



## STRONG MINDS TRAIN FIRST

BOS (Before Operational Stress) is an evidence-informed program specifically designed for public safety personnel and first responders. The program was developed by leading mental health experts and psychologists to provide proactive education and practical tools for frontline workers to manage operational stress.



# 74,000+

Frontline workers have registered for the BOS program

Initial pilot data of the BOS Intensive training found small, but statistically significant, improvements in PTSD symptoms, mental health stigma, social support, and quality of life after the training\*. Research ongoing with new data publication anticipated to be released soon. Emerging trends from preliminary analysis suggests that mental health improvements reported in the pilot study are being similarly reported.

\*Steinicki, A.M., et al., Evaluation of Before Operational Stress: A Program to Support Mental Health and Proactive Psychological Protection in Public Safety Personnel. Front Psychol, 2021. 12: p. 511755.

## BOS MODULES

- Module 1: Operational Service Culture
- Module 2: Physiology of Operational Stress
- Module 3: Markers of Operational Stress
- Module 4: Cognitive Impacts
- Module 5: Emotions
- Module 6: Behaviour Change
- Module 7: Communication
- Module 8: Empathy and Functional Disconnection / Reconnection

## BOS BENEFITS

- Promotes mental health awareness
- Increases participants ability to recognize operational stress and its effects
- Provides support tools for participants to manage their own operational stress
- Enhances the capacity of participants to address trauma

## HOW IT WORKS



### BOS On-Demand

- Hosted in a secure online learning platform
- Self Directed program for participants to complete at their own pace



### BOS Classroom

- Classroom-based learning approach to the BOS Program
- Facilitated in-person or online via webinar format



### BOS Intensive

- 8-week group therapeutic processing intervention
- In-person

