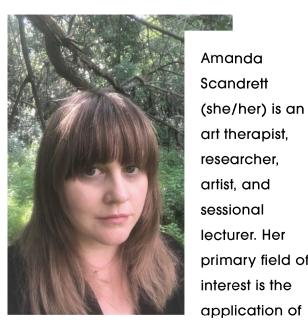


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art therapist, researcher. artist, and sessional lecturer. Her primary field of interest is the application of traumainformed artsbased approaches in community, healthcare, psychotherapy, and education. Amanda is beginning her PhD studies in **Education** at the University of Regina and has a MEd in Educational Psychology, Diploma in Art Therapy, and

Take Up Space, You
Matter!: Fostering
(Re)Connection After
the Pandemic Through
Trauma-Informed
Community Arts
Programming

Funded in collaboration with the

Saskatchewan Health Research Foundation,
University of Saskatchewan student Amanda
Scandreff works with the Girls Rock Regina
(GRR!), Femmes Across the Board, and
VibesYQR to research the impacts of traumainformed arts-based engagements in dance,
music, and skateboarding on youth's mental
health and wellbeing.

There are several major objectives to her research.

1: To create a multi-disciplinary community-university collaborative team, and to better understand existing knowledge through Integrated Knowledge Translation. The research also aims to translate collective knowledge into a trauma-sensitive, arts-based workshop series supportive of youth

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throughout COVID-19.

The project has short-term and long-term outcomes. In the short- & medium-term: Youth form connections and relationships with others and gain confidence from learning new skills (or enhancing existing skills). In terms of long-term outcomes: Youth build relationships that continue to flourish long after the conclusion of this project, promoting long-term health and wellbeing. Lastly, knowledge mobilization will be sustained through the end of project research.

## Mental Health Research Canada

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