

REDUCING BARRIERS

Supporting Women with Varying Levels of Mental Wellness & Substance Use

FREQUENTLY ASKED QUESTIONS

1. What does Reducing Barriers training involve?

Many women who access transition houses struggle with substance use and mental wellness concerns. This training explores ways to improve the overall experiences of these women, other house residents and staff. Participants learn more about women with lived experiences, engage in self-reflection, dismantle myths, and expand their substance and mental health literacy. Working together, we strategize about gaps and barriers, discuss promising practices and learn skills to enhance the safety, autonomy and wellbeing of women seeking support.

2. Who from my agency needs to participate in Reducing Barrier trainings?

- We ask for the attendance of as many transition house workers as is possible, including part-time and casual workers.
- We require the attendance of management staff of your transition house and agency.
- We require attendance from at least one member of your agency's Board of Directors, preferably the Chair or Vice-chair, to attend Day 1 of the training.
- The training can accommodate a maximum of 25 participants per session when in-person. For virtual trainings, the participant numbers are to be determined in tandem with the training site.

3. What are the 3 parts of this training?

Reducing Barriers training is a multi-part training commitment for your agency.

Part 1 (Online): is a self-paced online course: [Foundations in Violence Against Women](#).

Part 2 (In-Person or Virtual): is a 3-day facilitated training curated for your agency and delivered in-person in your community or virtually.

Part 3 (Online): offers access to a self-paced online course with additional resources: [Supporting Women with Mental Wellness and Substance Use Needs in Safe Homes, Transition & Second Stage Houses](#).

4. How can we enhance staff participation and cover shifts during the in-person training?

Some houses divide their day shift into 2 short mini-shifts to enable more staff to rotate in and participate as much as possible. For example, full and part-time workers might attend all or large portions of the 3-day training if replacement workers can each cover 1 daytime shorter mini-shift.

5. How does my agency apply for Reducing Barriers trainings?

The Reducing Barriers training is available to Full Members of BCSTH in good standing. BCSTH emails our members/regions when we have dedicated funding to provide these trainings. We ask members who are interested in the training to submit an online application. Agencies are selected based on availability, staff involvement, commitment of management and Board, and mutually agreeable dates.

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6. What support does BCSTH provide to help transition houses participate in the Reducing Barriers training?

BCSTH currently has funding to subsidize most of this multi-part training. For selected agency participants, your agency covers the course fees of the Part 1 online training, and both Part 2 and 3 are offered at no cost.

Part 1 (Online): Foundations in Violence Against Women

This self-paced foundational online training is a prerequisite for all agency staff and board members who have not previously completed this and will be participating in the in-person and online Reducing Barriers trainings.

Support Provided: BCSTH full members can access the discounted registration fee of **\$60/person** for the Foundations course.

Part 2 (In-person or virtual): Reducing Barriers

BCSTH facilitators provide three consecutive days of interactive training for your agency, held in your community or virtually. The training focuses on a number of approaches that have been identified as essential for supporting women who use substances and/or experience varying levels of mental wellness, and how these approaches might be incorporated into practice in your agency.

Support Provided: This 3 day in-person or virtual training is provided to selected participants for **free** with the support of BC Housing. Your agency will need to provide or arrange for a training venue, meals and refreshments for participants. BCSTH will **reimburse** your agency for the cost of the venue and food (e.g. light breakfast, daily lunch, refreshment breaks), to a maximum of \$1,350.00.

Part 3: Online Reducing Barriers Toolkit

Participants from agencies that have completed the Reducing Barriers trainings will receive access to the [Supporting Women with Mental Wellness and Substance Use Needs in Safe Homes, Transition & Second Stage Houses](#) online course to supplement their learning.

Support provided: This online supplemental resource is available to participants for **free**.

7. Questions about the Reducing Barriers Training? We're happy to chat!

Please contact us by email at training@bcsth.ca or by phone at 604-669-6943 ext. 231.