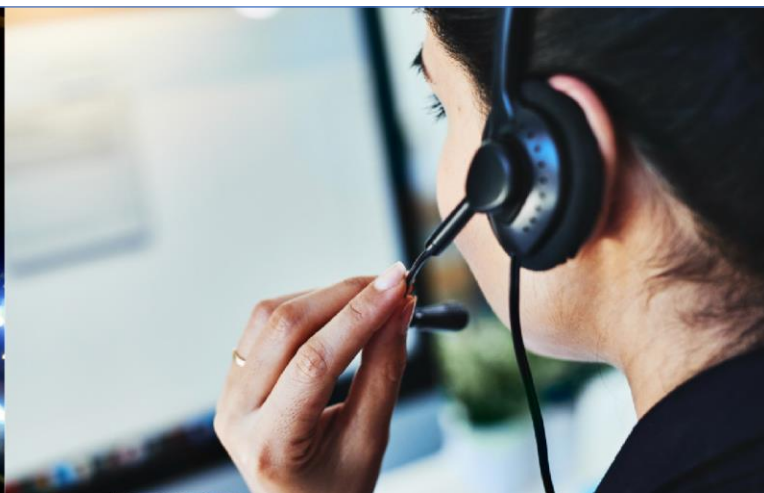
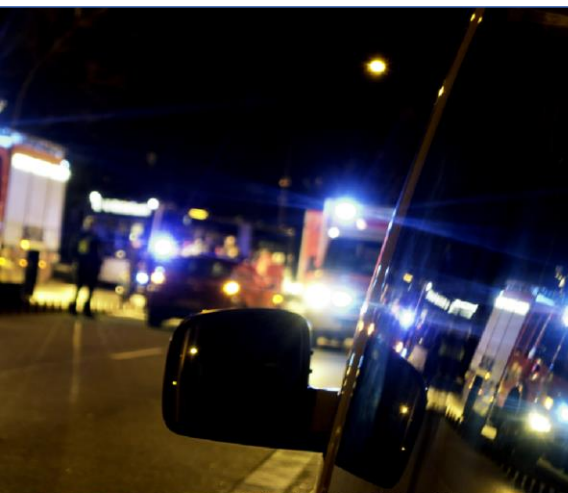


# Our Journey

From past to present...

# August 2015

- The Blue Paper
- Early visions for CIPSRT



RESEARCH THAT HAS IMPACT

## Peer Support and Crisis-Focused Psychological Intervention Programs in Canadian First Responders: Blue Paper

### Peer Support and Crisis-Focused Psychological Intervention Programs in Canadian First Responders: Blue Paper

**R**esults from a review conducted by a team of researchers at the University of Regina have shown that there is an urgent need for more research on the effectiveness of peer support and crisis-focused psychological intervention programs designed to help First Responders — police, paramedics, and fire and rescue personnel — cope with the trauma often associated with their work. The Blue Paper was published by a research team led by Dr. Staci Belski and Dr. R. Nicholas Carlson with the Canadian Institute for Public Safety Research and Treatment (CIPSRT). The “operational stressors” that First Responders regularly confront at work, including death, violence, and threats to their own lives, put them at risk for psychological challenges, including post-traumatic stress, depression, anxiety, and anger. Such challenges can lead to other problems, such as substance abuse, relationship difficulties, and absenteeism.

The results of this project indicate that, although First Responders appreciate having peer support and crisis-focused psychological intervention programs, there is little or no empirical evidence supporting or refuting the effectiveness of such programs.

The research team concludes that First Responder agencies would benefit from the adoption of more uniform models for peer support and crisis management. Increased uniformity would ensure minimum standards, facilitate research, and provide enhanced support for First Responders enduring the effects of traumatic experiences on the job.

The research team also identifies a need for “methodologically rigorous” research that examines the effectiveness of peer support and crisis-focused psychological intervention programs. Among the few studies conducted to date, many have significant methodological limitations.

Many workplaces now offer programs designed to help First Responders manage the operational stressors they experience. Some programs are crisis focused, while others try to build resiliency with programming before, during, and after critical incidents. Despite the prevalence of such programs, more work is needed.

Other recommendations in the Blue Paper include ongoing training, supervision, and support for personnel involved in implementing programs; gathering regular and more rigorous feedback from First Responders; and ongoing research conducted by independent, appropriately qualified, and established researchers to evaluate the effectiveness of programs.

The Blue Paper a) identifies the peer support and crisis-focused psychological intervention programs used by First Responder agencies, b) reviews existing research from both national and international sources, and c) evaluates the evidence for the effectiveness of several of these programs. In addition, the researchers designed, distributed, and analyzed results from a survey of First Responder agencies across Canada in order to learn more about programs currently being implemented.

**According to the Blue Paper:**  
“Increasing standardization and incorporating rigorous methodological designs and outcome measures would be critical improvements for ensuring and improving the effectiveness of peer support programs and crisis-focused psychological intervention programs.”

November  
**2015**

## Prime Minister's Mandate Letter to Minister Goodale

*“Work with provinces and territories and the Minister of Health to develop a coordinated national action plan on post-traumatic stress disorder, which disproportionately affects public safety officers.”*





January  
**2016**

## National Round Table on PTSD

- Population PTSD prevalence estimates from ~1.1 to 3.5%
- First responder PTSD estimates 7-32%
- The first prevalence survey
- More than tri-services at risk – calls for inclusive language call
- Together We Are Stronger



October  
**2016**

# Report of the Standing Committee on Public Safety and National Security





January  
**2016**

## **MP Todd Doherty Introduces Bill C-211**

An Act respecting a federal framework on post-traumatic stress disorder

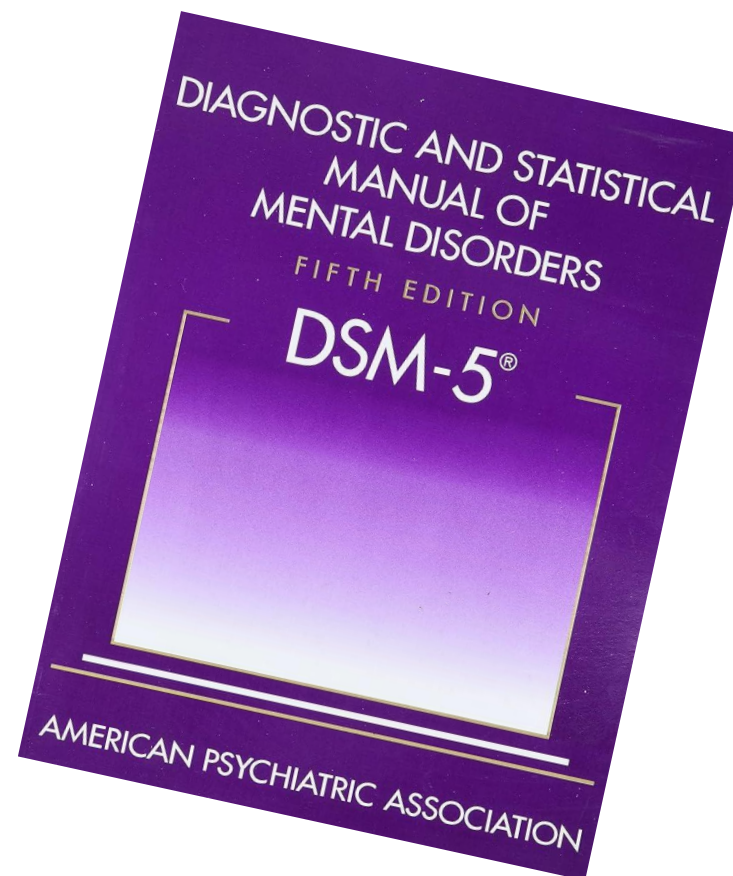
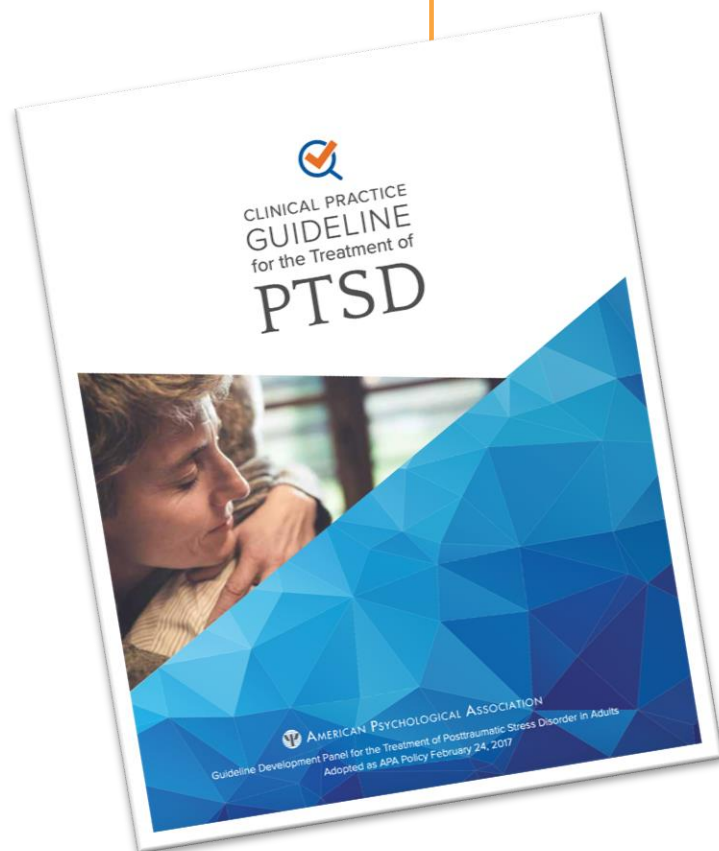
Bill C-211 is what will ensure that we work toward a long-term set of best practices, statistical data and consistent terminology and education when dealing with PTSD and occupational stress injuries (OSI).



# February 2017

## Clinical Practice Guidelines for Adult PTSD Treatment & DSM-V

- Adopted by the American Psychological Association





July  
2017

## The 1st CIPSRT Summit

- Memorial University
  - St. John's Newfoundland





August  
**2017**

## **Public Safety Personnel Mental Health PTSD ~18-30%; Any ~45%**

- The initial national prevalence survey results
- Growing demand that something must be done



# Public Safety Steering Committee (PSSC)

- Association of Public-Safety Communications Officials
- Canada Border Services Agency
- Canadian Association of Chiefs of Police
- Canadian Association of Fire Chiefs
- Canadian Association for Police Governance
- Canadian Police Association
- Canadian Security Intelligence Service
- Correctional Service of Canada
- International Association of Firefighters
- International Police Federation
- Paramedic Association of Canada
- Paramedic Chiefs of Canada
- Royal Canadian Mounted Police
- Union of Canadian Correctional Officers
- Union of Safety and Justice Employees





# Public Safety Canada

- The Government of Canada's 2018 Federal Budget commitment over 5 years
  - A new national research consortium between the Canadian Institutes of Health Research (CIHR) and CIPSRT
    - \$15M to CIHR to fund PSP-related research
    - \$5M to fund the CIPSRT Knowledge Mobilization Hub
    - \$10M to fund a pilot project using the Internet to deliver Cognitive Behavioural Therapy tailored specifically for PSP in Saskatchewan and Quebec



<https://www.budget.gc.ca/2018/home-accueil-en.html>



# Rapid Progress

June, 2018

*Federal Framework on Post-Traumatic Stress Disorder Act*

November, 2018

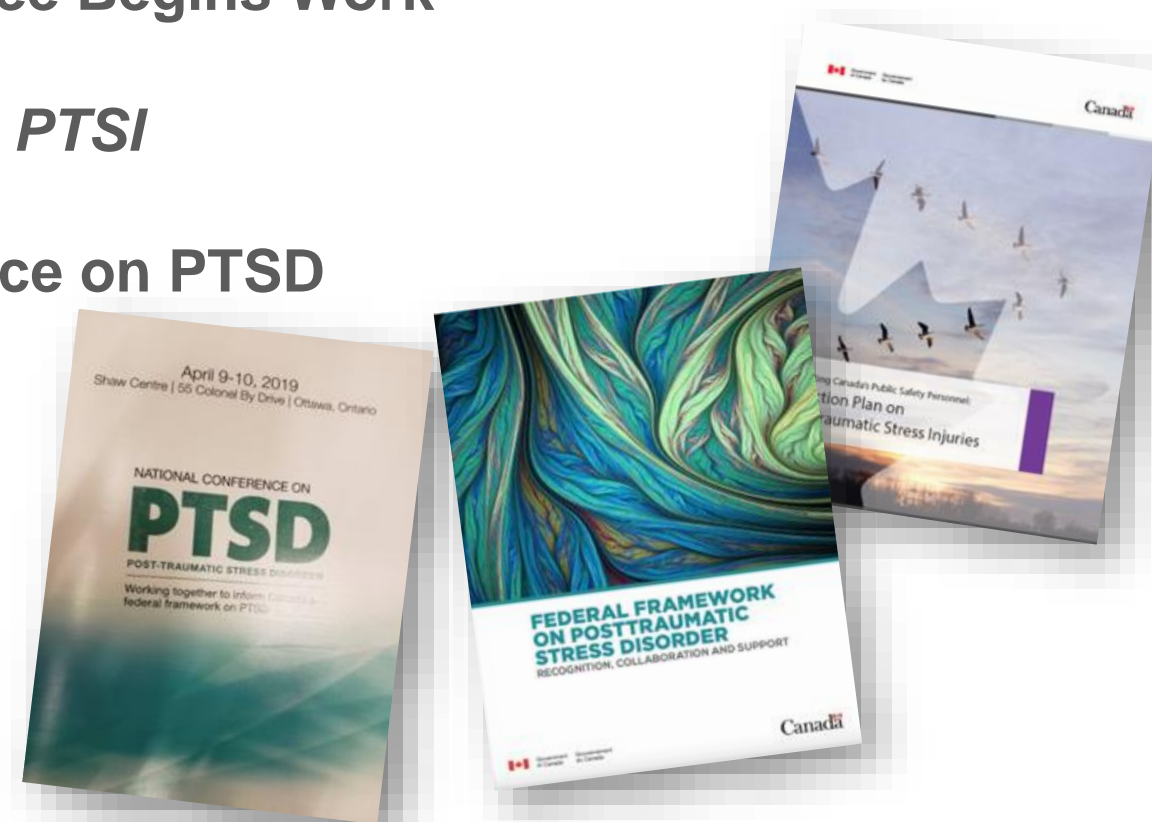
**Planning Committee Begins Work**

April 8, 2019

*An Action Plan on PTSI*

April 9 and 10, 2019

**National Conference on PTSD**





# CIPSRT and CIHR Consortium

- 1-year Catalyst Grants (22)
  - Awarded in February 2019
  - Projects spanned institutions, researchers, and foci
  - Knowledge translation started in October 2020
- 3-year Team Grants (8)
  - Awarded in March 2020
  - Projects under way



<https://www.cipsrt-icrtsp.ca/en/post-traumatic-stress-injuries-in-public-safety-personnel-webinar-series-cihr-catalyst-grants>



# Building Momentum

- *“On behalf of the Australian Council of Ambulance Authorities and Ambulance New Zealand, I would like to express our congratulations and support for the proposed ground-breaking research hub. The work of CIPSRT, with new dedicated funding, will enhance the well-being of all Public Safety Personnel, their organizations – and their families throughout the world.”*
  - Global Paramedic Leadership Summit, David Waters, Executive Director







# ARCNAC

**CIPSRT**

Canadian Institute for Public Safety  
Research and Treatment



**ICRTSP**

Institut canadien de recherche et  
de traitement en sécurité publique



**Clinical Committee**

Chair: Dr. Megan McElheran



**Suicide Prevention Committee**

Chair: Dr. Simon Hatcher



**Knowledge Translation Committee**

Chair: Dr. Joy MacDermid



**Student and Postdoctoral Engagement Committee**

Chair: Dr. Heidi Cramm





# CIMVHR FORUM 2018

## OCTOBER 15-17, 2018

CO-HOSTED BY:  
CIMVHR AND THE UNIVERSITY OF REGINA



**CIMVHR**  
Canadian Institute for Military  
and Veteran Health Research

**ICRSMV**  
L'Institut canadien de recherche sur  
la santé des militaires et des vétérans

University  
of Regina



FROM SCIENCE TO SERVICE

**FORUM**  
**10**

Ottawa-Gatineau 2019

A conference dedicated to health research  
for our military personnel, Veterans  
and their families.

**2021**  
**CIMVHR**  
**VIRTUAL**  
**FORUM**

**FORUM**  
**2022**  
Halifax

October 17-19, 2022  
Halifax, Nova Scotia, Canada

**FORUM**  
**2023**  
OTTAWA  
GATINEAU

**FORUM**  
**2024**  
WINNIPEG

**Save the Date**  
October 21-23, 2024  
Winnipeg, Manitoba

**Date à retenir!**  
du 21 au 23 octobre 2024  
Winnipeg, Manitoba

#CIMVHRForum

# Treatment



Dr. Heather  
Hadjistavropoulos



December  
**2019**

**PSPNET**

Internet-delivered Cognitive  
Behavioural Therapy (ICBT)

**Launched in Saskatchewan**





June  
**2020**

# PSPNET

Internet-delivered Cognitive  
Behavioural Therapy (ICBT)

**Launched in Quebec**



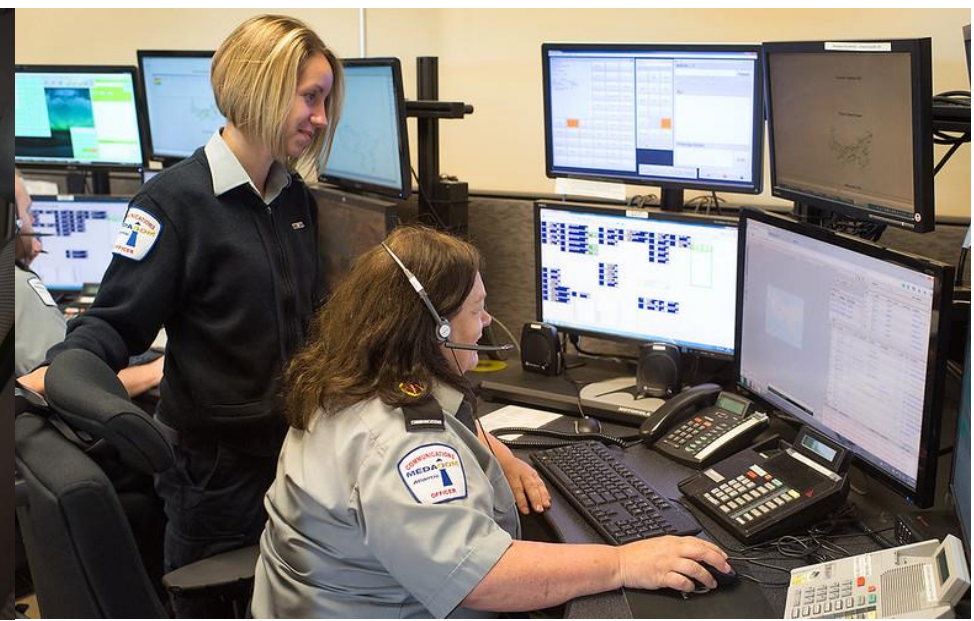


# November 2021

## PSPNET

Internet-delivered Cognitive  
Behavioural Therapy (ICBT)

Launched in the Maritimes





**We would like to thank...**



# CIPSRT Founders



**Greg Anderson**



**Ron Camp**



**Nick Carleton**



**Mark Chatterbok**



**Heidi Cramm**



**Stephen Czarnuch**



**Natalie Dufresne-Meek**



**Jason Godin**



**Ralph Goodale**



**Sandy Hamamoto**



**Chris Hood**



**Gregory Krätzig**



# CIPSRT Founders



**Lisa Lefebvre**



**Joy MacDermid**



**Renée MacPhee**



**David Malloy**



**Jennifer Malloy**



**Scott Marks**



**Ken McMullen**



**Randy Mellow**



**David Miller**



**Kelly Nash**



**Steve Palmer**



**Pierre Poirier**





# CIPSRT Founders



**Rose Ricciardelli**



**Gord Robertson**



**Tina Saryeddine**



**Steve Schnitzer**



**Tom Stamatakis**



**Stan Stapleton**



**Rob Stephanson**



**Vianne Timmons**



**Casey Ward**



# Founding, Former, and Current PSSC Co-Chairs



**Randy Mellow**



**Ken McMullen**



**Pierre Poirier**



**Robert Stewart**



# Former CIPSRT (CCJS) Executive Directors



**Nick Jones**



**Donna King**



**Steve Palmer**





**Together,  
we have created national  
recognition for  
public safety personnel  
mental health.**



**We have come a long way,  
And we know there is still  
MORE TO DO...**



**CIPSRT**

Canadian Institute for Public Safety  
Research and Treatment



**ICRTSP**

Institut canadien de recherche et  
de traitement en sécurité publique

**PSPNET**






# CIPSRT: An Overview



# Knowledge Translation


Français

## Select a Screening

Anxiety	(GAD-7)
Depression	(PHQ-9)
Depression, Anxiety, Stress	(DASS-21)
PTSD	(PCL-5)
Panic Disorder	(PDSS)
Risky Alcohol Use	(AUDIT)

**Screenings**

Depression, Anxiety, Stress (DASS-21)

The following questions ask about different symptoms that can be experienced as part of normal daily stressors, but also as potential indicators of a mental health issue.

Please read each statement and indicate how much the statement applied to you over the past seven days. Do not spend too much time on any statement.

1. I found it hard to wind down
  - Did not apply to me at all
  - Applied to me to some degree, or some of the time
  - Applied to me to a considerable degree, or a good part of the time
  - Applied to me very much, or most of the time
2. I was aware of dryness of my mouth
  - Did not apply to me at all
  - Applied to me to some degree, or some of the time
  - Applied to me to a considerable degree, or a good part of the time
  - Applied to me very much, or most of the time
3. I couldn't seem to experience any positive feeling at all
  - Did not apply to me at all
  - Applied to me to some degree, or some of the time

**DASS-21 Results**

Your responses may be consistent with published levels of clinically significant symptoms based on self-report symptoms, such as, if you are concerned, we recommend you contact your family physician or another appropriate health care professional.

**Depression Result: Normal**  
Relative to PUBLIC SAFETY PERSONNEL, your score is slightly lower than average

**Anxiety Result: Normal**  
Relative to PUBLIC SAFETY PERSONNEL, your score is lower than average

**Stress Result: Mild**  
Relative to PUBLIC SAFETY PERSONNEL, your score is slightly higher than average

Email your results to yourself

In an emergency, always call 911 or contact the emergency service nearest you.

9. Optionally, you may select your field of work to have a more relevant comparison for your results. If you leave this unselected, your results will be compared with all public safety personnel.

Choose:

- Police
- RCMP
- Corrections
- Firefighters
- Paramedics
- Call Center Operators

Vos pensées comptent

Wear Teal Challenge June 27, 2020

Recherche communautaire et la mobilisation des connaissances

série de webinaires session 2

19 février 2021 à 12:00-13:00 CST

Qu'est-ce que la mobilisation des connaissances?

Dix raisons principales pour lesquelles le personnel de la sécurité publique aime PSPNET

Thérapie cognitive comportementale en internet adaptée au personnel de la sécurité publique

Toute connaissance est une réponse à une question

Comprendre le cycle de vie d'un projet de recherche

Let's reduce the stigma of PTSD

Wear Teal Challenge June 27, 2020

POSTTRAUMATIC STRESS INJURIES IN PUBLIC SAFETY PERSONNEL

WEBINAR SERIES CHIR CATALYSTS GRANTS

February 25, 2021: 12:00 - 1:00 pm EST, 11:00 - 12:00 am CST

SESSION 8

February 25, 2021: 12:00 - 1:00 pm EST, 11:00 - 12:00 am CST

PTSD 40 Years Later

2:3K views

0:01 / 0:40

KNOWLEDGE FOR YOU

COMME VOUS LE SAVEZ, LA MAJEUR PARTIE DE NOTRE TRAVAIL EST DE PROTÉGER CEUX QUI SONT À RISK. PROTÉGER VOUS-MÊMES.

PTSD 40 Years Later

2:3K views

0:01 / 0:40

PTSD 40 Years Later

2:3K views

0:01 / 0:40

MY MOTIVATION

425.46 KM

MOVE FOR MO!


Get your Poppy ready!

HAPPY FATHER'S DAY

Assemblée en ligne

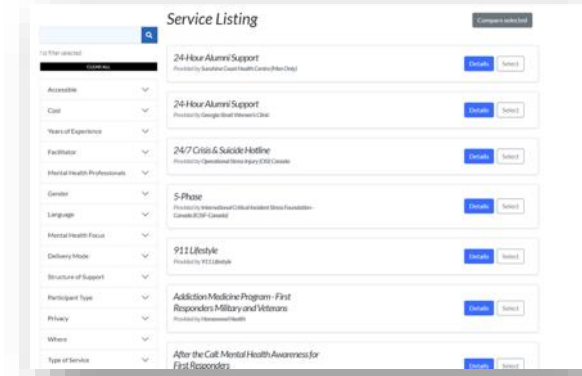
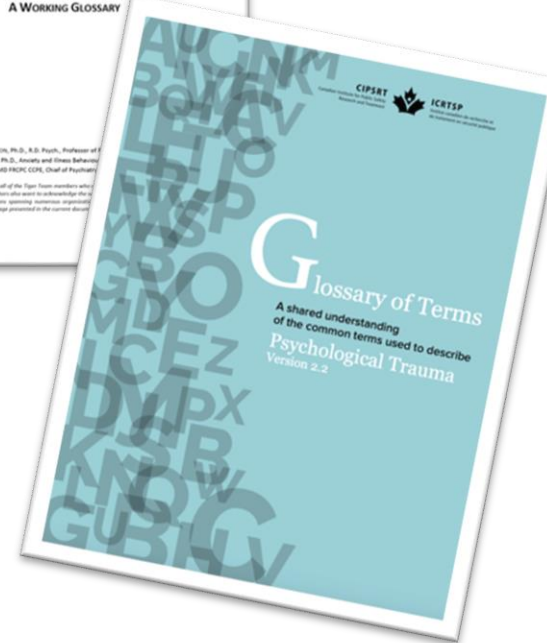
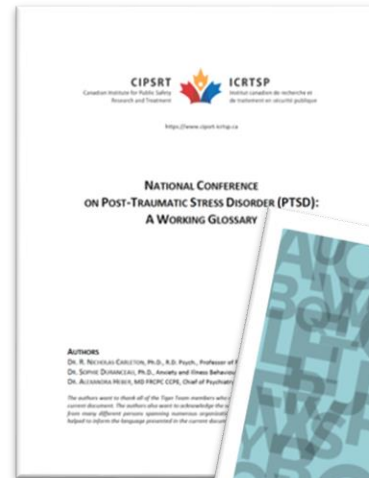
Espace mieux-être Canada : des soins de base en santé mentale à votre façon, quand vous le voulez

10 septembre 2020



www.cipsrt-icrtsp.ca

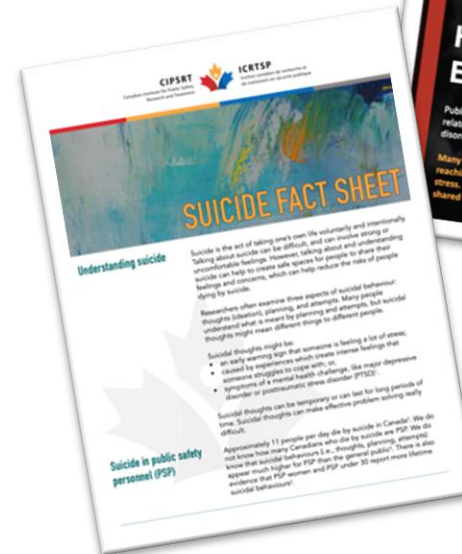
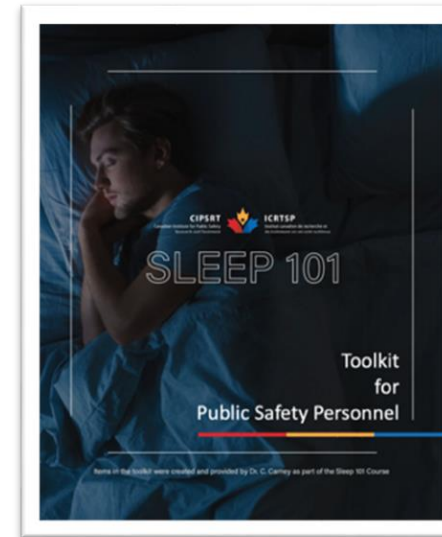
# Knowledge Translation





# Knowledge Translation

- Sleep 101 Toolkit
- Six Steps to Finding a Clinician
- How to Support a Co-worker Experiencing Mental Health Issues
- Suicide Fact Sheet
- Evaluating Wellness Products and Services Intended for Public Safety Personnel



# Knowledge Translation

## Examples Available Online

- **Suicide In Public Safety Personnel: What We Know, What We Think We Know, and What We Don't Know**
- **I Don't Think You Should Be Here: Understanding And Overcoming Gender Disparities In Policing**
- **Implementing Workplace Mental Health Interventions In Public Safety Organizations**
- **Managing The Marathon: Dealing With The Stress of A Prolonged Emergency**
- **Moral Injury In Public Safety Occupations**
- **Building Individual & Organizational Resiliency Pathways**
- **How Organizations Can Support PSP Dealing With The Opioid Crisis**



**Virtual Town Hall**  
**Public Safety Personnel**  
**Moral Injury & Coping during COVID-19**  
**March 9, 2023**  
11:00 am CST (12:00 pm EST)  
Presenters:  
**Dr. Kim Ritchie**  
Assistant Professor at Trent University  
**Mauda Karram**  
Clinical Research Assistant at McMaster University

CIPSRT Canadian Institute for Public Safety Research and Treatment | ICRTSP Institut canadien de recherche et de traitement en sécurité publique



**Suicide in Public Safety Personnel (PSP):**  
What we know,  
what we think we know,  
and what we don't know

Dr. Simon Hatcher

CIPSRT Canadian Institute for Public Safety Research and Treatment | ICRTSP Institut canadien de recherche et de traitement en sécurité publique

