



*"Building the smallest democracies at the heart of society."
The United Nations: The International Year of the Family, 1994*

Agreement# 40063171

Sleep Studies in Saskatchewan: Exploring the Effect of Intimate Partner Violence on Victims' Sleep



by Meghan Woods and Mary Hampton

Analysis of Saskatchewan data collected for the **Healing Journey** project suggest that victims of intimate partner violence (IPV) experience greater sleep disruption than women in the general population. This is consistent with a number of studies conducted in North America.

Lowe, Humphreys, and Williams (2007), qualitatively examined sleep in 16 female victims of IPV. Their participants reported that sleeping when their spouse was at home placed them at increased risk of physical and sexual attack. Despite known psychological and physical consequences of sleep disruption, many women chose to stay awake in order to avoid attack. Women also reported that in order to increase protection, they chose to sleep in different places in the home rather than sharing a bed with their abusive partner. Moreover, tension and vigilance prevented victims from sleeping or staying asleep. Victims also reported that because their children were not sleeping due to the violence, the victim's sleep was also disrupted.



*Meghan Woods, M.A.,
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Sleep disruption for victims can also result from physical and psychological consequences of IPV. Depressive and anxiety disorders may develop in response to IPV (Resnick et al., 2000). Symptoms of these disorders can include sleep disruption (APA, 2000). Experiencing IPV can inadvertently contribute to sleep problems as a result of psychological symptoms developed in response to IPV. For example, symptoms of posttraumatic stress disorder, such as hyper-vigilance, may result in women being unable to

fall asleep (APA, 2000). Pain has also been shown to disrupt sleep (Moorcroft, 2005), and women who have experienced IPV may be at higher risk to experience disrupted sleep from pain due to IPV-related injuries.

Consequences of sleep problems can be severe. Research has found that people experiencing sleep difficulties are at increased risk of developing psychological difficulties such as depression, anxiety, and suicidal ideation (Colten & Altevogt, 2006; Harvey 2001). Sufferers of sleep deprivation are likely to experience physical difficulties, including increased pain (Lavigne et al., 2001); and experiencing sleep problems has also been linked to impaired driving and work performance (Moorcroft, 2005).

The Healing Journey team in Saskatchewan has begun to explore the relationship between sleep and IPV. **Meghan Woods** examined this relationship in her M.A. thesis. This research has two purposes: to develop a measure of IPV related sleep disruption and to explore whether sleep disruption

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Manitoba's Strategies in the Prevention of Child Abuse



by Jennifer Berry of New Directions for Children, Youth, Adults and Families

In the last issue I wrote about the serious problem of child sexual exploitation that exists in Manitoba. While Manitoba is not unique in experiencing the tragedy of child sexual abuse, it has developed some unique strategies to address this problem. This article will focus on Manitoba's strategies in the hope of developing a dialogue among colleagues in the Western provinces on the prevention of child sexual abuse.

In 2002, the **Manitoba Strategy Responding to Children and Youth at Risk of Sexual Exploitation** was launched. A multijurisdiction committee, composed of representatives from government departments and community agencies, was mandated to implement this strategy. To date, the committee has been instrumental in the implementation of a number of initiatives, including specialized residential and nonresidential services for children at risk; specialized foster home placements; a training program for service providers working with sexually exploited children; and a province wide public awareness campaign.

Despite these important initiatives we still face many challenges. In 2006, a young girl in Winnipeg - Tracia, who was exploited in the sex trade, killed herself in despair. Mobilized by this tragedy, province wide consultations were held and in 2008, the government launched the second phase of the provincial strategy and identified as **Tracia's Trust**. The \$2.4 million initiative responded to community direction from the consultations.

Tracia's Trust focuses on offender accountability and deterrence. This initiative is spearheaded by a multidisciplinary committee that includes a new specialized *Sexual Exploitation Prosecution Coordinator* and the *Missing Persons* and *Vice Units* with the Winnipeg Police Service. In pursuit of offender

accountability, police and prosecutors will use existing Child Protection Legislation, such as "Failure to report a child in need of protection" (Section 18); "Causing a child to be in need of protection" (section 17); "Interfering with a child in care" (Section 52) and "Sale of a child" (section 84).

The Manitoba Strategy was instrumental in the Child and Family Services (CFS) Act being amended to increase the penalties. This amendment sends a clear message to offenders and the general public that the sexual exploitation of children and youth is a serious crime—a crime that will no longer be tolerated. This legislation under the CFS Act carries the highest penalties in Canada. A person found guilty of such an offence may be fined up to \$50,000, incarcerated for up to 24 months, or both. The Manitoba CFS Act penalties are to be considered as an option when criminal charges under the Criminal Code of Canada are not an option.

In addition, Manitoba is the second province in Canada to legislate mandatory reporting of child pornography. This new bill will come into effect in early 2009, and will require all Manitobans to report suspected child pornography to the appropriate authorities.

The message for all Manitobans is that we are all responsible for all children in our community to ensure they are safe, healthy and can grow up without fear of sexual exploitation. ☘



Tracia's Trust

To view the initiatives refer to the online link at news.gov.mb.ca/news/index.html?archive=&item=4916

RESOLVE & PAF: A Productive Partnership



by Jane Ursel

RESOLVE has greatly benefited from the support of The Prairieaction Foundation (PAF) in a variety of ways, including support for our Research Days, our publications, and our operation grant. The RESOLVE offices also benefit from the **CARE Grants** provided by PAF. We apply for these grants with community partners to assist in a wide range of research of interest to the community. I would like to highlight the activities of Manitoba researchers made possible by Care Grants to agencies in our province.

Winnipeg Children's

Access Assistance Centre,

in partnership with RESOLVE Manitoba, received a CARE grant this year to develop a program logic model and to conduct a pilot follow-up study with parents who have used their services over the years. This service provides safe, supervised visitation for children with their non-custodial parent in cases where divorced/separated parents have had a history

of domestic violence. This is a critical service in our community and this pilot study will be a first step in development of a large proposal for funding and evaluation. Through support of this initiative, PAF contributes to building programs where children can safely maintain contact with a non-custodial parent.

The **Wolseley Family Place**, in partnership with our office, received a CARE grant to evaluate the impact of their **New Realities Program** on men and to develop a program logic model of this innovative service. This program is designed to help families who face issues of family violence and substance abuse to work together to overcome their challenges. In supporting this grant, PAF is providing the agency with the ability to assess the extent to which their services, used primarily by women and their children, can have an important impact on fathers/partners as well.



The Healing Journey: We have reported on this five year longitudinal study in previous issues. While this study is primarily funded by a *Community University Research Alliance* (CURA) grant of the **Social Sciences and Humanities Research Council**, all three RESOLVE offices have received funding from the CARE grants each year for the past four years. These grants have assisted us in reaching women in rural and northern areas of our provinces to ensure that women living in remote locations will still have an opportunity to

have their stories told. This year, all three Centres have received Care Grants to assist us in conducting the cost-benefit component of our project. This component is extremely important in order to provide policy makers with "hard data" on the substantial social costs of domestic violence and to make compelling arguments on the wisdom of investing in prevention programs. In Manitoba, we partnered with

Nova House, a shelter for abused women in Selkirk, in application for this grant.

The **Laurel Centre** partnered with our office to apply for a CARE grant to revise and reformat their client forms; to assist them in developing their own program evaluation system. RESOLVE is working with Laurel Centre staff to revise the forms and set up a data management system which will allow them to track changes in clients over time. We are also training staff on data in-put and processes for data analysis. The Laurel Centre provides a very valuable counseling service for women who have been sexually abused in childhood. Their increased capacity to record statistics on their service will permit them to better serve their clients and enhance their reports to funders. In supporting this grant, PAF is contributing directly to "research capacity building" in this important service in our community. ❀

RESOLVE Saskatchewan Profiles Saskatchewan Researchers Stardale Women's Group



by Helen McPhaden and Mary Hampton

Saskatchewan is home to many prolific anti-violence researchers. In this and upcoming RESOLVE newsletters, we will profile Saskatchewan researchers who have conducted research that sheds light on the topic of violence in our communities. One researcher who conducts community-based participatory action research is **Helen McPhaden**, Executive Director of Stardale Women's Group. The **Stardale Women's Group** is a community-based organization that performs research, designs and develops programs, and advocates for Aboriginal females who live in poverty. To learn more about Stardale please refer to their website at www.stardale.org. Recently, Helen completed a research project in collaboration with the Kainai First Nation (Blood) in Southern Alberta. This reserve is the largest in Canada.

Over the past few years, Stardale has delivered programs to girls in the community. Through consultations with community programs, it was found that there was an alarming increase in violence perpetrated by girls. One community decided a research project was warranted in order to understand the problem. The research project, entitled **Violence in the Lives of Girls in the Kainai First Nation**, was initiated by a First Nation in southern Alberta in collaboration with Stardale. The rationale for the community-based participatory approach used in this research was to combat a legacy of community mistrust of researchers and to reverse the under representation of Aboriginal voices from low-income backgrounds in literature. Initial funding secured in Fall 2006 allowed the assembly of a team. The research team was multi-disciplinary, and included members from all three prairie provinces. As well, a literature review was completed by **Leslie Roach**, attorney at Law, who works with the United Nations in West Africa. The project was completed in June 2008. To read the full report, please access RESOLVE Saskatchewan website.

Additionally, Stardale completed a project that addressed violence and safety with 13 female Aboriginal inmates at a prairie young offender's

centre. These young women explained their life experiences through art. Findings are disseminated in a unique format—a comic book was created titled **Life As you Don't Know It**. The comic book is being used as a resource and intervention tool with a variety of applications for practitioners and policy makers. Seven recommendations were generated for practitioners working with female youth:

1. *Parenting*: Support for the parent out there; reach the parents to come.
2. *Stability*: Good Foster homes – permanent. No uprooting every week, day, month. Consistent support – mentor that guides.
3. *Reducing*: Sexual and physical abuse. Eliminate abuse.
4. *Recognizing*: That we have dreams. We are not just bad kids. We love.
5. *Build*: Our self-esteem, our confidence.
6. *Education*: Relevant. More social interaction.

To obtain your copy of the comic book, please contact stardale@gmail.com. ☘



Helen McPhaden

RESOLVE RESEARCH DAY 2009

HEALING FROM VIOLENCE AND ABUSE

Hosted by RESOLVE Saskatchewan

November 19-20, 2009

REGINA INN HOTEL AND CONFERENCE CENTRE
REGINA, SASKATCHEWAN

CALL FOR PROPOSALS

Submission deadline is June 30, 2009

RESOLVE Saskatchewan is now accepting presentation proposals for the upcoming Research Day in Regina, Saskatchewan, November 19-20, 2009.

Please direct any questions to **Mary Hampton** at mary.hampton@uregina.ca or (306) 585-4826.

Alberta Update



by Leslie M. Tutty

In December, one of the first reports with respect to the Alberta portion of the tri-provincial *Healing Journey* was submitted to the **Alberta Centre on Children, Family and Community Research**, which funded a component entitled *A longitudinal study of mothers affected by intimate partner violence: Perceptions of their children's well-being and family-related service utilization*.

We completed the recruitment of 231 Alberta women in April, 2007, with 92.6% or 214 women being mothers. A little more than half of the mothers were Caucasian, almost one-third were Aboriginal or Métis (32%) and a smaller group were from other visible minority backgrounds (11%). The women were an average age of 38 years of age with an average yearly total family income of \$24,318 (range of 0 to \$235,000). The majority of the mothers were born in Canada (83%), with about one-sixth of the women originally from other countries.

The report highlighted numerous strategies that the mothers used to protect their children from being exposed to, or suffering, the consequences of the abuse. Protection strategies included such informal mothering strategies as the introduction of activities to help the children feel good about themselves; relationship strategies with the partner, such as ending the relationship; and contacting formal agencies such as the police, child welfare or shelters. Across these categories, the women saw the most effective strategies as separating/leaving the relationship; being affectionate with the children; parenting them alone; obtaining support from women's shelters; and avoiding potentially violence situations.

The women also described their partner's abusive tactics that target either the children or the mothers' sense of competency or her reputation as a competent

mother. The most common examples of such tactics are the abusive partners telling others that she is a bad mother, trying to control the way that she raises the children and trying to control the children. Further analysis of the mother's data will be conducted in the near future.

On January 16, 2009, the **Alberta Healing Journey** research team met to develop priorities based on analysis of the extremely rich project information. Four areas of immediate interest are:



Healing Journey Alberta Team (l-r): Duyen Nguyen, Lorrie Radtke, Caroline-McDonald-Harker, Dr. Leslie Tutty, Brenda Brochu, Erin Gibbs Van Brunshot, Billie Thurston and Carolyn Goard. Missing from picture: Kendra Nixon, Jan Reimer, Kate Woodman

- (1) Aboriginal women;
- (2) Mothering and protective strategies;
- (3) Legal issues, including custody and access; and
- (4) Comparing women who have used services with those who have not.



Other RESOLVE Alberta Updates

In the last newsletter we highlighted the nomination of the article *Do good intentions beget good policy? A review of child protection policies to address intimate partner violence*, written by **Kendra Nixon**, now at the University of Manitoba, University of Calgary Faculty of Social Work academics **Leslie Tutty** and **Christine Walsh** and former RESOLVE Alberta Research Associate, **Jill Weaver-Dunlop**, as a finalist in the **Herbert A. Raskin Child Welfare Pro Humanitate Article Awards** from the *North American Resource Centre for Child Welfare*. The article was one of four finalists chosen for the 2008 award. The awards are presented to authors who "exemplify the intellectual integrity and moral courage required to transcend political and social barriers to champion best practice in the field of child welfare." The authors will travel to San Diego to receive the award at the *International Conference on Child and Family Maltreatment* in San Diego. ☘

“*Sleep Studies*” cont’d from page 1

can be attributed to experiencing IPV when controlling for the effects of psychological disorders that are also related to sleep disruption. In development of this new measure of “sleep,” Meghan prepared nine IPV sleep disruption questions, developed from a thorough review of literature and extensive consultation with Healing Journey community and academic team members in Saskatchewan, Manitoba, and Alberta. The final nine items included measures of sleep disruption due to partner’s controlling behaviour, partner’s angry outbursts, pain from injuries, nightmares, tension and vigilance, sleeping with the light on, and children not sleeping.

With permission from the Healing Journey project team, these sleep questions were included in the *Healing Journey Project Health* questionnaire. In this article, we report results of analysis from 184 participants in Saskatchewan. After conducting reliability analyses, three of the items were not included in the final measure, so findings are based on analysis of six-items regarding sleep disruption due to violence. (Funding for this tri-provincial study has been received from Social Sciences and Humanities Research Council and PAF.)

Reports of sleep problems in the Healing Journey sample of victims of IPV were compared to women in the general population. Scientific literature suggests between 13% and 57% of women in the general population report sleep problems (Soares, 2005; Williams, 2001). Female victims of IPV in our sample (n=184) reported significantly greater sleep disruption (32% - 78%) than women in the general population. These findings are consistent with Humphreys and colleagues’ findings (1999) that victims of IPV experience more sleep disruption than women in the general population.

With use of the six-item sleep measure, we explored the hypothesis that female victims of IPV experience sleep problems that are predicted by experiencing IPV when controlling for the effect of age, education level, having children, childhood abuse experiences, and psychological symptoms. Using hierarchical multiple regression analysis, we found that this hypothesis was supported.

In the **Saskatchewan Healing Journey** sample, IPV experiences statistically predicted sleep disruptions above and beyond age (i.e., older women have been found to experience more sleep disruption), having children present in the home, education level, childhood abuse experiences, and psychological symptoms. This unique finding has not been previously quantitatively explored and suggests that experiencing IPV causes sleep disruption in women survivors.

These research findings have important implications for intervention and future research directions. Results suggest that conventional medical care that may not query women about IPV experiences, may not be adequately assisting women. When victims of IPV experience sleep problems related to the abuse, these problems cannot be sufficiently treated using usual sleep treatments. Providing a victim with sedative medication may increase danger since sleep places her at increased risk of attack (Lowe, Humphreys, and Williams, 2007). Also, considering the known implications of

sleep problems for work performance, health, and psychological difficulties, victims’ sleep disruption can also place them at greater risk of problems that may decrease quality of life and cause them economic disadvantage (Colten & Altevogt, 2005; Pilcher & Huffcutt, 1996; Weaver & Clum, 1995).

Further analysis of our data will explore the

relationship between sleep disruption and health consequences by examination of health service use associated with IPV-related sleep disruption, as well as to examine the effects of sleep problems on cognition and attention for victims of IPV. A quantitative sleep measure of IPV requires further refinement, but these initial results suggest that such a measure would benefit researchers and practitioners. Meghan will continue to investigate the relationship between sleep and IPV for her Ph.D. thesis. ❧



ANNOUNCEMENTS



Celebrate International Women's Day with the Honourable Nancy Allan, Minister responsible for the Status of Women

Monday, March 9, 2009

11:45 AM - 1 PM

in the Rotunda at the
Manitoba Legislative Building

This year's theme is:

Together We Are Better: The Contributions of Immigrant Women in Manitoba

International Women's Day is a time to honour the accomplishments of women and inspire our work towards women's equality at home and across the globe. Join us to celebrate the accomplishments and contributions of immigrant women in Manitoba.

A light luncheon will be provided.

Please **RSVP by March 5, 2009**, to 945-6281 or 1-800-263-0234.

CONFERENCES, EVENTS, AND RESOURCES



March 11&12, 2009 - ***Advanced Suicide Prevention Training for Service Providers*** in Winnipeg, Manitoba. Presented by Klinik. For more information on this and other workshops, please visit the Klinik website at www.klinik.mb.ca or contact **Leslie Debrecen** at **784-4206**, or email ldebrecen@klinik.mb.ca.

June 14-16, 2009 - ***1st Annual Canadian Conference on the Prevention Of Domestic Homicides*** in London, Ontario at the London, Ontario, Convention Centre. Hosted by Centre for Research & Education on Violence Against Women and Children, Faculty of Education, University of Western Ontario. The Conference is intended to enhance networking and partnerships amongst social science researchers, policy makers and practitioners (coroners, medical examiners, police, crown attorneys, anti-violence community agencies) in their review of domestic homicides across Canadian provinces and territories. Conference proceedings will focus on common risk factors and systemic gaps in policies, training and resources that are related to domestic homicides. The ultimate goal of this work is to prevent domestic violence and save lives lost to these tragedies. Hosted by Centre for Research & Education on Violence Against Women and Children, Faculty of Education, University of Western Ontario. **Registration begins February 28. Early Registration fee is \$275 until April 30, 2009.** For more information refer to www.crvawc.ca/documents/Nat%20DVDRC%20conference%20flyer.pdf or contact contact **Maria Callaghan** at mcallag@uwo.ca.

The **KLINIC TRAUMA-informed Toolkit** and the DVD ***Voices of Healing and Hope, Exiting the Sex Trade in Winnipeg*** were part of Klinik's launch of new initiatives on November 25, 2008. Both of these items are available for purchase for \$10 each. Visit www.trauma-informed.ca to view/order the Trauma Toolkit, and call **Leslie Debrecen** at **784-4206** to order the DVD.

Fort Garry Women's Resource Centre provides free counselling, support, and resources for women and children. Now with 3 locations at 1150-A Waverley Street (204)477-1123; 104-3100 Pembina Highway (204)261-3561; and a new site at 104-210 Ellen Street (204)946-0723. For information on all of our programs & services, contact info@fgwrc.ca or visit www.fgwrc.ca.

RESOLVEnews is a quarterly newsletter published by RESOLVE Manitoba. Any submissions, announcements and inquiries can be directed to the RESOLVE office in each of the three prairie provinces or to the editor, Ilze Cepelis, RESOLVE Manitoba - phone (204) 474-8965; fax: (204) 474-7686; e-mail: newsedit@cc.umanitoba.ca



Supporting solutions to violence and abuse

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2009 CARE Grants Call for Letters of Intent



The CARE Grant Program furthers Prairieaction Foundation's goal to support community-based research into solutions to violence and abuse. The Program funds grassroots, community-based organizations to do research projects that identify potential strategies, models and methods to ultimately eliminate the issues and impact of family violence and abuse.

The essence of the CARE Grant Program is to fund front-line social service agencies and other non-profit organizations for research that will:

- Identify effective strategies, models and methods to prevent and alleviate violence and abuse; or
- Demonstrate the impact of a specific program or approach in providing solutions to violence and/or abuse.

RESOLVE Research Network

We recognize that in many situations, community-based organizations that work at the heart of an issue will benefit from working collaboratively with academic researchers and other relevant partners. **RESOLVE** is a university-based network of academic researchers at the universities of Calgary, Manitoba and Regina. RESOLVE coordinates and supports research aimed at ending family violence and abuse and is available to work in partnership with community-based organizations in development of action-oriented research projects. We encourage you to contact the RESOLVE office in your province.

Grants will be allocated with consideration of location, with priority given to underserved communities.

Letters of Intent must be submitted in MS Word and must be received by e-mail **no later than 4PM (Mountain Standard Time) on March 26, 2009**. Email prairie@ucalgary.ca with the subject line **CARE Grant Program**. ☼

RESOLVE Manitoba

~ Dr. Jane Urşel ~
Director (Academic)

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