



Building Resilience with the Breath

Implementing the SKY Resilience
Program within the RCMP and
Vancouver Police Department





SUMMARY

- ABOUT IAHV
- SKY RESILIENCE
- SKY RESEARCH
- REFLECTIONS
- CONCLUSION | Q&A

The International Association for Human Values



IAHV is a registered Canadian charity, an educational and humanitarian nonprofit with a special consultative status with the Economic and Social Council (ECOSOC) of the United Nations, and has a presence in 152 countries.

IAHV offers programs and service projects to:

- reduce stress and develop leaders so that human values can flourish in people and communities
- enhance clarity of mind, shift attitudes and behaviors
- develop leaders and communities that are resilient, responsible, and inspired
- raise funds for humanitarian and disaster relief initiatives throughout the world

IAHV Global Impact

+150 countries

+450 million participants

+ 57 programs and trainings

Social Programs, Conflict Resolution and Peacebuilding



CORE PILLARS

**STRESS-
RELIEVING
TECHNIQUES**



**PROFESSIONAL
EXCELLENCE**



HUMAN VALUES



SKY RESILIENCE PROGRAM

A Customized Science-backed Training for Optimum Performance and Enhanced Well-being

- Four consecutive day multi-disciplinary mind-body resilience program, 3 hours a day
- Employs breathwork, yoga, guided meditation, journaling and small group processes building connection and peer support

SKY RESILIENCE PROGRAM

A Customized Science-backed Training for Optimum Performance and Enhanced Well-being

- Core technique: **SKY Breath Meditation** - *sets of specific rhythmic breathing patterns that aid to delink strong emotions and triggers associated with traumatic events from the mind and body.*
- Can be scaled for large groups
- Enables self-mastery and can be self-administered
- Low maintenance with no special equipment



RESEARCH SUMMARY

EVALUATION APPROACH

1. Data collection at immediate pre- and immediate post- time points
 - One month post for some scales as appropriate
2. Voluntary
 - Good response rate through integration within program
3. Administered either on paper or electronically
4. Choice of scales
 - Through consultation with police services to be responsive to needs and with consideration of existing evidence

RESULTS - VANCOUVER POLICE DEPARTMENT PANAS

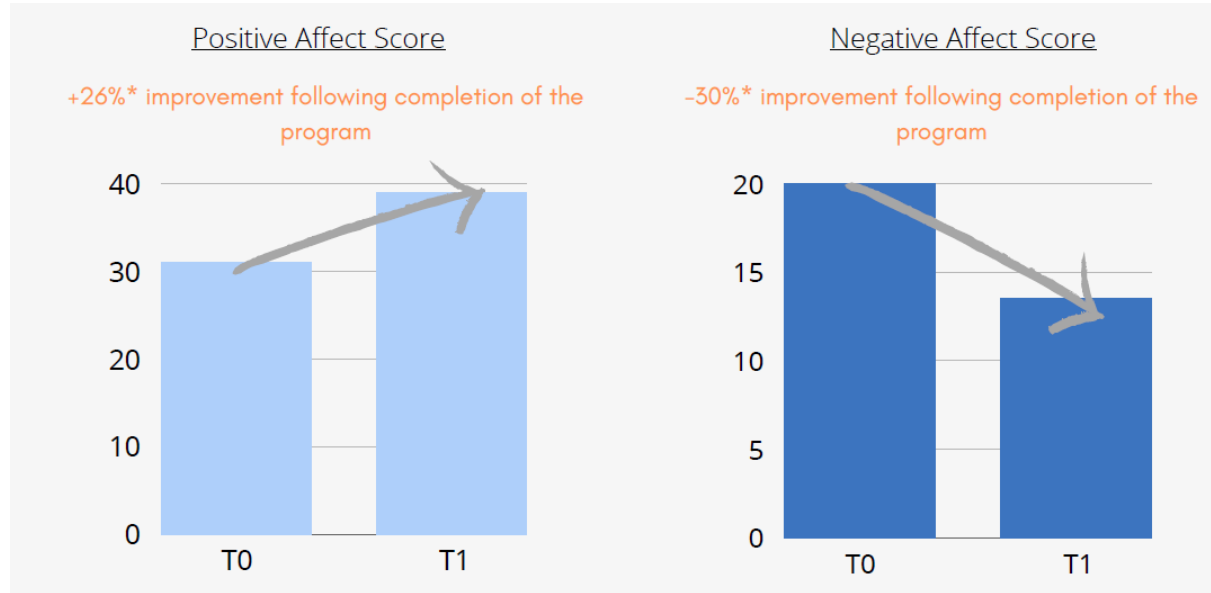
Statistically **significant improvements** after the 4-day SKY Resilience Program

PANAS SCALE

A scale that describes feelings & emotions

Positive affect: propensity to experience positive emotions; interact positively with others and the environment, even through challenges of life

Negative affect: experiencing the world in a more negative way; feeling negative emotions; interacting with others more negatively



RESULTS -VPD UTRECHT Work Engagement Scale

Large, statistically significant improvements after the 4-day SKY Resilience Program

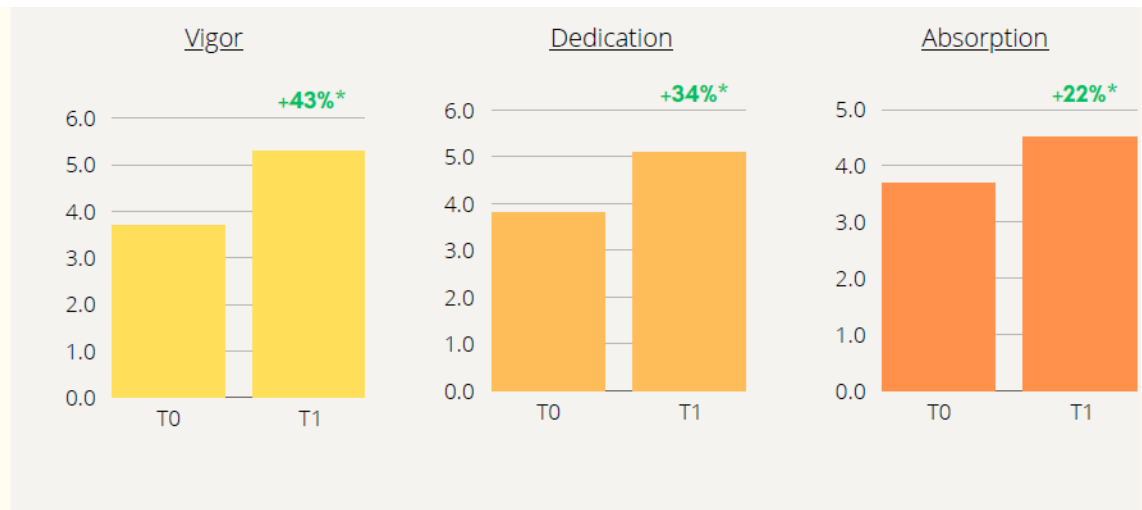
UTRECHT SCALE (UWES-9)

A scale that measures how engaged people are with their work (inverse of burnout)

Vigor: refers to high level of energy and mental resilience while working, the willingness to invest effort in one's work

Dedication: refers to being involved in one's work, finding meaning in one's work, experiencing sense of enthusiasm, inspiration and pride

Absorption: refers to being fully concentrated and engrossed in one's work, whereby time passes quickly, and one has difficulties detaching oneself from work



*Statistically significant changes ($p < 0.05$) for PANAS-SF and UWES, data from 57 participants at T1 (immediate end of program) compared to T0 (baseline) ($p < 0.001$ for all changes). Mean baseline scores for the intervention population approximate those of the general population.

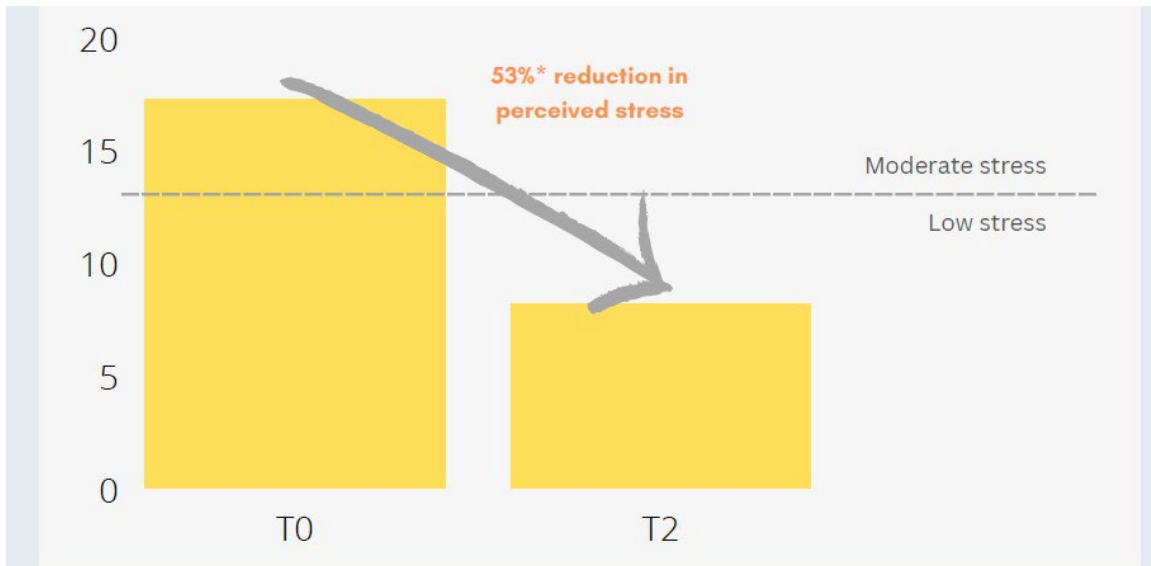
RESULTS -VPD PSS

PSS SCALE

A scale for measuring the perception of stress

Measures the degree to which situations in one's life are appraised as stressful.

53% reduction in perceived stress at 8-weeks post program delivery



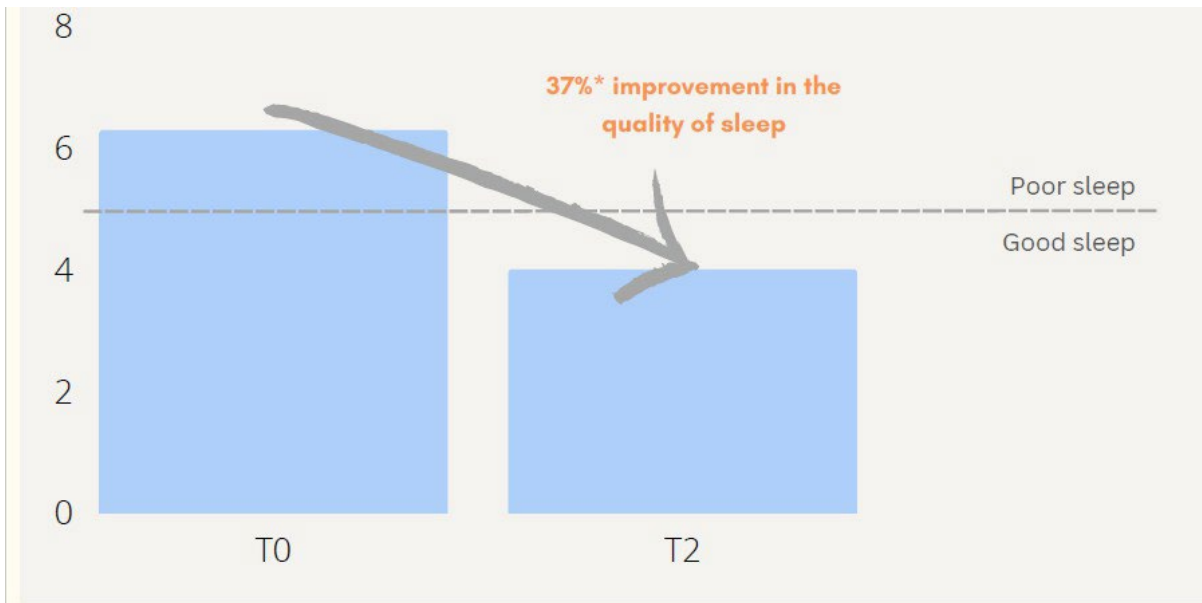
*Statistically significant changes ($p < 0.01$) from moderate stress to low stress; data from 17 participants at baseline and 14 participants at 6-8 weeks. Mean baseline scores for the study population approximate those of participants aged 0-54 in the original validation study. Mean T2 scores are lower than mean scores for all age demographics of participants taken from the original validation study.

RESULTS -VPD PSQI

37% improvement in the quality of sleep at 8-weeks post program delivery

PSQI SCALE

A scale for measuring overall sleep quality



*Statistically significant changes ($p < 0.01$) from poor sleep to good sleep; data from 17 participants at baseline, 14 participants at T2. Change from baseline to 6-weeks post-SKY (T2) is greater than 1 SD from the mean for PSQI scores of a healthy population.

VPD Testimonials

VPD
PARTICIPANT

"Finally gained knowledge how to help myself to have a tool to a better mind and health. Never experienced a program that brought me peace and harmony like this."

VPD
PARTICIPANT

"In such a stress-filled occupation, we often neglect our mental health despite it probably being the most important. This course has helped me with my sleep after having issues for a few years."

VPD Testimonials

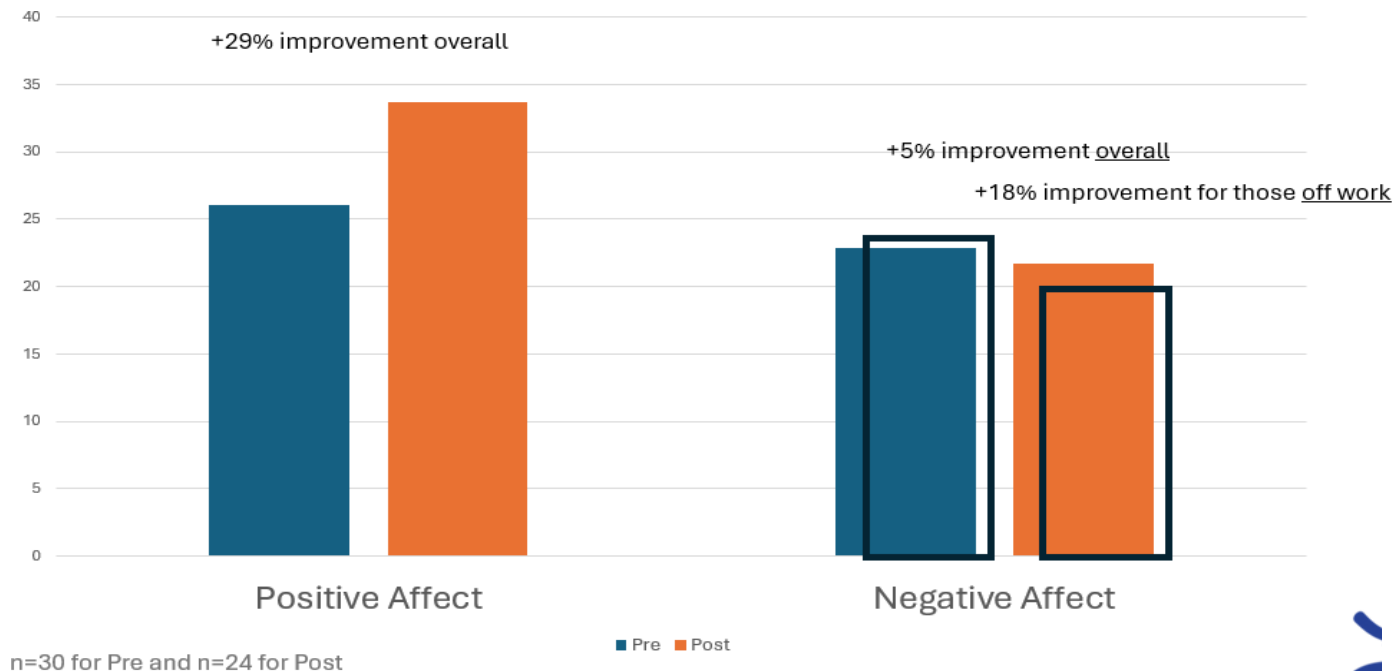
VPD
PARTICIPANT

"I was shocked by how much I got out of this course and how beneficial this course is for policing and life experiences. The more tools VPD employees have to combat stress and anxiety, the better. With a focus on mental health/mental well-being, this is an amazing program."

VPD
PARTICIPANT

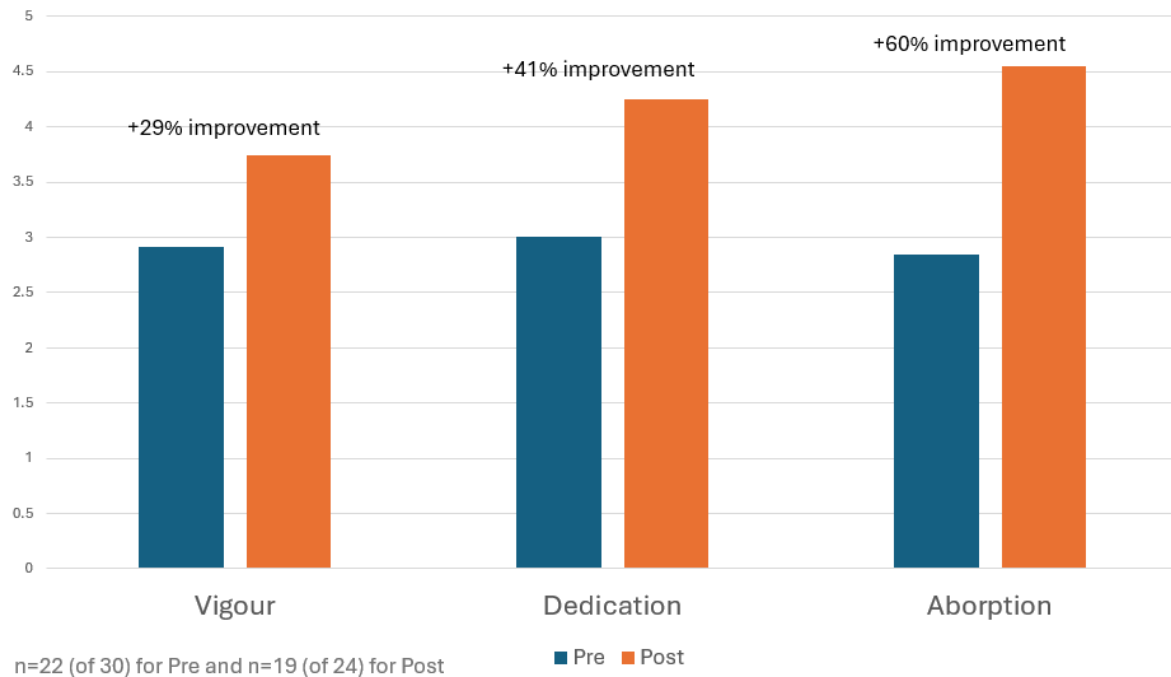
"I believe this is an essential program that needs to be taught at the start of a person's career and offered throughout and within police departments."

RESULTS - RCMP PANAS



RESULTS - RCMP UWES

Large work engagement improvements across all domains



RCMP Participants Testimonials

RCMP
PARTICIPANT

"I think the skills we learned during this program can help many police officers / first responders at dealing with the stress that the job brings and with better stress management comes better balance and quality of life."

RCMP
PARTICIPANT

"I found my ability to remain calm and not become overwhelmed with the little things much better even just in the first couple of sessions."

RCMP
PARTICIPANT

"The knowledge of being able to breathe and have the tools within ourselves made me feel like I have more control in my healing and stress."

RCMP Participants Testimonials

RCMP
PARTICIPANT

"I found this program extremely beneficial for my mental health and wellbeing."

RCMP
PARTICIPANT

"Great tools to survive a career in policing. Excellent program. I enjoyed all 4 mornings. I will recommend it."

RCMP
PARTICIPANT

"A simplistic approach to calming the mind and soul. Not only beneficial for work, but for your life outside of it."

PRELIMINARY RESULTS - BRAZIL MILITARY POLICE

PERCEPTION OF IMPACT IN DAILY LIFE due to the Program



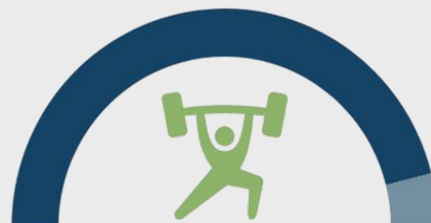
81.8%

Reported improvements in their **mental clarity**



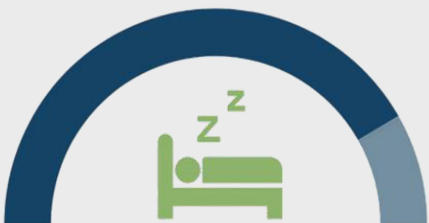
72.7%

Reported improvements in **decision making**



91.7%

Reported improvements in **physical disposition**



83.3%

Reported improvements in **sleep quality**



81.8%

Reported improvements in **their emotions**



75%

Reported improvements in **their relationships**

Source: AOL Brazil (unpublished)

ORGANIZATIONAL IMPACTS

- Improvement in **relationships** between peers
- Stronger **community** relations
- Increase **commitment** with the organization
- Productivity **improvement** (red-handed arrests, drug seizure, firearms seizure)



60%



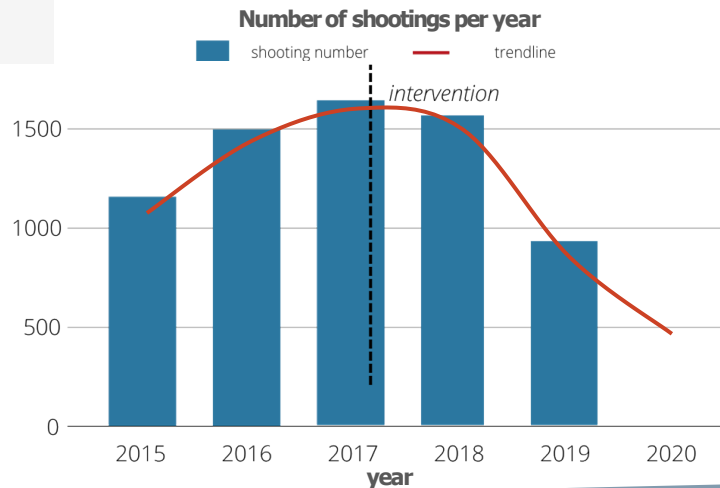
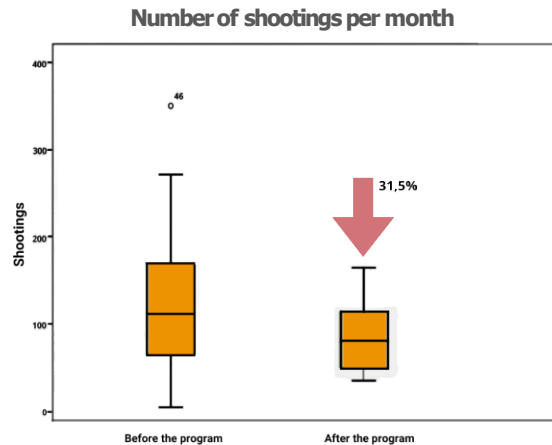
reduction in **use of force**



70%



decrease in **community complaints**



Source: AOL Brazil (unpublished)

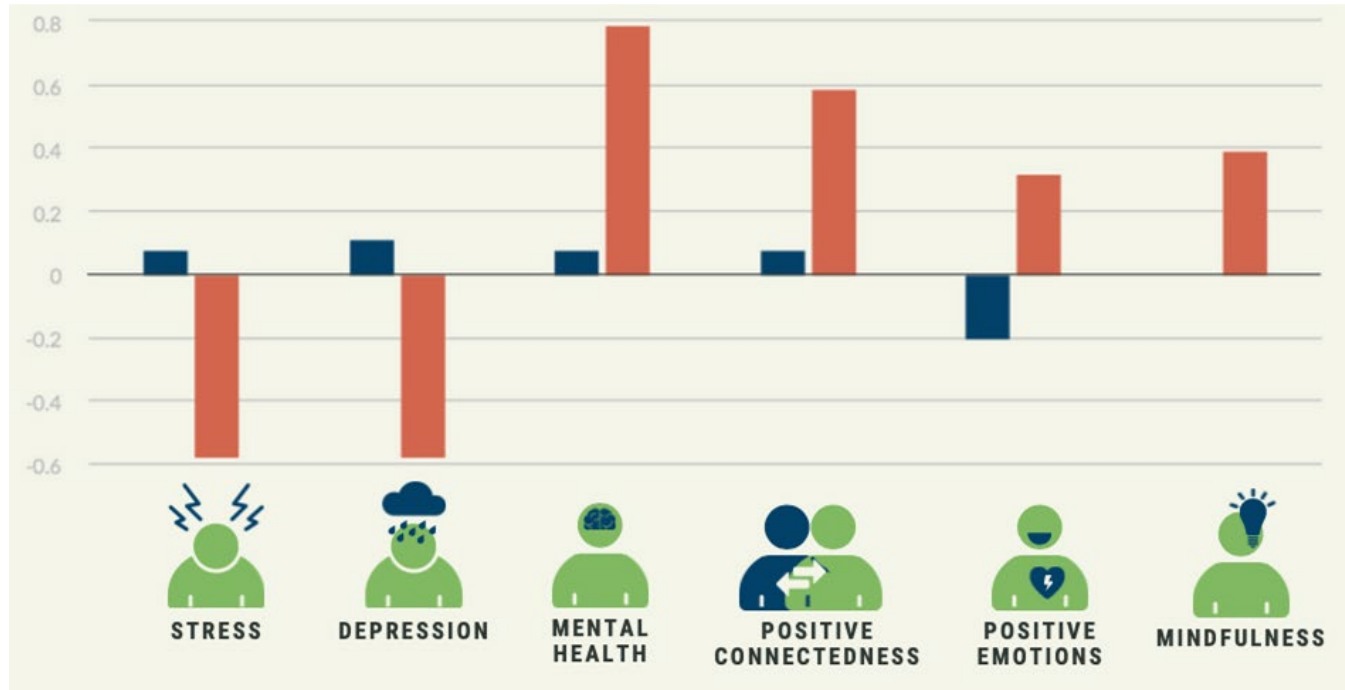
MENTAL HEALTH STUDY AT YALE UNIVERSITY



GOLD STANDARD
RESEARCH

- Control
- SKY Breath Meditation

More than any other groups,
SKY Breath Meditation
showed significant benefits.



Source: SEPPÄLÄ et al., 2020

WELL-BEING STUDY AT HARVARD UNIVERSITY



GOLD STANDARD
RESEARCH

- SKY (POST)
- WOW (POST)
- SKY (3-MONTH FOLLOW-UP)
- WOW (3-MONTH FOLLOW-UP)



SKY Breath Meditation
showed greater
improvements than the
other technique.

Source: GOLDSTEIN et al., 2020

REFLECTIONS: Opportunities | Challenges

- Sponsor | Champion
- Efforts to address mental well-being
- Evaluative measures and data collection
- Ability to provide sufficient training time allowance
- Sufficient budget and procurement limitations

CONCLUSION

- » Preventative approach
- » Self-governing
- » Ability to scale
- » Evidence-based efficacy
- » Fidelity / replicate results
- » Immediate results

MORE ABOUT SKY RESILIENCE



skyresilience.org



[@sky.resilience](https://www.facebook.com/skyresilience)

CONTACT



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VANCOUVER POLICE DEPARTMENT



THANK YOU!

sky

RESILIENCE
PROGRAM