

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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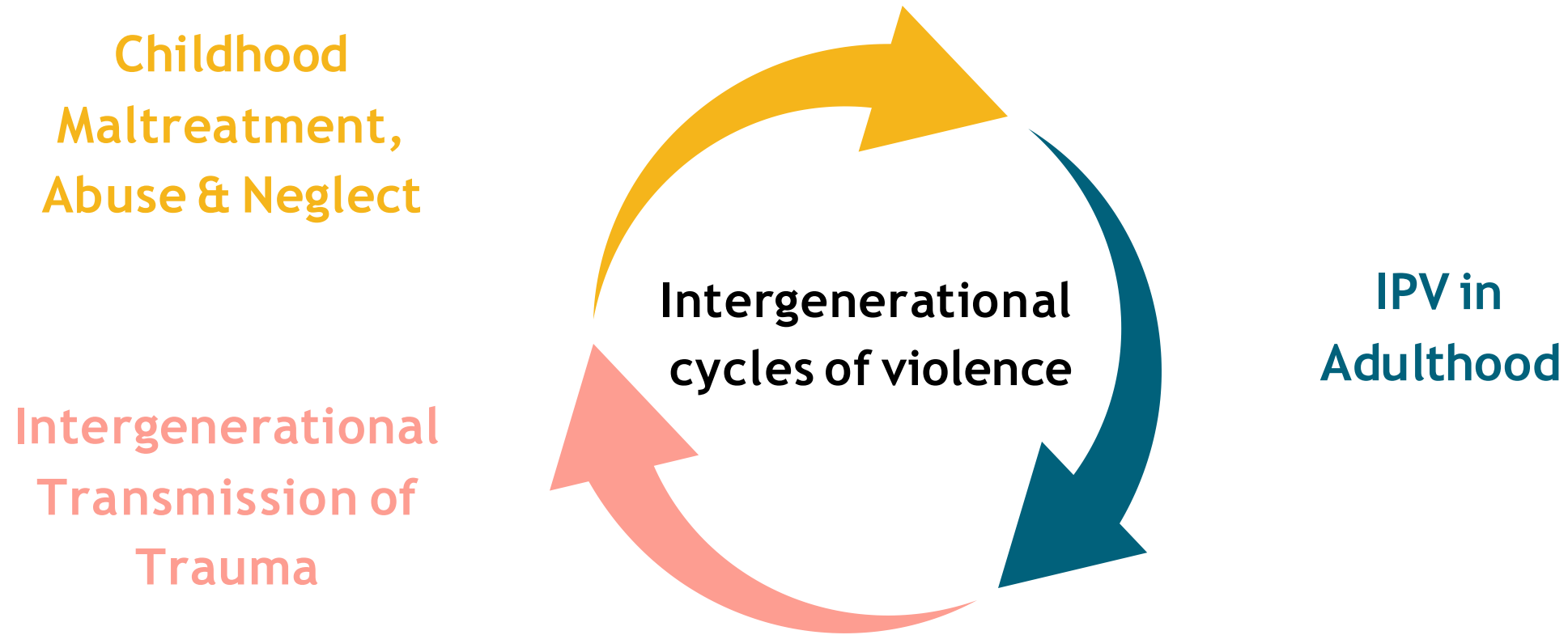
BACKGROUND



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**Mothercraft®**  
Shaping Children's Lives Through Learning



(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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Connections



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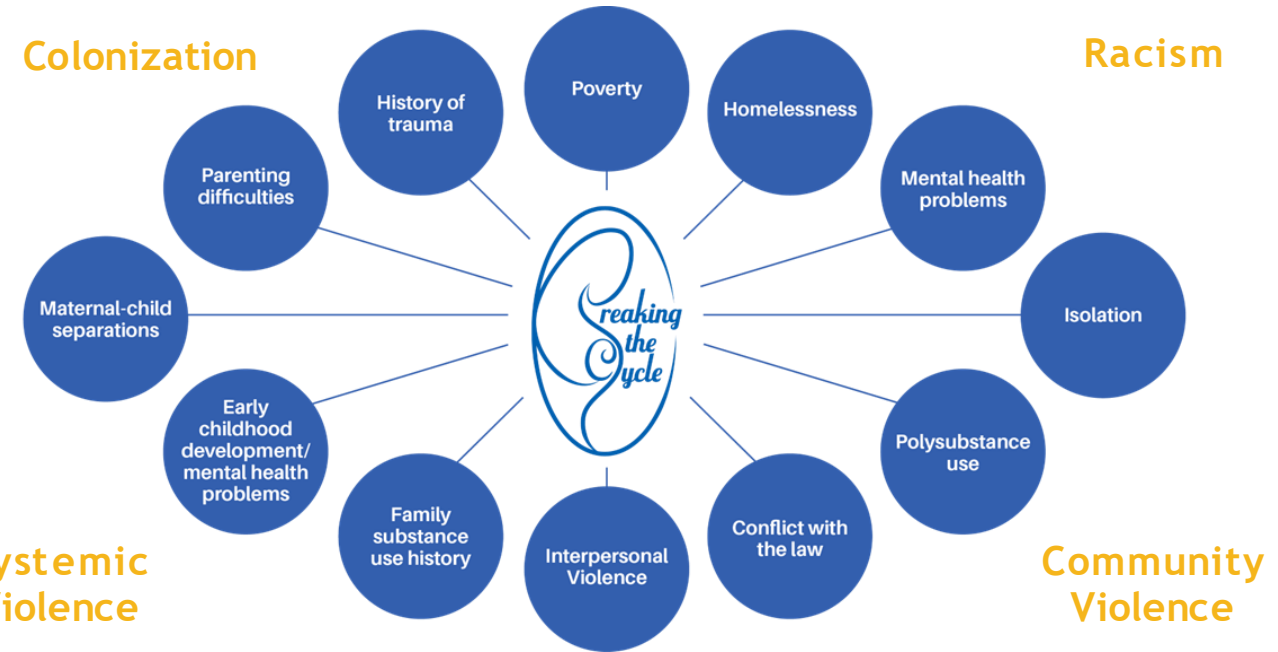


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## BreakingTheCycle(BTC)



## BTC Services



## Profile of BTC Families

(ANDREWS ET AL., 2019, 2020)



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## Connections



Please refer to page #1.



- 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

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



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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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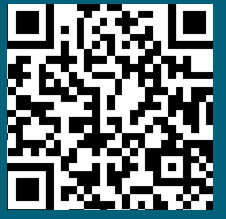
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#### 14 PARTNERED COMMUNITIES

##### 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 Wells / Macaulay Child Development Centre
- Growing Healthy Together / Strides Toronto
- F-CAP / YMCAGTA - 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.)





## (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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Thankyou!



References  
(Page 9-10)



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