

Appendix A: The Teams

Members of the Research Team

Lead Researcher	Judy White MSW Social Work, University of Regina
Operations Consultant	Sherrie Tutt M.Ed. RN, Science Department , Saskatchewan Indian Federated College
Research Assistants	Darlene Rude New Horizons First Nations Administration, Nekaneet First Nation Betty Mutwiri African Women's Circle
Administrative Assistant	Oudalay Senevonghachack

Members of the Participatory Action Team

Coordinator	Erika Cancino, Immigrant, Refugee & Visible Minority Women of Saskatchewan
Core Members	Bula Ghosh, Immigrant, Refugee & Visible Minority Women of Saskatchewan Cypress Hills Community College Nayyar Javed Immigrant Women of Saskatchewan, Saskatoon Chapter Mental Health Clinic of Saskatoon Bozana Cosic Immigrant Women of Saskatchewan, Regina Chapter Anna Mambo Immigrant, Refugee & Visible Minority Women of Saskatchewan Tharadevi Maharaj Immigrant, Refugee and Visible Minority Women of Moose Jaw Judy White, Immigrant Women of Saskatchewan, Saskatoon Sherrie Tutt, Saskatchewan Indian Federated College
Contributing Members	Debbie Mpofo, IWS Saskatoon Joyce Still, SIFC Science Patience Elabor-Idemudia, University of Saskatchewan Anne Moola, International Women, Swift Current Ila Sarkar, Immigrant Women of Saskatchewan, Saskatoon Chapter

Pictures of The Team in Action



Example of a Typical Meeting of the Participatory Action Team

Minutes of the PAR Team Meeting held Nov. 4, 2000 at SGEU

In attendance:

Bula Ghosh, Erika Cancino, Judy White, Anne Moola, Anna Mambo, Sherrie Tutt (chair, recorder), Darlene Rude, Betty Mutwiri

Absent: Nayyar Javed, Bozano Cosic, Ila Sarkar, Tharadevi Maharaj

1. Members of the Research Team were welcomed. Bula expressed the pleasure of the Team to see things moving forward.

2. PTSD Brochure -

There was a general discussion of the intended purpose of the brochure. Information may be obtained through the research that should be included. The consensus was that, if Nayyar has not already done the brochure, it should be considered a product of the research to be completed at the end of the project.

Action: Judy White will check with Nayyar

3. Focus groups

a) Dates: Focus groups will be conducted in January.

Anne advised that one of the psychiatrists in Swift Current will be away in January.

Action: Anne Moola will find out the exact dates the psychiatrist will be away and advise Judy.

a) Facilitators: Judy will conduct all focus groups.

Action Research Assistants will arrange focus groups and interviews as follows.

Betty - Saskatoon, Yorkton, Prince Albert

Darlene - Regina, Swift Current and Moose Jaw

a) Billets - Budget was revised to include accommodations.

No billets will need to be arranged.

Hotel accommodations will be needed as follows

Swift Current - NONE

Yorkton- Accommodations for Betty only

Regina and Moose Jaw - None needed

Prince Albert - Accommodation needed for Betty only.

4. Potential Participants

Mental Health Clinics in Saskatoon and Regina have committed to assisting in participant identification.

Process: A discussion was held regarding the process of obtaining and contacting potential participants.

1. It was decided that participant information (name, address, phone, E-mail address) should be sent to Judy who will then contact participants.

Action: All members will:

- a) Find out how the participant prefers to be contacted - (phone, mail or other means).
 - b) Find out the language the participant prefers be used for the interview.
 - c) Forward this information PLUS the person's name, address and phone number to Judy.
5. Revised Schedule:
The revised Critical Pathway was reviewed briefly.
- a) Data will primarily be collected during January.
 - b) Targeted completion date is July 1.
6. Communication
- a) Periodically updates will be placed in the News link of the new IRVM Web Site <http://go.to/irvm>. Team members are encouraged to keep up by reading these reports. The first will be entered in late December.
 - b) Judy will circulate information via E-Mail to all Team Members who have E-mail. Otherwise, hardcopy will be faxed or mailed by the Admin Support Officer.
 - c) A meeting will be held during the summer to review the report before it is finalized.

Otherwise, it was decided that meetings would only be called if an issue arose that needs Team discussion.

7. Interpreters

Darlene and Erika will develop training for interpreters with input from Judy and Betty.

The following languages were identified as potentially requiring interpretation.

Serbian, Albanian, Croation
Ukrainian
French, Erethrian, Somali, Swahili
Persian
Spanish
Vietnamese.

Action: All PAR Team Members

Send names of potential interpreters to Darlene and Erika

Appendix B: Examples of Traumatic Events

1. assault
2. military combat
3. floods
4. earthquakes
5. car accidents with serious physical injury
6. airplane crashes
7. large fires
8. bombing
9. torture
10. death camps
11. other disasters
12. threat to one's life or physical integrity threat
13. harm to one's children spouse or other close relatives
14. threat to one's life or physical integrity
15. serious threat or harm to one's children, spouse
16. serious threat or harm to relatives and friends
17. sudden destruction of one's home or community
18. seeing another person seriously killed or injured as a result of violence or accident
19. learning about a serious threat or harm to a close friend or relative.
20. exposure to war and political violence that is massive in scale, repeated, prolonged and unpredictable.
21. witnessing violence towards caregiver.

Appendix C: Research Questions

1. What were the traumatic events experienced by immigrant, refugee and visible minority (IRVM) women over the age of 18 living in Saskatchewan?
2. What was life like for IRVM women prior to the traumatic event?
3. What health problems have been experienced across the life span by IRVM women who have experienced PTSD?
4. How have IRVM Women perceived their experiences prior to being made aware of Post Traumatic Stress Syndrome (PTSD)?
5. What kind of help has been received by IRVM women to assist them in dealing with PTSD? What category of professional provided help? What was the result?
6. What barriers have been experienced by IRVM women in seeking help for PTSD?
7. What is the knowledge level of professional caregivers with respect to Post Traumatic Stress Disorder?

Appendix D:

Questionnaires Used as Interview Guides

Questionnaire for women who have experience traumatic stress

1. Briefly state the nature of the traumatic event or events you experienced. What was your approximate age when it occurred?
2. Describe yourself, your life and health prior to the event.
3. Describe yourself, your life and health since the event
4. Have you ever sought help for health problems since the event? If so, what were the problems? Whose help did you seek? What help was provided? What was the result?
5. When did you first learn about Post Traumatic Stress Disorder? What did you think about your situation before you learned about this disorder?

Questionnaire for non-physician mental health professionals

1. What is the nature of your profession?
2. Tell us what you can about Post Traumatic Stress Disorder. What is it? What are its causes and effects?
3. What are some of the traumatic events described to you by women who have come to you for help?
4. Describe some of the problems for which these women seek help.
5. How would you describe their mental, emotional, physical, spiritual and social health?
6. What has been the nature of the help you provided? What has been the outcome.

Questionnaire for physicians

1. Tell me what you can about Post Traumatic Stress Disorder.
2. What is it?
3. What causes it?
4. How would you diagnose it?
5. What is the prognosis? What factors influence prognosis?
6. How have you treated it? What has been the outcome?
7. Briefly describe cases you have treated.