

iHEAL Program at SWPH

Intervention for Health Enhancement And Living (iHEAL) was developed by a national team of nurse researchers from Western University, University of British Columbia and the University of New Brunswick to address a critical gap in the care of women who are navigating experiences with Intimate Partner Violence (IPV).

Details:

- **This is NOT a crisis service.**
- Enrolled clients are paired with a Public Health Nurse for 6-7 months and meet weekly or bi-weekly. There is no cost to participate in this program.
- The program centers on a women-led approach, where the nurse will support clients as they explore the 6 core components of the iHEAL program – **Safeguarding** (feeling and being physically and emotionally safe), **Managing Basics** (Finding ways to get the basics you need like housing, food, energy, recreation, work, etc), **Managing Symptoms** (Understanding health problems and trying out ways to limit how they interfere with your life), **Connecting Cautiously** (Building positive relationships to sustain you – with family, friends, community and agencies), **Regenerating Family** (Developing a positive experience of family, however you define it) and **Renewing Self** (Paying attention to you and your needs for growth and comfort, and knowing and building your strengths).

Eligibility: Interested individuals can self-refer or be referred by a practitioner or agency **with the client's consent.** Eligibility is validated for individuals who are:

- Experiencing or who have experienced at some point in their life intimate partner violence (physical, emotional, sexual, financial)
- Identify as a woman
- 18 years of age or older (special consideration on a case-by-case basis for those under 18)
- Living in Elgin County, Oxford County or the City of St. Thomas

How the iHEAL program takes steps to ensure client safety:

Our nurses have received specialized training to work one on one with women experiencing IPV. This training is deeply rooted in Strengthening Capacity to Limit intrusion, decolonizing lens, and current theory and evidence about IPV, women's health, and effective health promotion interventions. We also draw in concepts that help direct 'how' iHEAL is offered: Relational Practice, Trauma and Violence Informed Care, Cultural Safety and Harm Reduction.

Referrals:

- If you have a client who could benefit from the iHEAL program, referrals can be made online at <https://app.swpublichealth.ca/Forms/LVHmP>. Alternatively faxed referral forms can be sent to 519-539-5059.
- Connect with a member of the iHEAL team at 519-207-0807 or toll-free at 1-800-922-0096 #5 and then #2.
- Learn more at <https://www.swpublichealth.ca/my-health/iheal-program/>

For more information about iHEAL please contact:

Jacqueline Forget - Public Health Nurse
519-709-0747
jforget@swpublichealth.ca

