



Innovation and Engagement: Academic & Community Partnerships to Promote Women's and Girls' Health

Pan-Canadian Women's Health Coalition Grand Rounds
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Jennifer Collins, Nicole Letourneau,
Alexandria Lozowchuk and Kharah Ross



UNIVERSITY OF
CALGARY



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



CIHR IRSC
Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada

Alliance against
Violence & Adversity

Alliance contre la
Violence et l'Aversité



Overview

✈ All about AVA

Background & Mission

Importance of Engagement

Women's & Girls' Health Hubs

AVA's programs

Health Research

✈ Accessing AVA Online

✈ AVA Membership



The Alliance against Violence & Adversity

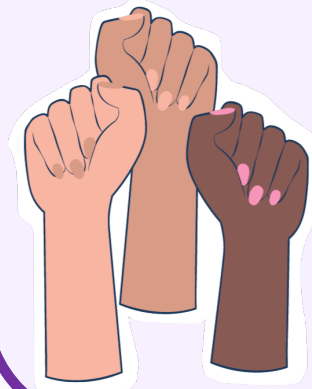
NATIONAL

Health Research Training Platform + Women's & Girls' Health Hub



- ✦ Create the capacity to transform community health and social services to promote health and wellness of girls, women, and gender-diverse people at risk/affected by violence and adversity, via a collaborative, innovative, cross-sectoral/disciplinary/jurisdictional training platform.
- ✦ Reduce family violence and exposure to early childhood adversities, to improve Canada's UNICEF rankings for girls', women's, and gender-diverse peoples' health and wellness, with positive lifespan, intergenerational, and population impacts.

**DID
YOU
KNOW?**



For 30 years, preventing and addressing violence against girls and women has been a policy priority across Canada. Yet, rates of domestic homicide have increased 250% over the last 10 years, and today, every 1-2 days in Canada, a girl's or woman's life ends due to domestic violence.



Across Canada, this includes:

- 10 national partners
- 93 academic partners
- 120 community partners



50+
*partners across the USA &
around the world*










500
members
and counting!



ava Objectives



-  Prevent and address gender-based violence;
-  Prevent and address Adverse Childhood Experiences (ACEs), especially violence;
-  Promote life-cycle & intergenerational health and wellness of GWGDP and their families;
-  Develop, identify, deliver, test, and implement evidence-based solutions;
-  Reduce health, economic, and social costs;
-  Engage in community-based implementation science research, and
-  Engage in knowledge translation and mobilization activities.

Engagement - Lived Experiences Matter

- ✧ Women & gender diverse people experience more stigmatization, less equity for the dispersion of social resources (financial, housing, employment).
- ✧ Women and gender diverse people benefit from having their voices included as part of their social support but have historically been excluded from research and decision making.
- ✧ Understanding the impact of gender identity may lead to more equitable experiences for people seeking social services and healthcare.
- ✧ Women with disability/episodic disability experience greater social inequities and have a higher risk of experiencing IPV (55% compared to 37% able-bodied women).

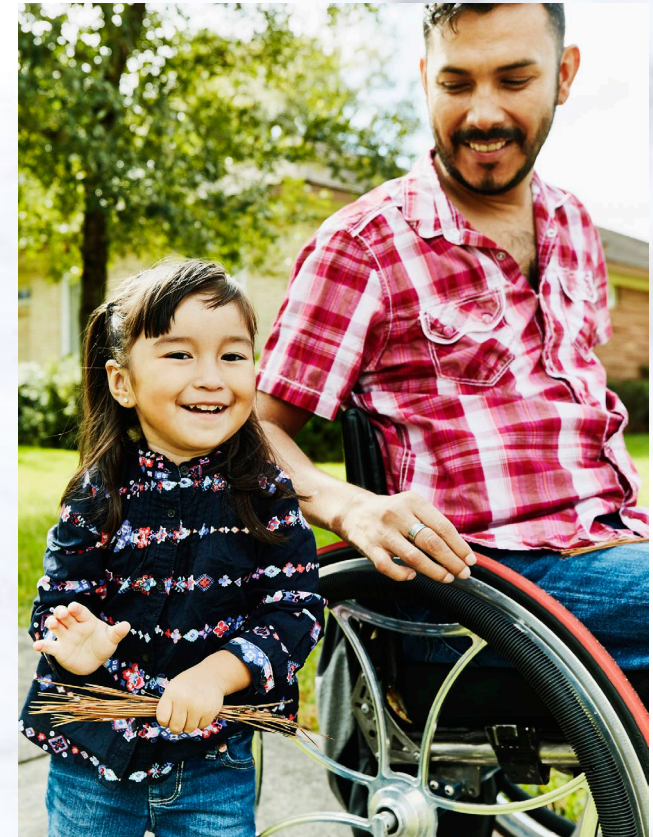


Lived Experiences

- ✦ Are experiential, relate to ontological “being” in the world
- ✦ Shape perceptions and reality
- ✦ Philosophically rooted in constructivism and humanism

Investigating lived experiences allows for:

- ✦ Empathy and deeper understanding of groups and phenomena
- ✦ Exposes gaps in social services and healthcare
- ✦ Leads to person-centered, practical & actionable outcomes
- ✦ Promotes social equity (i.e., research/policy/decision making include partnerships with people vs. power over)



Lived Experiences in Research

In research this may include:

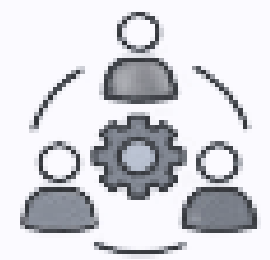
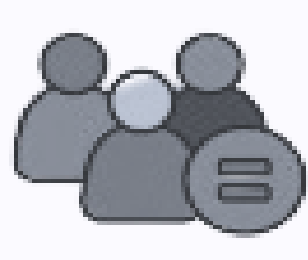
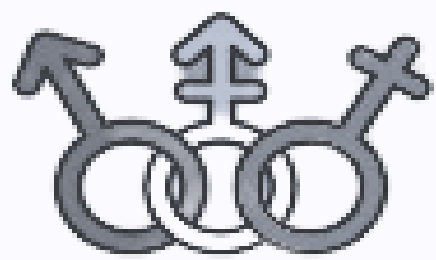
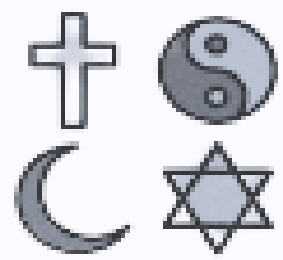
- ✧ Patient partners
- ✧ Research designs that involve the 'voice' of people that capture data for lived experiences of an investigated phenomena (i.e., qualitative or mixed-method)





Equity, Diversity, Inclusion & Accessibility (EDIA)

- Integration throughout AVA
- EDIA training for all AVA members
- Advisory Committee mandates



Engagement & Governance



Collaboration with people with lived experience
informed by AVA's Guiding Principles

Platform Advisory Committee

Girls', Women's & Gender-Diverse People's Engagement Committee

- **Adherence to Guiding Principles; Oversee and provide strategic guidance** on all AVA activities.
- Ensure **diverse perspectives and voices** are meaningfully incorporated.
- **Champions:** GSBA+, Sexual and Gender Minority, EDIA, Indigenous Knowledge and Black and Racialized Peoples.
- **Community and Patient Partner representation.**



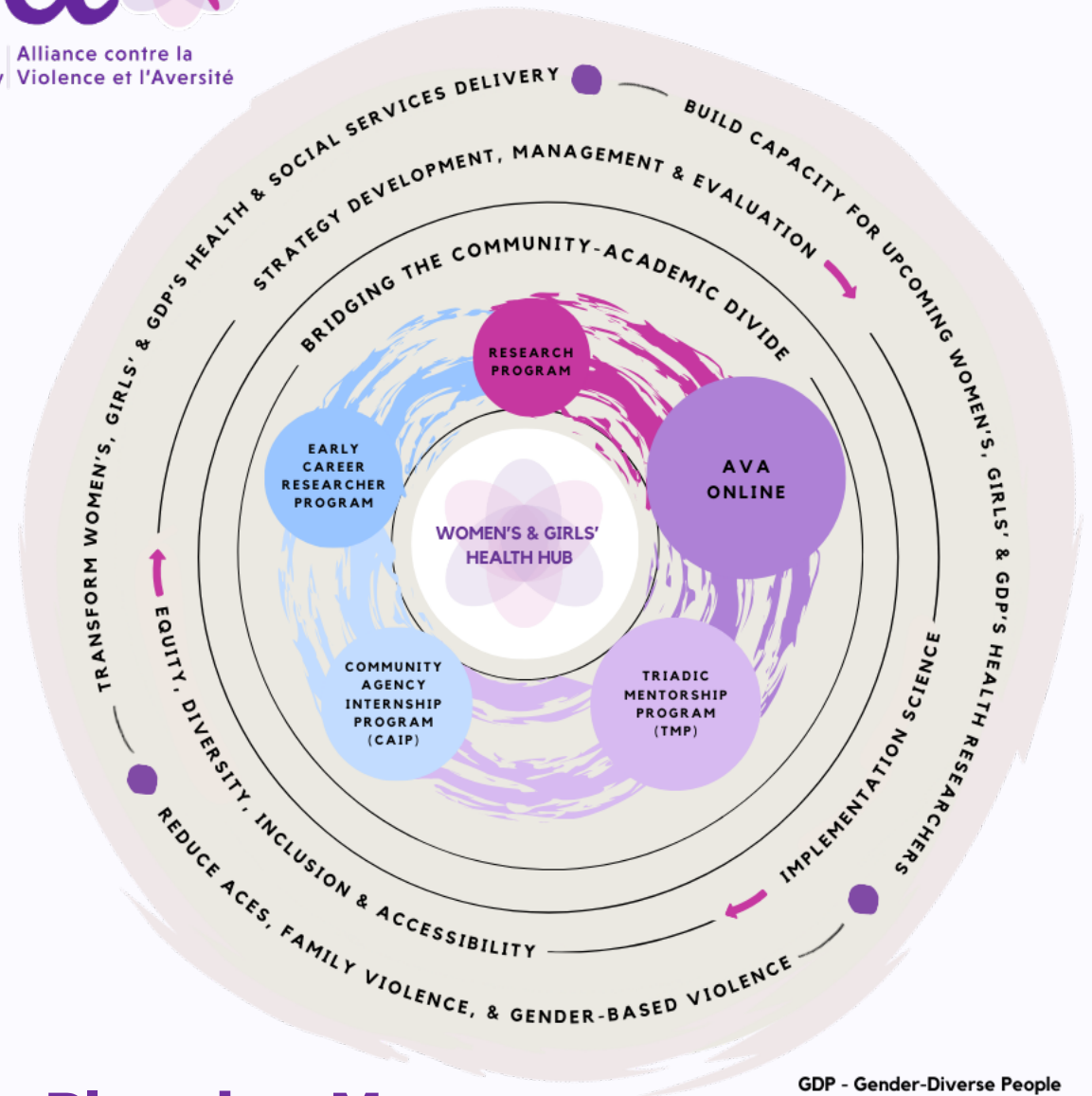
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Alliance against Violence & Adversity | Alliance contre la Violence et l'Aversité

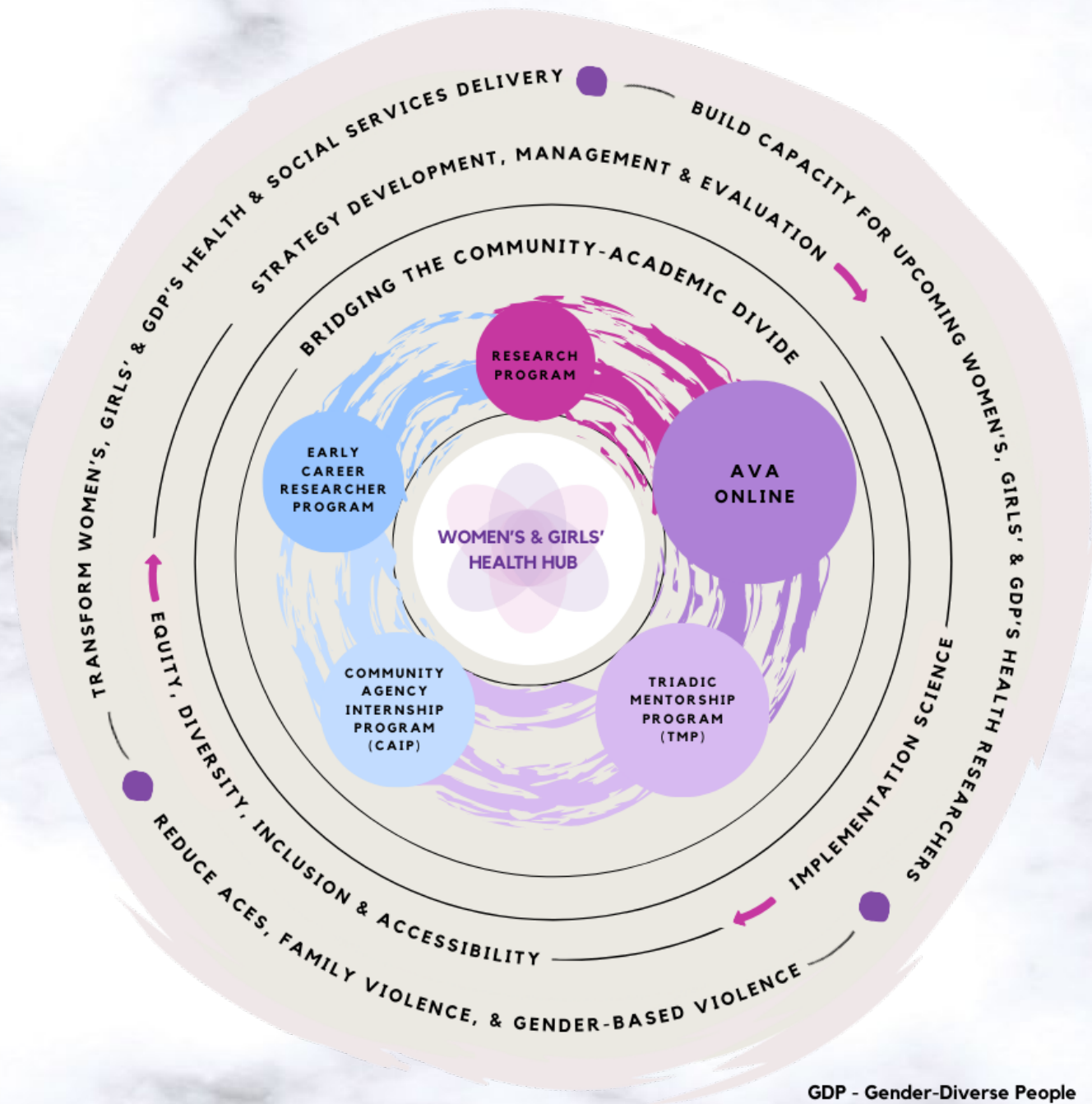


INDIGENOUS WOMEN'S & GIRLS' HEALTH HUBS

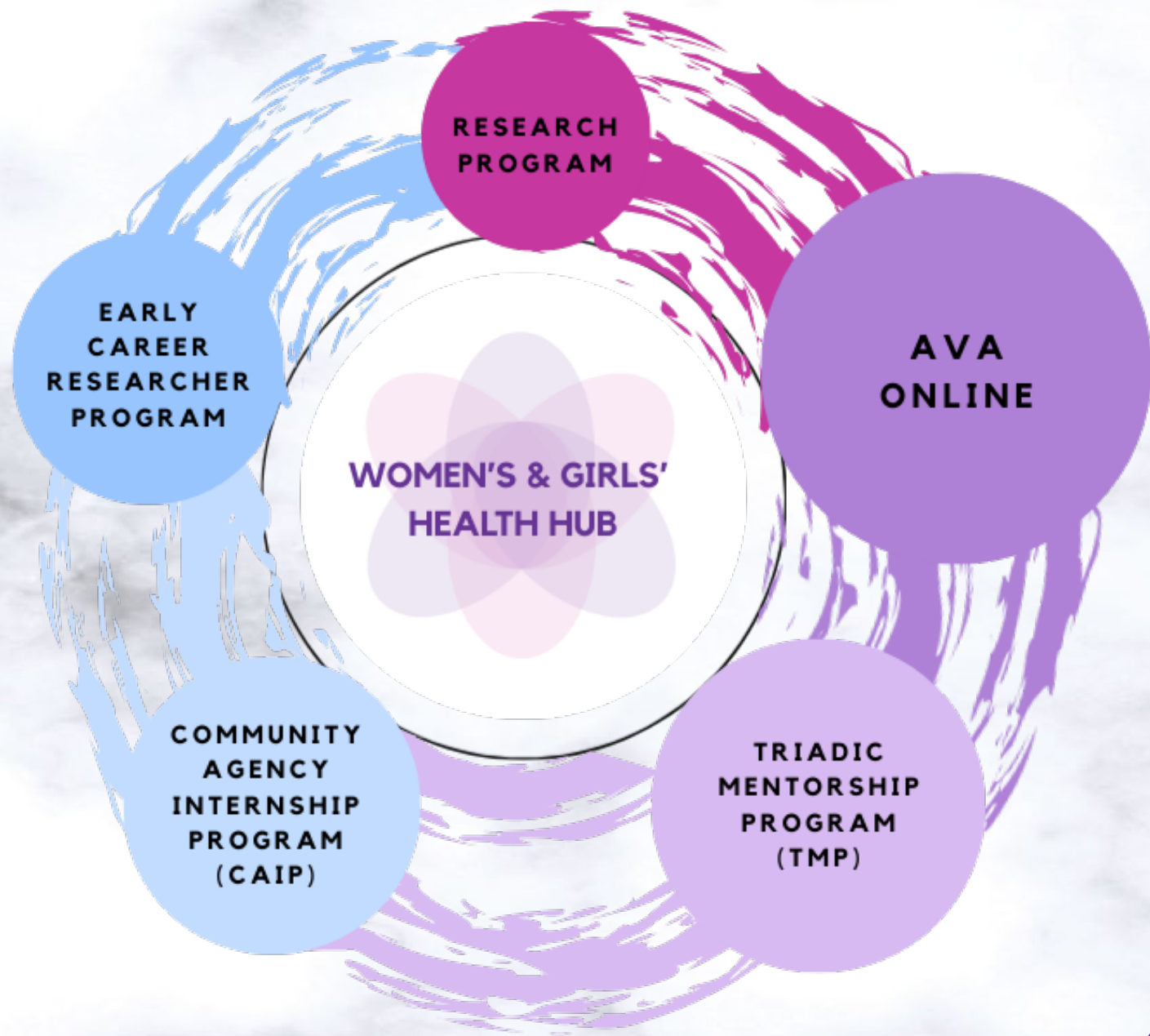


GDP - Gender-Diverse People

AVA's Strategic Planning Map



GDP - Gender-Diverse People



**RESEARCH
PROGRAM**

**EARLY
CAREER
RESEARCHER
PROGRAM**

**WOMEN'S & GIRLS'
HEALTH HUB**

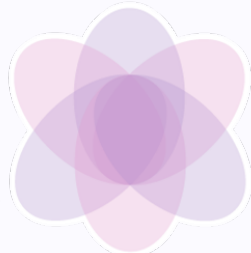
**AVA
ONLINE**

**COMMUNITY
AGENCY
INTERNSHIP
PROGRAM
(CAIP)**

**TRIADIC
MENTORSHIP
PROGRAM
(TMP)**

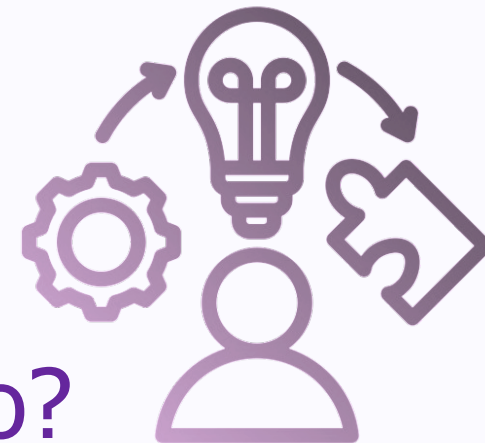


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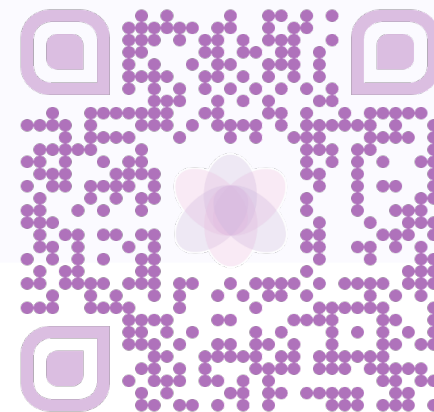
Women's & Girls'
Health Hub

Centre de Santé des
Femmes et des Filles



What do the Women's & Girls' Health Hubs do?

- ✿ **Convene** regional and national knowledge mobilization meetings in both official languages.
- ✿ **Foster** scale-up of effective evidence-based solutions from organizations across Canada (*and identify evidence needs*).
- ✿ **Establish** and Support Indigenous Women's and Girls' Health Hubs, lead by Drs. Marlyn Bennett and Malcom King.
- ✿ **Create and share** an inventory of evidence-based solutions (*e.g. programs, interventions*) for diverse groups of girls, women, and gender-diverse people at-risk/affected by violence and adversity.





Indigenous Women's & Girls' Health Hubs



Marlyn Bennett's Indigenous Girls' Well-being Circle



A collaborative space, both symbolic and real, focused on the healing, empowerment, and well-being of Indigenous girls in care. Bringing together research, storytelling, and strength-based healing practices to foster resilience and support holistic health.



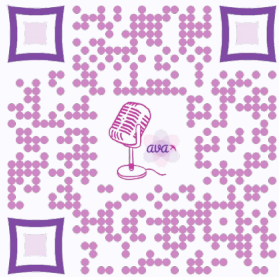
Malcolm King's Pewaseskwan: "The Sky is Starting to Clear"

Centring traditional Indigenous knowledge and medicines, Pewaseskwan supports Indigenous communities in leading their own health and wellness research. Through strong relationships and a decolonized approach, communities set their own research agendas and advocate for their needs.

Knowledge Translation & Mobilization

Webinar Wednesdays!

- Weekly webinars booked into spring 2026!
- 27+ previous webinars can be accessed on our YouTube channel
- Our YouTube videos have 1000s of views!
- Register for an upcoming webinar by visiting avatraining.ca/webinars

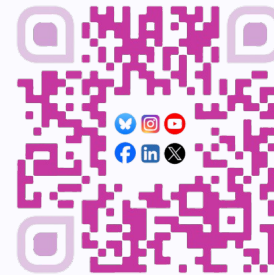


HERHealth Podcast: Transforming Health for Women & Girls at Risk

Available on Apple Podcasts, Spotify, YouTube and Amazon Music!

Follow us on social media!

Find us on Instagram, X, Facebook, LinkedIn and Bluesky!



AVA Online Training

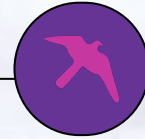
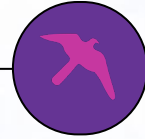
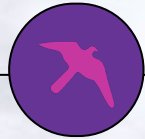
Take courses on topics such as implementation science, research readiness, Adverse Childhood Experiences (ACEs), gender-based violence, resilience and health.



AVA Online Training

AVA Online Training Modules & Certificate

Program aims



Core Themes

Provide training in topics related to AVA's core themes and principles (*gender violence, adversity, EDIA & implementation science*)

Break Down Barriers

To strengthen capacity to address violence and early childhood adversity

Continuing Education

Provide professional development and continuing education opportunities

Cultivate Reflexivity

Reflect on one's practice to support continuous learning and personal/professional growth.



Guiding Design Principles

- ✈ Content related AVA's core aims.
- ✈ Broad audience.
- ✈ Accessible, useful & impactful.
- ✈ Adaptable, scalable & sustainable.



Overview



Asynchronous & Continuous Enrollment

Self-paced and flexible.



Accessible & Inclusive

English/French. *Free* of charge.
Closed captioning and descriptive audio.



Innovative

Interactive videos, recorded
Presentations and auto-graded quizzes.



Co-created Content

Academic and community partners.



Curriculum Structure

AVA Online Training Certificate OR *Pick Your Own Adventure*



AVA Online Roadmap



AVA Foundations Badge

Estimated Completion Time:
~30 hours



AVA Intermediate Badge

Estimated Completion Time:
~30 hours



AVA Advanced Certificate

Estimated Completion Time:
~30 hours
+ Capstone Reflection



	WGD* Violence/Adversity	GGD** Violence/Adversity	Research Readiness and Implementation	Equity, Diversity, Inclusion, Accessibility (EDIA)
AVA Foundations Badge	Adversity, Gender-Based Violence and Health	The Healing Brain	Implementing Knowledge into Practice:	Equity, Diversity, Inclusion and Accessibility
AVA Intermediate Badge	Pathways to Health and Well-being Resilience Intergenerational trauma Intimate Partner Violence Gender Violence and Law	Brain Story Modules 1-5	Implementation Planning & Research Readiness	CIHR Gender Course Indigenous Canada MOOC
AVA Advanced Certificate	1 Course 1 Course 1 Course	1 Course 1 Course 1 Course	1 Course 1 Course 1 Course	1 Course 1 Course 1 Course



12 Additional Courses
Capstone Reflection



*Women and Gender-Diverse people
**Girls and Gender-Diverse youth

AVA Micro-credentialling



Badges

Certificate

Badges + **Advanced** (24 modules) + **Capstone Reflection**

Equivalent to a 3-credit university course

(Athabasca University MAIS 750)

All or portions of AVA Online can be used for professional development or continuing education **credit**



Learner Evaluation

Quizzes

Knowledge check; multiple attempts.

1

Certificates

Proof of completion; Brain Story, Healing Brain, Indigenous Canada MOOC.

2

Capstone Reflection

Reflect upon the AVA Online Training journey and impacts on professional development and practice.

3



Who is AVA Online Training For?



Community Practitioners

Social Workers, Nurses, Lawyers, Psychologists, Police & First Responders.



Researchers

Academics and trainees interested in community partnership.



Everyone

Anyone concerned about ACEs or GBV.

Key Accomplishments

AVA Online 1.0

Launched January 2024

Enrolled on RISE

~ 300

Evaluation

Paper has been submitted for publication

AVA Online 2.0

Launched July 2025

- ✓ >50 modules
- ✓ Academic and community scholars from across Canada, and the U.S., China, Europe and Africa
- ✓ Feedback indicates the content is novel, useful and applicable in practice
- ✓ Recognized for credit through Athabasca University (MAIS 750)
- ✓ Promoted for Professional Development credit through the Alberta Association of Nurses
- ✓ Incorporated into community partner staff onboarding and training





Triadic Mentorship Program

Partnerships

Community-Researcher-Scholar mentorship partnerships established.

1

2

Development

Individualized career plans and regular mentorship sessions provided.

Goals

Support for career goals and AVA Online Training completion.

3

Triadic Mentorship Program

3 cohorts of triads

18 academic mentors

Cohort 4 begins January 2026!

21 scholar-mentees

21 community agency leader mentors

Community Agency Internship Program

1 **Experiential Learning**
Internship projects are designed to meet community agency needs.

2 **Flexible Duration**
Paid internships lasting 3-12 months.

3 **Additional Learning**
Opportunities through AVA Online Training Modules.



The background is a dark blue stage with purple curtains and several spotlights from above casting beams of light. At the bottom, there are black silhouettes of a crowd of people with their arms raised in celebration.

110

internships funded so far!

20,000

internships hours!

\$540,000+

in funding shared with community partners!



Early Career Researchers

Mentorship

Mentoring trainees in the Triadic Mentorship Program.

Goals

Training and research career development.

1

Training

Strategy development, management and evaluation training.

2

Development

Participating as a trainee or a content creator in AVA Online.

3

4



27

Early Career Researcher
Teaching Releases

FUNDED


\$368,000+ over 6 years!



ava Research

Strengthening the Implementation of Evidence-Based Solutions to Improve the Health of Women, Girls, and Gender-Diverse People across Canada

Objective

-  Address the epidemic of gender-based violence by undertaking community-engaged implementation science research to help the under-resourced community healthcare sector promote the health of girls, women, and gender-diverse people who are at-risk for or impacted by such violence.



Pioneering Research Projects

Engaging collaboratively, **6 community agency partners and 6 academic partners from across Canada** will work to identify barriers and facilitators to the uptake of six evidence-based solutions to improve outcomes for women, girls and gender-diverse individuals impacted by violence and adversity.



Accessing AVA Online

Deep Dive



Easy to use



Functional & accessible

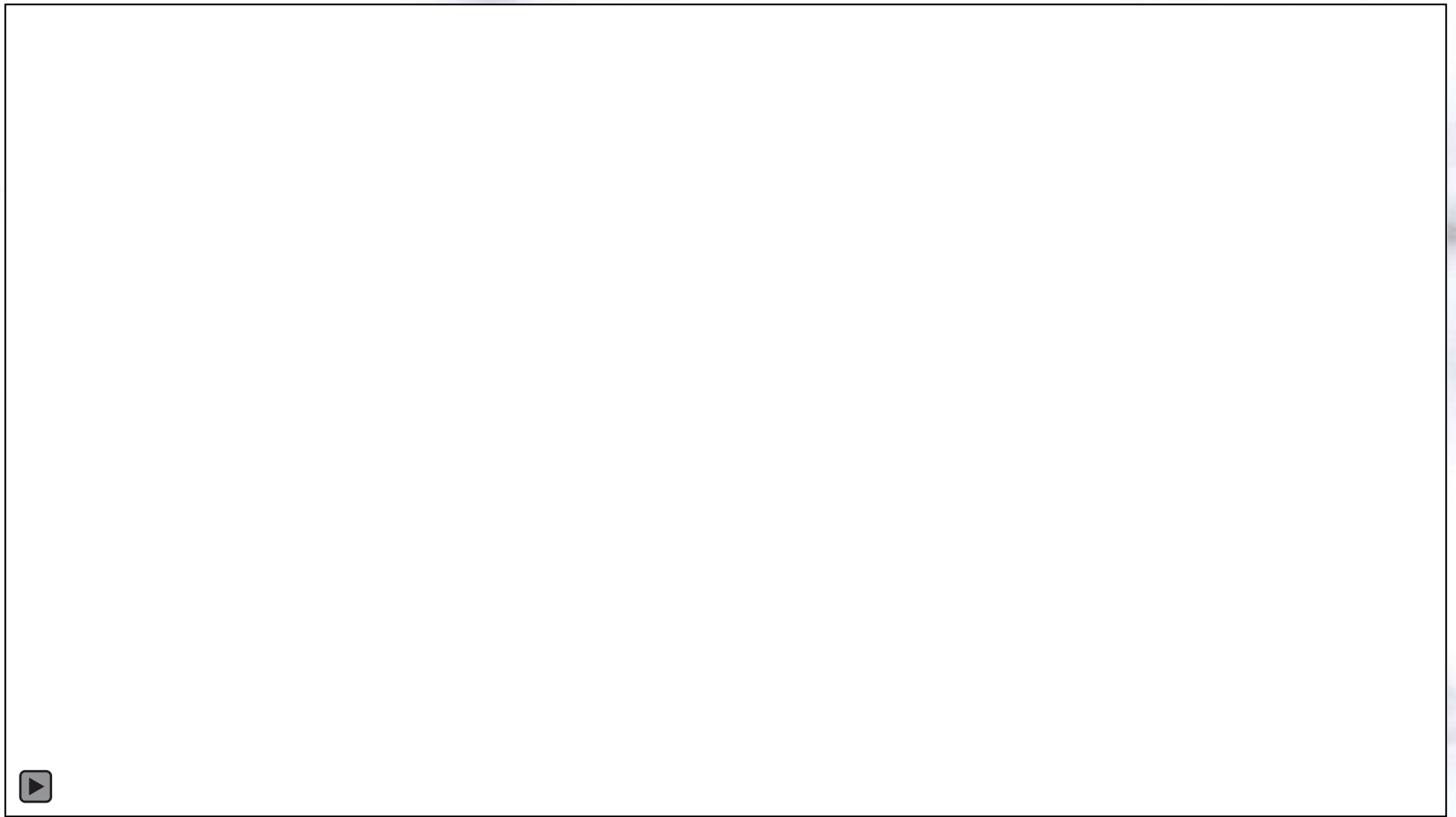


Easy to track progress



Health Research
Training Platform

Plateforme de Formation
en Recherche en Santé



How to Enroll

1



Visit AVA Website
Become an AVA Member.

3

Visit Thinkific
Create your profile.

5

Contact Us

If you prefer to Pick Your Own Adventure,
contact avatraining@ucalgary.ca

2

Follow instructions
Found on AVA website;
find link to Thinkific.



4

Begin the AVA Foundations courses
Progress through the AVA Foundations,
Intermediate and Advanced courses to
earn your AVA Online Certificate!



Health Research
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Join Us



To Grow Our Network of Excellence

1 Collaborate for Change

Join our network of researchers and community leaders. Together, we'll redefine and optimize women's health support.

2 Future Focus

Your investment in AVA ripples across generations. We're changing lives, one woman and girl at a time.

3 Be the Beacon

Support AVA and be part of a global model for women's health research. Let's lead the way together.

alva



Q & A

ava

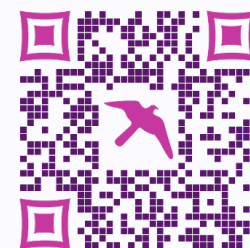


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Working together to make things better!



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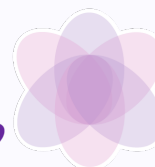
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Indigenous
Women's & Girls' Health Hub

ALBERTA
INNOVATES



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des genres Canada



ALLIANCE OF CANADIAN
RESEARCH CENTRES
ON GENDER-BASED VIOLENCE

ALLIANCE DES CENTRES
DE RECHERCHE CANADIENS
SUR LA VIOLENCE BASÉE SUR LE GENRE



Indigenous
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