



MENTAL HEALTH & POLICING IN CANADA

Current Priorities & Initiatives

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Canadian Association of Chiefs of Police (CACCP) Psychological Services Committee

Mandate

- Facilitate an exchange of ideas, procedures, and best practices associated with mental health assessment, treatment, research, training, and policy between police agencies across Canada;
- Assist the CACCP in advancing research and the general knowledge of mental health in policing through regular information briefs, presentations, and consultation with CACCP member organizations;
- Advance the discipline of police psychology by providing promoting ethical and effective practices within the CACCP and for the public at large;
- Advocate for policy, legislative, and procedural improvements to support the mental health of police members and the continued growth and development of wellness practices within police services and across Canada; and
- Establish liaisons and key partnerships with other organizations as may be beneficial in achieving the objectives of the CACCP.

Mental Health & Policing Priorities

01

*Reducing
Stigma*

02

*Increasing
Awareness &
Access*

03

*Targeted
Services*

Reducing Stigma

Working to reduce the internal and external barriers to police members reaching out for help

- a. Safeguard program
- b. Support from management
- c. Mindfulness training for recruits
- d. Strengths-based rather than deficits-based approach

Increasing Awareness & Access

Ensuring that every police member, regardless of location, has the knowledge and ability to know when and how to engage with mental health supports

- a. Road to Mental Readiness (R2MR) & Before Operational Stress (BOS) Programs
- b. PSPNET

Targeted Services

Providing resources and services that are specifically designed for police members and families

- a. Sleep 101 course and other specialized services - acknowledging the realities of policing
- b. Holistic approach - recognizing that health is the combination of several factors (biological, psychological, social, spiritual)
- c. Police psychology journal club for internal and external mental health clinicians