

Team Quinte Health: We All Make a Difference



Rachael Fraser

Nurse Program Coordinator, Domestic Violence and Sexual Assault Response Program

Rachael has both her nursing credentials and a degree in psychology. Her education and experience have equipped her with a comprehensive understanding of the physical and psychological aspects of trauma. This dual expertise allows her to approach cases within the Domestic Violence and Sexual Assault Response Program (DVSARP) at Quinte Health with a holistic perspective, ensuring that victims receive the care and support they need at an incredibly vulnerable time.

Q: What are your hopes for the DVSARP program in 2024?

A: We're hoping to be able to get out even more to the community and establish more relationships and solidify those relationships we've already built. Especially after doing everything on Zoom and Teams over the past few years, we've recently started doing more in-person connections and it's just night and day - the dynamic is so different, and the communication is so much better.

Q: Which is your favourite Quinte Health value?

A: For me, it's always been 'Imagine it's you' because I've been a patient. I've been sitting and waiting. I've been on the end of, "Sorry, we can't do anything for you today." I understand the frustration and that feeling of "What do I do now?" I keep that in mind anytime I'm dealing with patients. I don't ever want them to think they don't matter.

Q: How do you take care of your own health and wellness?

A: I sleep a lot and I spend time with my 15-year-old son. I spend a lot of time at the Axe Club - throwing axes, hatchets, knives - anything that's sharp. I do a lot of crocheting, reading, and some binge-watching. I have a puppy and a kitty as well.

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