What is Trauma Informed Practice?

Trauma Informed Practice means integrating an understanding of past trauma and current experiences of violence and trauma into all aspects of service delivery. The goal of Trauma Informed Practice is to avoid retraumatizing individuals and support safety, choice, and control to promote healing (Poole, N., et al., *Trauma Informed Practice Guide* 2013, Vancouver and Victoria, BC: CEWH; BC Ministry of Health and Substance Use Branch).

SHA Training Plan

There are 4 levels of Trauma Informed Practice Training.

1. **Level 1 – Trauma Informed Practice – Growing Awareness.** This training is a Mandatory training for all SHA Employees, Physicians, and Volunteers. The deadline to complete training was March 31, 2022. If you are new to the SHA or an existing employee who has not completed this training, please speak to your Manager about appropriate timelines to complete this one-time self-directed training.

2. **Level 2 – Trauma Informed Practice – Creating Safety.** This training is Mandatory for people providing direct client care. This level of training is required for SHA employees and practitioner staff who provide direct client care. This includes but is not limited to Physicians, Nurse Practitioners, Registered Nurses, Registered Psychiatric Nurses, Licensed Practical Nurses, Continuing Care Assistants, Psychologists, Social Workers, Addiction Counsellors, Pharmacists, Physiotherapists, Occupational Therapists, Speech and Language Therapists, Recreation Therapists, Dietitians, and other allied health care professionals. If you are unsure if you require this training please contact your Manager as they are in the best position to determine if you fit this criteria. The deadline to complete training is March 31, 2023.

3. **Level 3 – Trauma Informed Practice – Collaboration.** This level is geared towards those who are working to implement Trauma Informed Practice. It is required for those in leadership including Managers, Clinical Supervisors, Charge Nurses, and Nurse Educators. This level was published in January of 2023 and it is required to be completed by March 31, 2024.

4. **Level 4 – Trauma Informed Practice – Skills and Strengths.** This training is targeted for those providing direct clinical services in Mental Health and Addictions settings. This would include Registered Nurses, Psychologists, Social Workers, Addiction Counsellors, and Allied Health Care Professionals. The training was published in March of 2023, and it is to be completed by March 31, 2024.

Please note: If you would like to access a level of training that has not been made mandatory for you, you are still welcome to take the training. Please confirm your capacity to take the training with your Manager.
Instructions for Accessing Trauma Informed Practice (Levels 1 to 4)

Instructions for SHA Employees (including 3sHealth, eHealth, and the Saskatchewan Cancer Agency):

1. NOTE: Do Not use Internet Explorer. Internet Explorer is not supported.
2. Click here to go to MyConnection and log in. Be sure to use the Google Chrome browser. If you need help logging in to MyConnection, click here to access a short video with instructions.
3. Click on “MyLearning,” then click “Access MyLearning” which will launch the SHA learning platform in a new tab. You will see your course dashboard.
4. To search for a course that you are not yet enrolled in, click ‘CLICK HERE TO SEARCH ALL LEARNING MODULES’ the top banner bar of the web page.
5. In the search bar, type:
   - TRAUMA INFORMED PRACTICE: GROWING AWARENESS (to access level 1)
   - TRAUMA INFORMED PRACTICE: CREATING SAFETY (to access level 2)
   - TRAUMA INFORMED PRACTICE: COLLABORATION AND CONNECTION (to access level 3)
   - TRAUMA INFORMED PRACTICE: STRENGTHS and SKILLS (to access level 4)
6. Click Enroll for free.
7. For a video walkthrough of these instructions, please click here.

Instructions for non-SHA Employees (including physicians, volunteers, and Patient-Family Partners):

1. NOTE: Do Not use Internet Explorer. Internet Explorer is not supported.
2. Physicians: You must use your SHA email address to access learning modules so that progress can be tracked. If you do not know your SHA email address, please contact Physician Staff Affairs.
3. Log in to the SHA learning platform directly by copying the following URL in the Google Chrome web browser: https://skhalearninganddevelopment.thinkific.com/users/sign_in.
4. If this is your first time logging in click ‘Create a new account’.
5. If you already have an account, but have forgotten your password, click ‘Forgot password?’
6. After you have logged in, you will see your course dashboard.
7. To search for a course that you are not yet enrolled in, click ‘CLICK HERE TO SEARCH ALL LEARNING MODULES’ the top banner bar of the web page.
8. In the search bar, type:
   - TRAUMA INFORMED PRACTICE: GROWING AWARENESS (to access level 1)
   - TRAUMA INFORMED PRACTICE: CREATING SAFETY (to access level 2)
   - TRAUMA INFORMED PRACTICE: COLLABORATION AND CONNECTION (to access level 3)
   - TRAUMA INFORMED PRACTICE: STRENGTHS and SKILLS (to access level 4)
9. Click Enroll for free.
Clinical Training

10. For a video walkthrough of these instructions, please click here.

Technical Support Instructions

There are two ways to access technical support for this module. One for SHA employees with access to MyConnection and one for learners who are not SHA employees and do not have access to MyConnection (e.g., physicians, partners, patient-family advisors, volunteers). Please follow the instructions below that fit your situation, if you need technical support.

Learners who are SHA Employees with Access to MyConnection

If you need technical support for this learning module and you have access to MyConnection (all SHA employees), follow these steps:

- Click here to go to MyConnection and log in. Be sure to use the Chrome browser, not Internet Explorer.
- Click on 'MyLearning', then click 'Questions about MyLearning'.
- Complete the support request form. Be sure to include the name of the course you are taking (visible in the upper-left hand corner of the screen) and a description of the issue.

Learners who are not SHA Employees (e.g., physicians, partner orgs, patient-family partners, volunteers)

If you need technical support for this learning module and you do not have access to MyConnection (e.g., physicians, partner orgs, patient-family partners, volunteers), follow these steps:

- Click here to send an email to the Learning Support Team.
- In the body of the email, include a clear description of the issue.
- Please include a screenshot of the issue, if you are able.