

SeaStar Child and Youth Advocacy Centre

Halifax, Nova Scotia

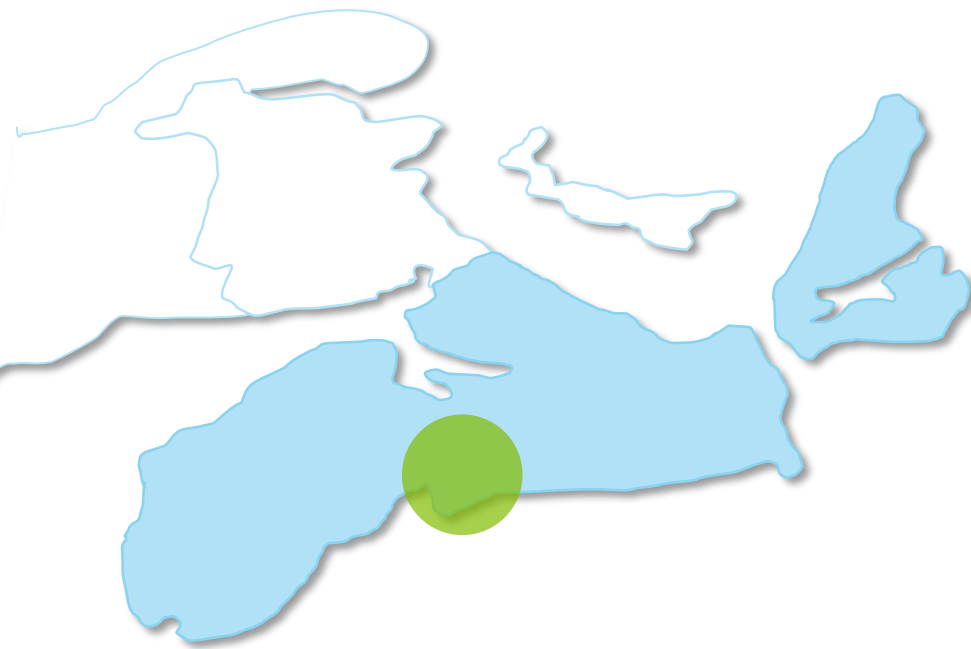
Amy E Ornstein, MDCM, FRCPC, FAAP, MSc

Christina Shaffer, BSc





https://youtu.be/1LUb6_28osw

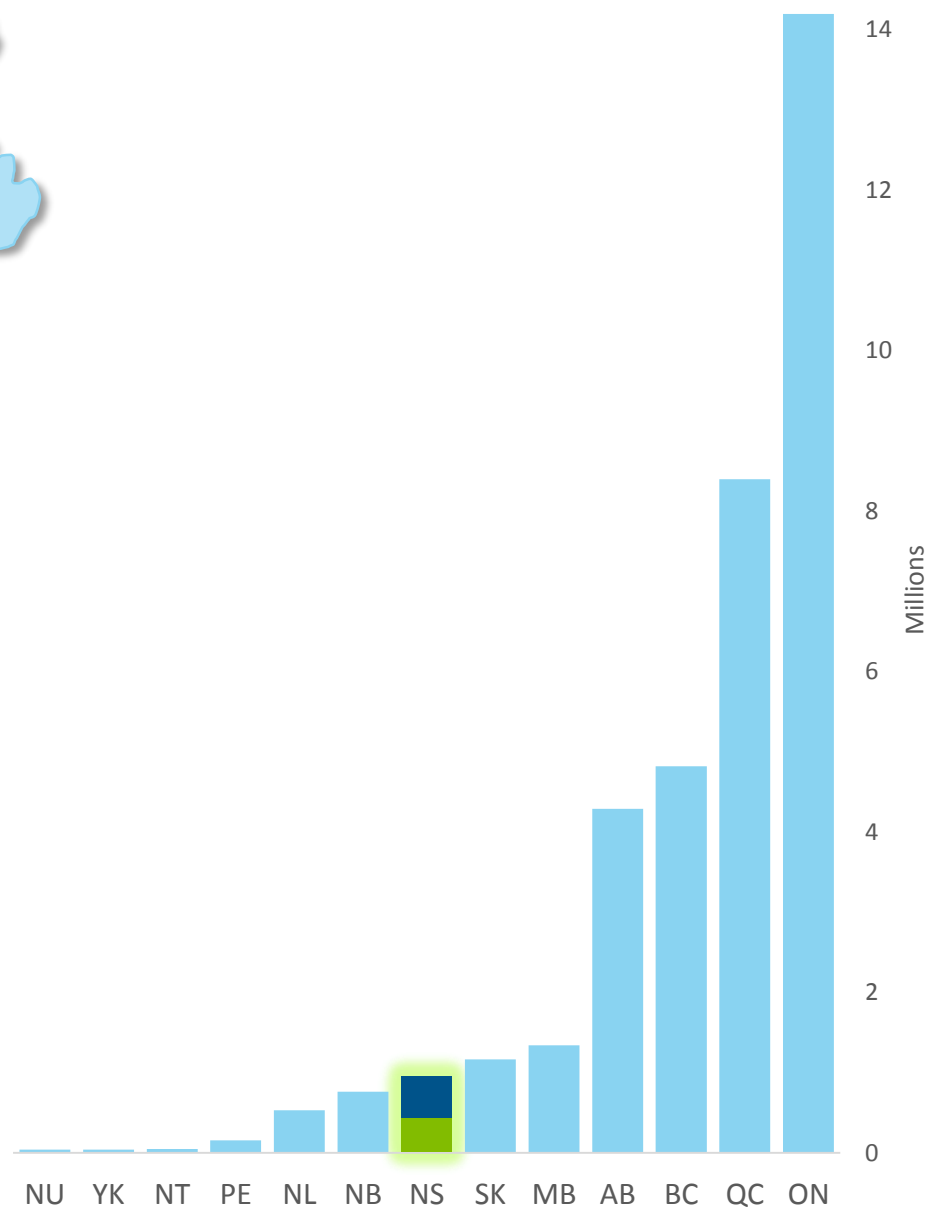


2017

Population

Nova Scotia: 923,598

Halifax: 403,101



Halifax



IWK





The
**SUSPECTED
TRAUMA &
ABUSE
RESPONSE
TEAM**
(START)

SeaStar

Child & Youth Advocacy Centre



Mid-2000's

2010

2011

2012

Stakeholder
discussions

Justice
Canada
funding call

Steering
Committee

Community
Research

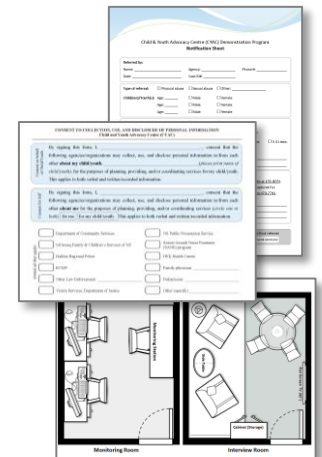
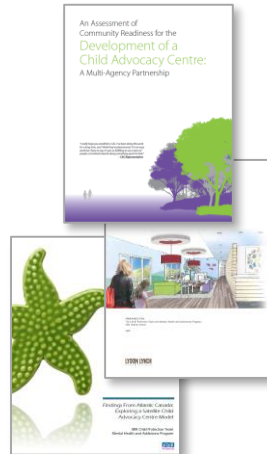
Name &
Branding



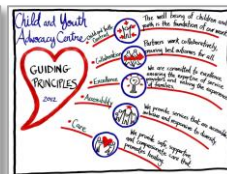
Business Case

Phased
Approach?

Demonstration
Project



Mission, Vision &
Guiding Principles



Space
Feasibility
Study



2012

Program
Launch

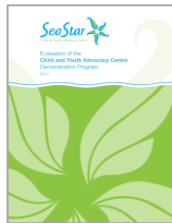


Case Review

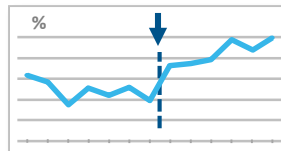


2013

Evaluation



Added 2nd
Advocate



2015

Therapy Dogs



Caregiver
Workshops



2017

Accredited
Facility Dog



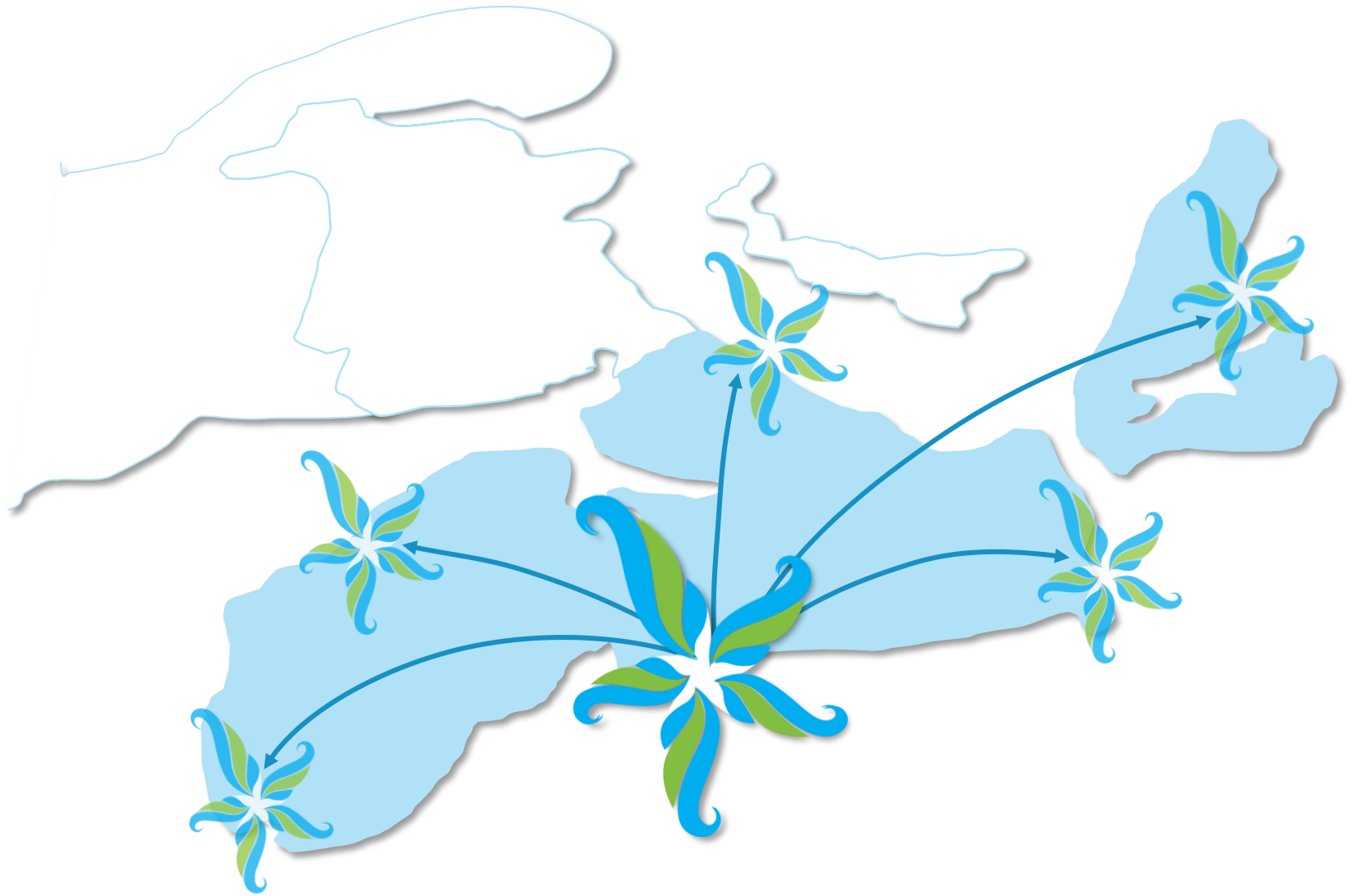
Evaluation &
Data analysis

2018

Business
Planning

Space,
sustainability
planning





















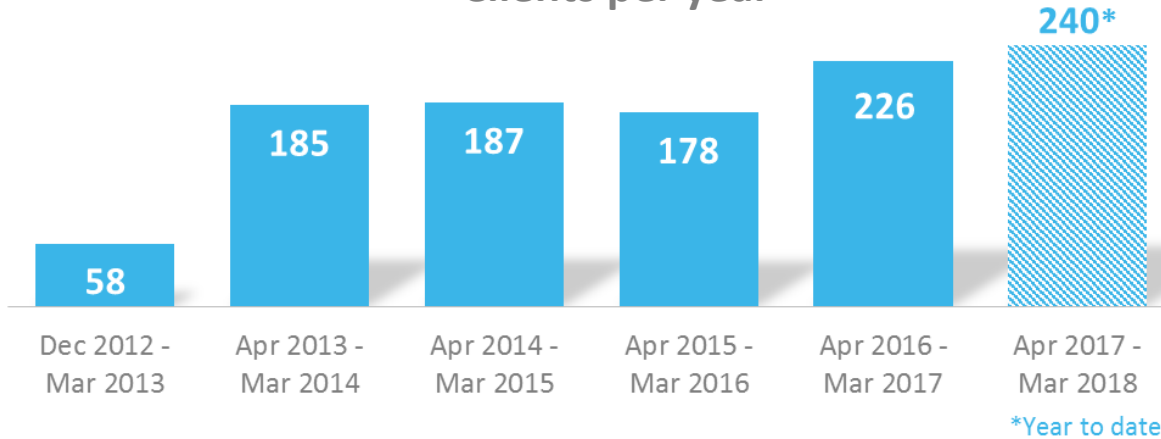




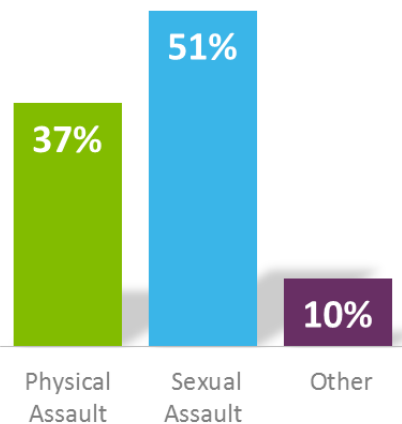
1,080+ clients

Dec 2012 -
Mar 2018

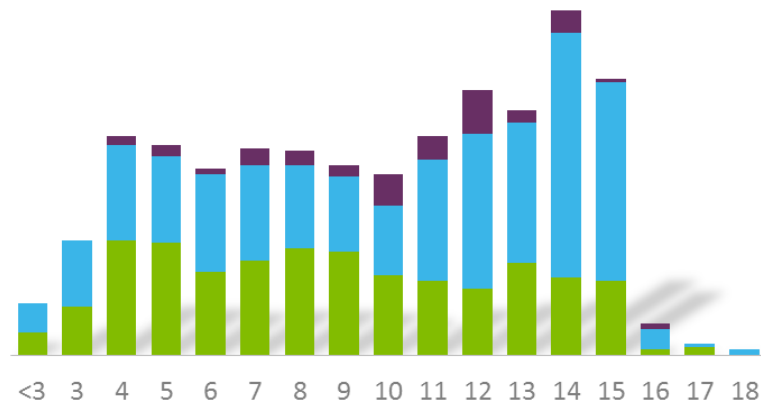
Clients per year



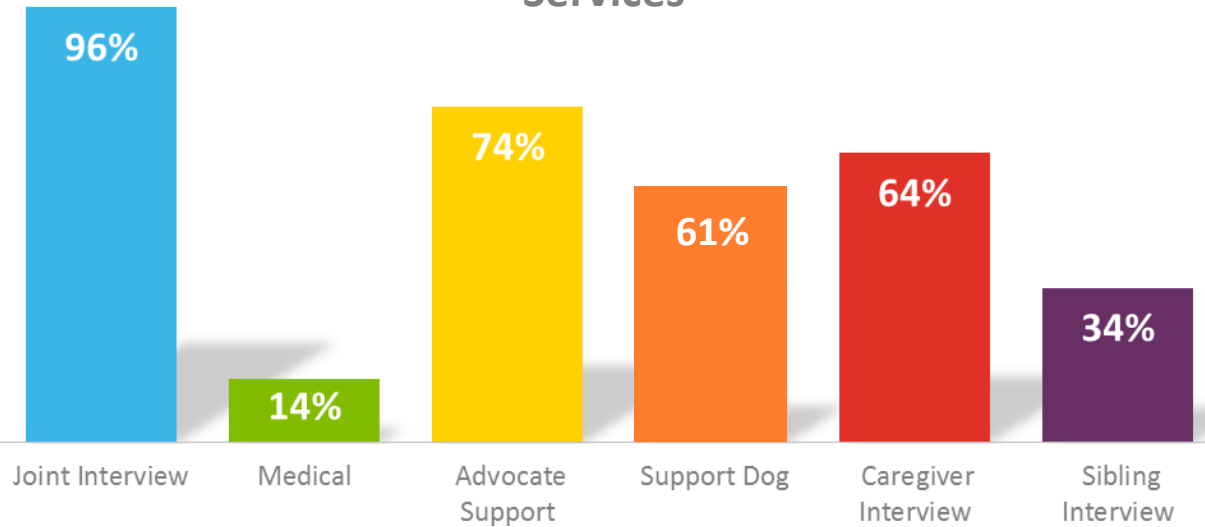
Type of Referral



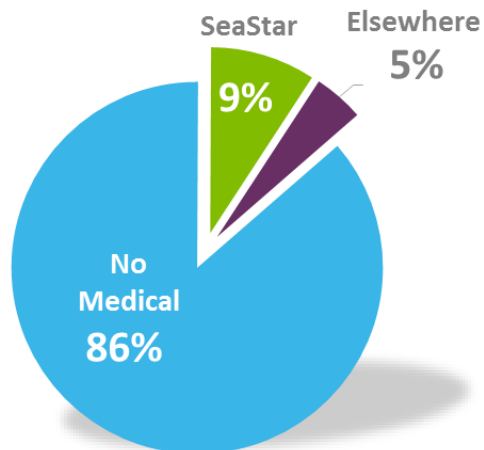
Client Age and Type of Referral



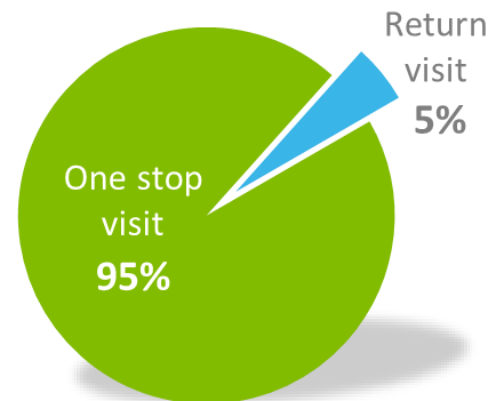
Services



Medical



Coordination





Program Highlights

- I: MEDICAL INTEGRATION
- II: PSYCHOEDUCATIONAL WORKSHOPS
- III: HOSPITAL-BASED UMBRELLA
- IV: STARTING SMALL

I: Medical Integration

Suspected Trauma & Abuse Response Team (START)



Dr. Amy Ornstein



Dr. Robyn McLaughlin



Dr. Shasta Moser



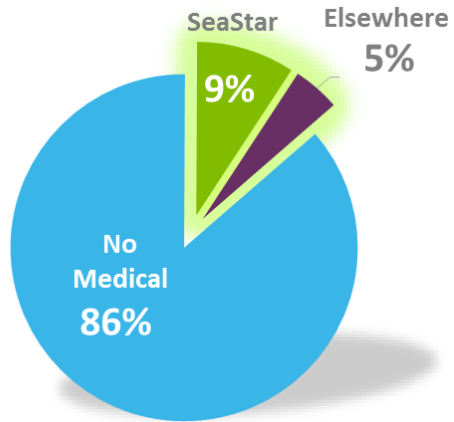
Dr. Alyson Holland



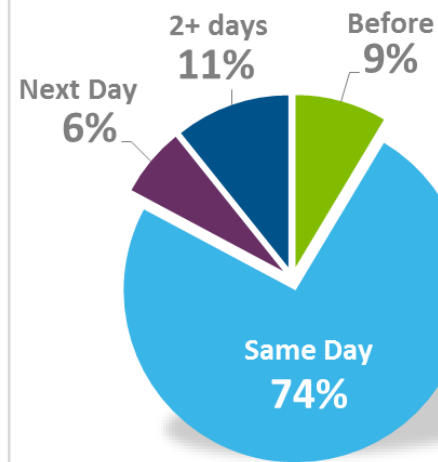
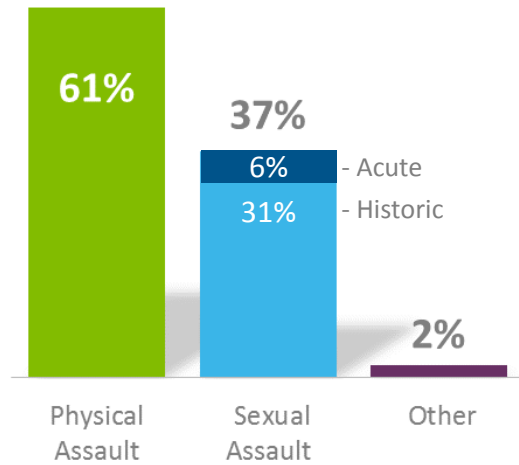
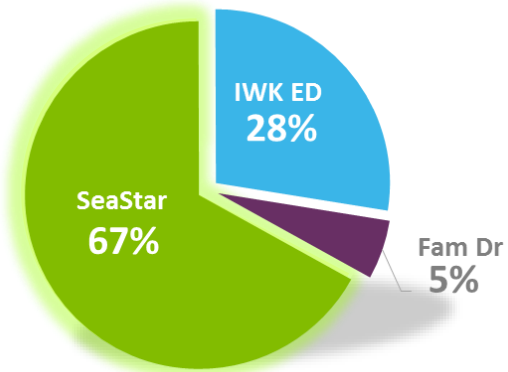
Angela Arra, CNS



Medical



Location



I: Medical Integration

IWK Emergency Department



Cases of abuse/assault

Do Department of Community Services/
Police need to conduct a forensic
interview with the child/youth?

They may wish to
On-site child- & y
police-grade audi
Suspected Trauma

For more info & h

- See flowchart/CYAC Program
- Call START: Inta



Accessing the SeaStar CYAC Program via IWK Emergency Department

Concern of child abuse/assault identified

- Report to Department of Community Services (as per usual - Medical Report of Child Abuse form)
- If Acute Sexual Assault, contact SANE (as per IWK Sexual Abuse/Assault Policy #1377)

Is acute hospital admission needed?

Yes

No

Not eligible for
SeaStar CYAC
Proceed as usual

DCS/Police determine if they need to interview child/youth

Yes

Coordination & plan for care

DCS / Police / ED / EMHAS/ START / SANE (as applicable) coordinate to determine best timing & location of medical exam, interview, etc.

- Urgent medical/mental health needs take priority over forensic interview, as usual
- If Acute Sexual Assault, SANE exam should take place before forensic interview
- Non-urgent cases may not require an immediate interview and medical exam; these may be referred to START for follow up

A consult to START
may still be required

You may still contact
START at any time to
consult, discuss, or
with any questions

Accessing Interview Room

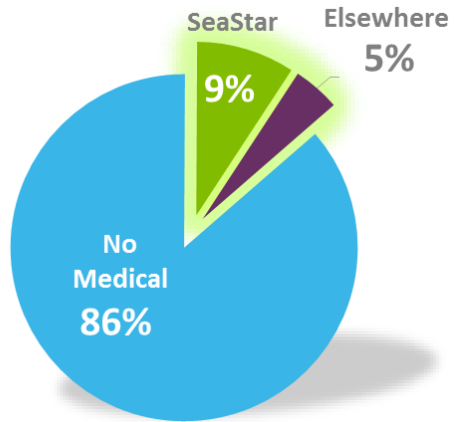
Weekdays: DCS/Police call START (Phone: 470-8079, Pager: 1836)

After Hours: DCS/Police access CYAC room via Protection Services (swipe card needed)

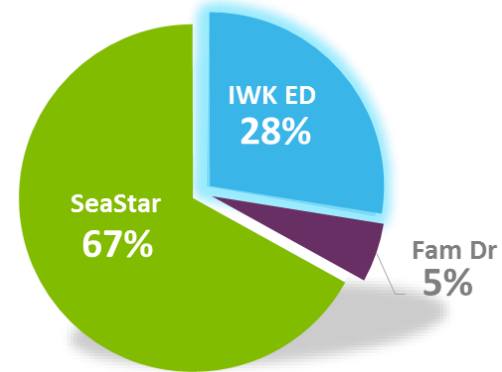
DCS/Police conduct interview

- Patient discharged from ED
- Patient accompanied to CYAC Interview Room by DCS/Police

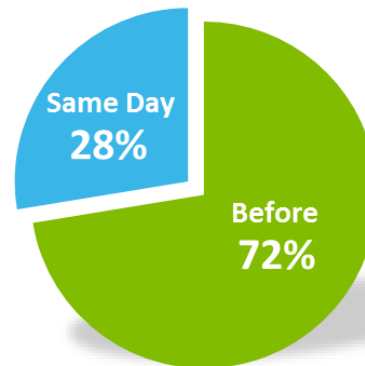
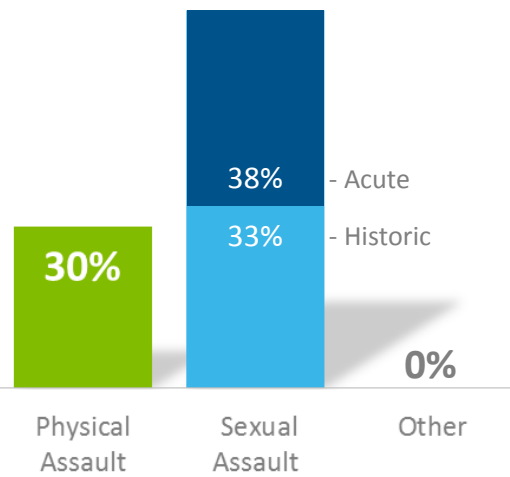
Medical



Location



70%



I: Medical Integration

Other Hospital Services

- Blood collection/Lab
- Medical photography
- Diagnostic imaging
- Child Life



II: Psychoeducational Workshops

- Understanding Trauma
- Emotion Coaching
- Trauma-Informed Yoga
- Meditation
- Teaching Mindfulness to Youth
- Navigating the Justice System

Spring 2016

Monday	Tuesday	Wednesday	
Apr 11	Apr 12	Meditation Hafsa Sham 1054 Tower 10 am to 11:30 am	
Apr 18	Trauma Informed Yoga Hafsa Shamshukla Centre 1054 Tower Road 10 am to 11:30 am	Apr 19	
Apr 25	Trauma and the Importance of Self Care Parker Reception Room 88% 6:30 to 8:30pm	Apr 26	Introducing Mindful P.Y. Hafsa Sham 1054 Tower 10 am to 11:30 am
May 2	Trauma Informed Yoga Hafsa Shamshukla Centre 1054 Tower Road 10 am to 11:30 am	May 3	
May 9	May 10	Teaching & ness Skills and Youth Hafsa Sham 1054 Tower 10 am to 11:30 am	
May 16	Becoming Your Child's Emotion Coach Parker Reception Room 88% 6:30 to 8:30pm	May 17	Meditation Hafsa Shamshukla Centre 1054 Tower Road 10 am to 11:30 am
May 23	May 24	Navigating System Parker Room 88% 6:30 to 8:30pm	
		More on E Coaching Parker Rece 88% 6:30 to 8:30pm	

SeaStar
child & Youth Advocacy Centre

WHAT IS TRAUMA?
Trauma is a normal response to a situation our brain reads as dangerous.

When a person is going through an emergency situation, they are responding to a threat. Our brains are hard-wired with an "emergency response system" to help us deal with threats. This is our brains' way of trying to keep us safe in an unsafe situation. In that moment, our brain's main function is to get us through the emergency.

The brain helps us to survive by activating biological reactions involved in the "fight, flight or freeze" response. Adrenaline is released so your body is ready to move: to fight or flee. Your heart rate and blood pressure go up. If you can't fight your way out of the situation, or flee (run away), we "freeze". This is the human being equivalent of "playing dead."

When someone is traumatized by an event (or series of repeated events), they can get "stuck" in the freeze response. The adrenaline and other hormones that are telling our bodies there is an emergency keep flowing. So even when we are safe, our bodies do not really know that we are safe.

There's good news: brain scientists have recently learned a lot more about trauma. There are ways to help our bodies return to "safe" mode. There is much hope for healing. This is particularly true for children as their brains are still growing.

1800
1800 Health Centre

II: Psychoeducational Workshops

1,200+ attendees

Caregivers and Professionals

“ We have been going through this for about four years now... After last week’s workshop was the **first time I have felt hope [my daughter] might be able to heal from this.** ”

“ I feel like I have been **thrown a lifeline** ”

III: Hospital-based Umbrella

- Positive brand association
- Infrastructure & overhead
- Prioritization/competing priorities
- Many layers
- Timelines for decision-making

IV: Starting Small

- Build on existing structures
 - Low-cost start up
 - Data collection
 - “Design thinking” approach
-
- Outgrow quickly
 - Perception & messaging: “Just 2 rooms”
 - Limited capacity, cautious marketing

Future directions

- Business planning/Sustainability
- Expand: Space & capacity
- Workshops: Broaden access
- Research
- Atlantic network



Thank you



@SeaStarCYAC



SeaStarCYAC



SeaStarDorado