

Thriving in Public Safety: Research to Action

# Peer support guidelines for Veterans, military, public safety personnel and their Families

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## Presenter disclosure

**Presenters:** Leo Goudal & Laryssa Lamrock

**Relationships with commercial interests:** Not applicable

**Relationships with financial sponsors:**

may help address service gaps,

- Any direct financial relationships including receipt of honoraria: Employee of the Atlas Institute for Veterans and Families
- Memberships on advisory boards or speakers' bureau: Not applicable
- Patents for drugs or devices: Not applicable
- Other financial relationships/investments: Not applicable

## Disclosure of commercial support

No commercial support to declare.

## Disclosure of financial support

This project received funding by the Public Health Agency of Canada

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## Mitigating potential bias

- I am not making personal or clinical recommendations for any products, services or therapies.
- My presentation is balanced and reflects the current literature.

## Learning objectives



Describe why peer support is important for Veterans, military, public safety personnel (PSP), and their Families



Explain the importance of the guidelines how to use them effectively



Understand the process of guideline development



Describe the different topics covered in the guidelines



Know where to locate and access the guidelines

## Contributions



Atlas Institute for  
Veterans and Families  
(Atlas)



Canadian Institute for  
Public Safety Research  
and Treatment  
(CIPSRT)



Peer Support  
Community Network



Other contributors:  
Nicole Sherren, PhD  
R. Nicholas Carleton, PhD

## Why peer support?

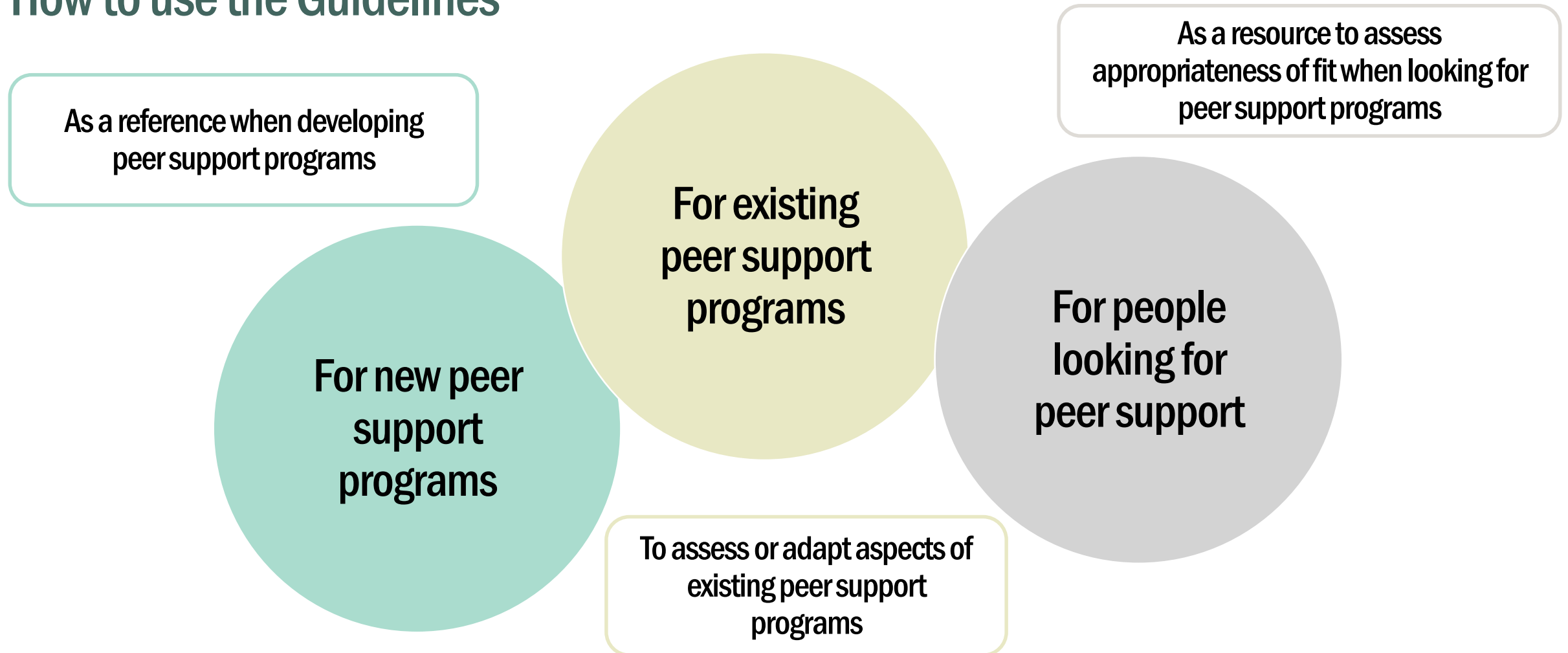
Peer support is an important resource for Veterans, military, public safety personnel, and their Families. Feeling understood by someone that has “walked in your shoes” builds trust and allows people to share their experiences without fear of judgement.

## Why the Guidelines?



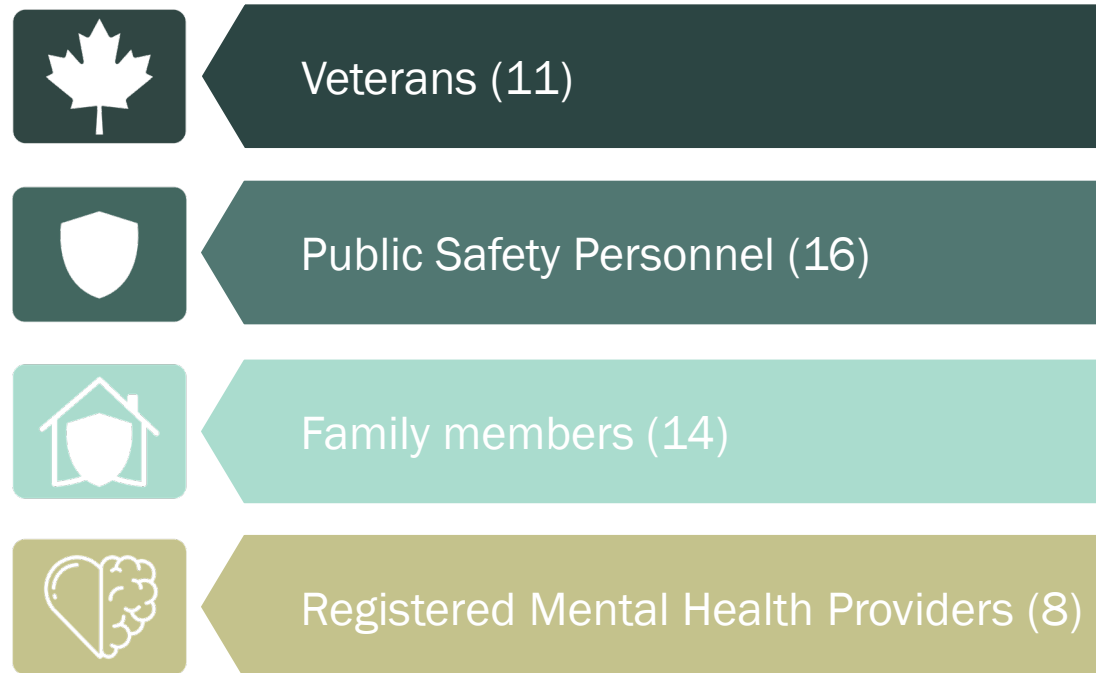


## How to use the Guidelines

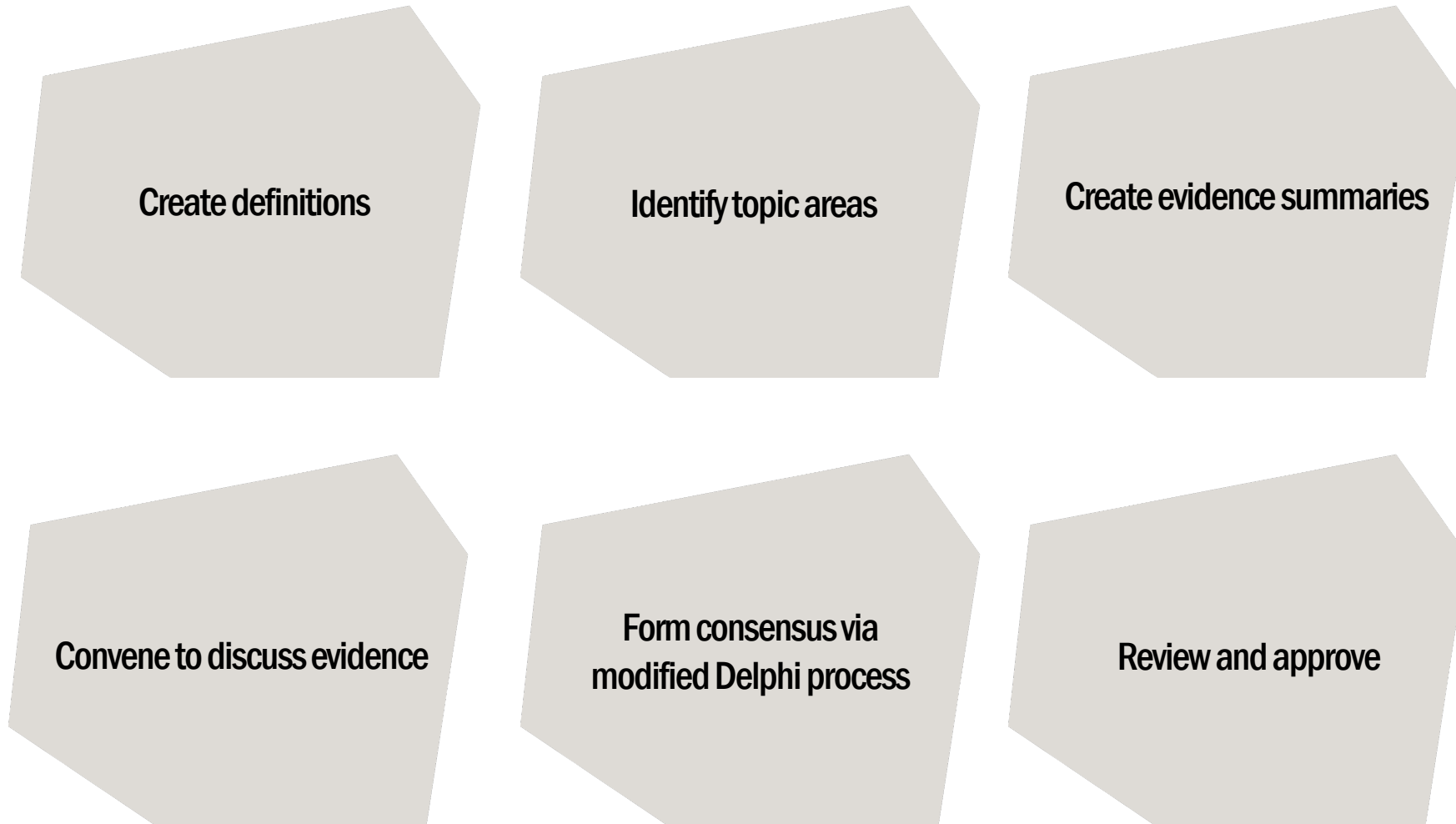


## The national Peer Support Community Network (PSCN)

A national network of stakeholders from the Veteran, public safety personnel, peer support, research, Family and service provider communities



## The co-creation process

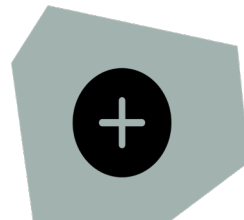
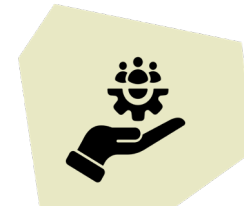


## Limitations



Forming consensus

Lack of literature



Retention of PSCN membership

## Design of the Guidelines

To improve **readability**:

- Avoiding extraneous language
- Bottom-line up front

To improve **navigation**:

- Inclusion of iconography

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Icons used to highlight key content



INFORMATION



RECOMMENDATIONS



POINTS TO CONSIDER



## Guideline definitions

### Formal peer support

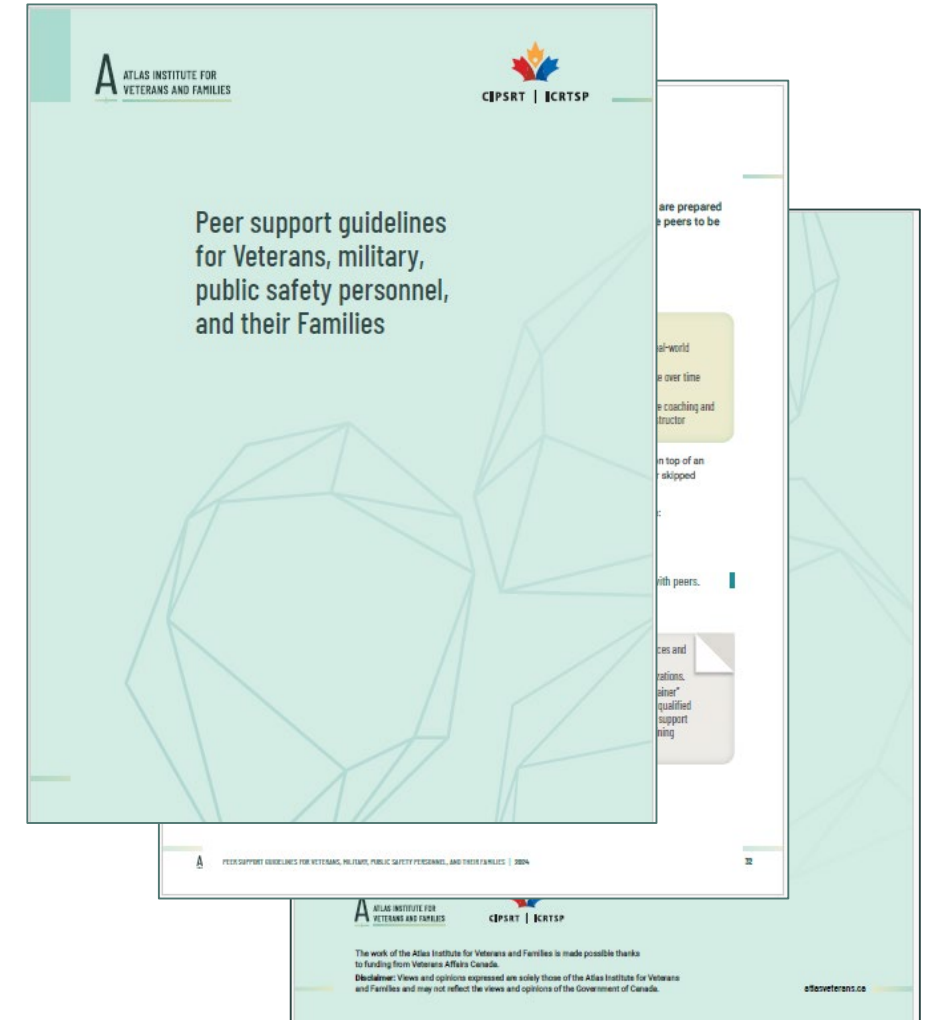
A benevolent relationship offered by trained peers using a structured framework (e.g. involving specific guidelines, and including structure and policy adherence).

### Informal peer support

A benevolent relationship offered usually, although not always, by untrained peers in an unstructured manner (e.g. not following a specific set of guidelines).

## What can you expect in the Guidelines

- The spectrum of peer support
- Family-based peer support
- Core values and principles of practice
- Ethical practices in peer support
- Selection and deselection of peer supporters
- Training of peer supporters
- Supervision for peer supporters
- How to maintain a peer support team
- Evaluation of peer support programs



## Key takeaways

- **Peer support is an important resource** for Veterans, military, public safety personnel, and their Families
- **These guidelines capture what is currently known** from the evidence and experts
- There are a number of things to consider before developing a peer support program for these groups
- The guidelines can be used as a reference when developing a new program, to assess or adapt aspects of existing programs, and as a resource to assess appropriateness of fit
- **These guidelines are a starting point**, rather than a definitive or comprehensive set of rules to follow



## Call to action

- Share the guidelines within networks
- Peer support program directory
- To read the full guidelines, visit:
  - [atlasveterans.ca/peer-support-guidelines](https://atlasveterans.ca/peer-support-guidelines)
  - [cipsrt-icrtsp.ca/en/knowledge-for-you/peer-support-guidelines-veterans](https://cipsrt-icrtsp.ca/en/knowledge-for-you/peer-support-guidelines-veterans)
- **Visit our booth to obtain a copy!**



## References

Atlas Institute for Veterans and Families and Canadian Institute for Public Safety Research and Treatment. Peer support guidelines for Veterans, military, public safety personnel and their Families. Ottawa, ON: 2025. Available from: [atlasveterans.ca/peer-support-guidelines](https://atlasveterans.ca/peer-support-guidelines)



# Thank you!

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