



CIPSRT
Canadian Institute for Public Safety
Research and Treatment



ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique

IMPACT REPORT

*April 1, 2023
to March 31, 2024*



STRENGTH in **UNITY**



This report is dedicated to Chief Ken McMullen, who is a founding member of CIPSRT, and a long-standing co-chair of the Public Safety Steering Committee (PSSC). Chief McMullen's most recent term as co-chair has concluded.

We look forward to Chief McMullen's continuing contributions as he remains a PSSC member, and would like to thank Chief McMullen for his wise counsel and tireless advocacy for the improvement of the mental health and wellbeing of all public safety personnel in Canada.

Thank you, Ken!



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Message from Executive Director

Dr. Leslie Anne Keown (LA)

It's hard to believe that I've been the executive director at CIPSRT for a year. Time flies when you're gaining the insight I've had the privilege of experiencing in such short order. I came to CIPSRT after a rewarding career spent with Correctional Service Canada. I also served as a member of the Academic, Researcher, and Clinician Network. I was aware of CIPSRT, but did not appreciate all that CIPSRT had to offer to public safety personnel (PSP). Having had a foot in both camps now, I feel uniquely positioned to write this message.

I hope that Sir Robert Peel may forgive me in taking liberty with one of his principles of policing: we are all the public safety sector, and the public safety sector is all of us. Our first responders and other PSP serve us in our times of need; we, in turn, attempt to be there for them and assist where we can with their complex needs and challenges.

Now more than ever, it is imperative to understand what strength is found in unity. We are not blind to the challenges facing the public safety sector. Before the global pandemic, issues of recruitment and retention were on the rise. Climate, drug toxicity, and mental health crises serve only to compound already challenging work. It is vital for the public safety sector to acknowledge that, for the diversity of its membership and challenges, you share many more commonalities than differences.

CIPSRT itself is one organization made up of PSPNET, the Knowledge Exchange Hub, and any of the number of projects we're undertaking at any one time. Without collaboration between government and public safety leaders, CIPSRT would not exist. As we continue to strive towards a full understanding of the best ways that CIPSRT can serve PSP regardless of sector, we will continue to rely on collaboration with others. I would encourage the view that we are one of many entities under the public safety umbrella and that together we can work towards a common set of goals

Strength in unity is not a pithy slogan or a lax platitude. It is a genuine attitude, one that reflects the aim of the work that we do at CIPSRT. Similarly, when police officers, firefighters, paramedics, and other public safety professionals unite, they create a formidable alliance dedicated to ensuring the safety and wellbeing of the community. Just like a puzzle needs all its pieces to complete a picture, a cohesive public safety team relies on each member to contribute their skills and expertise. It is my hope that CIPSRT continues to meaningfully contribute to that picture.

I joined CIPSRT at an exciting time. Part of my mandate has been to shift the organization from its period of rapid growth into an organization focused on future sustainability. PSP, and public safety managers and leaders deserve nothing but the best of us, and it is my mission to deliver that. 2023 was a whirlwind, and 2024 is already shaping up to be a banner year. We have our eyes firmly set on future deliverables, partnership opportunities, and developing the ways we can best disseminate our efforts to the public. I look forward to sharing the coming year with you and can't wait for you to find out what CIPSRT has in store.



Message from Scientific Director

Dr. R. Nicholas Carleton



In a recent conversation, the Discovery Channel show *Mythbusters* was mentioned. I've never watched a full episode, but I've seen clips and enjoy the show's premise. It has since occurred to me that CIPSRT is also in the business of myth busting.

At the end of the First World War, the effects of what we would come to know as post-traumatic stress disorder (PTSD) on military members were evident. People experiencing such challenges were not met with support for their mental health. The prevailing consensus was soldiers with mental health challenges were weak-willed and of poor constitution. "Real men", resilient and iron of will, wouldn't have these problems! By the end of the Second World War, researchers and advocates had initiated what would be a massive paradigm shift. Researchers have since evidenced the resilience of those who serve and underscored associated mental health challenges as resulting from service.

CIPSRT is now following the path hewn by the military nearly 100 years ago. Public safety sectors are reporting substantial recruitment and retention issues. The calls for increasingly resilient recruits resound. But as it was in 1914, resilience is not the problem. We are making extraordinary asks of extraordinary people who deserve an extraordinary level of care. The first step in solving a problem is acknowledging the problem exists. I have been fortunate to work with many academics, researchers, clinicians, first responders and other PSP, PSP leaders, PSP families, politicians, and advocacy groups, all committed to improving evidence-based supports for PSP, their leaders, and their families – and by extension for all of us. Huge progress has been made, but we have all faced many unprecedented challenges in the last decade, and we have identified many opportunities to do even better.

I am honoured to work alongside so many people across Canada and beyond as we collectively build an increasingly solid evidence base in support of PSP. The CIPSRT team has remained dedicated to, and is increasingly focused on, showcasing the national and international developments being made by so many dedicated professionals. I was privileged to lead, co-lead, or participate in several Public Health Agency of Canada (PHAC) projects, many of which have wrapped up, having helped PSP and others who were at increased risk for psychological harm as a function of their serving others during the pandemic. The same projects have helped provide important information that can support ongoing advancements towards evidence-based practices for everyone. The longitudinal projects from the original Canadian Institutes for Health Research (CIHR) Consortium team grants are beginning to bear fruit — investments of time and effort are paying off in all directions.

Speaking of bearing fruit; in 2023, I found myself reflecting on a popular adage about planting trees under whose shade we will never sit. In 2018, CIPSRT was the seed of a tree. It was only through the investments and foresight of the leaders of government, of academics, researchers, and clinicians across Canada, and of PSP, their leaders, and their families that our tree was able to flourish. I remain eternally grateful for their vision, courage, and dedication. I hope this report gives you reasons for being proud of the progress to date and excited about the ongoing potential for improving mental health and wellbeing for all PSP — and maybe I'll find the time to catch a full episode of *Mythbusters* in preparation for our next times together. Thank you all, best wishes, and be safe!





Message from PSPNET Director

Dr. Heather Hadjistavropoulos

As I write this message and reflect on the fourth year of PSPNET supporting the mental health and wellbeing of Canada's PSP, it has been nothing short of incredible. There is no other clinic like PSPNET in the world that aims to provide Internet-Delivered Cognitive Behavioural Therapy (ICBT) tailored for first responders and other PSP while also continually doing research that serves to refine the service for PSP.

As PSPNET's Director, the PSPNET team and I have been committed to "strength in unity". By this we mean that we know that PSPNET can only be successful if we all work together to ensure that PSP from the diverse sectors are aware of PSPNET, and we incorporate feedback from PSP from all sectors into our materials. We have worked to build this awareness of PSPNET and our process for continually refining our services which has helped PSPNET succeed in its mission to deliver exceptional online mental health care to PSP.

From year one, the PSPNET team has specialized in offering free evidence-based ICBT which is a highly effective form of mental health care, tailored for Canadian PSP. The PSPNET story began with providing a therapist-guided PSP Wellbeing Course, which addresses a wide range of mental health concerns. Introducing a specialized ICBT course focused on managing symptoms of PTSD followed shortly after. We have continued evolving our courses by providing self-guided ICBT courses to PSP and their spouses or significant others. Through feedback obtained from PSP, we have developed many additional resources PSP can access at any time during our programs, such as materials on moral injury, supporting a colleague, and managing alcohol problems. All services are offered in English and French.

Over the past four years, PSPNET has expanded to offering therapist-guided ICBT in six provinces in Canada (SK, QC, NB, NS, PEI, ON) and self-guided ICBT nationwide. As a PSPNET team, we remain committed to expanding access to ICBT as another doorway to mental health care which addresses barriers to care such as stigma, time constraints, distance to services, or privacy concerns. We aim to make ICBT accessible to those who are seeking help for their mental health and those who are interested in education and early prevention of mental health concerns.

As we look forward to 2024 and beyond, the PSPNET mandate will continue to provide free, confidential, evidence-based treatment tailored to Canadian PSP.



Message from Public Safety Steering Committee

Sgt Casey Ward O. O. M.
Chief Pierre Poirier



The past year has been one of exciting growth and evolution in our work with CIPSRT and our other academic and funding partners. Importantly, the Public Safety Steering Committee (PSSC) would like to thank founding member and long-time co-chair Chief Ken McMullen for all the work he has done in co-leading the committee, and for opting to stay on as a PSSC member. We would also like to welcome Casey Ward, O.O.M., as he steps into the role of co-chair!

Change is inevitable, and the PSSC is no exception. We would also like to take the time to acknowledge all of those members who have stepped away from representing their organizations. We look forward to working with some new faces, including the National Police Federation, who is the newest member organization to the PSSC. Welcome, one and all!

We also had the exciting opportunity to welcome a new federal Minister of Public Safety, Democratic Institutions, and Intergovernmental Affairs in the Honourable Dominic LeBlanc. Minister LeBlanc has been nothing but supportive of the work of CIPSRT and the PSSC. Thank you, Mr. Minister, for your advocacy, dedication, and heartfelt eagerness for the work we've done, and the work yet to come.

Collaboration has always been (and continues to be) the key to supporting the work we have all undertaken; hence the appropriateness of Strength in Unity. The ability to call out in one, unified, pan-public safety sector voice has amplified the urgency with which the government acts on our ongoing need for support.

One of CIPSRT's crowning achievements this year (which you'll be reading more about in the following report) was the Together We Are Stronger Symposium held in Ottawa. The PSSC played an integral role in conceptualizing and leading the symposium's execution. We are so proud of the monumental achievement from everyone at CIPSRT in putting on such a successful knowledge mobilization event. We look forward to continuing that work as we look forward to the 2025 conference in Regina, Saskatchewan!

As CIPSRT has grown and evolved, its voice has grown louder, as well. Reflecting on an industrious year, and seeing all the organization's accomplishments detailed in the following report has been an exciting step in providing greater insight into the research being undertaken and into the tools and resources that have followed.

We look forward to our continued collaboration, to providing insight to researchers about our greatest needs, and to the important tools and actions that are sure to result.



Overview

“In our profession, struggle is inevitable, but it is crucial to remember that we do not need to struggle alone. It is important for us to acknowledge, sit with, and work through these mental health challenges together to draw on the strength of others.”

- Brian, Paramedic Services

In 2018, as part of the National Action Plan on Post-traumatic Stress Injuries, the Government of Canada announced funding for a research consortium between CIPSRT and the Canadian Institutes of Health Research (CIHR), and for PTSD in Public Safety Personnel Action Plan the first (ICBT) platform pilot specifically for PSP.

CIPSRT is committed to the effective knowledge mobilization of evidence-based research, treatment, and training that supports an overall mission to help current and former public safety personnel, their leaders, and their families improve and maintain their overall health and wellbeing.

As CIPSRT has grown, the organization has expanded the scope of its research partnerships beyond the scope of its CIHR commitments. Some of those research projects, such as the Public Health Agency of Canada projects, will be detailed further in this report; others, such as the RCMP Longitudinal Study (rcmpstudy.ca) are ongoing, and we look forward to sharing findings as they become available.

In 2023-24, CIPSRT has begun to seek research partnerships and the opportunity to support research projects across the country in earnest. Any researchers interested in potential CIPSRT collaborations are encouraged to reach out via [email](#).

Knowledge Hub

Highlights



3,000+ print materials distributed



3,397 webinar registrations



5.067M impressions across all social media platforms

The CIPSRT Knowledge Hub mobilizes research by translating, synthesizing, and disseminating evidence-based and evidence-informed knowledge, making it accessible and actionable for public safety personnel (PSP), their leaders, their families, as well as policy makers and other interested and impacted groups. Our 2022-2027 Knowledge Translation Strategy serves as a guide to our work, following four key focus areas:

- Creating Awareness
- Improving Research Knowledge Sharing
- Building Networks
- Supporting PSP Mental Health and Wellbeing

In 2023-2024, the Knowledge Hub mobilized research knowledge in a variety of creative ways, allowing us to engage with the work of CIHR grant recipients under the CIPSRT/CIHR National Research Consortium on post-traumatic stress injuries (PTSI) in PSP, as well as other emerging research on PSP mental health and wellbeing.

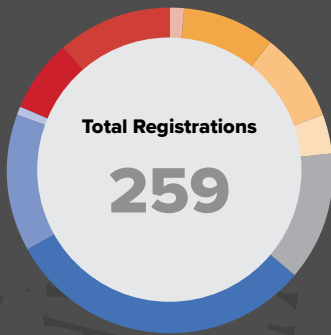


'Together We Are Stronger' 2024 Symposium in Ottawa

CIPSRT's largest in-person knowledge mobilization activity yet!

The *Together We Are Stronger* symposium held in Ottawa this March 2024 was an initiative recommended and co-piloted by the CIPSRT PSSC, beginning in Fall 2023. In conjunction with the PSSC and Public Safety Canada (PSC), CIPSRT opted to hold a public showcase that would bring together frontline PSP, their leaders, and their family members, as well as public officials, policy makers, change makers, and other stakeholders, all alongside academics, researchers, and clinicians.

The symposium was a first for CIPSRT, being its largest, in-person knowledge mobilization activity to date. Serving as a precursor to a full conference in Regina during May 2025, the symposium paved the way for reaching new heights in knowledge mobilization supporting PSP mental health and wellbeing. The event was invigorating, thought-provoking, and packed with information that sparked important conversations we hope will support meaningful impacts across Canada.



Who Attended:

Border Services	4
Corrections	24
Fire (Career & Volunteer)	23
Government (all levels)	10
Health Care	33
Police/RCMP	80
Paramedics	35
Search and Rescue	2
University	19
Others	29

What Attendees Had to Say:

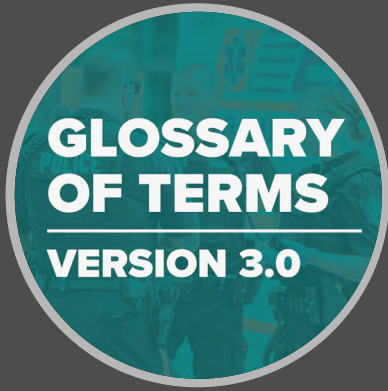
"It was such an informative event. It was incredible being able to participate in, and witness at the national level what hundreds of individuals, researchers and doctors are doing to understand the challenges PSP are facing regarding our own mental well-being."

"The current issues that I was perceiving were covered by the presenters and made me feel less alone in that all PSP were experiencing what I was."

"I was completely blown away with the shared knowledge and the take aways were incredible. I have a completely new vision of both CIPSRT and PSP, and the resources available for my peers will be put to use immediately"

"I felt honoured to sit among such a large group of people that are all working and dedicating their careers to improve the lives and health of myself, my peers and fellow first responders".





Glossary of Terms 3.0

The Knowledge Hub launched an interactive online version of the Glossary of Terms version 3.0, which was published in the Public Health Agency of Canada’s Journal of Health Promotion and Chronic Disease Prevention in Canada. The simultaneous launch across partners’ networks was coordinated by CIPSRT, and our interactive version was shared with partners to feature on their websites.

From the pre-amble to the Glossary:

“The senior authors and contributors wrote version 3.0 to promote a shared understanding of the common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors. We hope that this is the next step toward reducing stigma, increasing access to evidence-based care, and supporting improvements in the tools, training, and treatments intended to benefit all Canadians.”

Glossary of Terms 3.0 (launched January 2024)
17,439 user engagements on the website, 5,740 webpage views



Impressions 301,53
Engagements 7,802



Impressions 1,046
Engagements 40



Impressions 124,386
Engagements 674



Champions

Of mental health | de la sante mentale

Champions of Mental Health (CoMH) Awards

Our Knowledge Hub's CoMH award program provides national recognition to public safety personnel who are advocating and championing mental health and wellbeing in their organizations. By shining light on their contributions, we hope to reduce stigma and inspire others to be champions of mental health, and to engage with CIPSRT's evidence-based resources.

This year, we awarded 20 incredibly well-deserved Champions with a CoMH award. Congratulations once again to this year's recipients, and all those who were nominated!

Impact in the words of a Champion:

"To say it is extremely humbling to just be nominated for such an award is rewarding in itself... To be selected from... across Canada, and recognized as a Mental Health Champion in Canada, is an extreme honour... I couldn't think of any recognition as gratifying as being recognized by your peers and that recognition standing out at a national level."

– Craig, Firefighter, 2023 Champion of Mental Health

Champions of Mental Health landing page (launched June 2023)
6,260 user engagements on the website, 2,199 webpage views



Impressions 272,389
Engagements 5,796



Impressions 505,558
Engagements 2,307



Impressions 29,925
Engagements 170





Frontline Community of Practice

Our Knowledge Hub ran the first full year of PSP Connect, a community of practice for frontline PSP with quarterly meetings serving as a collaborative and informative forum to discuss mental health and wellbeing topics and evidence-based supports. Through PSP Connect, we are working to provide a supportive community to foster open dialogue, share knowledge, and reduce stigma.

Now in its second year of operating, this network connects 64 members representing eight PSP sectors across five provinces. This year, four quarterly PSP Connect sessions were held.

Topics Discussed include:

- PSPNET
- 9-8-8 Suicide Crisis Helpline
- Three Pillars of Resilience Program
- Fiscal year wrap-up and reflection on what it means to be PSP





Raising Awareness

We launched two campaigns, each a month long, to raise awareness and reduce stigma through knowledge mobilization. Each included a dedicated page on our website featuring a carefully curated collection of relevant content to support PSP.

PTSD Awareness Month (launched June 2023)

6,260 user engagements on the website, 2,199 webpage views



Impressions 353,670
Engagements 23,104



Impressions 6,971
Engagements 607



Impressions 714
Engagements 22

Suicide Awareness & Prevention Month (launched September 2023)

4,116 user engagements on the website, 2,261 webpage views



Impressions 150,225
Engagements 2,191



Impressions 757
Engagements 28



Impressions 632
Engagements 11



Free, evidence-based online therapy courses designed with first responders, for first responders

Highlights



425 outreach/engagement events



580 PSPNET clients in therapist-guided and self-guided courses



98% average user satisfaction rate

PSPNET has been specifically designed for the unique challenges and experiences PSP face.

PSPNET's online therapy has shown a consistent impact on our client's mental health as indicated through their feedback which has a consistent theme.

"I don't get as stressed at work when my manager asks to speak with me on my own. I'm able to talk myself down and use thought challenging to stay levelheaded."

"So important in my line of work to be aware of the importance of mental health and wellness and take the time to focus on my mental health, there were many good reminders in the course for me."

"The course gave me insight about myself. I have a better understanding how thoughts trigger physical reactions. The course explained ways to overcome the feelings and reactions to my thoughts. I feel that, over the 29 years as a Firefighter, I was losing my resilience to traumatic and stressful events. The knowledge and skills gained in this course will help me recover and develop or regain my resilience."

"Thought challenging has been really helpful to stop the cycle of symptoms. When my anxiety levels start to peak, I'll control my breathing to pause and challenge my thoughts."

"I use thought challenging daily and this course material really applies to everyday life and applicable to multiple situations. I'm very grateful"

Service Delivery Outcomes

The following metrics are a snapshot of how PSPNET services were utilized in the 2023-24 fiscal year between the therapist-guided and self-guided clients.

Therapist-guided Client Demographics

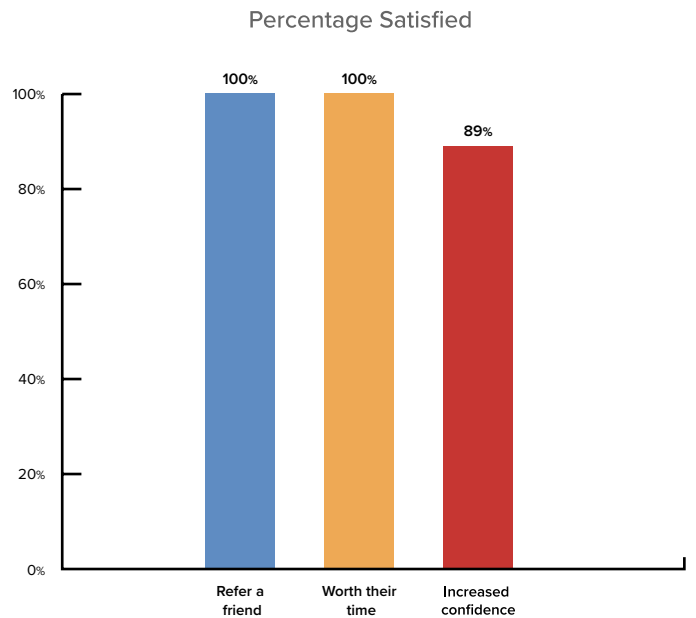
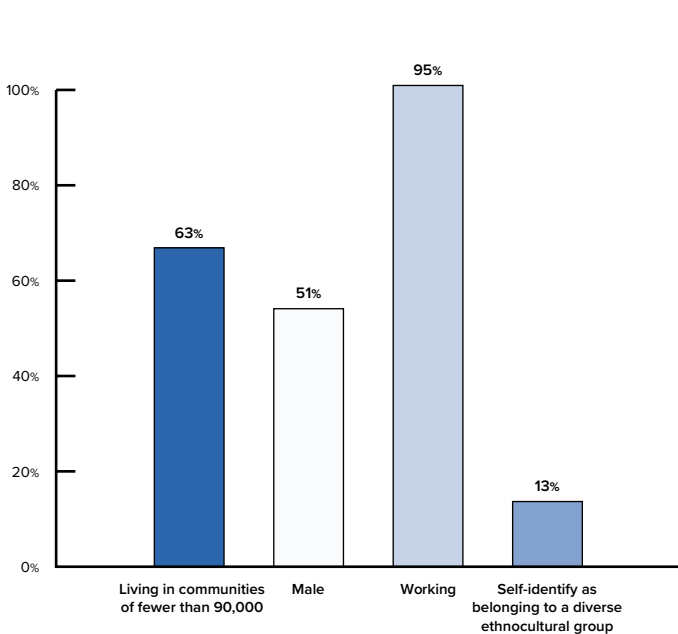


PSP Sector

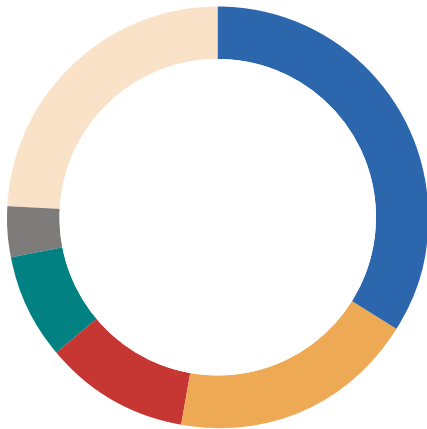
- Police/RCMP (31%)
- Paramedics/Related Emergency Services (19%)
- Corrections (16%)
- Fire (11%)
- Public Safety Communicators (5%)
- Others including Border Services (16%)

Treatment Satisfaction

Based on 92% of clients who completed 8-week treatment satisfaction questionnaires

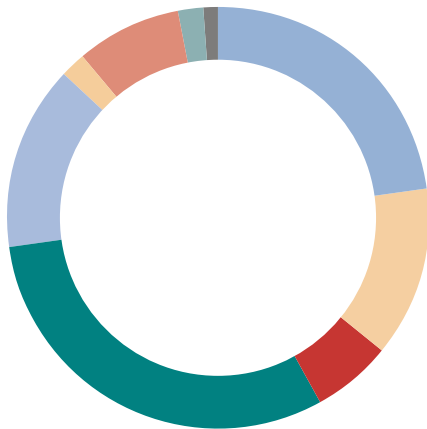


Self-guided Client Demographics



PSP Sector

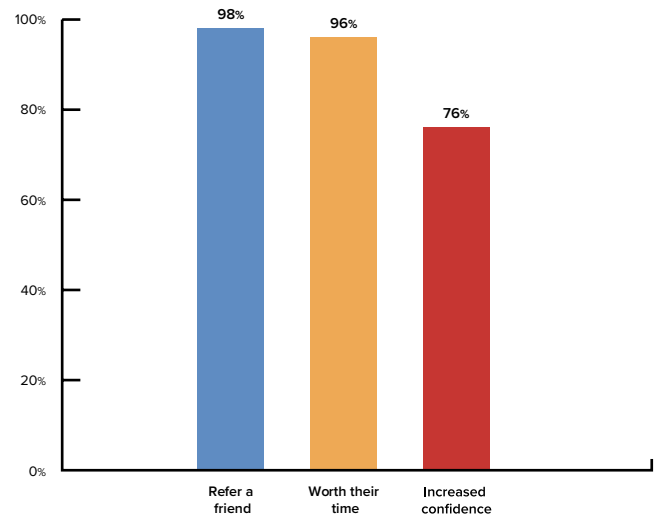
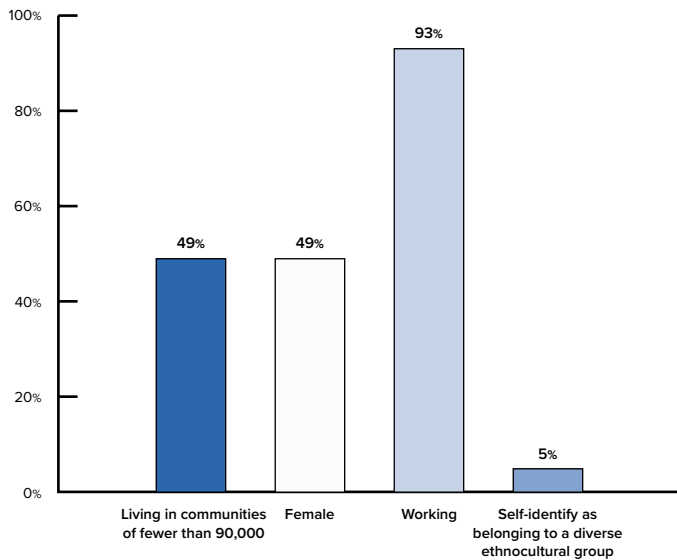
- Police/RCMP (34%)
- Paramedics/Related Emergency Services (19%)
- Corrections (11%)
- Fire (8%)
- Public Safety Communicators (4%)
- Others including Border Services (24%)



- Ontario (31%)
- Saskatchewan (23%)
- Maritimes (NB, NS, PEI) (14%)
- Quebec (13%)
- British Columbia (8%)
- Alberta (6%)
- Manitoba (2%)
- Newfoundland and Labrador (2%)
- Northwest Territories (1%)

Treatment Satisfaction

Based on 87% of clients who completed 8-week treatment satisfaction questionnaires



PSPNET Outreach

The PSPNET Team continues to conduct outreach efforts across the country. 2023-24 was a banner year for in-person appearances and for PSPNET being featured in the media. The PSPNET team conducted over 400 outreach and engagement events (both in-person and virtually), serving PSP from coast-to-coast-to-coast.

PSPNET Engagement

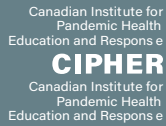
The PSPNET team seeks ways to continuously improve our materials and treatment options by engaging PSP along the way. This year, the PSPNET team has worked with a PSP Engagement Group and PSPNET Advisory group to review our current content and inform future materials, services, outreach, and research activities.

PSP Engagement Working Group:

To ensure that we are both creating content that is meaningful and worthwhile for our clients, while ensuring we listen to the people we serve, PSPNET met with a group of dedicated PSP through the PSPNET Engagement Working Group four times throughout 2023-24. In those meetings the focus was having the PSP review course materials, PSP stories and examples, outreach materials, website and social media and provide us feedback. The PSP Engagement Working Group has been instrumental in providing immediate feedback which we have incorporated and implemented into all areas of development, and they will remain a key advisory and participatory group moving forward.

PSP Advisory Group:

The PSPNET Advisory Group was developed to provide an ethical space to review current and inform future PSPNET research, services, and outreach for Indigenous (First Nation, Inuit, and Métis) PSP in Saskatchewan. Specifically, group objectives include open discussions on a) the suitability of available PSPNET services for Indigenous PSP in Saskatchewan, b) future directions for PSPNET services and research, and c) advice on outreach efforts. Membership includes one Elder, six Indigenous PSP, five PSPNET staff members, two PSP researchers, one community member, and one student. Dr. Jill Price is the chair and co-facilitator of this group alongside Research Engagement Manager, Jenna Ives. To date, the PSPNET Advisory Group has held one pipe ceremony and three meetings. The pipe ceremony was proposed and led by Elder Betty McKenna at the First Nation University of Canada to signify the start of this work and our relationship alongside different nations. At our meetings, members explored PSPNET's treatment options and provided valuable advice and feedback. Members also recommended the analysis and presentation of our current data with Indigenous clients at the Turtle Island Indigenous Science Conference at the University of Regina. Subsequent meetings will continue to seek ways to further support the mental health of Indigenous PSP in Saskatchewan.



The 2023-24 fiscal year also saw the culmination of many of the Public Health Agency of Canada projects CIPSRT received funding for:

- Expansion and Evaluation of the Before Operational Stress (BOS) Program;
- PSPNET Families;
- Advancing Peer Support Programming to Address PTSD and Trauma Among Canadian Public Safety Personnel; and
- Veterans, and Training and Development for Public Safety Personnel

CIPHER acted as the knowledge hub for the remaining projects.

CIPHER: The 2021 Federal Budget committed an investment of up to \$50 million over two years to support projects that address the well-being effects of PTSD and other trauma-related conditions in frontline and essential workers, including healthcare providers, public safety personnel, military personnel, veterans, their families, and the service providers who care for them, as they were among those most impacted by the pandemic. The Canadian Institute for Pandemic Health Education and Response was funded through this commitment. CIPHER serves as the hub which supports projects that address the effects of PTSD and other trauma-related conditions in frontline and essential workers — the projects that CIPHER supported were similarly funded through the 2021 Budgetary commitment.

CIPHER 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.



We would like to take this opportunity to thank the principal investigators, applicants, research teams, and staff that made the following PHAC projects possible:



CIPSRT | ICRTSP

Advancing Peer Support Programming to Address PTSD and Trauma Among Canadian Public Safety Personnel and Veterans, Stream 1: National Peer Support Community Network: The National Peer Support Community Network brought together stakeholders from the Veteran, 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, this group has produced the draft best practice guidelines for peer support among PSP and Veterans. The group will reconvene to review the draft guidelines and address feedback, with the finalized best practices to be released later in 2024.

Nominated Principal Applicant(s): Carleton, R. N.

Co-Applicant(s): Price, J., Hosseiny, F., Tracey, S., Lamrock, L., Bradley, K., Dupuis, G., Notarianni, M.



PeerOnCall

Advancing Peer Support Programming to Address PTSD and Trauma Among Canadian Public Safety Personnel and Veterans, Stream 2: PeerOnCall: The Advancing Peer Support program looked at providing a coordinated national approach to peer support for public safety personnel. This was to enable evidence-based improvements and standardization, and was to lead to independent, nationally recognized accreditations. This project also developed and deployed PeerOnCall and PeerOnCallSupport, a mobile health platform that provided private, secure access to peer support. The apps were deployed to multiple organizations within four public safety sectors — correctional workers, paramedic services, firefighters, and public safety communicators.

Nominated Principal Applicant(s): Moll, S.

Co-Applicant(s): Czarnuch, S., MacPhee, R., Ricciardelli, MacDermid, J., K., King, D., Carleton, R. N.

PSP MENTAL HEALTH



Advancing Peer Support Programming to Address PTSD and Trauma Among Canadian Public Safety Personnel and Veterans, Stream 3: Online Repository: PSPMentalHealth.ca is an online repository of mental health services for PSP and Veterans addressing posttraumatic stress disorder (PTSD) and trauma. PHAC funding allowed for the development and deployment of an advanced user interface, and made a fulsome review and revision of the programs and resources contained on the site possible.

Nominated Principal Applicant(s): Carleton, R. N.

Co-Applicant(s): Price, J., Hosseiny, F.

Collaborator(s): Mercier, J., Dupuis, G., Benlamri, M., King, D., Notarianni, M.





Before Operational Stress: The expansion and evaluation of the Before Operational Stress (BOS) project offered evidence-informed training to public safety personnel and frontline healthcare workers across Canada who are regularly exposed to potentially psychologically traumatic events.

Nominated Principal Applicant(s): Carleton, R. N., Maguire, K. Q.
Co-Applicant(s): Ioachim, G.



Beyond Silence: The Beyond Silence Project 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 provided real-time access to confidential and high-quality peer support.

Principal Applicant: Moll, S.



Healthcare Salute: The Healthcare Salute project was designed to support the mental health and wellbeing needs of Canadian healthcare workers who served through 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.

Principal Applicant: McKinnon, M.



PSPNET Families: PSP 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 with their specific yet diverse mental health challenges. PSPNET Families complements PSPNET in offering ICBT to first responders and other PSP. PSPNET Families provides a wide range of information and strategies informed and vetted by PSP families. Inside this hub, PSP families will find opportunities to engage in learning, trying, and being. There are 3 inter-connected sections: information pages, strategies & skill-building pages, and a self-guided ICBT course for spouses or significant others of PSP. These resources can be found at: www.pspnetfamilies.ca.

Co-Principal Applicants: H. Cramm, H. Hadjistavropoulos, N. Reid
Co-Applicant(s): Sekhar, S., Beahm, J. D., Delaney, L., McCall, H. C.



Resilient Minds: Resilient Minds(TM) is a trauma-informed, peer-to-peer training program designed to enhance the personal resilience of fire services personnel. The Canadian Mental Health Association (CMHA) adapted, translated, piloted, evaluated, and implemented Resilient Minds(TM) for both Francophone and Indigenous fire fighters who had been affected by, or were at a higher risk of trauma-related psychological impacts, due to their line of work and the COVID-19 pandemic.

Principal Applicant: MacLeod, L





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 also developed the Revel Toolkit, a comprehensive set of resources for all levels of a health care organization, including organizational, leadership, team, and individual tools.

Co-Principal Applicants: Richardson, D., Nazarov, A.



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Training and Development

Training and Development: The Training and Development Program for Public Safety personnel project improved access to relevant and urgent training for PSP and individuals who work with or support them. It expanded upon CIPSRT's existing knowledge mobilization with courses like Treatment 101. The project also provided increased reach for existing training like ER2MR and tested new opportunities like Sleep 101.

Nominated Principal Applicant(s): Carleton, R. N.

Co-Applicant(s): McCarron, M., Werrett, R.



Advisory Groups

This information serves as a quick guide to the groups and committees that inform the work done here at CIPSRT.

