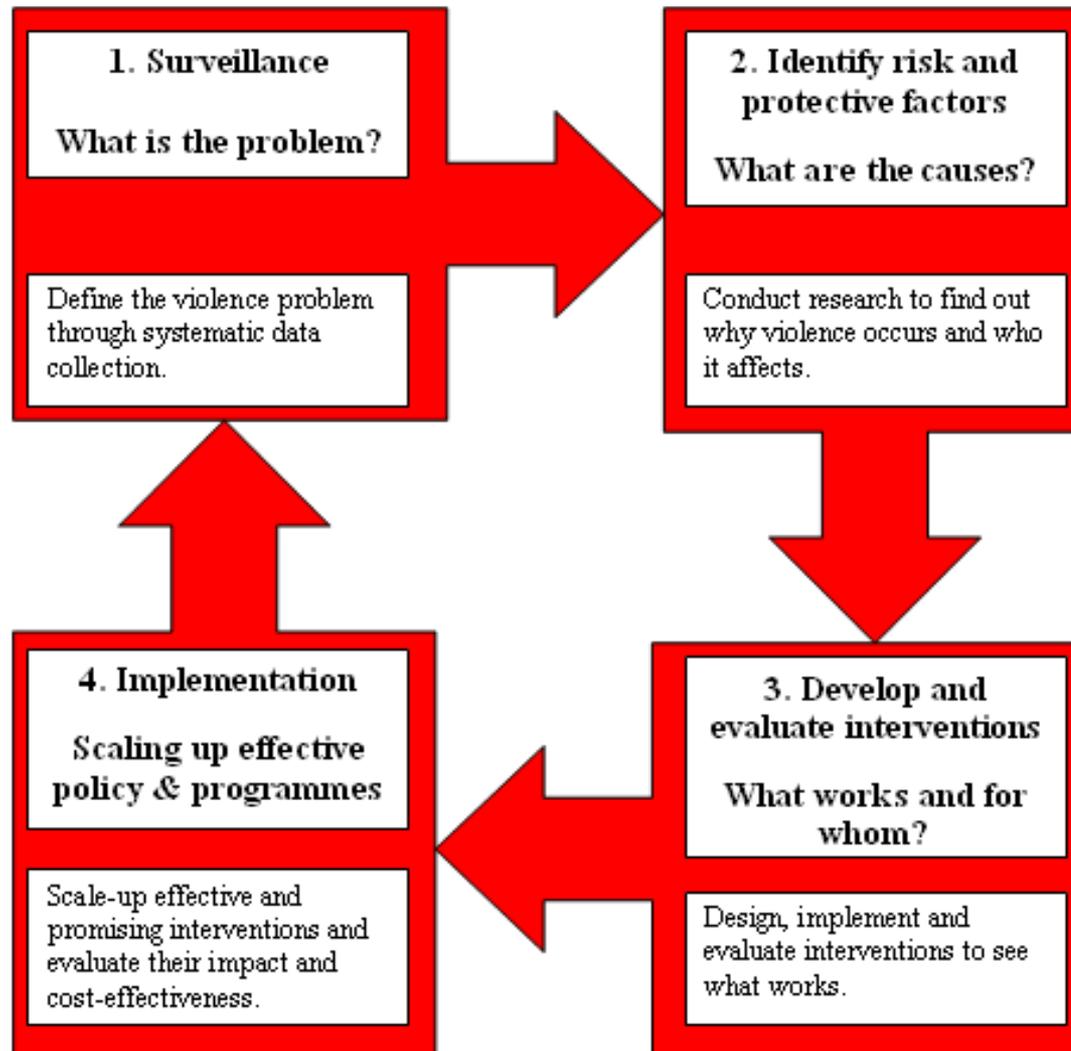
1. Violence prevention to reduce exposure
2. Secondary prevention to reduce contagion
3. Trauma and violence-informed care and treatment

## Political actions

Legislation to reduce violence

Infrastructure to support trauma and violence-informed care

# Public Health Approach to Violence



# VPA Endorses Public Health Approach

The "public health approach" to violence prevention is:

- **science-driven;**
- **population-based;**
- **interdisciplinary;**
- **intersectoral;**
- emphasizes **primary prevention;**
- based on the **ecological model**
  - views violence not as the outcome of multiple risk factors and causes interacting at all four levels of a nested hierarchy (individual, family/close relationship, community and society);
- adopts a **life-course perspective**
  - understanding how influences early in life can act as factors for problems at later stages.

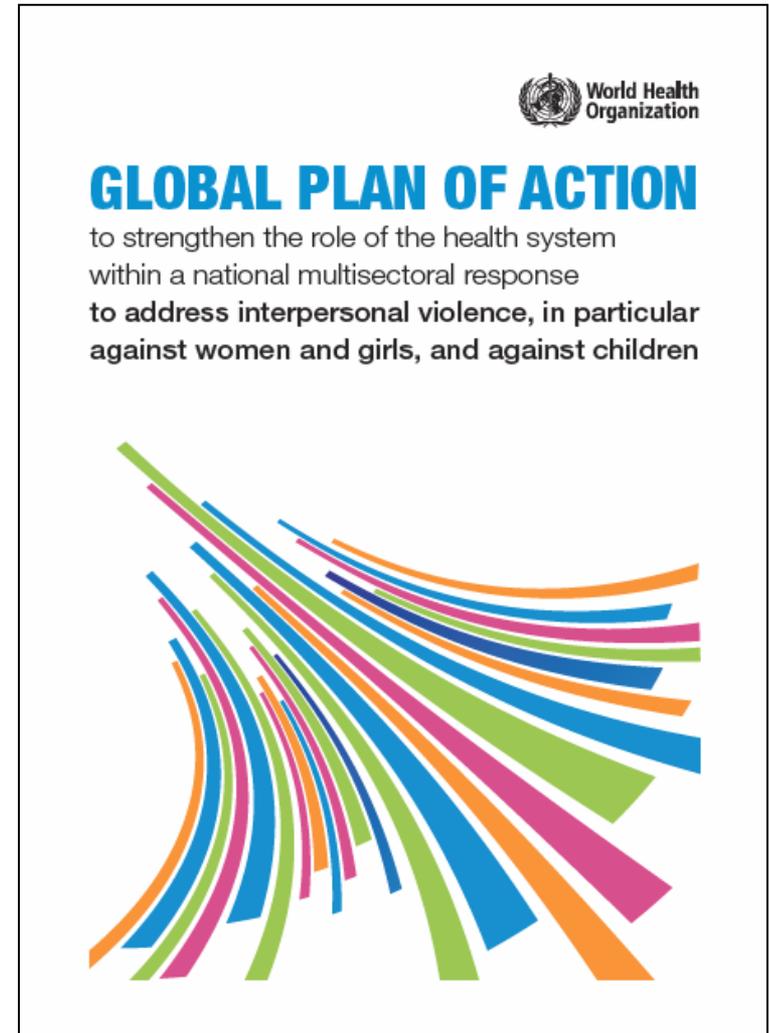


# Global Plan of Action Uses this Approach

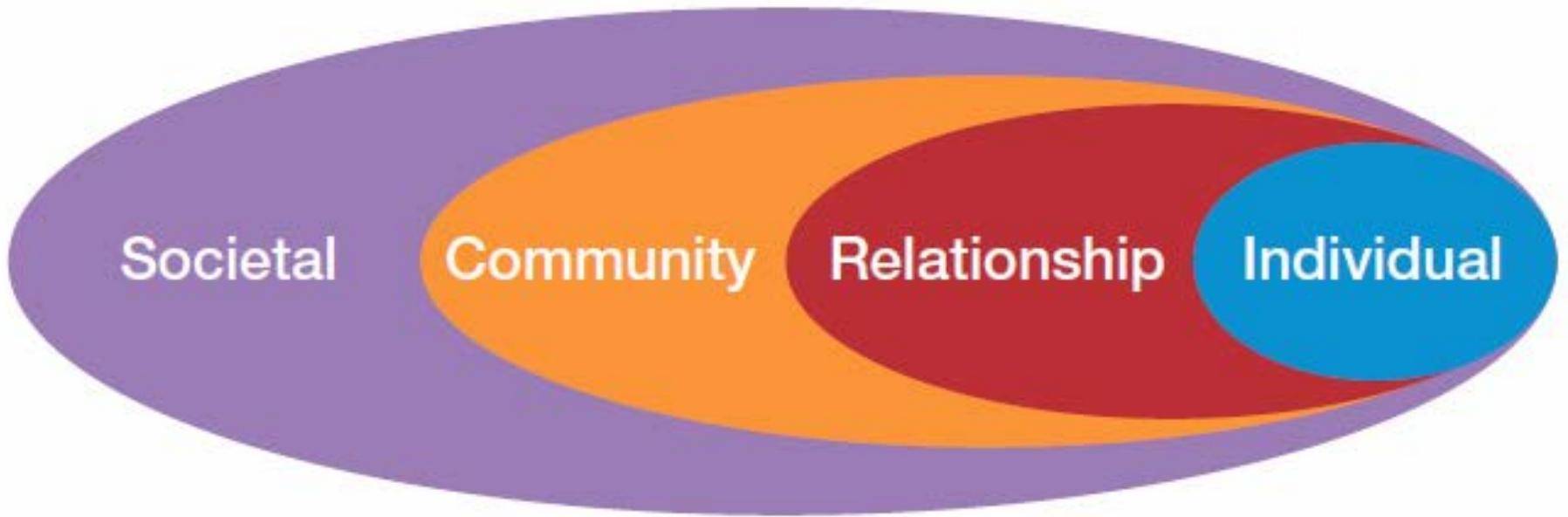
Public health approach to violence prevention refers to four steps:

1. Defining and monitoring the problem;
2. Identifying risk and protective factors;
3. Developing and testing prevention and response strategies;
4. Supporting widespread adoption of these strategies.

<http://apps.who.int/iris/bitstream/handle/10665/252276/9789241511537-eng.pdf?sequence=1>



# Understanding Interpersonal Violence



The social–ecological model, a framework for prevention from the US Centers for Disease Control and Prevention. (From Dahlberg & Krug, 2002).

# Social-ecological Approach



Adapted from the Centers for Disease Control and Prevention (CDC), The Social Ecological Model: A Framework for Prevention, <http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.html> (retrieved April 21, 2014).

# Understanding Structural Violence

**“Structural violence is one way of describing social arrangements that put individuals and populations in harm’s way... The arrangements are structural because they are embedded in the political and economic organization of our social world; they are violent because they cause injury to people.”**

- PIH co-founder Paul Farmer,  
*Pathologies of Power*

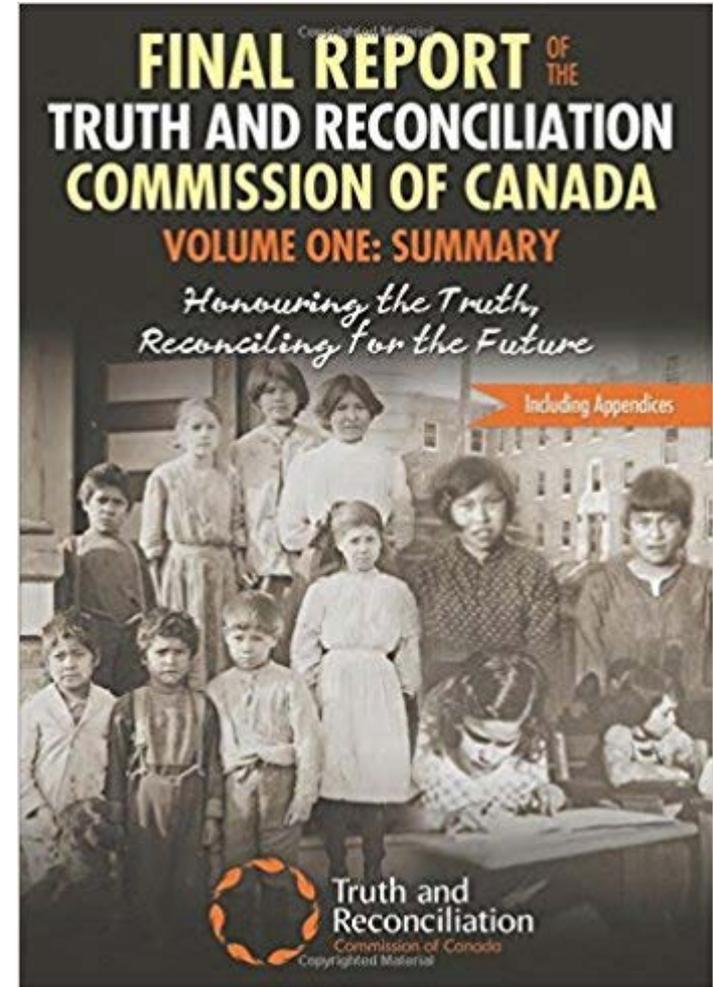
**“Poverty is not an accident. Like slavery and apartheid, it is man-made and can be removed by the actions of human beings.”**

Nelson Mandela



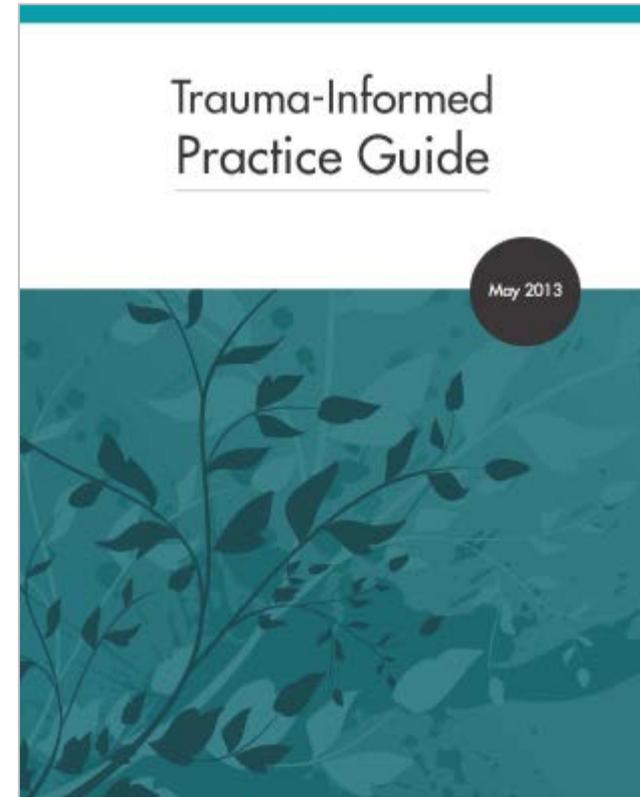
# Examples of Structural Violence

- Any condition that perpetuates discrimination, oppression, or stigma.
- “A host of offensives against human dignity, including extreme & relative poverty, social inequalities from racism to gender inequality, and more spectacular forms of violence.”
- “Exerted systematically—that is, indirectly—by everyone who belongs to a certain social order.”



# Addressing Structural Violence: TVIP

- TVIP aims to mitigate the potential harms and traumatizing effects of seeking health and other services by **creating safe and trusting environments**
- This means:
  - 1. Listen*
  - 2. Validate*
  - 3. Enhance support*
  - 4. Address SDOH*
  - 5. Advocate*



**Trauma-informed care** shifts the focus from:

What is  
**WRONG**  
with you?

to

“  
What  
**HAPPENED**  
to you?  
”

Learn more at [chcs.org/traumainformed](https://chcs.org/traumainformed)

CHCS Center for  
Health Care Strategies

# Trauma-informed Policy

“When social policy becomes more trauma-informed, it will be more participatory, transparent, and collaborative, and it will be better able to promote the safety and empowerment of its target constituents and, ultimately, disrupt trauma-driven disparities in health and well-being.”

Elizabeth A. Bowen, PhD, and Nadine Shaanta Murshid, PhD.

Am J Public Health. 2016 ;106: 223–229. doi:10.2105/AJPH.2015.302970

# Equity-oriented Health Care

Recognizes and reduces impacts of:

- Inequitable access to social determinants of health;
- Intersecting forms of discrimination and stigma;
- Ongoing effects of trauma and violence.



*Because Indigenous people experience such high rates of discrimination, care that is excellent for Indigenous people will be excellent for everyone.*

# How can we create safe and inclusive communities given all types of violence and trauma?

Adopt an equity lens

Balance safety and risk

Create healthy built environments



Help kids be safe in relationships and during emergencies

Support Literacy

Involve community in urban planning