



Amanda Scandrett (she/her) is an art therapist, researcher, artist, and sessional lecturer. Her primary field of interest is the application of trauma-informed arts-based 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 Scandrett works with the [Girls Rock Regina \(GRR!\)](#), [Femmes Across the Board](#), and [VibesYQR](#) to research the impacts of trauma-informed 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.

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