



Connections for Breaking The Cycle of Violence (CBTC)

## Evaluating a National Initiative to End the Cycle of Violence for Mothers and Their Children



Breaking the Cycle

October 2, 2025





presents:

# Innovations in Addressing Gender-Based Violence and Trauma- and Violence-Informed Health Promotion

*A NATIONAL CONFERENCE*

Oct 1–2, 2025

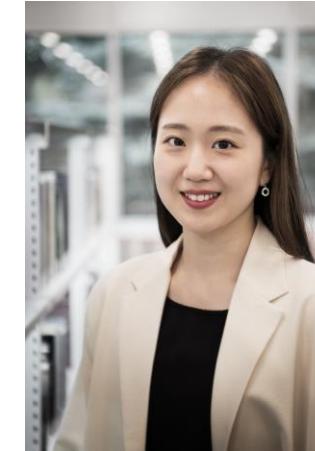
## Introduction



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**Childhood  
Maltreatment,  
Abuse & Neglect**

**Intergenerational  
Transmission of  
Trauma**



(Breiding et al., 2014; Gélinas et al., 2025; Graf & Schechter, 2024; Leslie et al., 2016; Mejta & Lavin, 1996; Motz et al., 2016, 2019; Widom et al., 2014)



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How to end/prevent this cycle?

THE PRENATAL PERIOD AND THE EARLY YEARS OF MOTHERING ARE WINDOWS OF OPPORTUNITY FOR WOMEN AFFECTED BY VIOLENCE.

WHY?

SUPPORTING THE HEALING OF THESE WOMEN HELPS THEM PROTECT THEIR CHILDREN, THEREBY **BREAKING THE CYCLE** OF VIOLENCE ACROSS GENERATIONS.



COMMUNITY-BASED INTERVENTION PROGRAMS, EXPLICITLY WITH TRAUMA-INFORMED AND RELATIONAL APPROACHES, THAT ENHANCE THE MOTHER-CHILD HEALTHY RELATIONSHIPS

)ANDREWS ET AL., 2018, 2021; MOTZ ET AL., 2019



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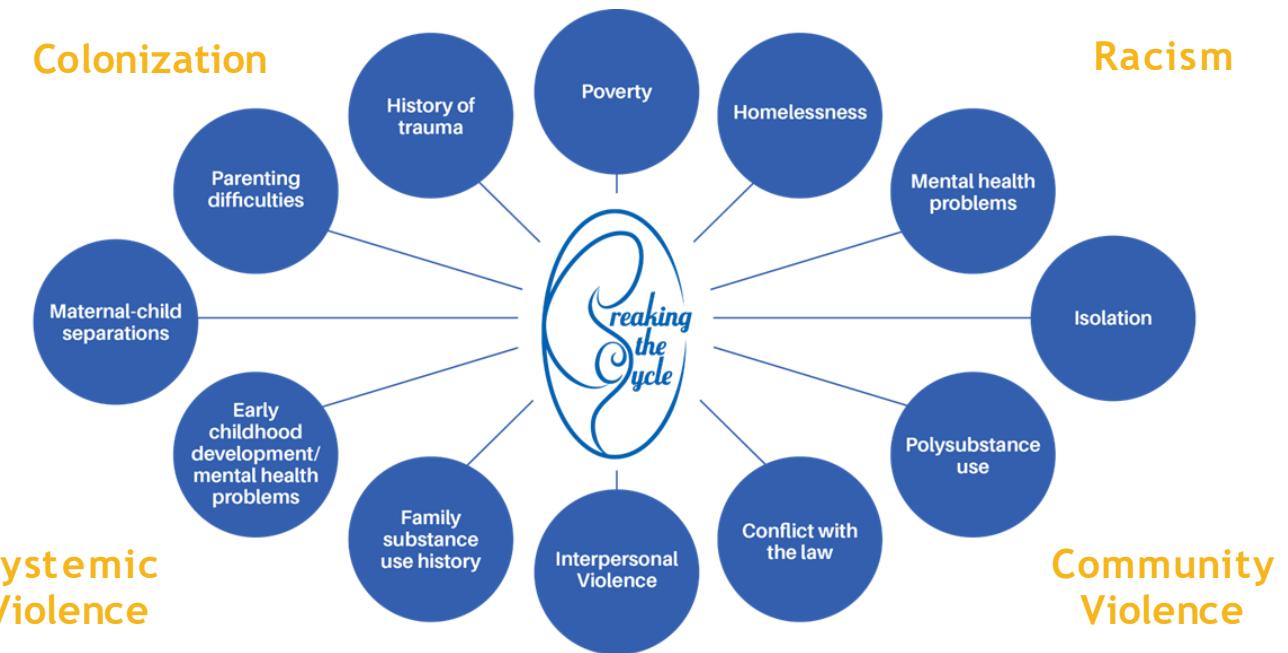


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## BTC Services



)ANDREWS ET AL., 2019, 2020)

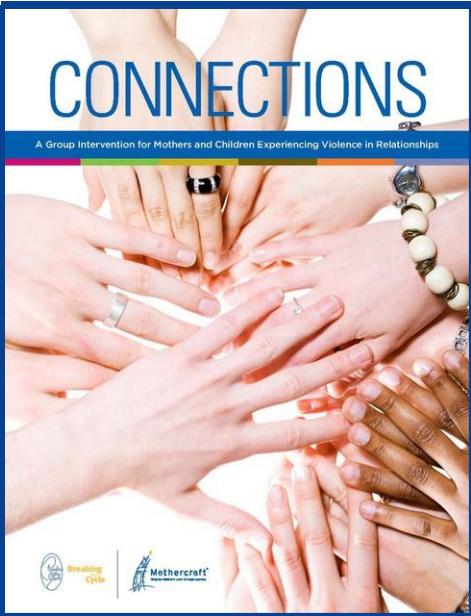


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## Connections



- AVAILABLE IN BOTH ENGLISH AND FRENCH
- AVAILABLE IN ADAPTED VERSION FOR INDIGENOUS COMMUNITIES

Ⓐ A 6-TOPIC GROUP INTERVENTION, DEVELOPED BY BTC (MOTHERCRAFT), WITH TRAUMA-INFORMED AND RELATIONAL APPROACHES DESIGNED TO INTERRUPT INTERGENERATIONAL TRANSMISSION OF IPV

Ⓐ AIMS:

- 1) TO PROMOTE INCREASED UNDERSTANDING OF HEALTHY INTERPERSONAL RELATIONSHIPS
- 2) THEIR IMPORTANCE TO CHILD DEVELOPMENT FOR MARGINALIZED IPV- EXPOSED MOTHERS

Please refer to page #1.



)ANDREWS ET AL., 2021; LESLIE ET AL., 2016; MOTZ ET AL., 2019)



Please refer  
to page #1.

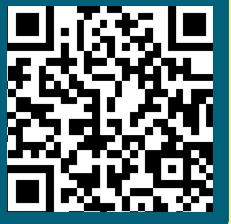
Trauma-informed Approach	Relational Approach	Community-based Approach
<p>Help mothers:</p> <ol style="list-style-type: none"> <li>1) <b>understand</b> their trauma histories that impacted their current behaviour and functioning</li> <li>2) <b>recognize</b> signs of trauma, understand the impact of trauma, and know how to support those who are, or have, experienced trauma</li> </ol>	<p>The <b>mother-child relationship</b> is explicitly supported through information about:</p> <ol style="list-style-type: none"> <li>1) positive parenting</li> <li>2) the impact of interpersonal violence on children's development &amp; well-being</li> </ol>	<p>Community-based services for parents &amp; children often act as an <b>entry point</b> to connect them with health and social supports within their communities. Integrating IPV interventions into the community-based services <b>decrease</b> barriers to engagement and attendance.</p>

(ANDREWS ET AL., 2021)



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## 14 PARTNERED COMMUNITIES

## BRITISH COLUMBIA

- Babies New Beginnings / Prince George and District Elizabeth Fry Society
- Babies Best Chance / Campbell River Family Resource
- Bellies to Babies pregnancy and Family Resource Program

## ONTARIO

- Breaking the Cycle / Mothercraft
- Program Without Walls / Macaulay Child Development Centre
- Growing Healthy Together / Strides Toronto F-CAP / YMCA GTA - Durham
- The Salvation Army Bethany Hope Centre
- ConnectWell Community Health - Lanark
- Algoma Family Services (3 locations)
- Strive Niagara

## NOVA SCOTIA

- Cape Breton Family Place
- Kids First Association (2 locations)

## NEW BRUNSWICK

- Under One Sky Friendship Centre

Following the *Building Connections* project, the C-BTC project has been nationally implemented with our 14 partnered communities across Canada, and the *Connections* intervention has been evaluated for IPV-experienced pregnant women and mothers of children from birth to 6 years.

To enhance the evidence base for *Connections*, specifically:

**A)** Assess the long-term impact of the intervention

**B)** Identify the underlying mechanisms of changes for potential adaptation and targeted implementation

Please scan the QR code above for the information (page #2-4).

The C-BTC project includes various activities:

1

C-BTC Community Training on Evidence-Based Practices and Approaches  
(Community Webinar)

3

C-BTC Community of Practice

2

C-BTC *Connections* Certified Training

4

Delivery of the *Connections* Intervention



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## (C-BTC COMMUNITY TRAINING ON EVIDENCE-BASED PRACTICES AND APPROACHES)

Certified *Connections* facilitators from partnered sites, along with members of community-based programs, have attended and will continue to participate in virtual community webinars focused on evidence-based practices.

**Topics** include pregnant people and mothers facing:

- IPV
- Addictions
- FASD
- Other vulnerable populations

**Expectation** is to drive behaviour changes in daily work, sharing with colleagues and influencing practices and policies.

### PRELIMINARY RESULTS

7 webinars (approx. 1.5 hours) have been delivered, with 2 planned within the project timeline. (Please scan the QR code above and refer to page #5.)



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## (C-BTC CONNECTIONS CERTIFIED TRAINING)

Facilitators underwent a virtual three-session certified training to confidently deliver and evaluate the *Connections* intervention in the partnered communities across Canada.

**Pre- & Post-training surveys** examined their awareness, confidence, and capability related to IPV and child maltreatment.

### PRELIMINARY RESULTS

5 training sessions have been delivered, with a total of 46 facilitators completing the certification. Initial findings from the *Connections* Certified Training surveys indicated a high satisfaction rate of 93%, along with significant improvements in awareness, capability, and confidence, ranging from 67% to 93% among participants.



## (C-BTC COMMUNITY OF PRACTICE)

A bi-weekly community of practice will promote fidelity, knowledge sharing, and support among certified facilitators across Canada. A virtual platform will be used for sharing resources. Community partners have been able to gain and share knowledge on how to best support vulnerable mothers and their children.

### PRELIMINARY RESULTS

The C-BTC Community of Practice meets bi-weekly **since January 2023** with **14 regular contributing communities**. Feedback given by partners are evaluated and shared to ensure the needs of facilitators are being met (Please scan the QR code above and refer to page #6).



## (DELIVERY OF THE CONNECTIONS INTERVENTION)

The *Connections* intervention has been implemented at CAPC, CPNP, and AHSUNC partner sites in 14 communities across Canada. The evaluation of the effectiveness of *Connections* for these families is ongoing.

**Intervention evaluation** is implemented through multiple questionnaires for participants as well as the possibility to participate in evaluation of long-term effectiveness of the intervention.

### PRELIMINARY RESULTS

A total of **159 mothers** have attended, and **121 mothers** completed the *Connections* intervention to date. (For further detailed information, please scan the QR code above and refer to pages #7-8.)



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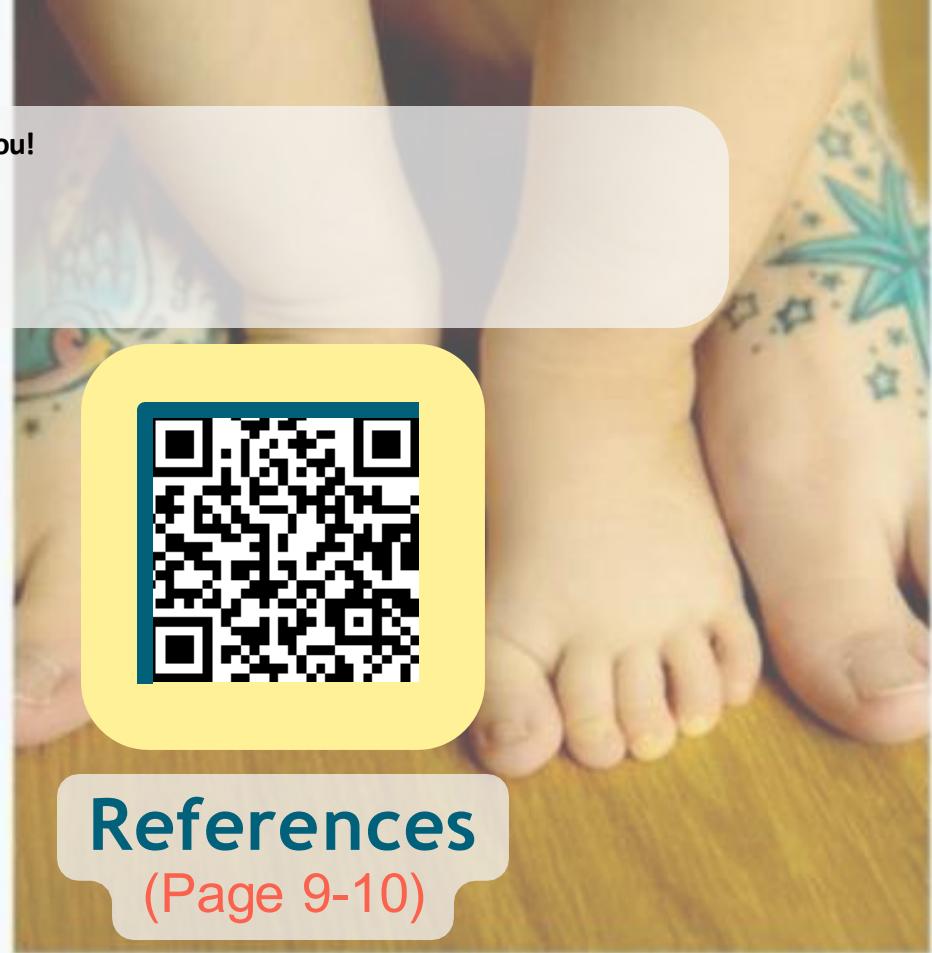


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Thankyou!



**References**  
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