BEYOND THE VIOLENCE LINK

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In Canada, ~20% of homeless individuals & families are pet owners

(Lem et al., 2013)
Animal health and human health are connected.
One Health, One Welfare
WHAT MAKES CANADIANS SICK?

50% YOUR LIFE
- Income
- Early childhood development
- Disability
- Education
- Social exclusion
- Social safety net
- Gender
- Employment/working conditions
- Race
- Aboriginal status
- Safe and nutritious food
- Housing/homelessness
- Community belonging

25% YOUR HEALTH CARE
- Access to health care
- Health care system
- Wait times

15% YOUR BIOLOGY
- Biology
- Genetics

10% YOUR ENVIRONMENT
- Air quality
- Civic infrastructure

THESE ARE CANADA'S SOCIAL DETERMINANTS OF HEALTH #SDOH
Figure 8: Many factors contribute to the risk for family violence.

- **Who we are**
  - Genetics
  - Gender
  - Biology
  - Biology age
  - Life experiences
  - Health

- **How our relationships function**
  - Relationship quality
  - Resolving conflict
  - Power and control
  - Family and friends
  - Availability and accessibility of services
  - Population characteristics
  - Safety, poverty
  - Beliefs and behaviour related to family violence

- **Where we live**
  - Beliefs, attitudes and behaviour related to family violence
  - Laws and policies
  - Awareness and knowledge

- **What we think and believe**
  - Every community is unique
  - Every society has beliefs and attitudes that relate to family violence
Structural Violence – Johan Galtung 1969

- Harm caused by political, economic, and social systems & structures
- Invisible and avoidable manifestations of violence built into society
- Institutionalized racism, sexism/heterosexism, classism, ableism, speciesism, etc.
- Inequitable access to health, education, income, legal/justice, etc.
- ‘the cause of the cause’
How economic inequality harms societies
Symbolic Violence – Pierre Bourdieu 1979

• The imposition on subordinated groups by the dominant class of an ideology which legitimates and naturalizes the status quo

• Includes words, non-verbal behaviors or communications that express hegemonic stereotypes that create stigma

• Power, social hierarchy & control

• ‘who can get away with what against whom’
Mapping the role of structural and interpersonal violence in the lives of women: implications for public health interventions and policy

Stephanie Rose Montesanti* and Wilreda E. Thurston

Results: The different forms of violence—symbolic, structural and interpersonal—are not mutually exclusive, rather they relate to one another as they manifest in the lives of women. Structural violence is marked by deeply unequal access to the determinants of health (e.g., housing, good quality health care, and unemployment), which then create conditions where interpersonal violence can happen and which shape gendered forms of violence for women in vulnerable social positions. Our web of causation illustrates how structural factors can have negative impacts on the social determinants of health and increases the risk for interpersonal violence among women.
itself indirectly [2]. Rather than focusing on dichotomized notions of ‘victims’ and ‘perpetrators,’ which locate the problem of violence within individuals who are deemed good or bad, violent or non-violent, our attention to structural violence directs us to examine the “everydayness” of violence from the vantage point of complex political, social, historic, and economic processes. Structural violence is expressed in unemployment, unequal access to goods and services, and exploitation, which impacts a range of determinants of health. Lenon [4], for instance, highlights
WARNING:

Reflections in this mirror may be distorted by socially constructed ideas of ‘beauty’
"The most common way people give up their power is by thinking they don't have any."

-Alice Walker
MISS REPRESENTATION
a documentary film by Jennifer Siebel Newsom

You can't be what you can't see.
Gender Role Conflict Research
30 Years Later: An Evidence-Based Diagnostic Schema to Assess Boys and Men in Counseling

James M. O’Neil

During the last 30 years, over 350 research studies have used the Gender Role Conflict Scale (O’Neil, Helms, Gable, David, & Wrightsman, 1986) to assess men's gender role conflict (GRC). The results of these studies indicate that GRC is correlated with many negative psychological outcomes for men and women, but few studies have examined the clinical application of GRC. A new diagnostic schema for counselors is presented that assesses men's gender role devaluations, restrictions, and violations.

Keywords: gender role conflict, psychology of men, masculinity, counseling men

Definitions and GRC Paradigm

An extensive and full definition of GRC is beyond the scope of this article and can be found elsewhere (O’Neil, 2008, 2010; O’Neil, Good, & Holmes, 1995; O’Neil, Helms, Gable, David, & Wrightsman, 1986). GRC is defined as a psychological state in which socialized gender roles have negative consequences for the person or others. GRC occurs when rigid, sexist, or restrictive gender roles result in

FIGURE 1
The Gender Role Conflict Paradigm
THE MASK YOU LIVE IN
We’re all entitled to a better life...

Welcome to Men & Healing — a counselling resource for men in Ottawa and the rest of Canada! We have opened our doors to men seeking personal change.

Our services are specifically designed for men and are professionally facilitated by accredited psychotherapists. We tailor our individual programs to specifically meet men’s needs in a way that speaks to men.

Let’s get this out of the way right now.
YOU CAN NOT RAISE A MAN UP BY CALLING HIM DOWN

MAN UP
CITIZENSHIP - STEWARDSHIP - LEADERSHIP

Mindsonmen.com
The ManKind Project
WE HELP MEN GROW!
Because the world needs grown up men.

In 2012 I joined a men’s group called the ManKind Project, which is a man’s group for all men, and was introduced to the still foreign and potentially threatening concepts of us ... and we ... the idea of brotherhood, sisterhood, and community.
— Wentworth Miller, Actor/Director

Thirdly this group called ManKind Project, they had retreats to try and help men feel more OK with all the different sides of being a man. I went on one of those retreats because I was so intrigued. It was ... amazing!
— Jim James, Singer/Songwriter

If I had a magic wand, I would give this gift to every man alive. It is a life-changing experience. ManKind invites men to look deep and to be and live out of their core - in other words to be and live who they really are, not what society, their families, and others think they ‘should’ be.
— Barbara Hunt, MS, LPC, LMFT

I was heading in the direction I wanted to head in ... but ManKind gave me the tools I needed to get there. The journey has been incredible. ManKind changed my life.
— Dwayne Go, Producer

The ManKind Project is a global nonprofit organization (501c3) in the USA. MKP is unaffiliated with any religious practice or political party. MKP stresses to be increasingly inclusive and diverse.

LOCATE A FREE MEN’S SUPPORT GROUP NEAR YOU 1-800-870-4611 or outreach@mankind.org
MANKINDPROJECT.ORG

Imagine groups of men in communities around the world; actively taking individual and shared responsibility for a better future.
Join The Good Men Project Community.

"Here's the thing about The Good Men Project. We are trying to create big, sweeping, societal changes—overturn stereotypes, eliminate racism, sexism, homophobia, be a positive force for good for things like education reform and the environment. And we're also giving individuals the tools they need to make individual change—with their own relationships, with the way they parent, with their ability to be more conscious, more mindful, and more insightful. For some people, that could get overwhelming. But for those of us here at The Good Men Project, it is not overwhelming. It is simply something we do—every day. We do it with teamwork, with compassion, with an understanding of systems and how they work, and with shared insights from a diversity of viewpoints." — Lisa Hickey, Publisher of The Good Men Project and CEO of Good Men Media Inc."
One person can only do so much
Thank You