

The Way Out: Supporting Trauma Survivors To Establish Sustainable Employment



Instructor: Nicole Brown

Chelsea Kerr and Alex Tyrlik
Castlegar Community Services and Uvic at Selkirk College

Field Guide: Hugh
McGillivray



Introduction

Our project is 'The Way Out' with Castlegar Community Services (CCS). This program will help survivors of trauma develop cognitive work hardening skills that will facilitate them obtaining sustainable employment. CCS is currently supporting 115 individuals who meet the criteria to be potential candidates for this program.

Research has shown us that many survivors often remain in abusive relationships for many reasons, particularly financial (Clark, Classen, Fourn, & Shetty, 2015).

Our project consists of developing an intake process for candidates to identify education and support needs, as well as creating a program for employers that helps foster a safe work environment for our candidates using a trauma informed approach.

Using a client centered, strength based approach, we recognize that the client is the expert in their life and they take the lead in their integration into this program.

Objective

Our objective is to contribute to the The Way Out program using our database of Trauma-Informed Care (TIC) and Cognitive Work Hardening (CWH) research that will guide clients toward building coping skills in order to safely enter the workforce without re-traumatization.

Interventions

Client Education: Develop an intake form for candidates who are survivors of abuse. This form will be specifically designed to not traumatize the client, and to highlight the clients strengths, and innate resilience.

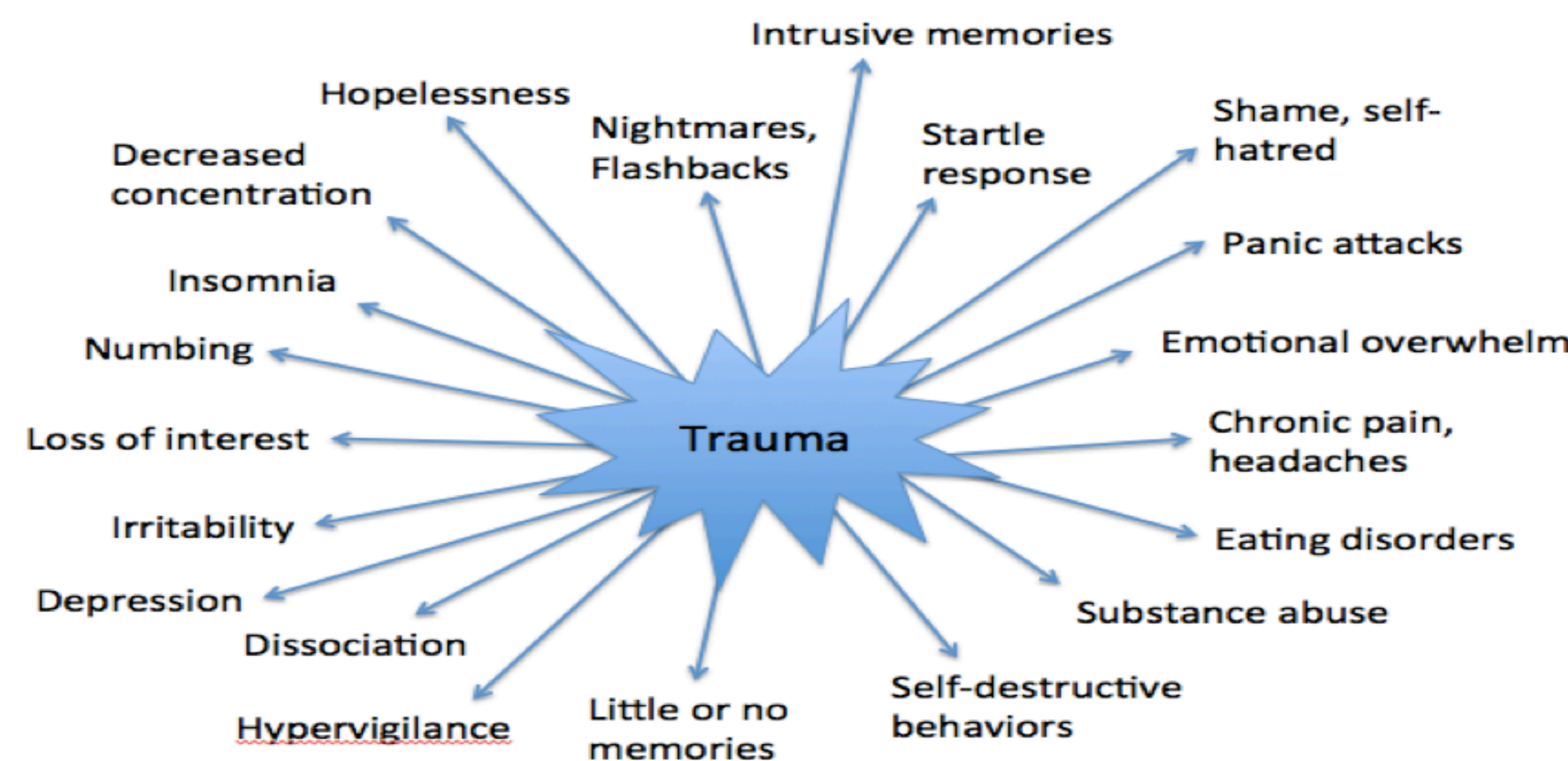
Employer Education: To create a program for employers that helps them create a trauma informed work environment that is safe and inclusive for everyone.

Goal

By the end of this practice placement, we will have developed the foundation of this program in order for the next group of nursing students to carry on with its development.

The goal of 'The Way Out' project is to provide survivors of abuse with safety, security and the income necessary to live autonomously and escape the cycle of abuse.

We will create an intake form to screen potential candidates for this program. We will create a program for employers to help them build a more therapeutic, safe, and inclusive environment.



Adapted from Janina Fisher

References

1. Clark, C., Classen, C., Fourn, A., & Shetty, M. (2015). Treating the trauma survivor: An essential guide to trauma-informed care. New York, NY: Routledge.