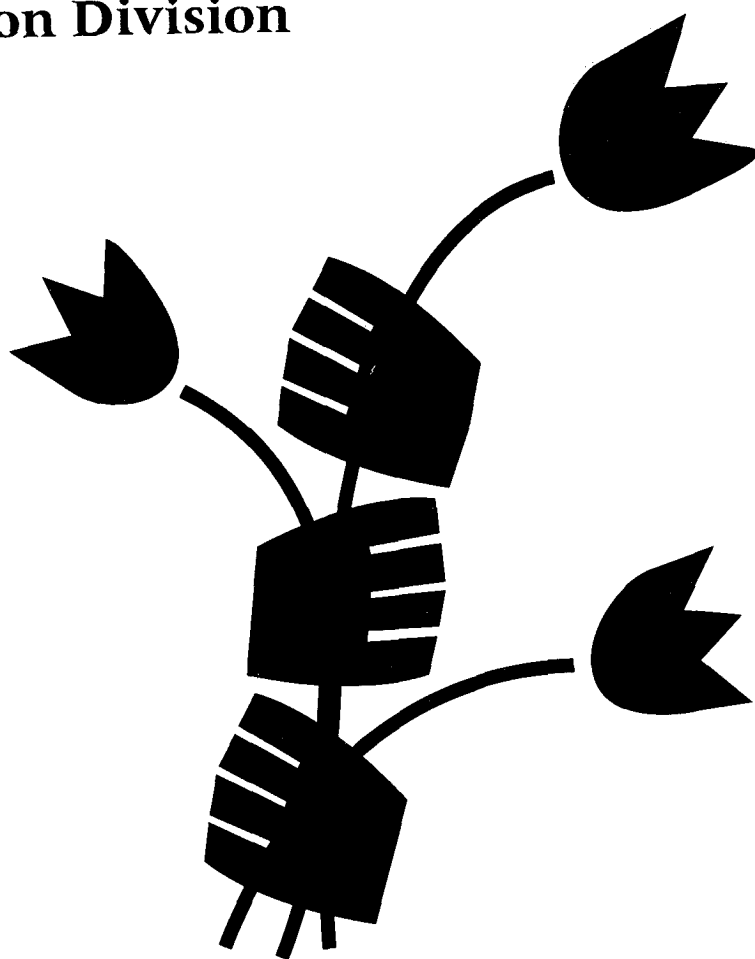


# **Child Sexual Abuse**

## **Professional Training and Public Education**

**A Review of Projects Funded by the  
Family Violence Prevention Division  
Health Canada 1990-93**



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Prepared for  
Family Violence Prevention Division  
Health Canada

by Catherine Ryserse  
Research/Writer/Consultant

Our mission is to help the people of Canada  
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# Background

In 1986, the federal government launched a five-year initiative to respond to the issue of child sexual abuse in Canadian society. The Family Violence Prevention Division (FVPD) was created through this initiative to provide central coordination for federal family violence activities. While much was accomplished during this time period, it was clear that much more needed to be done. The rates of reporting and disclosures of child sexual abuse and other forms of family violence in Canada had continued to rise, creating a demand for more information, training, direct services and public education.

In response to these issues, the federal government launched a second, four-year family violence initiative (April 1, 1991 to March 31, 1995). This initiative involves seven federal government departments including: Canada Mortgage and Housing Corporation, Canadian Heritage, Health Canada, Immigration and Citizenship, Indian Affairs and Northern Development, Justice, Solicitor General.

Under this initiative, the role of Health Canada is to “undertake special activities aimed at the prevention of family violence and the improvement of community responses, particularly in the health and social service fields.” Funding has been allocated for six categories of activities:

- improving the ability of professionals and front-line workers to respond to the problem (through the production of manuals, guidelines, protocols and training resources, in partnership with professional associations and community groups);
  - improving treatment and support for victims (through major demonstration projects and the wide dissemination of findings);
  - sharing information and solutions through expanded functions of the National Clearinghouse on Family Violence;
  - establishing national data on the nature and extent of family violence (with Statistics Canada); and
  - serving as the lead department in coordinating federal action on family violence.
- 
- involving all Canadians and supporting community action (through public education and prevention activities, community projects, and co-ventures with business, service clubs, unions and others);

# Introduction

The purpose of this report is to review projects funded under the current family violence initiative through the Family Violence Prevention Division (FVPD), Health Canada, that address *professional training and public education* in the area of child sexual abuse. Thirty-five of these projects were reviewed for this report and are described in Appendix 1.

Characteristics of these projects will be summarized. These include:

- category (professional training; public education)
- type of project (training; education; prevention; intervention; research; pilot/demonstration project); also target group; focus group; province undertaken; sponsoring organization; status; and
- outcomes (production of resources: training manual or handbook, descriptive listing, workshops/presentations or conference, video, tools/instruments, newsletters or updates, fact sheets or guidelines/protocols); information sharing; networking and/or collaboration; inter-agency initiative; portability; dissemination of information)

A general summary examines the reviewed projects from an evaluative perspective. That is, the discussion addresses whether or not the projects funded and undertaken are addressing the goals outlined in the federal initiative.

The conclusion includes a discussion of the role of the FVPD in addressing professional training and public education in the area of child sexual abuse, and some general and specific recommendations for the future directions of the Division.

# Characteristics of Funded Projects

## **Category (Professional Training, Public Education, Communication/Information)**

Of the 35 projects reviewed for this report, approximately three quarters (77%) address the need for professional training in the area of child sexual abuse. Twenty-nine percent of the projects focus primarily on public education; and 17% aim at providing information (for professionals and/or for the general public) and/or facilitating communication. Few of the projects reviewed for this report can be neatly categorized into one of the three areas of: professional training, public education, or communication/information. While the primary focus of a particular project may be professional training, for example, it may also include elements of either public education, communication/information, or both. This cross-categorization reflects the multi-disciplinary and inter-sectoral nature of the projects and their target audiences.

## **Type of project**

### *Training/Education/Prevention/Intervention*

Although the primary focus of most of the projects can generally be classified as one of: training, education, prevention or intervention, these are not mutually exclusive categories. As already mentioned, roughly three quarters of the projects reviewed focus on professional training. Twenty-one projects will produce educational materials, either for professionals and/or volunteers working with child sexual abuse victims/survivors and their families, or for the general public. Twelve projects focus on prevention and 22 projects involve intervention activities.

### *Research and Pilot/Demonstration Projects*

Twelve of the projects reviewed involve research with client populations or evaluation of pilot projects.

### *Target Group*

The primary target group for the majority (86%) of projects reviewed is professionals. Given that 77% of the projects funded in this area address professional

training, this is not surprising. Twenty-three percent of the projects have the public as their main target group. These are primarily public education projects, although some professional training projects do have a public education component.

#### *Focus Group*

Focus groups differ from target groups in that they describe the population that will be served through professional training, public education, and information/communication. This review revealed the needs of the following groups are being addressed through project activities:

- victims of child sexual abuse (female and male) (12)
- victims of child sexual abuse (male only) (1)
- survivors of child sexual abuse (female and male) (8)
- survivors of incest (female only) (1)
- adolescent child sexual abuse survivors (female only) (5)
- child sexual abuse survivors with addictions (female only) (1)
- children, youth and families (not necessarily identified as victims or survivors – primarily the general public) (8)
- foster families (1)
- street youth (2)
- adults and children with an intellectual disability (1)
- violent, unattached children (1)
- child sexual abuse survivors with Multiple Personality Disorder/Dissociation (1)
- adolescent child sexual abuse offenders and sexually intrusive children (predominantly male) (3)
- adult child sexual abuse offenders (predominantly male) (5)

#### *Type of Sponsoring Organization*

Sixteen of the 35 projects are sponsored by community-based agencies, organizations or associations; nine were undertaken by provincial government departments; six projects are being conducted by national organizations or associations; and four are sponsored by universities and/or hospitals.

#### *Status*

Seven of the 35 projects have been completed; the remaining 28 projects are currently in progress at varying stages of completion.

#### **Outcomes**

##### *Resources*

All of the 35 projects have or will produce tangible resources in the form of: training manuals, inventories or listings, handbooks, videos, communication tools; resource packages, guidelines or protocols; information booklets, fact sheets, newsletters/updates; or research documentation. These resources are transportable to other provinces.

##### *Information Sharing*

According to proposed project plans, roughly 10% of the projects reviewed have or will share results and other information at conferences, workshops or training sessions. In these cases formal information sharing is built into the project. Of course, information is also shared informally through conferences and consultations by most professionals working in the field of child sexual abuse.

##### *Partnerships (networking/collaboration and inter-agency initiatives)*

In addition to the partnership formed between the FVPD and sponsoring agency to undertake the projects, almost half (49%) of projects reviewed involve the collaboration of at least two organizations/agencies. This is especially true of projects that focus on integrated/coordinated services for victims, families and offenders of child sexual abuse. A smaller number (4) of these projects are also jointly sponsored by two or more organizations, and partial funding for a few projects has come from provincial government departments.

##### *Portability*

All of the 35 projects reviewed have or will produce results that are applicable to the entire country. Although child protection Acts and regulations vary between provinces, professional training and public education activities and resulting resources are relevant for addressing the needs of target and focus groups anywhere. A small number of projects have already received international attention.

### *Evaluation and Dissemination*

All of the 35 public education and professional training projects have incorporated evaluation plans. Depending on the nature of the project, these range from consumer/client feedback mechanisms to stringent empirical analyses.

Dissemination of project results and resource materials occurs in several ways: many of the projects have dissemination plans built into the budget. As many as 10 000 copies of some resource materials (e.g., public education booklets) have been distributed by sponsoring agencies; other projects have included enough money in their budgets to print limited copies of project results (e.g., pilot project evaluation results). The National Clearinghouse on Family Violence is undertaking the dissemination of resources resulting from some of the projects; all resulting publications and products are available for consultation from the departmental library (Health Canada); and other projects have/will share results and resources formally through planned conferences, workshops and training sessions. Informal networking and sharing of information between individuals and smaller groups are ongoing.

## **Discussion/Summary of Findings**

The role of Health Canada in addressing family violence, including child sexual abuse, is to “undertake special activities aimed at the prevention of family violence and the improvement of community responses, particularly in the social service field.” Through its leadership role, the Family Violence Prevention Division (FVPD) has funded the projects reviewed in this report to address the goals of the family violence initiative, which include: involving Canadians and supporting community action; improving the ability of professionals and front-line workers to respond to the problem; improving treatment and support for victims; sharing information and solutions through the National Clearinghouse on Family Violence; and establishing national data on the nature and extent of family violence.

Although this report focuses only on those projects that address professional training and public education in the area of child sexual abuse, it is clear that trends in funding activities have addressed the overall goals of the family violence initiative and have contributed to the more specific goals of the FVPD.

These projects involve the participation of individuals and organizations within communities across the country. This includes the participation, and frequently the collaborative/cooperative efforts, of provincial government departments, community agencies and organizations, universities and hospitals, and national associations concerned with the issue of child sexual abuse. Project results and products are relevant and transferable to all regions of Canada.

Through the development of training programs and demonstration project evaluations, many of these projects are having a significant impact on the ability of professionals and front-line workers to respond to the problem. Resources are now being developed in areas that were previously severely lacking in information. Evaluation of pilot and demonstration projects (funded through the FVPD) are providing professionals with much of the necessary information to begin to establish more effective intervention strategies and activities.



Effective training for professionals working with victims, survivors and offenders of child sexual abuse is key for improving treatment and support services for individuals and families. Research projects funded by the FVPD that focus on the etiology, intervention and outcome of child sexual abuse provide practitioners with much needed information that can be used to develop effective treatment services.

As previously stated, while the majority of projects reviewed for this paper focus on professional training, a significant number do involve public education and prevention activities. Projects (such as VISAC's sexual abuse booklets) have developed informational material that will be widely distributed to the public through the National Clearinghouse on Family Violence to communities across the country. Currently existing prevention programs are being examined and selected models are being tested (through the Caring Communities project, for example) in pilot communities.

## Conclusions and Recommendations

Although the problem of child sexual abuse has always existed, the significance of the impact that such experiences have on individuals, and subsequently on society, has only recently been realized. With greater numbers of disclosures and reports of child sexual abuse emerging throughout the country there is no evidence to suggest that reporting and/or disclosing rates are diminishing professionals and community members are struggling to respond effectively.

The federal government's initiatives on family violence have had, and continue to have, a significant impact on the ability of professionals and communities to respond to child sexual abuse. The initiatives have facilitated the discovery and dissemination of new information related to training, intervention, public education and prevention. However, the knowledge base at this time is still in its infancy.

Discussions with professionals across the country working in the area of child sexual abuse revealed the following:

- Gaps in knowledge about the many aspects of child sexual abuse still exist more research is needed. For example, very little is known about the impact of child sexual abuse on males. While statistically there are greater numbers of reports of female child sexual abuse, it is not known why males tend not to come forward. Speculation points to socialization processes and societal condoning of violence among males. The reasons why males tend not to report their own sexual victimization may be related to personal issues. However, other causes may be found through an exploration of gender issues as they relate to our society. Changing family structures may have an impact on sexually abusive behaviours and reporting trends.

Although the issues, impact and treatment approaches may overlap for both males and females, and some of the core issues will be the same, gender issues have not been sufficiently addressed. And, although research suggests that most sex offenders have themselves been victimized as children, the developmental course of sexually intrusive behaviours has not been charted, particularly for young offenders.

The continued pilot testing and evaluation of different treatment interventions is crucial in order to develop the most effective responses. Treatment programs for child sexual abuse victims, survivors and offenders have tended to be generic in nature, with little differentiation between groups. A single treatment model will not have the same degree of effectiveness for all groups (e.g., male vs./female victims and/or survivors; adult child sexual offenders vs./adolescent offenders; male vs./female child sexual abuse offenders).

All of these considerations will have an impact on the professional training of individuals working with child sexual abuse victims, survivors and offenders, and on the knowledge provided to the general public through public education activities.

- Knowledge of training materials that have been developed has not had a broad enough distribution. It was suggested that many practitioners working in the area of child sexual abuse are still insufficiently trained to do so. In this case, not only will individual clients suffer, but additional harm may be done. The suggestion was made that inadequate therapeutic intervention may be one of the causes of “false memory syndrome” in which it is alleged that clients falsely remember being sexually abused as a child (there is no empirical evidence to support this theory; research is needed in this area).
- New information and resources resulting from research and demonstration projects need to be communicated and disseminated more effectively to professionals. Although the National Clearinghouse on Family Violence has made great gains in this area, discussions with professional practitioners indicate a strong desire for more information. Professionals working in the area of child sexual abuse have also expressed the need to be aware of activities currently being undertaken in other parts of Canada.

## Recommendations

1. The Family Violence Prevention Division (FVPD) has been successful in contributing to the knowledge base concerning child sexual abuse and therefore should continue to fund research projects in this area. These may include research on gender issues and the impact these have on sexual abuse; research related to the different cultures that make up our society and the need for cultural sensitivity in developing programs or services; the development of creative ways of resourcing services and information in remote, rural and isolated areas of the country; the examination of the re-victimization of young people by staff and other clients in child welfare institutions and systems; research on the special needs of particular client groups (e.g., people with developmental or physical disabilities); research on the socioeconomic impact (e.g., mental and/or physical health, barriers) of child sexual abuse on employment; research that examines the implications of multiple victimization and the long-term effects of early victimization; and research that investigates environmental and health factors that place children at further risk of abuse.
2. The FVPD has facilitated the development of training materials for professionals in the area of child sexual abuse and should continue to do so. It is more dangerous than helpful for untrained individuals to intervene in the lives of child sexual abuse victims. Training for professionals working with victims, survivors and offenders of child sexual abuse should be part of the professional preparation at the college and university levels, and all agencies providing services for children and families should incorporate a professional development program. The development of these training programs and materials should therefore involve the collaboration and cooperation of multiple sectors, including provincial governments, educational institutions, community agencies, social workers, child and youth workers, national organizations, the corporate sector and representatives of the client population.

The form of these training programs and materials may vary and could include books, manuals, protocols, guidelines, research, videos, workbooks and case studies.

The FVPD has funded the development of some training materials, but could take this strategy further by facilitating the collaborative efforts of individuals and organizations from all sectors, and promoting the development of training materials and standards in each province (or perhaps even nationally).

3. The FVPD provides support to organizations involved in child abuse prevention activities, including research and pilot testing, and should continue to do so. Future funding may also be directed toward instituting effective prevention programs in elementary and secondary schools, community agencies and organizations, and public and mental health departments across the country. Child sexual abuse prevention activities could also reach a broader audience through major media campaigns and television documentaries or real-life stories.
4. The FVPD has funded projects engaged in public education activities and should continue to do so. This activity should also include a more aggressive approach to public education (i.e., improved dissemination/distribution and marketing techniques). More and more information should be provided to the public concerning the incidence, causes, interrelationship with other forms of violence and solutions to child sexual abuse.

Public education that focuses on disenfranchised groups, such as street youth, government wards and some young offenders could greatly increase public empathy for these individuals.

5. The FVPD and the National Clearinghouse on Family Violence have taken active roles in improving the sharing and dissemination of information related to child sexual abuse among professionals and the general public. However, professionals across the country have expressed a concern over the lack of communication between provinces/territories and on a national level. Several suggestions were offered to address these concerns:
  - (i) that the National Clearinghouse develop a user-friendly data base that could be accessed by individuals and organizations with computer capabilities;
  - (ii) that updates about current family violence initiatives and activities be disseminated to a wider distribution list (to represent all provincial/territorial child protection/child welfare departments and agencies, provincial/territorial and national organizations, universities, colleges, research institutes, hospitals, community organizations/agencies, schools, police, volunteer organizations); and
  - (iii) that the FVPD fund more national conferences, workshops, consultations and symposiums addressing issues of child sexual abuse to facilitate the formal and informal sharing of information and networking. This may also facilitate the development of collaborative activities with groups from different parts of the country.
6. It is recommended that a national, non-governmental child and youth-serving organization be supported. The organization's mandate would be to facilitate communication and information sharing through the production of print materials, the coordination of national and regional conferences and consultations, and through the development of a national data base.

7. The FVPD has played a critical role in the development of professional training and public education in the area of child sexual abuse in Canada. This role should be continued. However, it is recommended that the life of federal government family violence initiatives be extended to allow for long-term planning, which would avoid the problems related to fiscal year budgets, etc. In order to study many of the issues of child sexual abuse, some longer term projects (e.g., longitudinal studies) are necessary. In addition, it is recommended that a greater amount of money be allocated to the FVPD so that it can effectively address child sexual abuse issues.
8. It is recommended that all government departments concerned with child sexual abuse, including the FVPD, continue to communicate formally with each other and perhaps even to a greater degree to avoid duplication, to coordinate efforts, and to ensure cost-effectiveness. In addition, it is recommended that each initiative build upon the previous one, and that the resulting information and knowledge be incorporated into any new projects through the development of an information system (either internally or externally developed). The Family Violence Data System publications and data base of approved, underway and completed projects, which are available from the National Clearinghouse on Family Violence, provide a good foundation upon which to build.
9. It is recommended that the francophone constituency be more involved in national projects and activities. This recommendation stems from problems encountered by individuals and organizations in both English and French Canada concerning difficulties in communication, translation and cultural differences. Activities that bridge cultures are strongly encouraged.

# Appendix 1

## Overview and Description of Projects

### Child Sexual Abuse Professional Training (PT) and Public Education (PE)

#	Year	Sponsor	Province	Completed/In Progress (C/IP)	Category	Target Group	Focus Group	Type of Project, End Result, Other Information	Application Portability
1	1991	Children's Aid Society	ON	C	PT	Professionals	MPD/Dissociation Adults	Training program, training manual	National
2	1991	Community Association	AB	C	Inventory	Agencies	Street Youth	Communication/Information, descriptive listing	National
3	1992	Community Associations	AB	C	PT/PE	Professionals, Mentally Handicapped	Menatally Handicapped	Training/Community information, training manual, workshops, presentations	National
4	1991	Community Council	NF	IP	PT/PE	Professionals	Child Sexual Abuse Victims	Handbook, audio/visual resources, workshops, updates	National
5	1990	Community Based	ON	IP	PE	Public/Children and Youth	Child Abuse Victims	Video documentary	National
6	1991	Family and Children's Services	ON	IP	PT	Professionals	Male Sexual Abuse Victims	Training/Handbook	National
7	1991	Family Service	ON	IP	PT	Professionals	Incest Survivors	Training manual	National

#	Year	Sponsor	Province	Completed/In Progress (C/IP)	Category	Target Group	Focus Group	Type of Project, End Result, Other Information	Application Portability
8	1991	Community Committee	ON	IP	PT	Professionals	Child Sexual Abuse Victims	Training, communications tool, children and court-related Testimony	National
9	1992	Community Committee	ON	IP	PT/PE	Professionals, Public	Child Sexual Abuse Victims, Families, Offenders, Community	Training manual, community information	National
10	1990	Community Based	MB	C	PT	Professionals, Students, Volunteers	Sexually Abused Children and Youth	Training manual, resource pack, video	National, International
11	1992	Community Association	BC	IP	PT	Caregivers, Professionals	Violent Unattached Children	Training manual	National
12	1991	National Association	ON	C	PT	Foster Families	Foster Parents and Families	Guidelines/ Protocol	National
13	1992	National Association	ON	C	PT	Home Support Workers	Families	Training package	National
14	1992	National Association	ON	IP	PT	Telephone Counsellors	Children and Youth	Training manual	National
15	1992	National Association	ON	IP	PT	Professionals	Child Sexual Abuse Survivors	Training/ Community information inventory, needs identification, guidelines	National
16	1991	Provincial Government	BC	IP	PE	Public, Professionals	Child Sexual Abuse Victims, Survivors, Offenders	Community information, fact sheets, guidelines	National
17	1992	Community Based	BC	IP	PE	Public	Families, Children and Youth, Parents, Teachers	Public education Information booklets	National
18	1992	Provincial Government	PE	IP	PT	Professionals	Child Sexual Abuse Victims, Survivors, Offenders	Demonstration model, research, training package	National

#	Year	Sponsor	Province	Completed/In Progress (C/IP)	Category	Target Group	Focus Group	Type of Project, End Result, Other Information	Application Portability
19	1991	Community Agency	BC	IP	PT	Professionals	Adult Child Sexual Abuse Survivors	Treatment model, starter-kit, guidelines	National
20	1992	University	PQ	IP	PE	Professionals	Youth	Posters, training guide, student workbook	
21	1992	Community Based	ON	IP	PE	Teachers, School Counsellors	Children and Adolescents	Community information, prevention program, manual, video, conferences	National
22	1992	University	ON	IP	PT/PE	Professionals	At-Risk Youth	Research, prevention project	National
23	1992	Community Council	ON	IP	PE	Teachers, Agencies, Children, Parents	Children	Community information, training, video and teacher's kit	National, International
24	1991	National Institute	ON	IP	PT/PE	Professionals, Public	Children	Training, research, prevention programs, guidelines	National
25	1991	National Council	ON	IP	PT/PE	Church Congregation	Families and Children	Pilot projects, research, prevention, resource package	National
26	1991	Mental Health Clinic	NB	IP	PT	Professionals	Child Sexual Abuse Victims, Survivors, Families, Offenders	Training, research	National
27	1991	Community Agency	MB	IP	PT	Professionals	Addicted Female Child Sexual Abuse Survivors	Research, training manual	National
28	1990	University	SK	IP	PT	Professionals	Child Sexual Abuse Victims and Families	Training, research	National
29	1992	Community Association	AB	IP	PT	Professionals	Victims of Child Sexual Abuse	Research, training, resource materials	National

#	Year	Sponsor	Province	Completed/In Progress (C/IP)	Category	Target Group	Focus Group	Type of Project, End Result, Other Information	Application Portability
30	1990	Community Society	BC	IP	PT	Professionals, Self-help Group Leaders	Adolescent Victims/ Survivors of Child Sexual Abuse	Training, research	National
31	1992	Child and Family Services	BC	IP	PT	Professionals	Sexually Intrusive Children and Families	Treatment model, research design, standardized measures	National
32	1991	National Association	ON	C	PT	Home Support Workers	Victims of Family Violence	Needs assessment report	National
33	1990	University Hospital	ON	IP	PT	Professionals	Survivors of Child Sexual Abuse	Training, research	National
34	1992	University	NF	IP	PT	Professionals, Families	Families, Victims, Survivors, Offenders, Children	Demonstration model, research	National
35	1993	Community Agencies	ON	IP	PT	Professionals	Sexually Intrusive/ Offending Youth	Research, training, pilot project	National



## **Project #1**

**Education/Dissociation – A Training Program on Multiple Personality and Dissociation as an Outcome of Child Abuse**, Children's Aid Society of Metropolitan Toronto Foundation (1991)

### *Category*

Professional Training

### *Type of Project*

Training program and manual, regional conferences

### *Target Group(s)*

Mental health professionals working in the detection and treatment of multiple personality and dissociation

### *Background*

This project builds on the success of a demonstration project that was funded by National Welfare Grants and the Mental Health Division of Health and Welfare Canada. Multiple personality was, until recently, considered a rare and exotic phenomenon. Many studies have replicated the finding that it is an outcome of severe and ongoing child abuse. Multiple personality is treatable and individuals can, after a regimen of long-term psychotherapy, resolve their problems. But because of the hidden nature of child abuse and because the high incidence of multiple personality has only recently been recognized, people who suffer from this disorder are rarely diagnosed accurately and treated appropriately by the mental health and social service systems.

### *Rationale*

The cost of not recognizing multiple personality and dissociative disorders in survivors of child abuse and not treating it to resolution is very high, both in tax dollars wasted and in human suffering. The demonstration project developed and tested a model for training professionals from a wide variety of disciplines to recognize and treat severe dissociation and multiple personality in adult and child survivors of child abuse, and created educational tools for use in this training program. The project demonstrated that service providers are very aware of their need for training in this area. The goal of this project is to develop community education programs in each province and territory to train professionals to assess and effectively treat individuals suffering from multiple personality disorder.

### *Description*

Regional conferences will be held to provide training for professionals from a wide range of disciplines to serve as catalysts for the development of ongoing professional education programs. A report that outlines the training model and which addresses important detection and treatment issues is also being produced and will be distributed.

## **Project #2**

**Descriptive Listing of Street Youth Services**, Association for Youth in Care, Edmonton (1991)

### *Category*

Communication/Information

### *Type of Project*

Descriptive inventory of services for street youth in Canada

### *Target Group(s)*

Professionals, volunteers and agencies serving street youth

### *Background*

In September 1990, professionals gathered together in Halifax at the 2nd National Consultation on Juvenile Prostitution to discuss the difficulties of street youth and youth involved in the sex trade industry. Street youth are seen as desperate, frightened and helpless people who seek and need unconditional understanding, acceptance, respect and outreach. Caught in the developmental struggle between childhood and adulthood, dependence and independence, and wanting to be loved and a fear of rejection and intimacy, it is felt that these young people are at great risk and in need of compassionate and non-judgmental care.

### *Rationale*

Organizations working with street youth need to be able to provide information and support to young people to help them get off the streets. Given the mobility of most street youth, a listing of street youth services in Canada will help agencies to direct young people to appropriate services in any area of the country.

### *Description*

The listing provides information on street youth services in over 100 cities and towns in Canada. Arranged by province and city, the inventory describes each program

in terms of services offered to youth, which include: educational; advocacy; condom distribution; crisis intervention, counselling and hot-line; disability; drop-in; employment, financial and food services; health/medical; HIV/AIDS programs; legal; mental health and other services; needle exchange; parenting support; public education; recreational; referral; repatriation; self-help; shelter or housing; store front and street work services; substance abuse counselling; sexual orientation counselling; transportation; translation or interpretation; youth identification; telephone access; and services to specific ethnic groups.

The inventory also provides an alphabetical listing of services in cities with more than five entries and a list of networks and provincial organizations in Canada that focus on street youth.

### **Project #3**

**Family Violence Education and Counselling for Individuals with Mental Handicaps**, Medicine Hat Regional Association for the Mentally Handicapped (1992)

#### *Category*

Public Education, Professional Training

#### *Type of Project*

Workshops, presentations, training manual

#### *Target Group(s)*

Individuals with intellectual impairments, parents, guardians, front-line workers, teachers, other professionals

#### *Background*

Statistics indicate that the number of reported incidents of family violence has increased annually. Persons with disabilities are one of the most vulnerable groups because of their inability to protect themselves.

#### *Rationale*

Family violence education programs are needed for persons with a disability, front-line workers, volunteers, families, parents and the general public. These programs raise awareness and understanding of family violence and its causes; teach individuals what they can do in response to violence; and provide the community with a list of resources available to them for assistance.

#### *Description*

The training manual is designed to provide information on a variety of issues, including abuse information, preventive measures and legal responsibilities for people who work with, are friends with, or have as a family member someone with a mental handicap. The manual contains: abuse information and lesson plans, client activity sheets, legal issues and reporting guidelines, and references and resources. The activities are written for individuals with a mental handicap, but may be appropriate for those who are not disabled in any way. The lesson information is designed for use by anyone working with persons with a mental handicap, including professionals, volunteers and advocates, friends, parents and family members.

### **Project #4**

**Promoting Coordinated Approaches to Child Protection/Rural Professional Development Training Package**, Community Services Council, St. John's (1991)

#### *Category*

Professional Training, Communication/Information

#### *Type of Project*

Handbook for child protection teams, audio-visual resources, provincial conference and regional workshops, network updates

#### *Target Group(s)*

Child protection teams throughout Newfoundland and Labrador

#### *Background*

Child protection teams existing in this province have arisen spontaneously to meet a perceived need in the local community. In 1987, the Working Group on Child Sexual Abuse identified 17 such teams operating throughout the province. By 1989, the number of identified teams had risen to 24. At the start of research conducted in early 1990, staff determined that 36 child protection teams were operating in the province. All but one of these teams were operating in rural or semi-rural areas. The child protection teams are made up of professionals who have identified the need for skill development in the areas of the dynamics of child abuse, proper methods of case consultations, moral, legal and ethical issues associated with working as a team, as well as methods for the operation of a team over a long period of time. The stated goal of the teams – to help reduce the incidence of child abuse in their

communities and to improve the services available to the victims and their families – requires the development of regional and provincial partnerships.

### *Rationale*

The serious problem of child sexual abuse is having a devastating effect on the lives of victims, their families and on the functioning of communities in Newfoundland and Labrador. The number of child protection teams, created to deal with the problem, is increasing. Although widespread, the movement to coordinate child protection investigations and follow-up is in its formative stages. This project will address specific identified needs in the areas of coordination issues, multidisciplinary training and problem solving, the establishment of information sharing between teams and the development of interdisciplinary networks. The purpose of the project is to enhance coordinated approaches to child protection in a rural context by supporting the expansion, professional development and policy development for multidisciplinary child protection teams on a province-wide basis.

### *Description*

The development of a handbook, audio-visual resources, a provincial conference, regional workshops and network updates will promote improved cooperation between professionals serving children and families by: sharing information and establishing a network between teams; preparing and disseminating policy guidelines; developing resource materials to improve the tasks of recruitment, member development and service coordination; educating team members on child welfare, child abuse and treatment innovations; and sharpening the skills of team members as therapists, counsellors and treatment personnel.

## **Project #5**

**Children's Voice Documentary**, Voice Overcome in Creative Ensemble (VOICE), (1990)

### *Category*

Public Education

### *Type of Project*

Documentary film

### *Target Group(s)*

General public, children and youth, families, volunteers, advocates, teachers and other professionals

### *Background*

During the 1989 VOICE national tour of the play *Fires of Transformation*, by survivors of wife assault, demand arose across the country to provide a similar program for children from violent homes. The severe lack of positive support systems and creative programs for child witnesses of violence prompted the launching of the Children's VOICE program.

### *Rationale*

The Children's VOICE program addresses the following facts: wife assault is also child abuse; children are present during 80 percent of wife assault incidents; children who witness men's violence against women suffer the same effects as children who are directly abused; use of power and control over women is passed on from generation to the next. Boys from abusive homes are 1000 times more likely to use force to solve problems than boys raised in non-violent homes; a majority of men who beat their wives were witnesses of violence against their mother or were directly abused as children; and daughters of abusive men are also potential targets of direct abuse. To date, children from violent homes have been seen but not heard. The VOICE program empowers young people to break the cycle of violence in their own lives and provides an opportunity where they can safely express, be heard and heal. The VOICE documentary will raise a plea for zero tolerance of violence against children through direct abuse or abuse of their mothers.

### *Description*

The project will develop a six-month pilot program that will gather together (through referrals from follow-up and outreach programs of women's shelters and other children's service agencies) a core troupe of 12 children, aged 6 to 16, from multi-ethnic and socioeconomic backgrounds. This troupe will work with the VOICE staff and director to create and then perform an original play, developed improvisationally and based on the children's own experiences and concerns. Upon completion of the program, each child or teen will have gained skills and abilities to help create positive self-esteem and respect for his/her own potential. A child counsellor whose specialty is group work with children from violent homes will be on hand as consultant for all sessions. The video recording of the sessions and the play will serve to document the process of the pilot model and will provide the basis for the production of a documentary film which will be viewed by the public.

## **Project #6**

**Opening the Door: A Treatment Model for Therapy With Male Survivors of Sexual Abuse,** Family and Children's Services of the Waterloo Region (1991)

### *Category*

Professional Training

### *Type of Project*

Handbook

### *Target Group(s)*

Mental health professionals

### *Background*

Until recently, investigation and research into the etiology and treatment of sexual abuse has focused on female victims and male perpetrators. Male victims of sexual abuse have generally received a low profile, in part because of gender biases in revealing sexual victimization. In the late 1980s, Canadians were made more aware of issues related to male sexual abuse as a result of the public inquiry into the allegations of sexual abuse at the Mount Cashel orphanage in St. John's, Newfoundland. However, there is a danger that these events will be seen as an isolated incident.

### *Rationale*

At present, there is little support for male victims of sexual abuse to come forward and receive therapeutic treatment. Our culture has made steps toward becoming more informed about the impact of sexual abuse on women and society has generated resources to help women heal from their sexual assaults. However, supports for men to discover and disclose their victimization are few. Resources to treat men's sexual wounds are scarce. This project is an attempt to begin to address the dearth of material available to assist therapists and social workers working with male sexual abuse survivors. The purpose of this project is to gather information on the treatment of male sexual abuse victims into a coherent package to assist treatment providers working with this population.

### *Description*

This project developed a handbook to assist mental health professionals working with adolescent or adult male survivors of sexual abuse. It was prepared with the involvement of 41 therapists who have developed expertise in working with male survivors. Areas covered in the book include: prevalence, impact and issues;

treatment model and stages of healing; general therapeutic considerations; victim, survivor and thriver phases of individual therapy; group therapy; critical issues in treating male survivors; counselling adolescent male survivors; therapist issues; and resources.

## **Project #7**

**From Victim to Survivor: A Training Manual for Group Treatment of Incest Survivors,** Family Service of Ottawa-Carleton (1991)

### *Category*

Professional Training

### *Type of Project*

Training manual based on a group treatment model for women survivors of incest

### *Target Group(s)*

Mental health professionals and agencies

### *Background*

The Family Service Centre of Ottawa-Carleton found that many people requesting its services were victims of violence in families, many of whom were women who had experienced childhood sexual abuse. In response to the needs of this population, a group treatment program was conceived, designed and implemented by Pauline Barrett and Lorna Erickson-Fraser of the FSC for women with a history of childhood incest.

### *Rationale*

Requests for detailed information on the group treatment program have far exceeded the agency's capacity for response. As knowledge of the program has spread, other mental health professionals involved in the treatment of this population have requested information on this model of group treatment. This manual is a response to these requests for resource information regarding the design and implementation of group treatment programs for women incest survivors. The manual is intended to provide ideas and suggestions for other professional agencies who wish to either begin group treatment programs or acquire new ideas for established groups.

### *Description*

The manual provides an outline of the impact of incest on the lives of women, and the rationale and value of the group treatment approach. Guidelines are included for the group structure and format, and the selection

and assessment of group members. An overview of the 20-week group treatment model describes the four sequential phases which follow the stages of recovery that are outlined by many writers in this area: establishing a safe place; breaking the silence; working through; and reintegration and termination. Included for each session are: an introduction and suggestions for preparation; a list of any supplies needed and housekeeping matters to consider; handouts and suggestions for homework; and guidelines for conducting the group sessions.

## **Project #8**

**Communications Tool (Children and Court-Related Testimony)**, Metro Toronto Special Committee on Child Abuse (1991)

### *Category*

Professional Training

### *Type of Project*

Communications Tool

### *Target Group(s)*

Child welfare professionals, investigative teams, police

### *Background*

Work is already under way to develop a prototype of the communications tool to provide a systematic, evidence-based approach to facilitate disclosure during an interview with a child sexual abuse victim. This tool assists and supports child welfare professionals and police officers to deal with the complexities inherent in the investigation of child sexual abuse.

### *Rationale*

Investigating the crime of child sexual abuse is difficult because of the sensitive nature of the topic; a child's limited level of development and understanding; a child's own dependency, which is often on the abuser; a child's submission to coercion, fear or violence, which is used by the abuser to manipulate the truth and avoid detection; and evidentiary requirements within the judicial system. Successful investigations are very difficult where the victims are very young or disabled or their senses have been distorted. Speaking out about their victimization is extremely difficult and the victims are often unable to disclose facts about their abuse with sufficient clarity and detail. This further increases the difficulties facing the child welfare investigative team.

The Communications Tool offers a new way to interview and facilitate disclosure in testimony and written statements from child victims.

### *Description*

This project seeks to enhance the quality of sexual abuse investigations and assist the children in disclosing details about their abuse experiences. This interview method will provide evidence for members of investigative teams that can be used when they are required to give testimony in court. The project will complete the prototype of the investigative tool, which will include hand-held cards, a statement of witness form and an instruction manual. It will be tailored specifically to young children and children with disabilities. The cards and statement of witness forms will structure the interview with victims in a way that ensures the investigation is non-leading and allows for disclosure of the abuse by the child.

## **Project #9**

**Prescott Child Sexual Abuse Advisory Committee Project**, Prescott Child Sexual Abuse Advisory Committee (1992)

### *Category*

Professional Training, Public Education

### *Type of Project*

Training manual

### *Target Group(s)*

Mental health professionals, police, local government and social services, community members/agencies, adult survivors of child sexual abuse, media

### *Background*

In the fall of 1989, Prescott, a small rural community in eastern Ontario, was faced with the challenge of dealing with public disclosures of one of the largest multi-victim and multi-perpetrator sexual abuse investigations in Canada. The investigation identified 120 victims and 77 perpetrators. In March 1990, a 16-member Child Sexual Abuse Advisory Committee was organized to lobby for funding to address the treatment needs of the victims, promote prevention activities and respond to the needs of the community for information and education. The committee included representation from both adult and children's mental health settings. The

partnership involved local health and social service agencies, municipal government, schools systems, the Ministry of Health and the Ministry of Community and Social Services.

### *Rationale*

Since the initial phase of investigation, the Prescott group has developed expertise, compiled a data base and collected information that could prove to be invaluable to other communities across the country. The team's unpreparedness in some areas has also taught invaluable lessons applicable to other communities. Community experiences will be similar in some respects and vary in others, and it is imperative for communities to begin to publish and disseminate their experiences.

### *Description*

This project will develop an easy-to-read, illustrated training manual for use in communities across Canada, emphasizing the need for a concentrated, coordinated community response to multiple disclosures of child sexual abuse. It will document the Prescott experience and make it accessible to professionals, the general public and government departments responsible for funding family violence treatment prevention initiatives.

## **Project #10**

**Resource Pack, Video and Train the Trainers Workshop for Child Care Workers and Foster Parents, *Caring for Children and Youth Who have been Sexually Abused*, Naturas Inc., Winnipeg (1990)**

### *Category*

Professional Training

### *Type of Project*

Training manual, resource pack and video

### *Target Group(s)*

Foster parents; child and youth care workers; teachers; community, service club and volunteer groups; day-care centres and parents

### *Background*

Produced through the joint efforts of the National Youth in Care Network, Naturas Inc., the Family Violence Prevention Division of Health and Welfare Canada, John Meston (consultant), and members of national and local advisory committees, the training manual assists direct caregivers of children and youth who have been sexually abused.

### *Rationale*

There is a growing awareness of the numbers of young people in Canada who have been sexually abused and a recognition of the complex and compelling issues surrounding child sexual abuse. It is vitally important that caregivers receive the support and training necessary to respond effectively to the needs and experiences of victims of child sexual abuse. This manual was developed to provide training for foster parents and child and youth care workers to enhance their ability to counsel and support the young people on a day-to-day basis (e.g., in foster homes, group homes, institutions and other residential facilities).

### *Description*

The manual focuses on understanding the origins, impact and consequences of child sexual abuse and the healing process for children who have been sexually abused. Sessions and exercises outlined in the book are designed to help caregivers understand their own feelings and beliefs around child sexual abuse and to guide children and youth through the healing process. A list of suggested prior readings and lists in each chapter of supplemental readings are included. Many of these articles and resources are supplied within the manual as an appendix. The training program is facilitated by individuals with basic knowledge of child sexual abuse and related issues and experience in group facilitation.

## **Project #11**

**Caring for the Violent, Unattached Child: A Manual for Caregivers, The Weaver Institute (1992)**

### *Category*

Professional Training

### *Type of Project*

Training manual

### *Target Group(s)*

Professionals working with hard-to-place children, including caregivers, teachers, counsellors and principals, social workers, foster families, probation and corrections officers, families and relatives, neighbours of group homes for these children, educators

### *Background*

For the past 11 years, Stefa Shaler has run group homes for wards the British Columbia Ministry of Social Services has identified as the most difficult to place. The

feedback received from the Ministry is that the model, consisting of highly individualized programs in the context of a stable placement with a no-kickout policy, is a successful one. To operate a no-kickout program that also holds the child accountable for his or her behaviours is a challenge. However, Shaler has found it is the only way for violent, unattached children to begin to recover, grow and change. The model Shaler uses demands creative and innovative programming that may not have been tried before, given that most models in the system have kickout policies.

### *Rationale*

Shaler believes that any hope for the recovery of the violent, unattached child depends on creating and maintaining a stable placement. This means coordinating the efforts of caregiver, parents (if involved), social workers, corrections officers, teachers, etc., in taking a consistent and unified approach to care. One of the goals of producing a manual is to offer specific suggestions on how such efforts can be coordinated. Given the increasing numbers of unattached children, it is timely to clarify and document the model and process Shaler has developed.

### *Description*

The project will provide a comprehensive profile of the violent, unattached child; detailed strategies for caring for the violent, unattached child; and information for individuals even peripherally involved in the care of these children on how they can contribute to the child's recovery. The resulting two-part manual is another important step in testing the group home model and providing effective resources for teaching and training.

## **Project #12**

**Protocol for Allegations of Abuse in Foster Homes**, Canadian Foster Family Association (1991)

### *Category*

Professional Training, Public Education

### *Type of Project*

Development of guidelines: *Safeguarding Children and Foster Families – Preventing Abuse and False Allegations Through Knowledge and Guidelines*

### *Target group(s)*

Foster families, youth in care, child welfare workers, law enforcement personnel, courts, caregivers, public

## **Background**

Allegations of child physical abuse and neglect and child sexual abuse have occurred in foster care, residential care and other child welfare settings. The development in some jurisdictions of protocols and guidelines for preventing and responding to allegations of child abuse for foster parents, residential caregivers, and children and youth in care, has begun. These guidelines are important to help ensure that children and youth are not left in abusive situations and that foster parents are not subjected to undue stress due to poor procedures for investigating allegations.

### *Rationale*

The guidelines developed through this project will heighten the awareness of foster families on the issues of allegations of abuse in foster care; provide concrete suggestions on how foster parents can protect themselves; and provide information guidelines that can be used to facilitate discussions between foster families, foster family associations and child welfare departments.

### *Description*

The document produced through this project includes sections on definitions of abuse; the rights of both children in care and natural children; the rights of foster families; understanding abuse in foster care; preventing abuse and abuse allegations through knowledge and policies; sensible and sensitive caregiving; and information and guidelines for individuals accused of having abused a child or youth in their care.

## **Project #13**

**Training Package for Canadian Home Support Workers Responding to Family Violence**, Home Support Canada (1992)

### *Category*

Professional Training

### *Type of Project*

Training package

### *Target Group(s)*

Home support workers

### *Background*

The results of a study conducted in 1991 by Home Support Canada indicate a need for the training of home support workers to respond to family violence situations (see project #32 for a description of the study).

### *Rationale*

The 1991 study sought to answer four main questions: how frequently are cases of family violence a factor for home support workers; are the services being used effectively; what, if any, changes need to be made in the way home support services are being used in these cases; and do home support workers need additional training to respond appropriately to family violence? Information was obtained from front-line home support worker focus groups held in four Canadian cities and surveys completed by home support and child service sector managers. One of the findings of the study indicates a need for additional training for home support workers to prepare them to respond to family violence.

### *Description*

The training package developed through this project will be used by home support agencies and organizations providing in-home care to children and families. It will prepare home support workers to identify, assess and respond appropriately to family violence. The training package will include an introductory video, training handbooks/modules, references for additional readings and a resource list. Topics covered in the training package will include communication skills, child abuse and neglect, spouse abuse, reporting, safety protocols, role of the home-based child care worker, working with children and elder abuse.

## **Project #14**

**Kids Help Phone Training Manual for Telephone Counsellors**, Canadian Children's Foundation (1992)

### *Category*

Professional Training

### *Type of Project*

Training manual

### *Target Group(s)*

Telephone counselling professionals

### *Background*

The Kids Help Phone was launched in 1989 as a result of two years of research and consultation. It aims to ensure an immediate, confidential service to children in distress; help young people learn how to protect themselves; reach young people who are not being reached by others; supplement existing services provided to young people; reduce the incidence and variety of child-related problems with special attention to child abuse and neglect; promote public education and awareness of children's issues; ensure young people receive consistent attention and service; and improve the general welfare of Canadian children. During its first three years of operation, the service received 676,000 calls from children and youth across the country.

### *Rationale*

Telephone counselling affords the client more control and autonomy and is the preferred option among certain segments of the population. Geographical and personal barriers can be bridged in a cost-effective manner. For certain clients (e.g., young children, adolescents, isolated individuals, desperate and one-time callers), the telephone provides a crucial service. This project will produce a training tool that will allow a greater number of counselling professionals to incorporate the telephone as a mode of treatment. It will assist helping professionals to develop intervention techniques, via the telephone, for entire segments of the population. The manual will encourage the use of the telephone, in some cases, as a preliminary step to more traditional face-to-face counselling. It will help professionals to develop the necessary skills to use the telephone as an alternative counselling method.

### *Description*

The *Kids Help Phone Training Manual for Telephone Counsellors* will address such issues as the importance of voice, phrasing, pacing, age-appropriate language, open-ended questioning, techniques for dealing with a variety of cultures, different ways of asking questions, developing assessment techniques without visual clues, etc.

## **Project #15**

**Working with Men and Women who Have Been Sexually Abused**, Canadian Foster Family Association (1992)

### *Category*

Communication/Information, Professional Training



### *Type of Project*

Publication including resource listing, needs identification (gaps in services)

### *Target Group(s)*

Professionals and volunteers in the children's services field, sexual abuse treatment field and related agencies/organizations

### *Background*

Awareness of the numbers of young people in Canada who have been sexually abused continues to grow. However, there are still insufficient resources for professionals providing treatment and referral services for victims and survivors of sexual abuse.

### *Rationale*

Despite the availability of services for female victims of sexual abuse, it is often a difficult task to locate appropriate services. It is also apparent that the needs of males who have been sexually abused differ from those of females. A resource listing of services for both groups will provide referral sources, program ideas and other important information for professionals and volunteers working with sexual abuse victims/survivors. Gaps in services also need to be addressed (e.g., rape crisis centres often will not work with male victims of sexual abuse).

### *Description*

The project will develop a resource list of programs throughout Canada that work with male and female sexual abuse victims (over the age of 16). Gaps in services will be identified through the process of reviewing the programs, dialogue with key individuals and contacts in the field, and through a literature review. The final publication will provide guidelines for consideration when developing programs to work with survivors. The format of the resource listing will allow for updating. The project will be guided by a national advisory committee, and the resulting publication will be disseminated through the National Clearinghouse on Family Violence.

## **Project #16**

**Dissemination Activities Related to Multiple Victim Child Sexual Abuse Research**, British Columbia Ministry of Health (1991)

### *Category*

Public Education, Communication/Information

### *Type of Project*

A monograph on multiple victim child sexual abuse, which will be distributed by the National Clearinghouse on Family Violence and through the presentation of findings

### *Target Group(s)*

Conference and meeting participants, including mental health professionals and agencies; government departments; policy makers; community organizations and other individuals interested in research related to multiple victim child sexual abuse disclosures; general public

### *Background*

This project builds on the earlier work of the British Columbia Ministry of Health, which sponsored the project, *Dimensions of Multiple Victim Child Sexual Abuse in British Columbia, 1985-89 and Community Mental Health Interventions*. The Family Violence Prevention Division and the Mental Health Division of British Columbia are cost sharing the new project under the Family Violence Initiative and will ensure Canada-wide dissemination of the findings related to multiple victim child sexual abuse.

### *Rationale*

The acceleration of reports of child sexual abuse over the past decade and the trauma experienced by individuals and communities affected by multiple victim reports has caused and/or facilitated the development of multidisciplinary response teams and inter-agency committees. Although a great deal of learning about multiple victim disclosures and the subsequent community response has taken place, much of this has occurred during the crisis situation. Since multiple victim abuse and disclosures are still occurring, it is important to share the important information gained from these situations with front-line mental health professionals, community response teams, policy makers and the general public.

### *Description*

A monograph on multiple victim child sexual abuse, which will be distributed through the National Clearinghouse on Family Violence, will provide information on the patterns of abuse that were identified through the experiences of affected communities. These include: profiles and numbers of offenders and victims; duration of abuse; impact of the abuse and disclosures on individuals and communities involved; community response and successful interventions; a checklist of recommendations addressing the need for information and services;

and key considerations in developing community/ interagency protocols for sexual abuse intervention and prevention.

## **Project #17**

**Series of Booklets on Child Sexual Abuse,**  
Vancouver Incest and Sexual Abuse Centre (VISAC),  
Vancouver (1992)

### *Category*

Public Education

### *Type of Project*

A series of booklets on child sexual abuse

### *Target Group(s)*

General public, parents, children and youth, volunteers and agencies

### *Background*

In 1991, VISAC published a series of public education/ counselling aid booklets designed to be easily accessible by the general public and to provide a professional support tool for individuals and groups concerned with child sexual abuse. The booklets have been extremely popular and have been reprinted to attempt to keep up with the demand. Professionals have used the VISAC booklets as aids to counselling and disclosure. They have been made available to the general public through many family service-oriented agencies, schools and public health departments.

### *Rationale*

One of the main reasons for the success of the first series of booklets is that there is a major gap in information for the general public about child sexual abuse. These booklets offer matter-of-fact information in an easily understandable form. Simple, yet important questions, are answered in the booklets, such as: What is sexual abuse?, How can a counsellor help?, and What happens when you tell? This second set of booklets will be a valuable resource for individuals and families who have experienced sexual abuse, and for counsellors to use as a counselling tool. These booklets also serve to demystify and help particular groups of individuals who may have a more difficult experience with disclosure (e.g., boys who have been sexually abused; children who have been sexually abused by a sibling).

### *Description*

This project builds on the success of the first series of booklets on various aspects of child sexual abuse. The first five booklets: *Sexual Abuse - What Happens When You Tell*, *Sexual Abuse Counselling*, *When Children Act Out Sexually*, *When Boys Have Been Sexually Abused*, *When Teenage Boys Have Been Sexually Abused*, have been printed and widely distributed through VISAC and the National Clearinghouse on Family Violence. The second series will include booklets entitled: *Young Girls Who Have Been Sexually Abused*, *When Teenage Girls Have Been Sexually Abused*, *Adult Male Sexual Abuse Survivors*, *Partners of Sexual Abuse Survivors*, *Sibling Sexual Abuse*.

Each booklet is written at a general level so they can be easily understood by most people. Adults can help younger children understand by reading the booklets to them.

## **Project #18**

**Child Sexual Abuse Rural Intervention Model,**  
Prince Edward Island Department of Health and Social  
Services (1992)

### *Category*

Professional Training

### *Type of Project*

Demonstration project, development and training package

### *Target Group(s)*

Individuals and agencies/organizations involved in services related to the disclosure, assessment, investigation, post-investigation, therapeutic intervention and prevention of child sexual abuse in rural areas

### *Background*

This is a joint project sponsored by three P.E.I. departments: Health and Social Services, Justice and Attorney General, and Education. It builds upon an extensive needs assessment completed under the previous child sexual abuse initiative. Formulation funding was used toward preliminary inter-agency consultation and writing of the full proposal.

### *Rationale*

While basic services such as child protection and police exist in rural communities, access to more specialized services is often very limited. Members of the more formal delivery system have generic roles and are visible in the community. Specialized services for assessment, treatment and prevention of child sexual abuse are often non-existent. At best, one or two staff may have a particular interest and possibly some training in this area. At the same time, according to the literature, intervention into child sexual abuse requires high levels of expertise and resource allocations to be effective. This creates a dilemma for rural areas. The needs assessment focused on the nature of intervention in child sexual abuse with an emphasis on identifying those processes that have the greatest impact on victims and families. It outlined the important factors that need to be addressed to implement a rural model of delivery. Emphasis was placed on the important role of support, feedback mechanisms, coordination and availability of knowledge and skills. The assessment clearly identified the needs and required changes for intervention.

### *Description*

The rural intervention model (established in Prince County, Prince Edward Island) is an organizational network of agencies linked by common principles and mandates and by shared goals and protocols. Each agency maintains organizational autonomy and resources, while participating in a formalized network to respond to child sexual abuse. The rural intervention model places the needs of victims and families at the centre; provides a network of agencies and individuals linked by common agreement to common principles, mandates and shared goals; and uses a case management system as the process to ensure a coordinated response to meet the needs of sexually abused children and their families. The project will be evaluated in three ways: an evaluation of each component of the model to determine the effectiveness of the component; an evaluation of the success of the model in attaining the overall goal of a rural intervention system; and an evaluation of the process of developing and implementing the model. The project will produce a development and training package for use in rural communities across Canada.

## **Project #19**

**A Multifaceted Treatment Program for Communities Canada-Wide Working to Serve Adult Survivors**, Victoria Women's Sexual Assault Centre (1991)

### *Category*

Professional Training

### *Type of Project*

Treatment program model and evaluation

### *Target Group(s)*

Professionals providing individual and group counselling to survivors of child sexual abuse

### *Background*

The Victoria Women's Sexual Assault Centre has, since 1982, provided counselling support and information and acted as a liaison between sexually assaulted women, community services, the police, and the medical and legal systems. The centre provides numerous crisis intervention services and counselling programs for those affected by sexual assault and/or childhood sexual abuse.

### *Rationale*

The underlying rationale for the proposed treatment model is based on the belief that the healing of traumatic childhood experiences is accomplished through the re-experiencing of the events and feelings of the original trauma, buffered now by adult strengths and interpersonal safety. Both one-to-one counselling and therapy groups help to provide the structure and safety required to do this. The proposed treatment model is based on two important components. One is having professionally trained counsellors who have expertise in the area of sexual abuse, as well as particular skills to facilitate individual and group work. The other component is the benefits that women derive from the support they receive from other women dealing with the same issue in a group. The interplay of professional counsellors and survivors helping each other is an important one and a foundation of the treatment model.

### *Description*

This project involves the development of a treatment prototype/blueprint for the treatment of adult survivors of childhood sexual abuse. The prototype will be based on the implementation of a treatment program, its development and evaluation. Although the treatment program works with women only, the resulting prototype will also address the special needs of male survivors and will be usable with this client group as well. The model will ultimately take the form of a comprehensive set of printed materials suitable for national distribution. It will include a set of clinical guidelines for the treatment of adult survivors of

childhood sexual abuse; a therapist code of ethics and a set of standardized contractual agreements; a set of evaluative tools used to measure the effectiveness of treatment; a set of administrative tools; a set of guidelines for program marketing and community promotion; and a system of statistical record keeping and analysis.

## **Project #20**

**Developpement et diffusion du programme de prevention de la violence dans les relations amoureuses des jeunes (VIRAJ), Université Laval (1992)**

### *Category*

Public Education, Communication/Information

### *Type of Project*

Creating/disseminating materials, particularly posters for youth, using a "social marketing" approach, draft training guide for teachers

### *Target Group(s)*

Professionals, volunteers, students

### *Background*

The development of the VIRAJ program was funded from 1989 to 1991 by the provincial ministry, Ministère de l'enseignement supérieur et des sciences du Québec. A primary prevention program was developed, tested and refined through classroom use and testing. The program was evaluated by interviewing students and school representatives. A secondary prevention element of the VIRAJ project involved training telephone hot-line volunteers dealing with calls from adolescents involved in violent relationships. Evaluation of this stage was conducted through testing of the volunteers and anonymous questionnaires distributed to the trained workers. A second grant from the Conseil québécois de la recherche sociale in 1991-92 allowed for a limited comparative evaluation of two different classroom methods of disseminating information to the students.

### *Rationale*

The existing VIRAJ materials have been developed to train teachers and volunteers. The use of posters to promote the VIRAJ message to youth will be explored. A draft training guide for secondary school personnel has been developed and tested; a revised version will be produced, based on information already collected. A student workbook also requires production and

dissemination. Training of VIRAJ trainers in Ontario, Quebec and New Brunswick is also scheduled to provide key individuals with the tools to further the goals of the VIRAJ program.

### *Description*

The elements of this phase of the VIRAJ program include the development of a minimum of three French-language posters; the revision and production of the draft training manual; the dissemination of the VIRAJ program by the Quebec Ministry of Education through the Bureau de la condition féminine; dissemination of the student activity book; and training sessions for hot-line staff, youth workers and school counsellors at selected events.

## **Project #21**

**Preventing Violence in Intimate Relationships: Dissemination of A School-Based Program for Children and Adolescents, London Family Court Clinic (1992)**

### *Category*

Public Education, Prevention

### *Type of Project*

A manual, introductory video, presentation at regional conferences, provision of implementation consultation services, publication and marketing of resulting information through a newsletter, and distribution of manual and video

### *Target Group(s)*

Teachers, staff and school administrators, community members

### *Background*

This project is designed to disseminate and market the program, *Preventing Violence in Intimate Relationships: A School-Based Program for Children and Adolescents*. The program has been designed to make students sensitive to the current societal conditions that permit and promote the use of violence in resolving conflict in relationships. The program also addresses specific skills that are necessary to develop appropriate means of dealing with tensions and conflicts in relationships. School system ownership and integration of the violence prevention program is a major feature of the program. Previous evaluations of this program have shown that positive changes occur in student attitudes, knowledge and behavioural intentions following the program. As well, positive evaluations by teachers and

administrators have been documented. Further, a very high level of student approval and acceptance of the program has been found.

### *Rationale*

The impact of wife assault on the physical and mental health of women and child witnesses is a pressing issue. At least one in ten Canadian women is assaulted by her partner and, in Ontario alone, 200,000 children and adolescents witness this behaviour. Dating violence in physical, sexual and emotional forms affects a high proportion of adolescent women. Prevention of wife assault and dating violence is the primary need to be addressed in this project.

### *Description*

This project will document, disseminate and market the techniques, procedures and resources employed in implementing the violence prevention program in school systems. Tapping community support, raising teacher, staff and administrator awareness of the problem of violence against women, and implementing ongoing programs for secondary and elementary students will be addressed. Writing of a manual, production of an introductory video, presentation of seven or eight regional dissemination conferences across Canada, and provision of an implementation consultation service are also included. Evaluation components will be built into the project to assess the suitability of content for a wide variety of school systems and communities, and to address consumer satisfaction with the finished product, as well as implementation efforts.

## **Project #22**

**Promoting Healthy, Non-Violent Relationships: A Prevention Program for Youth**, Centre for Research on Violence Against Women and Children, University of Western Ontario (1992)

### *Category*

Prevention, Public Education, Professional Training

### *Type of Project*

Prevention (research)

### *Target Group(s)*

Youth, professionals (prevention programs)

## *Background*

In recent years, understanding of the causes and the developmental course of violence against women and children has grown significantly, allowing prevention efforts to be generated from a reasonable knowledge base. For example, a consistent finding is that children with a history of family disruption and violence are at an elevated risk of becoming a victim or a perpetrator of violence toward others, especially during mid- to late-adolescence. Abuse experiences in one's family of origin create a vulnerability for further victimization by others (especially young women), as well as a propensity to use power and control as a means of resolving conflict (especially among young men). As well, the risk of becoming a victim or perpetrator increases as a result of negative influences from peers and the absence of compensatory factors, such as success at school and healthy relationships with others.

## *Rationale*

Despite these major risk factors, the developmental course leading to personal violence is not inevitable. Providing well-planned alternative sources of information and experiences for adolescents may significantly lower the risk of future victimization and offences. In seeking to discover ways to re-direct this course among at-risk youth, this research team has developed an educationally based prevention strategy that addresses the underlying causes of aggression. The program has been organized around four major goals: to raise awareness of the cognitive foundations of pro-aggressive attitudes and beliefs toward women; to examine and modify behavioural and affective approaches to conflict and the use of controlling methods of male/female communication and sexual behaviour; to consolidate learning of new attitudes and skills and to increase competency through community involvement and social action; and to further empower youth through the formation of youth networks. The results of this study will be relevant to designing future broad-based educational, social and cultural experiences for children and youth that address the core elements involved in the perpetuation of violence against women and children.

## *Description*

This prevention program (experimental condition) is conducted in a group format over a continuous 16-week period. The initial phase focuses on identifying attitudes condoning violence in relationships. The second phase involves exercises aimed at appropriate methods of conflict resolution. The last phase provides participants with opportunities to solve simulated interpersonal problems by identifying and contacting important community resources. To consolidate learning and promote a commitment to ending

violence, the youth are supported in developing a community project aimed at ending violence in the community. A planned follow-up component is the development of a network of youth against violence. The control condition involves an "information only" package that informs readers of the risk factors associated with aggressive attitudes and behaviour, and provides suggestions for further assistance and information. The study will evaluate the immediate and long-term benefits of prevention efforts by following the sample longitudinally.

## **Project #23**

**Touching: A Child Abuse Prevention Program,**  
Community Child Abuse Council of  
Hamilton-Wentworth (1992)

### *Category*

Public Education

### *Type of Project*

Video (child abuse prevention)

### *Target Group(s)*

Elementary school staff, child abuse prevention organizations, children in Kindergarten through to Grade 6

### *Background*

For the past 15 years, the Community Child Abuse Council has worked at reducing the incidence and impact of family violence through prevention initiatives such as the development of a child abuse education program; the preparation of a handbook for the prevention of family violence; the development of a school-based family violence and child abuse prevention curriculum; and the production of the 50-minute play *Touching*, which has been seen by over 52,000 children. *Touching* is about child abuse, relationships and problem solving for children in Kindergarten to Grade 6.

### *Rationale*

It has always been the intention of the Child Abuse Council to share the prevention program throughout Canada. Therefore, an "Introductory Package," which outlines for communities everything they need to know to bring the play to their communities, was developed and distributed. Over the past five years, endless requests for the play have been received. In order to bring this prevention program to other communities across the country, the play has been adapted to a format suitable for video production.

### *Description*

The *Touching* Child Abuse Prevention Program consists of parent previews of the play; a workshop for teachers before the play is seen by students; the performance of the play for the children (currently performed by a live theatre company; funding is for the production of a *Touching* video); an elaborate teacher's kit for use in the classroom to reinforce concepts that are taught in the play; and the use of community resource workers to prepare school staff and to be available for staff and students after the performance. A marketing plan is being developed to promote the program provincially, nationally and internationally as an integral part of child abuse prevention.

## **Project #24**

**Caring Communities: Community-Based Action to Prevent Child Sexual Abuse,** Canadian Institute of Child Health (1991)

### *Category*

Communication/Information, Public Education, Professional Training, Research

### *Type of Project*

Child abuse prevention pilot program models, which are illustrated in a book with case studies, child abuse prevention kit, research

### *Target Group(s)*

Community members and groups, child abuse prevention professionals

### *Background*

Child sexual abuse has a devastating impact on children's lives, on their families and on the community. Prevention of child sexual abuse is something that can be done collectively, with the goals of ending the sexual exploitation of children and changing attitudes and behaviours that contribute to the problem.

### *Rationale*

Caring Communities is a four-year project with a mandate to promote the primary prevention of child sexual abuse through community initiatives. The focus is to develop resources and strategies that Canadian communities can use in their own community-based approaches for the prevention of child sexual abuse.

### *Description*

The project will produce a number of tangible resources, including a book of case studies that details salient information about 20 successful prevention programs from across the country, and a resource kit comprising information materials on how to develop a community-based approach to child sexual abuse prevention. The resource kit will be developed and piloted in five communities: Stephenville, Newfoundland; Red Lake, Ontario; Weyburn, Saskatchewan; Squamish, British Columbia; and Montreal, Quebec. The project will develop a marketing strategy to ensure that the materials produced are broadly distributed. A participant-focused evaluation will also take place.

### **Project #25**

**Responding to Violence in Families: A Plan for Community Action (Phase I - Development, and Phase II - Implementation and Evaluation)**, The Church Council on Justice and Corrections

### *Category*

Public Education

### *Type of Project*

Education and resource package, pilot testing the project model (in six locations), including evaluation

### *Target Group(s)*

Church congregations

### *Background*

The Church Council on Justice and Corrections has undertaken a number of public education and prevention initiatives in the areas of crime and family violence. It began this three-year pilot project, *Fire in the Rose*, to assist local congregations to explore and respond to the problem of family violence in their own communities. The project is funded by Health Canada and the Donner Foundation.

### *Rationale*

Churches have an important leadership role to play in mobilizing a community-based response to family violence. Their work has always emphasized family violence as an abuse of power, within not only family but also trust or dependency relationships, and as it affects children, women and the elderly. Congregations constitute a natural "community within a community." They are the natural point of access into many other community networks that perpetuate values and beliefs

that must be challenged in the long-term effort of prevention. This project will demonstrate a model for action vigorously rooted in the community.

### *Description*

The three-year project is composed of two phases: a preparation and development phase, and an implementation and evaluation phase. Phase I included the development of the tools and choice of the pilot sites. Some resource material was developed to assist clergy and other congregational personnel in using it in a variety of settings. Phase II is the implementation phase in which six congregations (in Dartmouth/Brookfield, Nova Scotia; Summerside, Prince Edward Island; Toronto, Ontario; Rosthern, Saskatchewan; Owen Sound, Ontario; and Quebec City, Quebec) have made a commitment to engage, over an 18-month period, in an intensive educational experience touching every aspect of congregational life. During the final six months of the project, a thorough evaluation will take place.

### **Project #26**

**The Evaluation of An Integrated Treatment Program for Victims of Incest – Intrafamilial Sexual Abuse Program (ISAP)**, Charlotte County Mental Health Services (1991)

### *Category*

Professional Training (research)

### *Type of Project*

Evaluation

### *Target Group(s)*

Professionals providing treatment for families in which intrafamilial sexual abuse has occurred

### *Background*

Charlotte County is a rural, geographically diverse area in southwestern New Brunswick with an overall population of 27,000 people. This number is spread throughout scattered small towns and villages as well as remote island communities. The challenge has always been to provide services that are both accessible and equal to those services offered in more urban settings. The intrafamilial sexual abuse program has been developed in response to the needs of incestuous families in this rural area where resources are scant and unspecialized. ISAP began accepting referrals in April 1989.

### *Rationale*

The disclosure and substantiation of intrafamilial sexual abuse represents a disruptive crisis of major proportions for a family. How this crisis is managed largely determines the chance of a successful outcome. The evaluation of the ISAP model will provide information on its effectiveness as a coordinated, multi-disciplinary, multi-agency effort to respond to child sexual abuse in a rural area. The results of the evaluation will be portable to other rural areas and will provide innovative ways of reducing the trauma experienced by rural families involved in abusive situations.

### *Description*

ISAP's program involves the coordination and participation of agencies, departments and individuals involved with the treatment of intrafamilial child sexual abuse in Charlotte County, including: Mental Health Services, Family and Community Services, Justice, the ISAP Committee, and an inter-agency child abuse committee. Services provided for children and their families consist of a teen-victims' group; a pre-teen victims' group; a non-offending parents' group; an offenders' group; and a group for survivors of child sexual abuse. Individual and dyadic counselling are also provided. Treatment outcome information on families participating in the program has been collected since 1989. The focus of this evaluation project is to determine the effectiveness of the coordinated process. The data gathered will establish whether or not the intended service is actually being offered and help determine why ISAP affects certain participants differently. ISAP process data will also document the program's internal organization to allow replication to other rural areas.

### **Project #27**

**Description of Recovery Process and Study of Change In Women's Lives from Treatment,** Women's Post Treatment Centre (1991)

### *Category*

Professional Training (research)

### *Type of Project*

Evaluation research

### *Target Group(s)*

Professionals responding to the treatment needs of women who have experienced childhood sexual abuse and who are currently addicted to drugs or alcohol

### *Background*

The agency was founded to respond to the needs of women who were addicted to drugs and/or alcohol and who needed to resolve the trauma of childhood sexual abuse. Part of the agency's mission is to address the issue of societal denial of the prevalence of childhood sexual abuse and the severe long term effects that such abuse may have on the victim, and to facilitate a better general understanding of these issues.

### *Rationale*

Addiction treatment programs tend to focus on current symptoms rather than on exploring childhood events. Treatment focuses on moving forward, with little opportunity for women to explore the nature and significance of suppressed emotions. Early life experiences, including childhood sexual abuse, have not been recognized as a causal factor in addictive behaviour. It has been the experience of professionals working with these women that they could not maintain a sober, drug-free lifestyle unless and until the abuse issues were brought to the surface and dealt with.

### *Description*

The project involves the design and implementation of both process and outcome evaluations of services offered to clients, which include long-term individual counselling, group counselling, information and referral, professional training, public awareness and education, and a resource library. The agency will provide a detailed description of the counselling process; characterization of the components of the recovery process; comparison information on the status of clients at the beginning and end of the counselling process; six-month follow-up information; measurement tools for the client and therapist that will enhance the counselling process; a report detailing the recovery process that will assist professionals, peer counsellors and self-help groups; and published results of the research. This project will be carried out by the Women's Post Treatment Centre in conjunction with researchers from the University of Manitoba, Child and Family Research Group, Faculty of Social Work, and a training resources specialist.

### **Project #28**

**Integrated Family Treatment for Sexually Abused Children: An Evaluation,** University of Saskatchewan and Saskatchewan Social Services (1990)

### *Category*

Research (professional training)



### *Type of Project*

Research (evaluation)

### *Target Group(s)*

Professionals involved with families and children who have been sexually abused

### *Background*

Saskatchewan Social Services has received funding from the provincial government to staff three professional positions to address intra-familial child sexual abuse. These positions have been attached to the Regina Region Central Intake/Child Abuse Unit, which receives all child abuse referrals originating in the city, and which has an established interdisciplinary relationship with the other key actors in the service network. These positions function as an extension of the Child Abuse Team operating under the case management direction of child protection workers, with the entire operation placed under the authority of one overall manager.

### *Rationale*

Although the capacity of the Saskatchewan service network to respond effectively has improved in recent years, public awareness of the problem has been heightened, reporting protocols have been established, and activities are better coordinated, the fact remains that child protection is still not complete until treatment has taken place. What seems to be missing is a level of service integration between child protection and treatment personnel, sufficient to match the volatility of case management in the post-disclosure period. There is evidence that advantage can be taken of an early opportunity for treatment, providing there is a closely integrated delivery of service on the part of social workers, police, prosecutors and treatment personnel from the point of disclosure.

### *Description*

This project is implementing an evaluation research component to fully capitalize on knowledge that is gained through this initiative. Evaluative questions address the nature and amount of resources used to deliver child sexual abuse services; the amount and type of treatment activities engaged in for each of the identified activity components (recruitment/intake, treatment planning, treatment intervention, termination/discharge); and program outcome questions. These include treatment gains; re-victimization; recidivism; skills and self-help knowledge gained; incidence of disclosure; and behavioural and attitudinal change. Journal articles and professional papers that will result from the project will contribute to the literature in the subject area of child sexual abuse treatment.

## **Project #29**

**East Central Communities Association for Sexual Abuse Treatment (ECCASAT): Demonstration Project**, East Central Communities Association for Sexual Abuse Treatment (1992)

### *Category*

Professional Training

### *Type of Project*

Evaluation model for child sexual abuse treatment, process and service delivery model of isolated and rural communities

### *Target Group(s)*

Professionals working with victims, families, offenders and adult survivors of child sexual abuse

### *Background*

ECCASAT provides intervention, treatment, follow-up and sexual abuse education services for victims, offenders and survivors of child sexual abuse. The association refined its plan for a treatment model and delivery system in 1990, and has provided specialized training in child sexual abuse treatment for professionals in the region. The association began offering treatment services to victims and their families in 1991.

### *Rationale*

The association undertook a search in Canada and the United States for service delivery models appropriate for isolated and rural communities. The ECCASAT model was developed, based on information that was systematically gathered throughout the region and clinical and experiential information from professional literature. To determine whether or not the program is accomplishing what it intends to accomplish, an evaluation model must be incorporated into the program. Results of the evaluation and program delivery model experiences will contribute to the development of resource information, which could be of benefit to any rural or isolated community in Canada.

### *Description*

This project will develop, test and refine an evaluation model for child sexual abuse treatment programs. The model will evaluate effectiveness of both the treatment approach and the delivery system by identifying criteria and indicators for measuring the effectiveness of treatment approaches and delivery modes; develop data-gathering methods; develop a methodology for

compiling and analyzing evaluation data; test the use of the criteria, indicators, information-gathering instruments and processes; test methods for data gathering, compiling and analysis in a treatment program; refine the resulting evaluation model; and report the development process and resulting evaluation model in a form that may be used by any child sexual abuse treatment program. The project will also develop resource material for family violence victims, offenders and family members.

### **Project #30**

**Opening Pandora's Box: The Sarateen Experience,**  
Sexual Assault Recovery Anonymous (SARA) (1990)

#### *Category*

Professional Training (research)

#### *Type of Project*

Manual and evaluation

#### *Target Group(s)*

Group leaders facilitating mutual-aid groups for adolescents who have been sexually abused

#### *Background*

The session plans in the manual, *Opening Pandora's Box: The Sarateen Experience - A Manual for Adolescent Survivors of Sexual Abuse*, have been used in groups for female adolescents over an eight-year period. The recovery of the adolescents who have attended the groups is demonstrated by the members who have returned to SARA as young adults, carrying the message of recovery to adolescents as teen co-leaders.

#### *Rationale*

Based on the perceived success of the Sarateen model, the purpose of the project is to determine whether the manual created on the mutual aid model (as developed by SARA) is an effective method of helping adolescent victims of sexual abuse and reducing reliance on intervention from the medical, justice and mental health systems; and to distribute the manual nationally to assist professionals and experienced lay persons to form recovery groups for adolescent victims of child sexual abuse.

#### *Description*

Two agencies, one on each of the east and west coasts of Canada, will monitor and determine whether the material contained in the *Pandora* manual is an effective

model for assisting adolescents to overcome the trauma of childhood sexual abuse. Additional information obtained through the study includes the types of adolescents referred to the groups; the level, frequency and duration of involvement by members; the most beneficial level of involvement; the extent to which the manual meets the emotional, social and psychological needs of the adolescents; adolescent and group leader satisfaction with the use of the manual; and the degree to which the process addresses what would ordinarily consume the time of the medical, justice and mental health systems. The project also enables SARA to meet the demand for information that has resulted from the program's increasing exposure to other communities. Assessment instruments used to measure group outcomes include the Beck Depression Inventory, the Rosenberg Self-Esteem Scale, a Dissociative Inventory measure, and a post-traumatic stress instrument adapted from the DSM III.

### **Project #31**

**Sexually Intrusive Children and their Families:  
Measuring Treatment Effectiveness and Outcome,**  
ACT 2 Child and Family Services (1992)

#### *Category*

Professional Training

#### *Type of Project*

Research

#### *Target Group(s)*

Professionals working with sexually intrusive children and their families

#### *Background*

Act 2 Child and Family Services provides intensive therapy to sexually intrusive children and their families. As a client population, the number of these children is continually increasing. Sexually intrusive behaviour is distinguished from normal or developmentally appropriate behaviour when the relationship between the sexually intrusive child and the victim is characterized by such themes as power differential, coercion and developmentally advanced sexual activity.

#### *Rationale*

The recognition of children who exhibit sexually intrusive behaviours as a client group with unique treatment requirements is a relatively new phenomenon in the fields of family therapy and child sexual abuse therapy. Consequently, these children have not

been significantly researched or specifically treated. They are typically treated by programs that are developed for other client populations. Such generalizing is problematic. Therefore, it is important to conduct longitudinal research on the demographic characteristics of this group and to measure the effectiveness of the family-focused therapy process, used by ACT 2, in reducing the frequency of these children's sexually intrusive behaviours.

### *Description*

The treatment process for sexually intrusive children provided by Act 2 will integrate the child-oriented group therapy employed by programs elsewhere (e.g., United States) with intensive family systems therapy. The project will conduct longitudinal research on this population and measure the effectiveness of family-focused therapy in reducing the frequency of sexually intrusive behaviours among this group.

## **Project #32**

**Survey to Identify Child Welfare Home Support Services**, Home Support Canada (HSC) (1991)

### *Category*

Communication/Information (research)

### *Type of Project*

Research to identify role of home support workers in family violence

### *Target Group(s)*

Home support workers

### *Background*

The need for this study became apparent when HSC began receiving reports that, as part of their work, many home support workers were being exposed to violent family situations. Because these caregivers are not routinely trained to deal with violence in families, concern arose regarding the safety of workers and their clients. It was decided that standardized training in this area must become a regular part of the preparation for home support workers.

### *Rationale*

Before creating a training package for home support workers to deal with family violence situations, further details were needed about existing training, current gaps in services and frequency of home support workers' involvement with family violence.

### *Description*

This study sought to answer four main questions: how frequently are cases of family violence a factor for home support workers; are the services being used effectively; what, if any, changes need to be made in the way home support services are being used in these cases; and do home support workers need additional training to respond appropriately to family violence? Information was obtained from front-line home support worker focus groups held in four Canadian cities and surveys completed by home support and child service sector managers. One of the findings of the study indicates a need for additional training for home support workers to prepare them to respond to family violence.

## **Project #33**

**Comparative Study of Individual and Group Therapy for Survivors of Childhood Sexual Abuse**, University Hospital, Incest Survivors' Program, Psychiatric Outpatient Program, University of Western Ontario (1990)

### *Category*

Professional Training (research)

### *Type of Project*

Research

### *Target Group(s)*

Mental health professionals concerned with the treatment of women and men who have suffered childhood sexual abuse

### *Background*

At the University Hospital (London), treatment groups for female incest survivors have been ongoing for the past six years. A great deal has been learned by the staff involved in offering group therapy to a total of approximately 250 clients, and some preliminary results of this work have been published. The clients have often demonstrated significant improvement, and a general finding has been that providing group therapy sessions to this population has been particularly beneficial in allowing the participants to experience their situation as being *not* unique to themselves. The knowledge that others have been similarly victimized has had a powerful therapeutic effect and it has led to a decrease in the sense of isolation so commonly experienced by survivors of childhood sexual abuse.

### *Rationale*

The knowledge acquired from this extensive clinical experience at University Hospital must now be put to a rigorous, scientific test. Having learned through clinical experience with these clients that group therapy is effective has led to the formulation of this project: a comparative study in which group therapy, as conducted in this setting, will be compared with individual psychotherapy using the same clinical and theoretical approach. This study will further develop and refine treatment for survivors of childhood sexual abuse, which should lead to greater cost-effectiveness in the future. To do this, it is essential to know which type of therapeutic approach produces the most desirable outcome. While group therapy is strongly recommended as the treatment of choice by clinicians in the field, no comparative studies of group therapy treatment with individual therapy have been carried out.

### *Description*

The overall objective of this project is to determine the *best method* of providing therapeutic services to incest survivors by comparing group therapy and individual therapy based on an established theoretical framework with a standardized treatment protocol. It has already been established that the group therapy approach being used at University Hospital is effective; whether or not it is more or less effective than the more traditional individual therapy approach is not known. Subjects in the study will be randomly assigned, and will undergo a 10-week period of treatment, either in group therapy or individual therapy. A standardized treatment protocol will be utilized in both modalities. The results should provide a unique contribution to the growing body of knowledge about this subject.

## **Project #34**

**Family Group Decision Making: New Roles for "Old" Partners in Resolving Family Violence,**  
Memorial University of Newfoundland (1992)

### *Category*

Professional Training

### *Type of Project*

Intervention model/demonstration project, evaluation research

### *Target Group(s)*

Professionals

### *Background*

The family group decision-making project will be sponsored by a partnership of community advisory groups, the provincial government and Memorial University. The project has received broad-based support in Newfoundland and Labrador from women's groups, child and youth groups, the Department of Social Services (Child Welfare), the Department of Justice and the police.

### *Rationale*

With the upsurge in public awareness of child and youth abuse, current approaches to protection are increasingly under question and alternatives are being sought. The model of family group decision making responds to these questions and provides a way of extending and strengthening protective services. It achieves these objectives by re-involving families in finding solutions, which are then supported and resourced. Fundamentally, the model is based upon building social support networks, connecting informal and formal support networks, and enhancing the voice of families in decision making. This model seeks to empower families, since they are the only complete source of information on which decisions can be made.

### *Description*

This is a two-year demonstration project in which child protection situations are addressed by bringing together parents (or other caregivers) and extended family members to work out a plan for stopping the abuse. The plan reached through family group decision making encompasses measures protecting child and adult family members at risk of violence and must be acceptable to those involved and/or any professionals who have become involved. The project aims to augment the present responses to abuse against any family member by involving families in decisions which affect their lives, and assisting them in carrying out solutions which they own. An evaluation research project follows the families through the decision making to six and twelve month follow-ups.

## **Project #35**

**The Development of Sexually Intrusive/Offending Behaviour in Children and Youth: A Pilot Project,**  
Central Toronto Youth Services and The West End Creche Child and Family Clinic (1993)

### *Category*

Professional Training (research)

## *Type of Project*

Research

## *Target Group(s)*

Professionals, institutions, agencies and individuals interested in the development of sexually intrusive/offending behaviour of children and youth

## *Background*

The present study should be considered a pilot project. It represents the first phase of a projected longitudinal multi-year effort to explore this emerging area of study in greater depth. The current project has several goals: to complete the development of specialized instruments necessary for research in this area; to pilot these instruments and selected standardized tests and evaluate and revise them as necessary; to identify key "variable areas/clusters" associated with children and youth who engage in sexually intrusive behaviour and test selected preliminary hypotheses about the development of these behaviours; to formulate hypotheses concerning these relationships for future testing and research; to identify and gather baseline data on a core population which could be approached for participation in future longitudinal and/or follow-up research in this area; and to gather data that could be compared to recorded sexual offence occurrences at a later time to determine which children/youth eventually engaged in adult or adolescent sex-offending behaviour.

## *Rationale*

The study of sexually intrusive/offending children and youth is in its infancy. Consequently, professionals in the child- and youth-serving communities have little or no research support or other kinds of information to guide their work. This study will address the current gaps in information. Data obtained in the study will be used to advance knowledge in this emerging field and help us better define the concepts, generate testable hypotheses, and develop and improve clinical assessment instruments. Information gathered in the study will also help us provide better differential diagnosis and typologies which can be used by the treatment community to offer more relevant clinical/counselling programs, and by the justice system to promote and enhance the use of "alternate" measures for young sex offenders.

## *Description*

The research study will test a number of hypotheses through a methodology consisting of two major parts, each having separate but related research questions and subject populations. The duration of the study will be 18 months. Subjects will be drawn from clinical populations in Metro Toronto, with an option of including a sample of subjects in Calgary. The project will attempt to determine what variables and processes are associated with the sexually abused child's adoption of sexually inappropriate behaviours, how sexually intrusive behaviour emerges, whether there appears to be a discernible developmental process for adopting these behaviours, and whether children who begin to exhibit sexually inappropriate behaviour in childhood continue to do so during adolescence and adulthood.