

Canadian Institute for
Pandemic Health
Education and Response

CIPHER



ICEISP

Institut canadien
d'éducation et d'intervention
en santé en cas de pandémie

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Our Objectives



Provide support and expertise for our funded projects in the area of knowledge translation and mobilization.



Curate and share evidence-based mental health resources and guidelines for the frontline communities most impacted by the COVID-19 pandemic.



Foster strong communication and collaboration between funded projects to promote knowledge sharing and develop innovative resources.



Ensure ongoing evaluation of impacts to maximize benefits.



Before Operational Stress (BOS)

The Expansion and Evaluation of the Before Operational Stress (BOS) project offers evidence-informed training to **public safety personnel and frontline healthcare workers across Canada** who are regularly exposed to potentially psychologically traumatic events. CIPSRT continues to conduct independent evaluations of the effectiveness of the BOS program and contribute to crucial research.

BEYOND
SILENCE



Beyond Silence

The Beyond Silence project has advanced and tested an innovative new **e-mental health app for healthcare workers** designed to reduce barriers to accessing mental health information and support, and provide real-time access to confidential, and high quality peer support.



Healthcare Salute

The Healthcare Salute project is designed to **support the mental health and wellbeing needs of Canadian healthcare workers** serving throughout the COVID-19 pandemic. Research on healthcare providers' mental health and their experiences serving during the pandemic is being incorporated into evidence-based resources and learning content specifically designed for this population.



PeerOnCall

The Advancing Peer Support Program provides a coordinated national approach to peer support for public safety personnel, enables evidence-based improvements and standardization, and will ultimately lead to independent, nationally-recognized accreditations. This project also develops and deploys PeerOnCall and PeerOnCallSupport, a mobile health platform that provides private, secure access to peer support.



PSPNET Families

Families are also impacted by the occupational risks associated with public safety work. PSPNET Families is an online wellbeing hub designed to **support public safety families in their specific yet diverse mental health challenges.**

A federally-funded online service, PSPNET Families complements PSPNET in offering internet-delivered cognitive behavioral therapy to first responders and other PSP.

PSP MENTAL HEALTH



Online Repository

PSPmentalhealth.ca is an online repository of mental health services for **PSP and Veterans Addressing Posttraumatic Stress Disorder (PTSD) and Trauma.**

National Peer Support Community Network



National Peer Support Community Network

The National Peer Support Community Network brings together stakeholders from the Veteran, public safety personnel (PSP), peer support, research and service provider communities from across Canada. Together, using the collective knowledge of the network, existing best practice guidelines and emerging research, the group is co-creating best practice guidelines for peer support specific to Veterans, PSP and their Families.



Revel

Revel has developed a comprehensive framework, *A Brief Guide for Health Care Organizations: How to Support a Flourishing Health Care Workforce*, which serves as the cornerstone of their work. On this foundation, Revel has created the *Revel Method*—an innovative implementation approach that addresses workplace wellbeing, burnout, and demoralization through engaging and empowering strategies. To support this method, Revel has developed the *Revel Toolkit*, a comprehensive set of resources for all levels of a health care organization, including organizational, leadership, team and individual tools.



Canadian Mental
Health Association
Mental health for all



Resilient Minds

Resilient Minds™ is a trauma-informed, peer-to-peer training program designed to enhance the personal resilience of fire services personnel. The Canadian Mental Health Association will adapt, translate, pilot, evaluate, and implement Resilient Minds™ for both Francophone fire fighters and Indigenous fire fighters, who have been affected by or are at higher risk of trauma-related psychological impacts due to their line of work and the COVID-19 pandemic.

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Training and Development



Training and Development

The Training and Development Program for Public Safety Personnel (PSP) project **improves access to relevant and urgent training for public safety personnel and individuals who work with or support PSP.**

It expands upon the Canadian Institute for Public Safety Research and Treatment's (CIPSRT) existing knowledge mobilization with courses like Treatment 101. The project also provides increased reach for existing training like ER2MR and testing new opportunities like Sleep 101.



Bringing Mental Health Resources to Long-Term Care In Canada

Bringing mental health resources to long-term care will equip long-term care staff with the capacity to deliver training that builds a common baseline of knowledge on what mental health is, why it matters, and what to do when mental health needs are identified in oneself and/or a peer. This program will not only build on the unique complexities in long-term care through a customized version of the Working Mind program, but it will also implement a train the trainer model so staff can administer the custom course in their long-term care home.

CIPHER team



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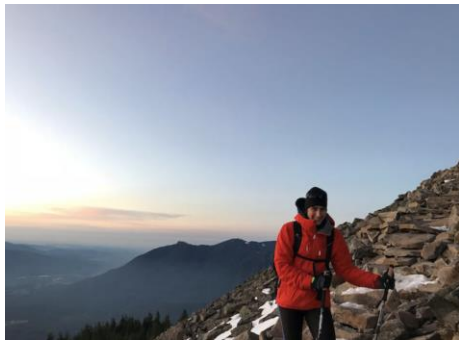
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