

FINAL REPORT

Tula Community Fund #ADV08-0631

Women into Healing

May 2009

Women into Healing Progress Report for Vancouver Foundation and Tula Community Fund

Preamble:

Women into Healing membership is open to all women who were formerly incarcerated and who seek to be empowered through participatory research processes in their emotional, spiritual, mental and physical health. Other women, such as academics, volunteers and members of community agencies, may also join *Women into Healing* if they support its values and goals. (see Appendix, *Women into Healing* PowerPoint).

All women (including academics, volunteers and community agencies) who join *Women into Healing* are asked to complete an Orientation Package¹, and to complete Quality of Life and other health surveys when they attend meetings. Women who were previously incarcerated may choose to join *Women into Healing* payroll for up to 10 hours/week part-time work in which they pursue their choice of community-based participatory research activities. (see Appendix, *Women into Healing* flyer)

We based this progress report on reflections that were voiced during a meeting of *Women into Healing* in December 2008. For more information, we invite you to view the accompanying DVD video-recordings, which we filmed during our Dec 2008 meeting.

Ruth Elwood Martin wrote the first draft of this progress report, which she then emailed to the *Women into Healing* listserv to invite women's edits and revisions. Ruth incorporated all the received revisions. Therefore, the word 'we' in this report represents all women who currently participate in the *Women into Healing* emails and activities.

1. Results/Achievements

The aim of this project, as stated in our Vancouver Foundation funding application, is to facilitate the community integration and community development of BC women who have recently left prison. The project planned to engage women in community-based participatory action research processes to facilitate their engagement and support within the community. In addition, the goal of the project is to improve the health and quality of life of formerly incarcerated women.

This project planned to focus on helping recently released women inmates in achieving the following four health goals, which are four of the nine health goals that women in prison self-identified during a 2005-2007 prison participatory research project:

- 1) To improve their peer and community support;
- 2) To increase their ability to contribute to society;
- 3) To increase their job skills, training, and ability to seek relevant employment;

¹ The Orientation Package was developed inside prison in 2006 by the inmate participatory research team for new team members. *Women into Healing* later modified the original orientation package for women outside prison. It is now available, with an accompanying consent form, at <http://www.womenin2healing.org/index.html>

4) To improve their integration and involvement with health and healing supports and activities (e.g. exercise, nutrition, spirituality).

In our funding application, we wrote that we would strive to meet these four health goals by focusing on the following seven activities:

1/ Women will participate in monthly health education and skill-building meetings.

Since November 2008 onwards, we have held 4-hourly monthly *Women into Healing* participatory research meetings at Nicola Valley Institute of Technology. At these meetings we discuss research skills, research findings, action items and future planning. We share lunch together and discuss healthy nutrition choices. We invite academic members of the team to join us in skill building activities. (see Appendix, A sample of minutes of WithH Meetings) Approximately 8-10 women attend the monthly meetings.

In addition, we hold weekly WebEx 1-hour conference calls that facilitate the day-to-day organizational and social support required for the pursuit of *Women into Healing* goals. (see Appendix, A sample of minutes of WithH Meetings) Approximately 4-10 women attend the weekly meetings.

Women into Healing members also communicate support for each other, along with information about their successes and barriers in achieving their goals, by means of an invitation-only Facebook group (over 90 members), by personal email and by the *Women into Healing* Blog and Webpage.

2/ Women will be supported to learn about and develop personal nutrition plans.

We encourage all members to eat healthily; however, we have not yet adopted personal nutrition plans for members.

3/ Women will be supported to learn about and develop personal exercise plans.

We encourage all members to engage in a regular and personal exercise program.

Twenty-three women in Maple Ridge have embarked on a group exercise program several times a week at the community recreation centre. They applied for and received UBC BREB approval to conduct pre- and post- evaluation of this program. Women report improved social support and decreased stress and anxiety as a result of their participation.

Weekly recreation programs have also been developed by *Women Into Healing* in Abbotsford, and will commence soon in Kelowna and Mission.

4/ Women will explore opportunities available at local community recreation centres and participate where appropriate, sharing their findings with their Women Into Healing peer group.

Mo Korchinski and Catherine (Cat) Wilson met with the Maple Ridge Child Youth Family Network (CYFN) on April 14th, to introduce their organization. They will make a more formal presentation to Maple Ridge Community Youth and Family Services in May, 2009, (see Appendix, *Women Into Healing* PowerPoint). In addition, Mo Korchinski, Debra Hanson, Catherine (Cat) Wilson and Kelly Murphy will attend the Women's Health Research Network (WHRN), Summer Institute, Kelowna, May 2009, where they will present research findings of the *Women Into Healing*, including the preliminary findings of the Recreation Exercise Program.

5/ Key stakeholders will be invited to participate in group meetings (bi-monthly) to share findings.

Amber Christie, Koala Kwandibens and Mo Korchinski hope to hold an information meeting for community support organizations in Mission on June 9th.

Women Into Healing plans to form a Community Advisory Group, with membership from key stakeholder groups, which would serve to engage members of key stakeholders in the translation of the outcomes of *Women Into Healing* to the development of policy initiatives by stakeholder groups.

6/ Women and project staff will develop reports and write stories about project's findings.

Women and project staff are developing reports (weekly accountability forms) and writing stories (in the *Women into Healing* newsletter, journaling and on the *Women Into Healing* Blog).

7/ We will undertake project evaluation.

We are collecting ethnographic data (quantitative and qualitative) as we proceed in order to document the project and its processes. We applied for and acquired UBC Behavioral Research Ethics Board for a certificate of approval for developing and conducting an evaluation.

We plan to follow the guidelines for evaluating community reports, which were produced by Vancouver Foundation, in writing of our final report.

In addition, we have acquired designated funding to conduct a cost effectiveness evaluation of the participatory processes of *Women into Healing*.

Using CIHR funding and the project 'Doing Time',² formerly incarcerated women are engaged in conducting semi-structured interviews and validated health surveys on prison leavers every 3 months for 12 months after their release. This study will follow women over time to record what factors have created 'success' in their healing in relation to the identified nine health goals.

² See Doing Time interviews and surveys at <http://www.womenin2healing.org/doingtime/doingtime.html>

2. Effect on community/organization

During the December 2008 meeting, members of *Women Into Healing* shared how they have each pursued their own health and education goals, within the context of the nine health goals (see accompanying DVD). In addition, we each reflected on how our individual activities relate to the three essential activities of all participatory research projects, that of:

1. Furthering research knowledge, in mutually respectful ways
2. Building capacity, by education and skill building
3. Engaging in action and change

The weekly accountability sheets (see Appendix, Accountability), dating from Nov 2008, give details of the activities of members of *Women Into Healing* and their impact in the community.

3. Target group - Did the project reach the people it was intended to serve?

The membership of *Women Into Healing* comprises women who were formerly incarcerated who wish to be engaged in participatory research processes, and other members who support the goals and values of *Women into Healing*. Each member of *Women Into Healing* reaches out to other women who were formerly incarcerated. As one woman put it, there is a ripple effect – each member of *Women Into Healing* influences and impacts the circle of people with whom she is in contact with, therefore the ‘target group’ are ever increasing circles of contacts.

In April 2009, one member created a PowerPoint presentation which members can show to public audiences and organizations to describe *Women Into Healing* (See Appendix, Women into Healing PowerPoint). The PowerPoint presentation describes the target group of this project.

4. Inclusiveness

Because this project is built on participatory research, the processes are necessarily collaborative and iterative. All formerly incarcerated women are encouraged to join meetings, WebEx calls, Facebook and conferences if they would like to do so. In addition, all formerly incarcerated women are invited to join recreation programs. Limitations to inclusiveness include distance (women at greater distance find it harder access the activities), access to a computer and/or phone, language (English is the language we use) and women’s individual circumstances (women may not have time or inclination to participate in *Women Into Healing* activities).

5. Factors influencing outcomes

Women following their release from prison, in their engagement with *Women Into Healing*, have been relentless in their quest to further their own education, as follows:

1. Completing an introductory research methods course at Nicola Valley Institute of Technology. September –December, 2008 (2)
2. Completing the on-line Tri-Council Policy tutorial and received their certificates (5)
3. Assisting with submitting UBC Research Ethics Review applications (4)

4. Developing survey tools (all members of Women Into Healing)
5. Hired (or will be) as part-time research assistants and/or administrative assistants with the CIHR-funded project 'Doing Time'. (6)
6. Enrolling in post-secondary education courses (several)
7. Completing an on-line participatory research course with University of Victoria, January-April, 2009. (1)
8. Engaging in the Vancouver Foundation Community Based Clinician Investigator (CBCI) research mentorship program. (2)
9. Developing their computer skills, including writing and sending emails, Internet searches, and developing skills in Microsoft Office (Excel, Word, PowerPoint).
10. Taking media courses (3)
11. Giving media interviews (7)
12. Presenting their research work at conferences as posters, oral presentations and workshops. (6)
13. Writing articles for publication and for the newsletter. (several)
14. Developing and creating the Women Into Healing newsletter. (2)
15. Assisting with and writing grant applications. (several)

The academic researchers in the team have grown in their skills by working collaboratively in an interdisciplinary team and have become more proficient in community-based participatory research (CBPR) methods. All the academics feel extremely privileged and humbled by working as research colleagues with women who are released from prison.

6. Collaboration/partnership

This *Women Into Healing* project was undertaken in partnership with the following community organizations:

1. BC Women's Hospital and Women's Health Research Institute (#1)
2. UBC Department of Family Practice (#2)
3. Women's Health Research Network (#3)
4. W2M2 (#4)
5. Alouette Addictions Centre (#5)
6. Nicola Valley Institute of Technology (#6)

These organizations have provided office space (#s 1, 2, 4, 5,) meeting room space (#s 1,2,4,5,6) fiscal and human resources administration (#s 1,4) letters of support for grant applications (#s 1,2,3,4,5,6), volunteer support for our members (#s 4,5), WebEx teleconference support for networking meetings (#3), research design, dissemination of findings and overall research promotion of our work (#s 1,2,3,4,5,6). We feel extremely privileged to be working with these organizations.

The inter-organizational opportunities of *Women Into Healing* pertain to on-going discussions about how to organize ourselves in a participatory, non-hierarchical manner. We have come to understand that membership of *Women Into Healing* is open to all women who were previously incarcerated, as well as academics, volunteers and members of community organizations. All members are expected to agree to and support the vision, values and goals of *Women Into Healing*, complete an orientation

package and complete monthly Quality of Life (WHO-QOL) and other surveys. Women who were formerly incarcerated are eligible for up to 10 hours paid work/week in order to pursue their identified research passion and/or one or more of the activities outlined in the flyer (See Appendix, *Women Into Healing* flyer). Women on payroll agree to submit weekly accountability forms about their research work (See appendix, Accountability) and to attend weekly WebEx meetings and monthly NVIT meetings.

Over the past several months we have organized ourselves around consensus decisions that occur during the following meetings:

- Weekly WebEx 1-hour meetings, Fridays 10:30-11:30AM.
- Monthly in-person face-to-face meetings, 10AM to 2PM, at Nicola Valley Institute of Technology

We agreed that all financial proposals would be brought to the weekly meeting and/or monthly meeting and decided upon by consensus. In December 2008, Linnea Groom, a member of M2W2, kindly volunteered to act as book keeper and processor of reimbursements of receipts and payroll time-sheets. Linnea works closely with the Research Administrator of Women's Health Research Institute. In addition, we have created a four person 'Finance Committee' comprising Linnea Groom, Ruth Elwood Martin, Mo Korchinski and Amber Christie, who review by email (in confidence) all requests for financial reimbursement to ensure that they adhere with the budgets that were approved by the funding agencies.

7. Innovation/demonstration

Women Into Healing Facebook - Women who are released from prison have developed a network on Facebook entitled *ACCW Alumni* for the purpose of providing peer support for each other in their journey to reintegrate into society and to maintain their health. Building on word-of mouth networks that formerly maintained lives of crime, they are now using these peer-networks for improving their health and well being. Currently, over 90 women from prison belong to a invitation-only Facebook group, which seeks to support health and healing.

8. Publicity/media

We have engaged in a variety of media and publicity events, with the aim of bringing voice to the health goals of *Women into Healing*. These include:

Newspaper and magazine articles:

- Vancouver Sun. Female Inmates Fight to Keep their Babies. Lori Culbert. Interview with Jennifer Smith and baby Sierra. March 5, 2008.
- Readers Digest. Babies Behind Bars. Diane Selkirk. Interview with Jennifer Smith and baby Sierra. May 2009. <http://www.rd.ca/prisonbaby>

Radio and Audio interviews:

- Women's Health Research Network, podcast interview. 'Giving voice to prison mothers'. Kelly Murphy and Jennifer Smith. October 2008.

- Live interviews by Vancouver Co-op Radio at 102.7 FM, with members of *Women Into Healing* - Kelly Murphy, Jennifer McMillan, Lora Kwandibens, Christine Hemmingway, Jennifer Smith, Alison Granger-Brown, Catherine (Cat) Wilson - Mondays at 7PM; 2008-2009. Transcript of interviews posted to www.prisonjustice.ca
- Live interviews on CBC AM Radio, the Early Edition, with Rich Cluff, with members of *Women Into Healing* - Kelly Murphy, Jennifer Smith, Alison Granger-Brown, Catherine (Cat) Wilson. October 2008 – April 2009. <http://www.cbc.ca/earlyedition/>

Media advocacy work:

- Kelly Murphy has been invited to work as a consultant radio broadcaster for Vancouver Co-op radio, Stark Raven, April 2009, to profile the healing of women who are released from prison.
- *Women Into Healing* interviewed an award winning documentary film maker regarding potential collaboration with her to create a film about mothers and babies inside Canadian prisons.

Internet:

- *Women Into Healing* Webpage <http://www.womenin2healing.org>
- *Women Into Healing* Blog page <http://womenin2healing.blogspot.com>
- *Women Into Healing* Facebook - Women who are released from prison have developed a network on Facebook entitled *ACCW Alumni* for the purpose of providing peer support for each other in their journey to reintegrate into society and to maintain their health. Using networks that formerly maintained their lives of crime, they are now using these peer-networks for improving their health and well being. Currently, over 90 women from prison belong to a private Facebook group, which seeks to support health and healing.

Newsletters:

- See published newsletters of *Women Into Healing* (See Appendix, Newsletters #1, #2, #3, #4, #5). The newsletters are distributed to women and staff inside provincial and federal prisons, community agencies, key stakeholders, academic organizations and policy makers.

Invited presentations:

- Women from prison - Rene Chan and Alison Granger-Brown. Vulnerability in Prison, IHHS 402, COLLEGE OF HEALTH DISCIPLINES, UBC, June, 2008.
- Jennifer McMillan and Ruth Elwood Martin. Lecture for UBC course, Community-based participatory research. Healing fostered by research. October, 2008.
- Ruth Elwood Martin and Jennifer McMillan, presentation entitled, Hepatitis and prisons. Invited by the BCCDC interdisciplinary hepatitis workshop, Sep 2008.
- Presentation to the UBC School of Midwifery by Kelly Murphy and Jennifer Smith. Fall 2008.
- The UBC/SFU/Nicola Valley Institute of Technology Inaugural Canadian Collaborative Prison-academic-community Health and Education conference, Dec 4th and 5th, 2008, UBC First Nations Longhouse. <http://www.familymed.ubc.ca/dph/Events/Conference.htm>.
- Ruth Elwood Martin and Jennifer McMillan, presentation entitled, Bloodborne Infections and Public Health Promotion in Correctional Facilities Invited by the BC Center for Disease Control, Public Health Grand Rounds, March 20, 2009.

- Mo Korchinski, Catherine Wilson, Carrie Smith. Presentations about alcohol and drug use. Invited by Maple Ridge high schools to speak to their students. March 2009.
- Kelly Murphy. Invited presentation entitled Hepatitis and prisons, to medical students and nurses at Vancouver Native Health. March 24, 2009.
- Jennifer McMillan. Invited presentation to Community College, April 2009

9. Advisory Committee goals

We have not yet formed an Advisory Committee, but we view it as an essential next step in this project. In doing so, we will closely follow the Vancouver Foundation Advisory Committee goals.

10. Future of project

We acknowledge that *Women Into Healing* has a necessary focus in facilitating women in their transition from inside prison to the outside community. As such, *Women Into Healing* may develop into an organization that facilitates and supports women in their processes of (re)integrating into society.

In order to create future sustainability of this project, we will:

- Conduct a cost effectiveness evaluation of *Women Into Healing*, in order to describe the societal financial benefit of this project, relating to health, educational and crime costs.
- Continue to apply for focused research and/or dissemination funding related to one of the nine health goals. For example, we recently applied to Network of Aboriginal Mental Health Research pilot project funding. In May, 2009, we will apply to the Feminist Review Fund and the Global Women's Health Fund for funds to create a documentary film which will result in knowledge translation about our research findings that support enhancing mother-baby relationship inside prison.
- Seek on-going operational funding for *Women into Healing* in order to provide honoraria for women as they are released from prison, so that they can continue to be engaged in participatory health research activities.
- Continue to engage in media advocacy work to sway political and popular opinion to support women inside and outside of prison engaging in participatory health and educational activities.

11. Anecdotal comments

Here are recent emails, from two members of Women Into Healing , which give anecdotal comments regarding the project.

1. Email #1. "I looked at the information for your meeting tomorrow. I am very to see it all printed like that, I was in prison when we did the bubble chart and it is so great to see just how many positive outcomes came from us women working with each other, wanting to help each other, help ourselves, and gain inner strength to better ourselves."

2. Email #2. "I can tell you from my own experience that *Women Into Healing* (With) does give women hope and is working. When I was still inside I would tell the girls how Jen, Mo and Kelly were doing every time I got mail from them. Not only the women inside, but staff loved hearing how good you were all doing. You truly gave us hope. For myself, you guys showed me that life on the outside was possible and that I could do it. Seeing you guys doing so well, I wanted that too. Your continued support and correspondence with me gave me Hope and continues to do so. I so far, knock on wood, am a success largely due to you women all of you connected with With. I do not know where I would be today without your love support and examples to me that it is possible I love my life today and am so, so, so grateful for With and ALL of the women connected with our program. It takes a while for us addicts to get it and to decide to change our lives. Not everyone is going to do it, however showing the women that it is possible that they too can have a better life and that we are there to support them is huge. If all we ever get is the occasional woman here and there that does succeed then we too are a success and with those who are not ready yet, at least the seed has been planted. Jen you were a huge part of the change in me along with Linnea and Mo so don't give up and hold onto the hope that other women will get it too. I also think that the more community support we can get and the more people out there are aware of what we are about and are trying to do all the better. Thank you all."

12. Insights/general observations

What have you learned from this project? What would you do differently if you were to do it over again? Were there any surprises? What other insights can you share?

We recently revisited the five values that women in prison agreed upon in October 2005 at the start of the project. Women of *Women Into Healing* stated that they were now not sure what these values actually meant. One woman volunteered to write a paragraph about each value and shared her writing during our monthly meeting, which we revised until we were collectively agreed with the wording (see Appendix, Values).

We have learned that value #1 'transparency of all information' is almost impossible to follow. When members are totally transparent about their inner most feelings, without restraint or checks, then other people in the organization/group can become incredibly hurt. We have learned from this project that 'transparency of all information' needs qualifiers on it – it is the transparency of **processes** that are important – in a spirit of collaboration, equality and non-adversarial dealings, so that women do not feel excluded, powerless and wounded. This project has taught us the value of relationships that are based on trust.

We have also learned that, in an ironic way, participatory research was easier to do inside a prison. In the prison setting, women had time on their hands and were delighted to be engaged in meaningful work. In the outside community, doing participatory research is more complicated, because the strains and necessities of living one's life take priority – illness, poverty, income taxes, bills, domestic chores. In many ways, the differences of doing participatory research inside prison compared to doing

participatory research outside prison parallels the differences of living one's life within the prison compared to living one's life outside of prison.

13. Budget

We have appended a summary of our expenditure for the Vancouver Foundation and Tula funds compared with the proposed budgets. (See Appendix, Progress Financial Report)

Currently, monthly payroll for all women engaged as community-based participatory researchers with *Women Into Healing* totals approximately \$5000. We would like to increase the numbers of women who are involved, by inviting more women who are recently released from prison to join *Women Into Healing* and to join payroll (see Appendix, Accountability). We will need to increase our funding base in order for this to be possible. Since June 2008, a total of thirteen formerly incarcerated women have received payroll with *Women into Healing*. Currently, nine women are on payroll with *Women Into Healing*, each receiving up to 10 paid hours per week to pursue their activities as community-based participatory researchers.

14. 'Before and after' shots

One of our members, asked me to attach 'before and after' photographs (see Appendix, Before and After Photographs), to illustrate the positive impact of women who are released from prison engaging in improving their health. In addition, since Jennifer has become aware of her personal nutrition and exercise goals, she participates in regular exercise at her local community centre and has lost weight from over 240lbs to 213lb. She recently presented a summary of the changes in her life to a community college course (See Appendix, Before and After PowerPoint).

15. Other attachments

Peer-reviewed publications:

- Martin, Ruth Elwood. Murphy, K. Chan, R. Ramsden, VR. Granger-Brown, A. Macaulay, AC. Kahlon, R. Ogilvie, G. Hislop, TG. Participatory health research in a Canadian women's prison: how it all began. *In press*. Global Health Promotion (expected Dec 2009).
- Martin, Ruth Elwood. Murphy, K. Hanson, D. Hemingway, C. Ramsden, VR. Buxton, J. Granger-Brown, A. Condello, L. Buchanan, M. Espinoza-Magana, N. Edworthy, G. Hislop, TG. The development of participatory health research among incarcerated women in a Canadian prison. *In press*. International Journal of Prisoner Health. (expected May 22, 2009).
- Fels, Lynn. Meyer, Karen. Martin, Ruth Elwood. Angel Words Within Prison Gates: Participatory Action Research as an Action of Restorative Justice. Book chapter. *In press*. (This article is in review at the moment).
- Meyer, K. & Fels, L. Breaking Out: Learning from 'The Women in Prison Project'. *In press*. International Review of Inquiry, 2 (2) (Authorship is equally shared).

- Martin, Ruth Elwood. Hanson, D. McMillan, J. Hemingway, C. Ramsden, VR. Buxton, J. Corneil, T. Granger-Brown, A. Condello, L. Macaulay, AC. Espinoza-Magana, N. Janssen, P. Hislop, TG. Homelessness as viewed by incarcerated women engaged in participatory research. *In review*. Family Practice.

Planned publications:

- Ramsden, VR. McMillan, J. Hanson, D. Granger-Brown, A. Buxton, J. Condello, L. Macaulay, AC. Espinoza-Magana, N. Hislop, TG. Martin, RE. Latent Force & Transformation: A Qualitative Analysis of Paragraphs of Passion. *In revision*.
- Adamson, S. Madden, T. Wilson, C. Korchinski, M. Granger-Brown, A. Espinoza-Magana, N. Ramsden, VR. Buxton, J. Condello, L. Smith, M. Macaulay, AC. Hislop, TG. Martin, RE. Women inside prison develop a health promotion intervention: improving their own nutrition and exercise, *In revision*.
- Martin, RE. Murphy, K. Buchanan, M. Outside the box: transformed relationships emerge from prison participatory research. Book Chapter. UBC Women's Studies Centre (editor). *In revision*.

Peer-reviewed conference proceedings:

International/national

- Martin, RE. Hanson, Debra; McMillan, JJ. Ramsden, VR. Buxton, J. Granger-Brown, A. Espinoza-Magana, N. Janssen, P. Corneil, T. Hislop, GTC. Additional authors see <http://www.womenin2healing.org> Participatory research by women in prison exploring housing to improve their health: "Where do we go from here?" *Family Medicine Forum* 2008. Toronto. October 2008. Poster presentation. (*)
- Kelly Murphy, Ruth Elwood Martin, Amy Salmon, Ann Macaulay, and other co-investigators of the research team at <http://www.womenin2healing.org> Giving Voice to Prison Mothers. *Family Medicine Forum* 2008. Toronto. October 2008. Oral presentation. (*)
- J McMillan, D Hanson, V Ramsden, A Granger-Brown, J Buxton, N Espinoza-Magana, G Hislop, A Macaulay, RE Martin and other co-investigators of the research team at <http://www.womenin2healing.org> What Drives Women's Participatory Health Research in Prison? A Qualitative Analysis of Paragraphs of Passion. *Family Medicine Forum* 2008. Toronto. October 2008. Oral presentation. (*)
- VR Ramsden, J McMillan, D Hanson, A Granger-Brown, J Buxton, N Espinoza-Magana, G Hislop, A Macaulay, RE Martin and other members of *Women Into Healing* . Latent Force & Possibility: A Qualitative Analysis of Paragraphs of Passion. North American Primary Care Research Group, Nov 18, 2008. Puerto Rico. Oral presentation. (*)
- Participatory Health Research in a Canadian Women's Prison: Beginning with Exploratory Work. Martin, RE. Murphy, K. Chan, R. Ramsden, VR. Granger-Brown, A. Macaulay, AC. Kahlon, R. Ogilvie, G. Hislop, TG and all co-investigators of the research team at <http://www.womenin2healing.org> North American Primary Care Research Group, Nov 18, 2008. Puerto Rico. Oral presentation.
- Meyer, K. & Fels, L. Breaking Out: Learning from 'The Women in Prison Project.' American Educational Research Association. "Disciplined Inquiry: Education Research in the Circle of Knowledge. San Diego, California. April 13-17, 2009. Paper presentation.

Invited advisory roles:

- *Continuity of Care for Offenders'*. Dr Richard Byng, GP Researcher, Peninsula Medical School, Plymouth. Advisor: Ruth Elwood Martin.
- *Research Primer, Community-based participatory research*. Editor, Colleen Reid. Women's Health Research Network. Advisors: Jennifer McMillan and Kelly Murphy.

Related funding awards include:

1. John Sims, from the estate of Gordon Anderson Hall, grant awarded to *Women Into Healing* (to support the restoration of oak chairs donated by Drs Peter Richards and Kay Sutherland). \$10,000.
2. BC College of Family Physicians, research grant awarded to *Women into Healing*, to support an economic evaluation of the engagement of women released from prison in participatory health research processes. \$5000. May, 2008.
3. BCMSF dissemination grant, awarded to *Women Into Healing* (Jennifer McMillan, Alison Granger-Brown and Ruth Elwood Martin) for production and distribution of newsletters. August 2008. \$3,000.
4. Participatory development of a survey of previously incarcerated Aboriginal women who don't access resources in Mission. Application for pilot NAMHR \$5000 funding pending.

APPENDICES

- A. *Women Into Healing* PowerPoint
- B. *Women Into Healing* flyer
- C. A sample of minutes of WithH Meetings
- D. Accountability (**This appendix is available electronically, zipped files. We have chosen not to include paper copies to reduce the number of pages used, but feel this is important documentation as part of our report*).
- E. *Women into Healing* newsletters
- F. Values
- G. Progress Financial Report
- H. Before and After Photographs
- I. Before and After PowerPoint