

Thriving in Public Safety with CIPSRT & PSPNET

CIPSRT
Canadian Institute for Public Safety
Research and Treatment



ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique

Thank you!



Public Safety
Canada

Sécurité publique
Canada



Public Health
Agency of Canada

Agence de la santé
publique du Canada



CIHR
IRSC

Canadian Institutes of
Health Research

Instituts de recherche
en santé du Canada

CIPSRT: An Overview



Knowledge Mobilization

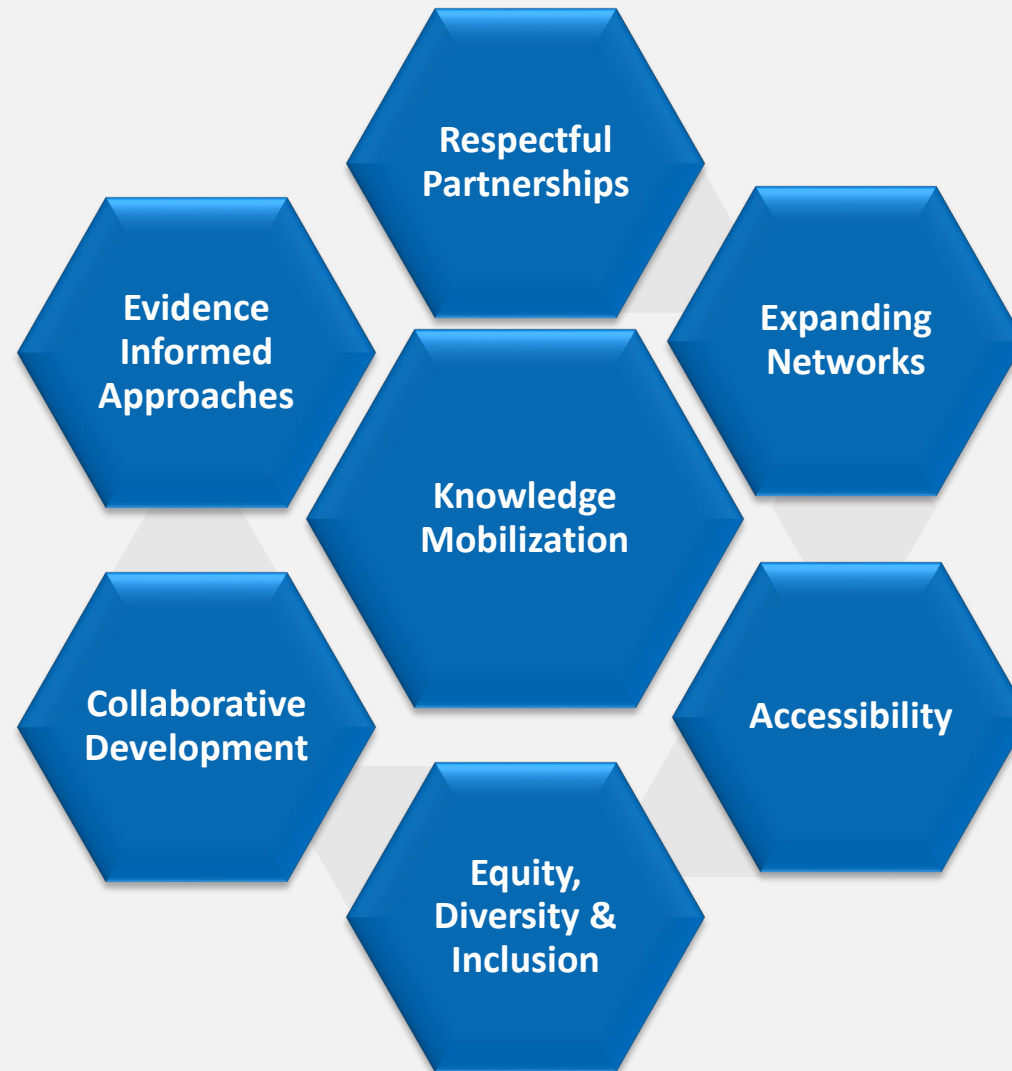
Moving knowledge into action...



“...our goal is to improve the lifetime well-being of PSP, their leadership, and their families... by creating and sharing information, resources, tools, policies, and products, and implementing supports based on evidence-informed best practices”

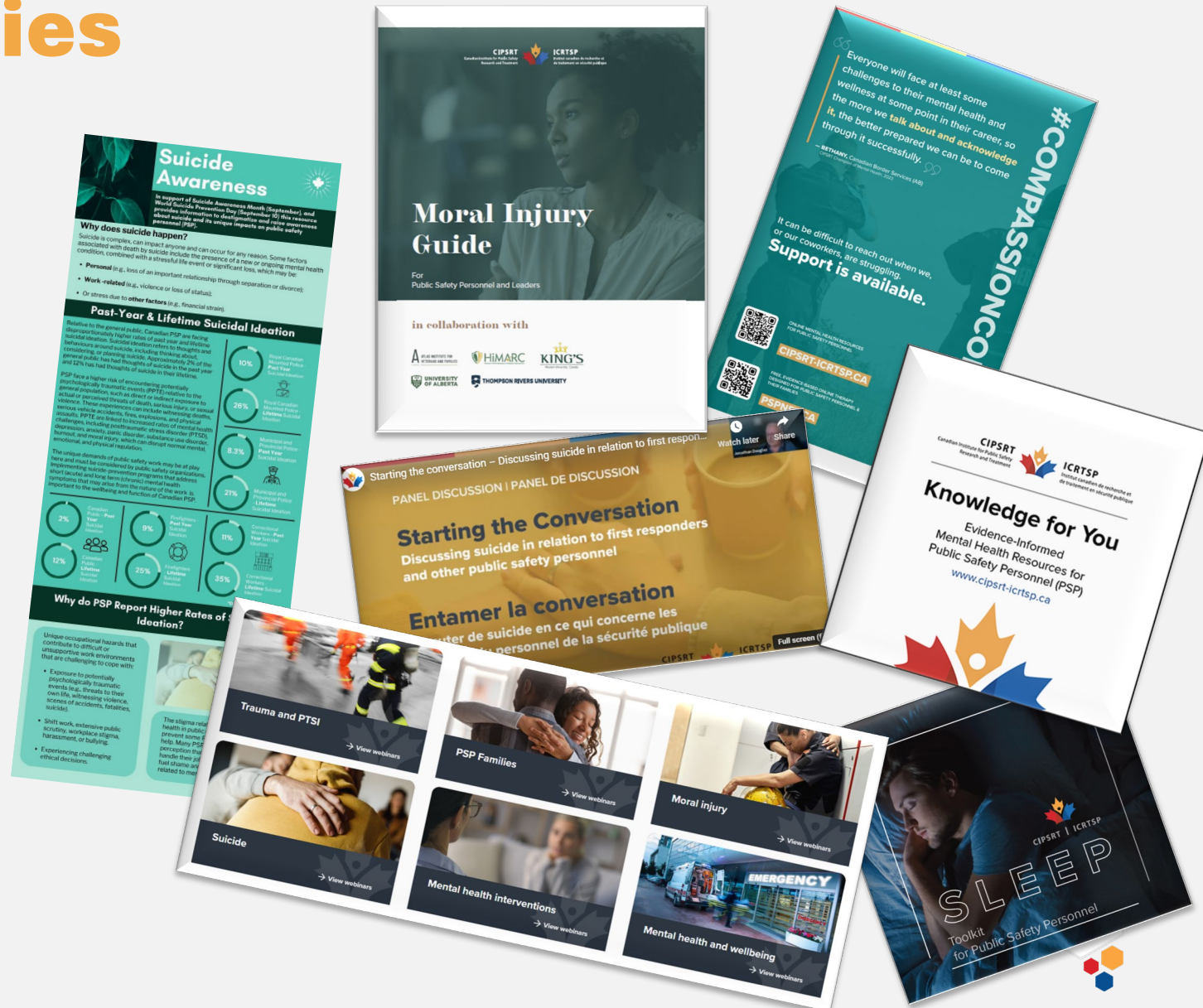
Knowledge Mobilization Strategy

Our Guiding Principles



Resources & Activities

- Webinars and Panel Discussions
- Fact Sheets
- Research Summaries
- Awareness Campaigns
- Resource Cards
- Infographics
- Video Production
- Collaborations
- Communities of Practice



Moving Forward...

**Meet PSP
Needs**

**Build Strong
Partnerships
&
Communities
of Practice**

**Increase
Impact of
KMb for PSP**

PSPNET

Moving research into action...

Conflicts of Interest

- Professor of Psychology, University of Regina
- ED, Online Therapy Unit of Saskatchewan – funded by Gvt. SK
- PI, PSPNET – funded Gvt. Canada, NB, NS, PEI, QC, & Medavie Health Fnd.
- Co-PI, PSPNET Families – past funding from PHAC

Funded by the
Government
of Canada

Canada

Québec



New Brunswick
Nouveau
CANADA

Prince
Edward
Island
CANADA

NOVA SCOTIA
NOUVELLE-ÉCOSSE



MEDAVIE



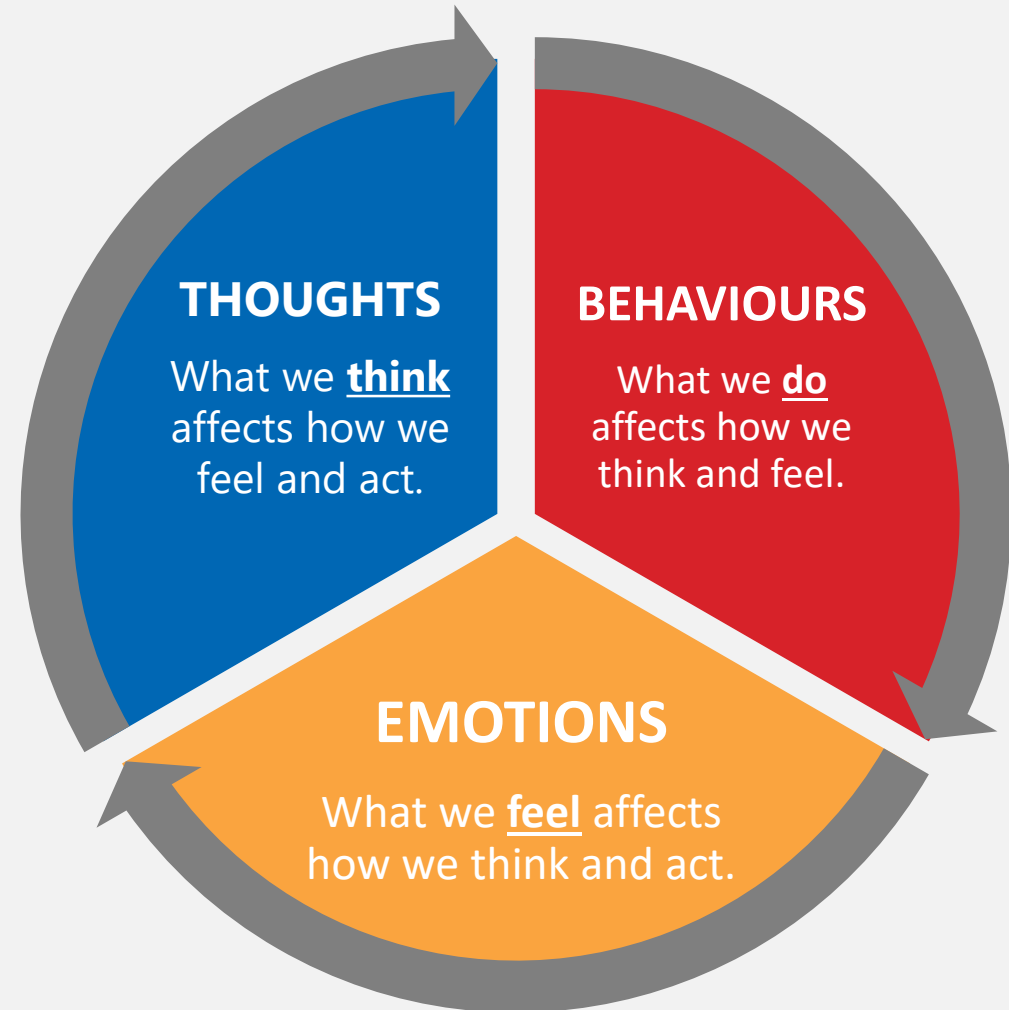


University
of Regina



Moving research into action

COGNITIVE BEHAVIOURAL THERAPY

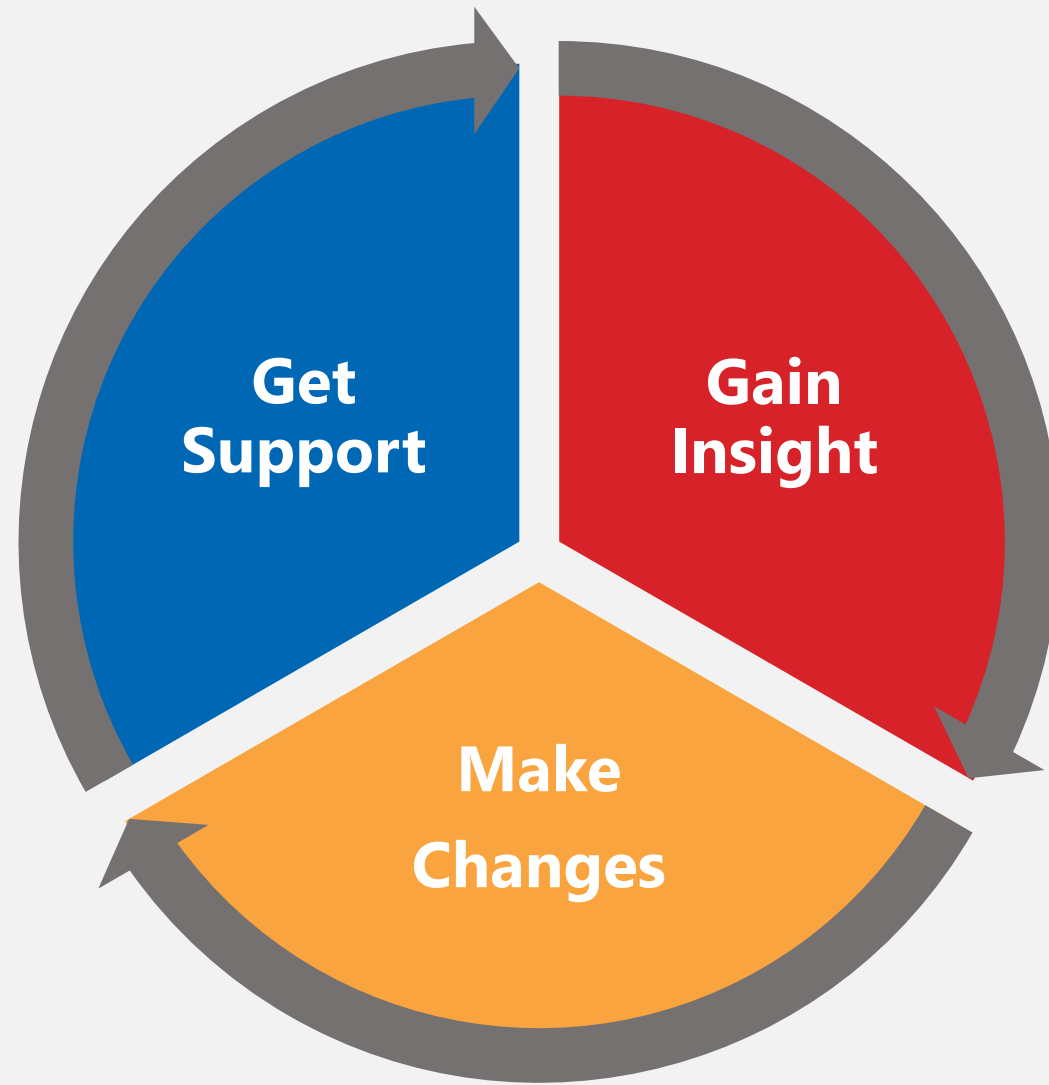


Most PSP we survey report challenges
accessing mental healthcare.

Preference to self-manage

Therapy is inconvenient or inaccessible

Concerned about privacy



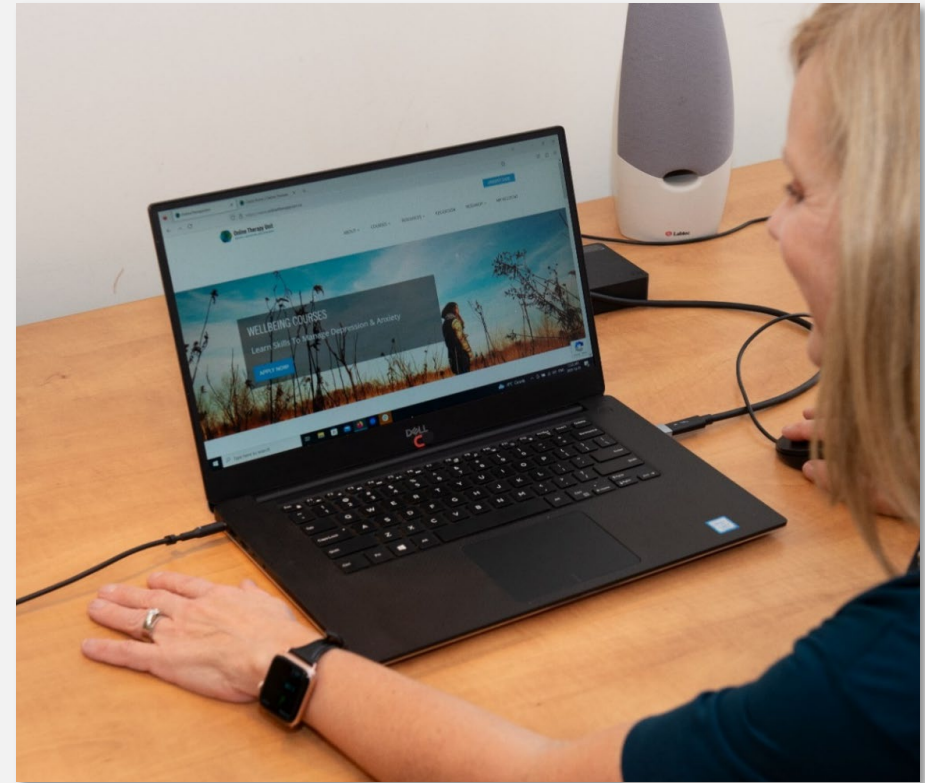
INTERNET-DELIVERED CBT

Weekly online lessons

Approx. 8 weeks

Optional therapist support

Secure messages & phone calls





What is it like to be me today?

Physical

- What is my level of arousal?
- Could I benefit by adjusting my arousal up or down?

Thoughts

- What is on my mind?
- Could I make my thoughts less critical, more hopeful?

Behaviours

- What am I doing that could be unhelpful?
- Is there something I could do more or less of?

PSP**NET**



www.pspnet.ca

ON, NB,
NS, PEI,
QC, & SK

Across
Canada

English
French

**Wellbeing
Course**

**Therapist
Guided**

**Self
Guided**

English
French

**PTSD
Course**

**Therapist
Guided**

English
Only

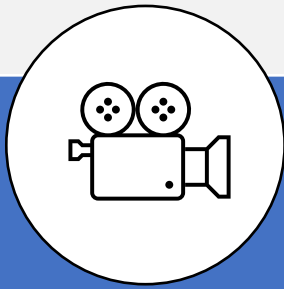
**Sleep
Course**

**Therapist
Guided**

LESSON CONTENT



Readings



Videos



Case Stories



DIY Guides



**Additional
Resources**

1 Alcohol

2 Anger

3 Assertiveness

4 Colleague Support

5 Communication Skills

6 Culture & Mental Health

7 Grief

8 Health Anxiety

9 Information for Families

10 Managing Beliefs

11 Mental Skills

12 Moral Injury

13 Motivation

14 Pain

15 Panic

16 Problem Solving & Worry

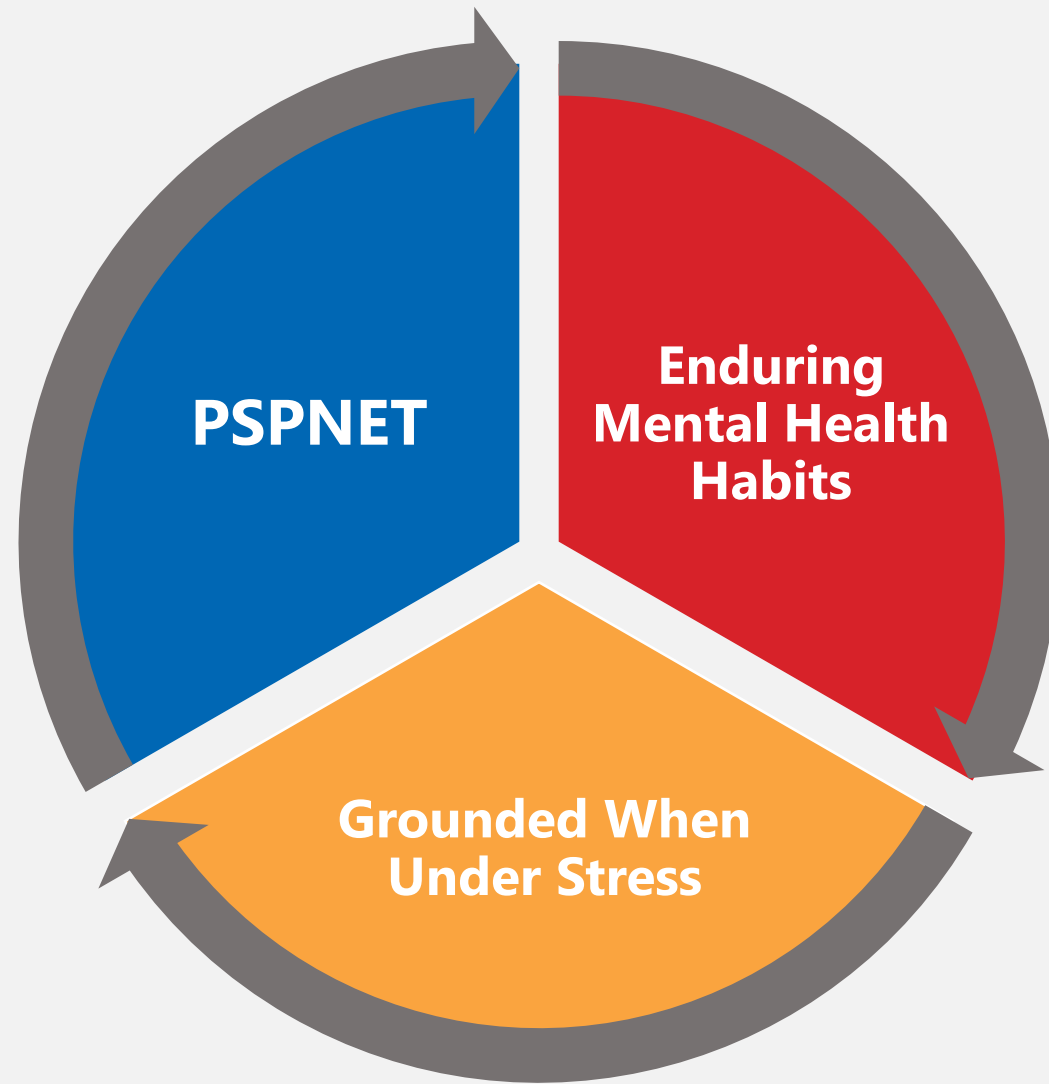
17 PTSD

18 Relationships

19 Self-Care

20 Sleep

21 Workplace Accommodations



What is unique about PSPNET?

Free to Career, Volunteer
and Retired PSP

No Referral Needed

Confidential

Flexible & Convenient

Tailored to PSP

Certificate of Completion

Supported by Research

2024-2025 Initiatives

Sleep

Leaders

Indigenous PSP

**Subthreshold and
Proactive Users**

Non-Enrollment

**Flexible versus
Structured
Timelines
Self-Directed ICBT**

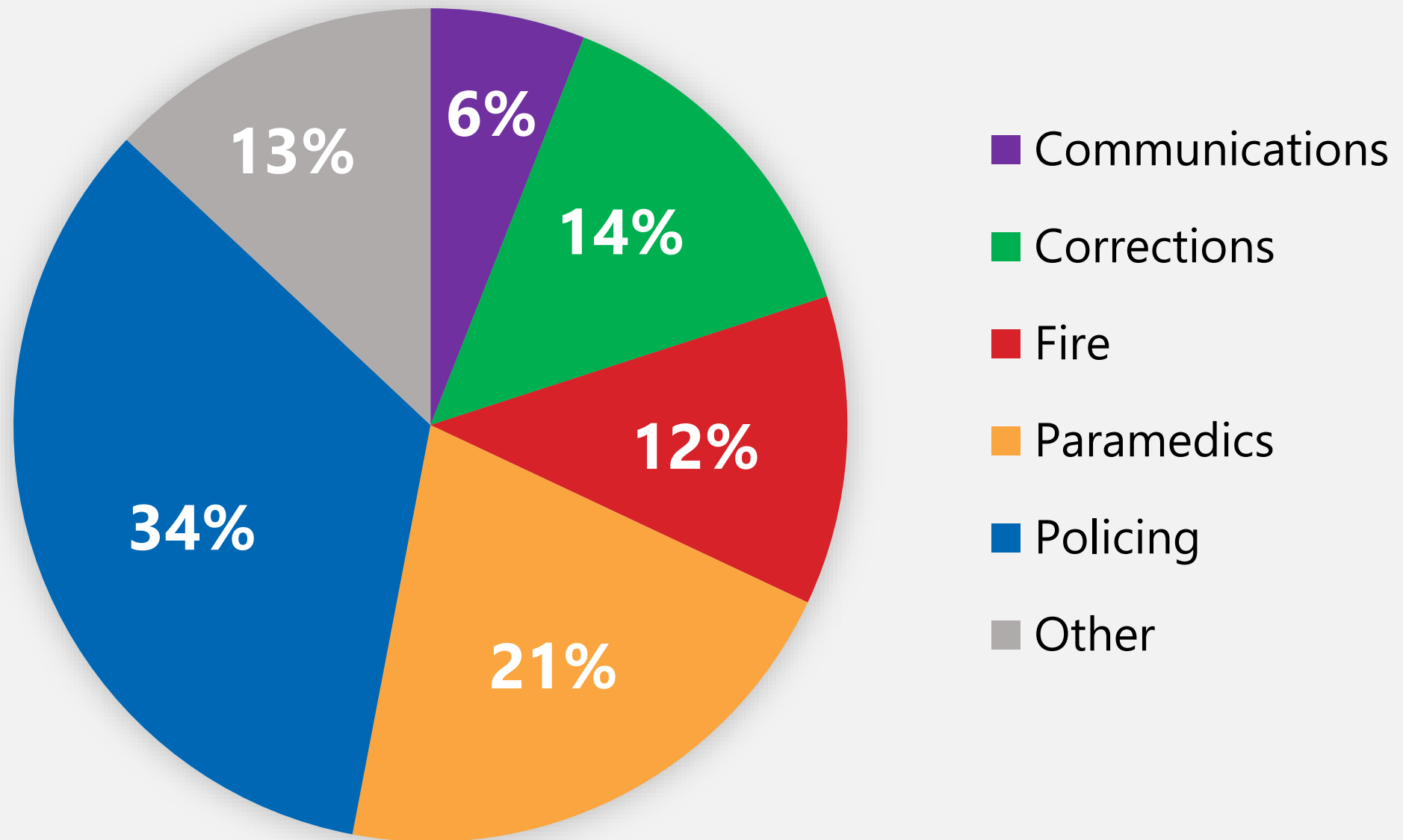
**We want to hear
from you**

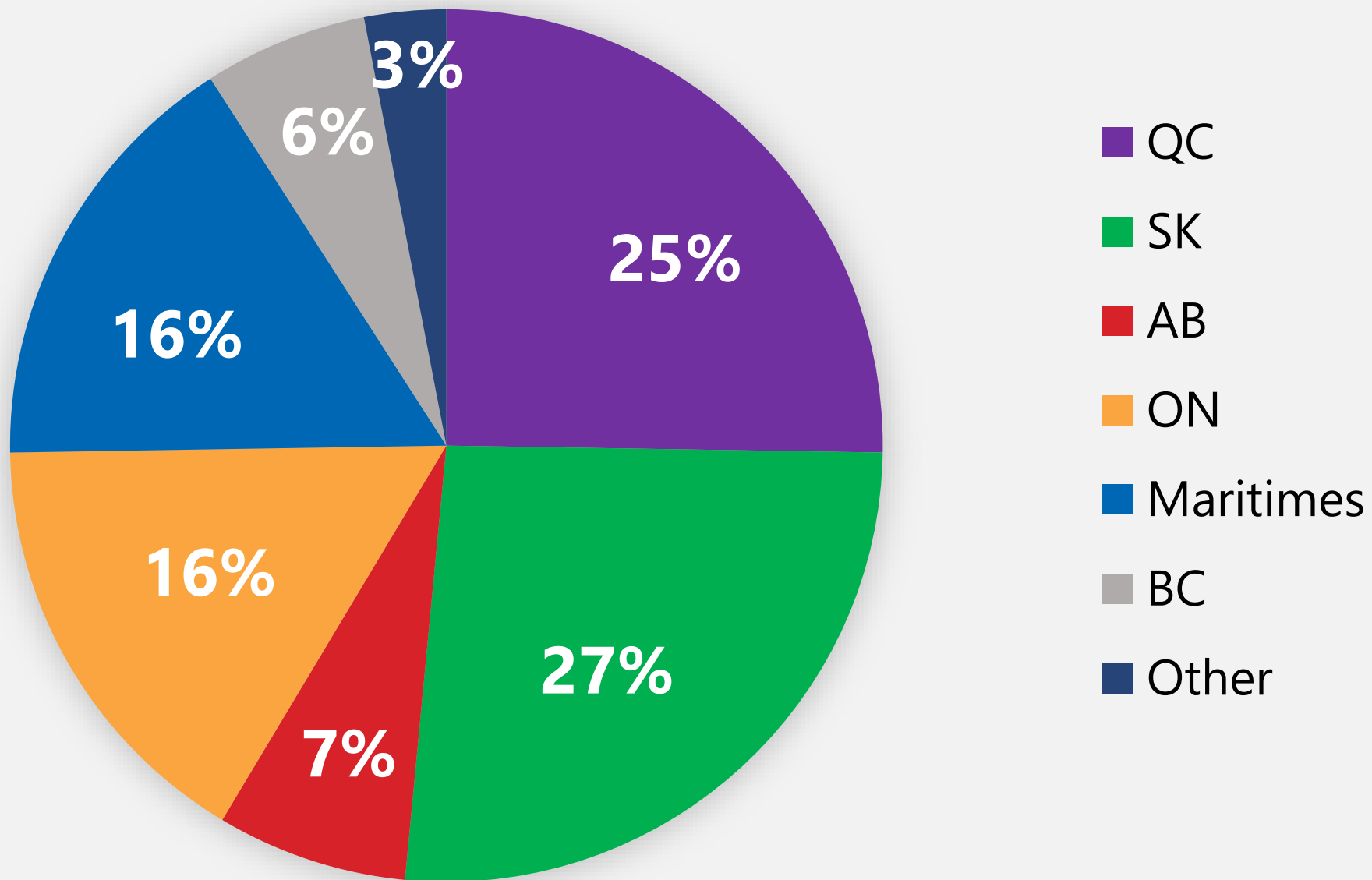
What have we found?

2,300+ clients signed up for
PSPNET services

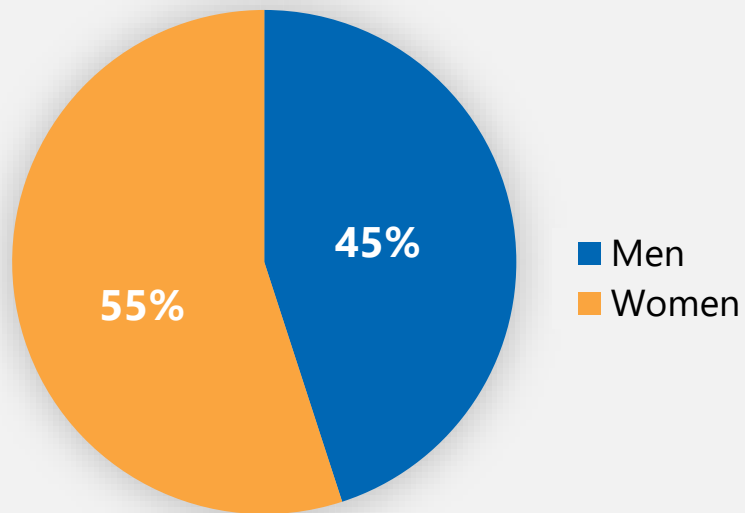
2,200+ enrolled

235+ spouses

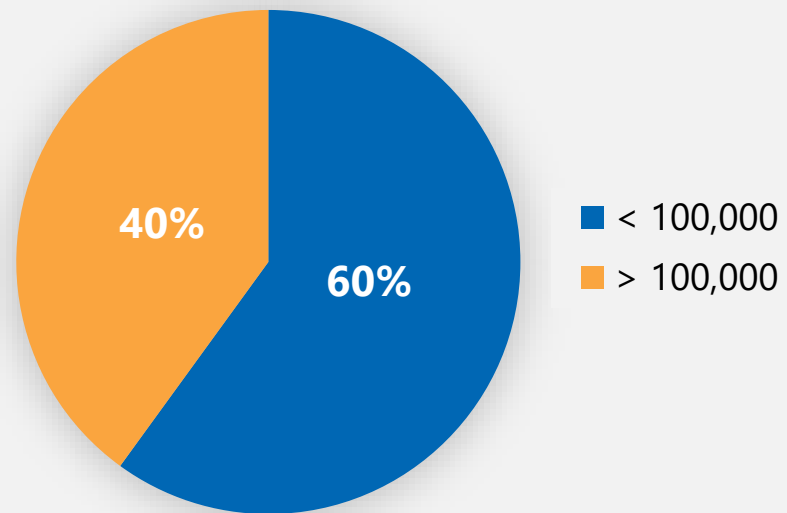




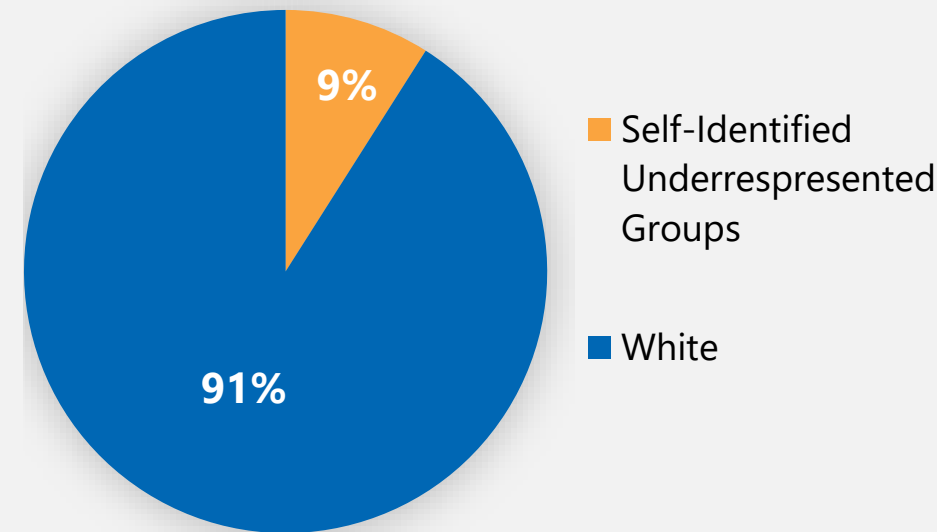
GENDER



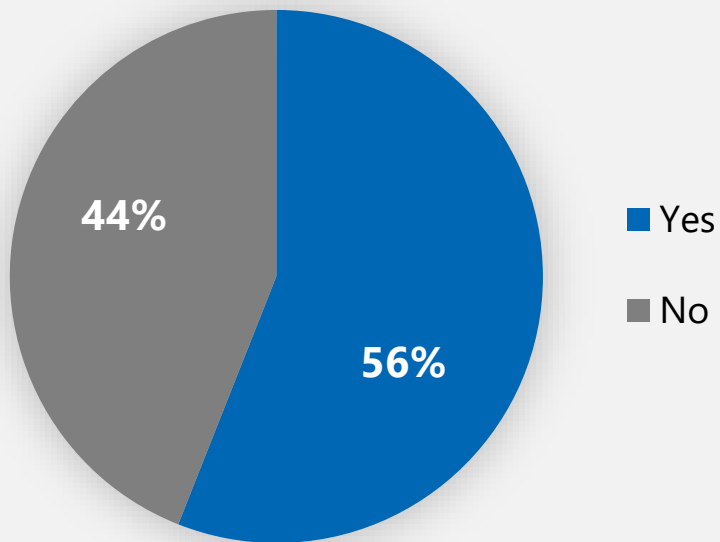
COMMUNITY SIZE



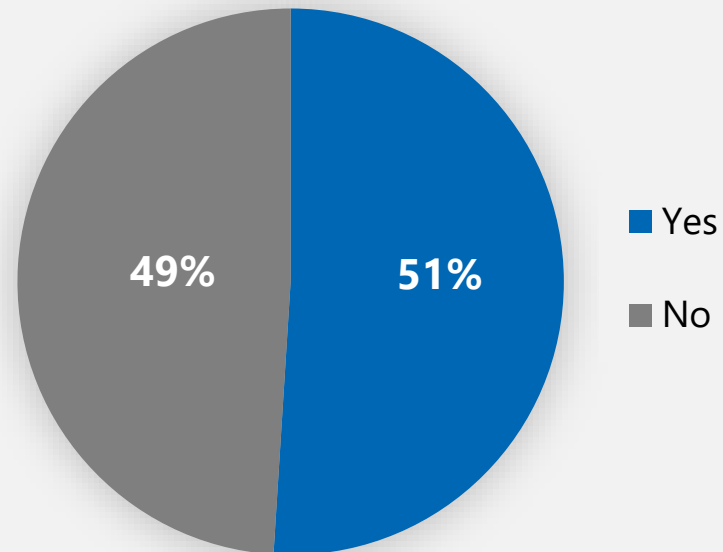
ETHNICITY



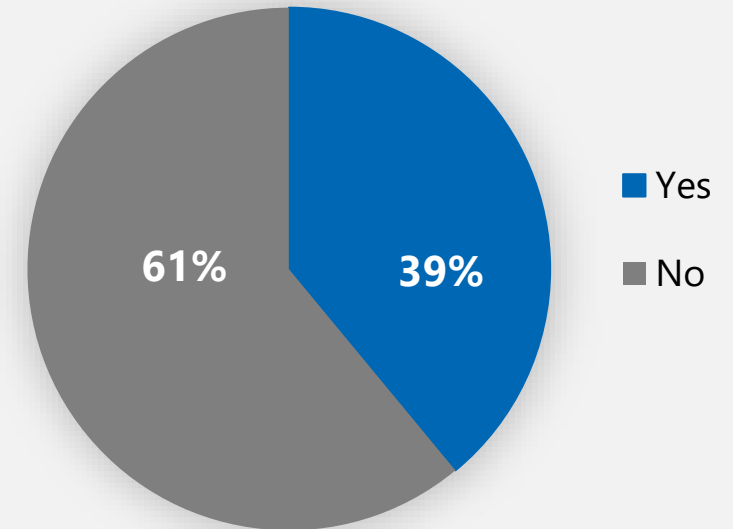
Depression



Anxiety



Posttraumatic Stress



25% of PSP sign up to proactively manage
before symptoms become severe

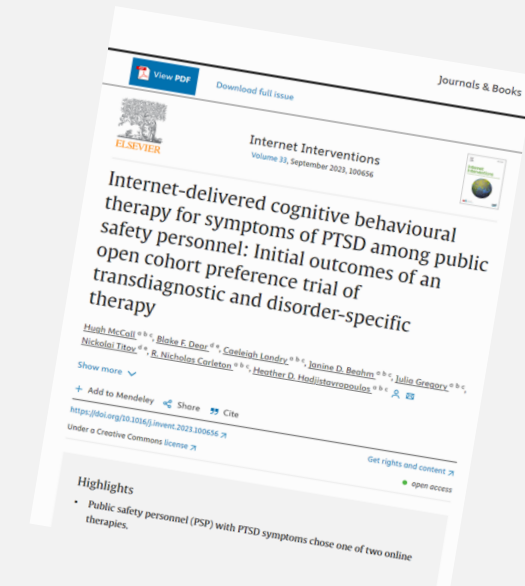
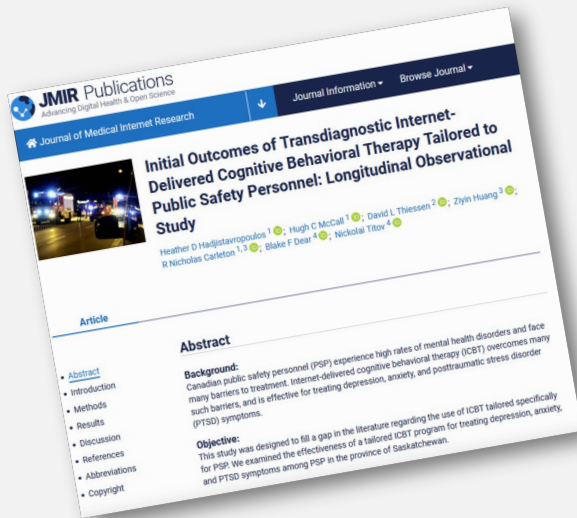
98%

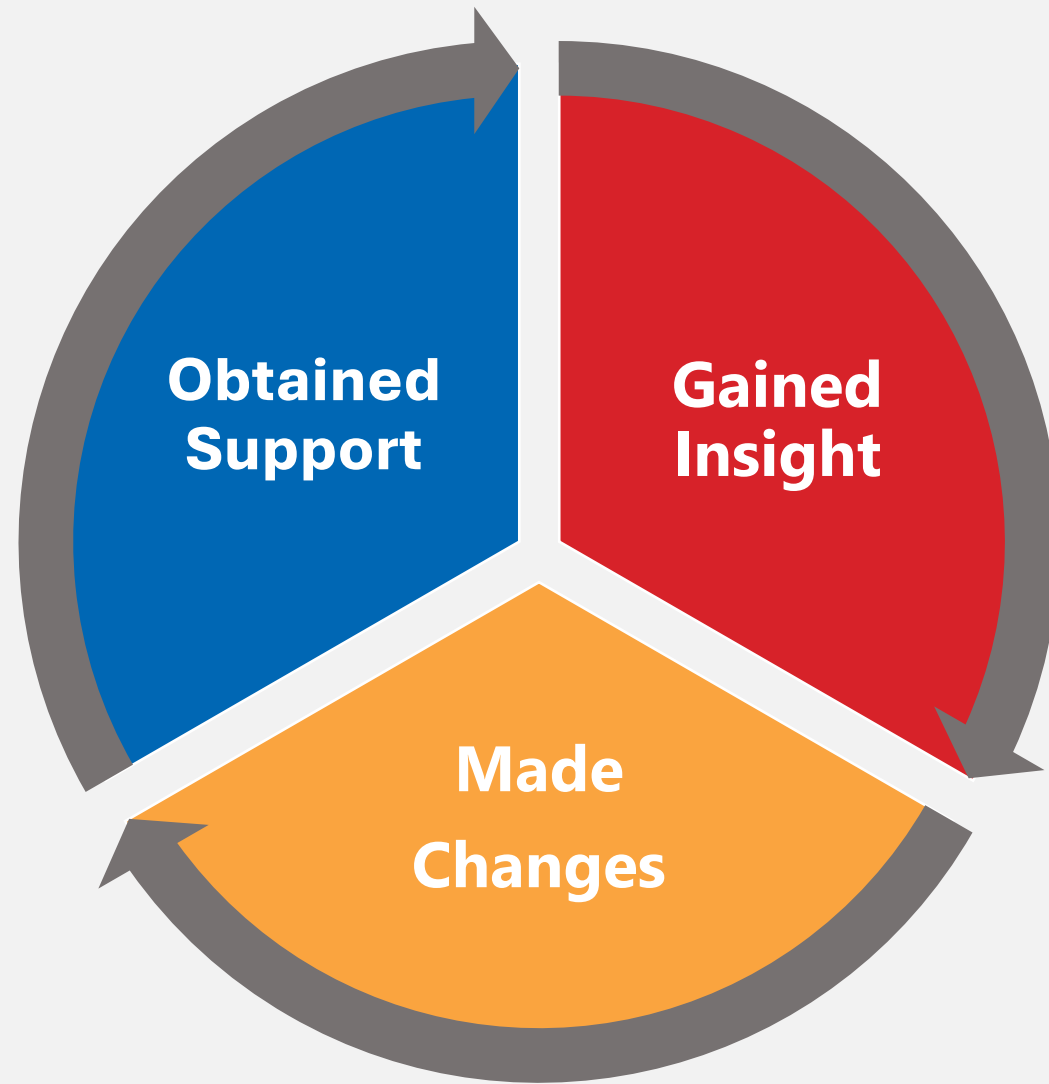
worth their time

85%

increased confidence to
self-manage symptoms

Large effects on
depression,
anxiety, PTSD,
panic, anger





PSPNET provides SUPPORT

“ It gave me tools and words to describe how I’m feeling and **made me made realize that I’m not alone.** ”

- PSPNET Client

PSPNET fosters INSIGHT

“ It made me **aware of my thoughts/symptoms** and what affect they have on **myself and my family.** ”

- PSPNET Client

***PSPNET helps
create
CHANGE***

“It made me... **less reactive**. I was able to see myself more through my family’s eyes than my own negative inner critic. ”

- PSPNET Client



***PSPNET helps
create
CHANGE***

“ Definitely **helped me manage stress at work** – I felt more grounded responding to tough situations. ”

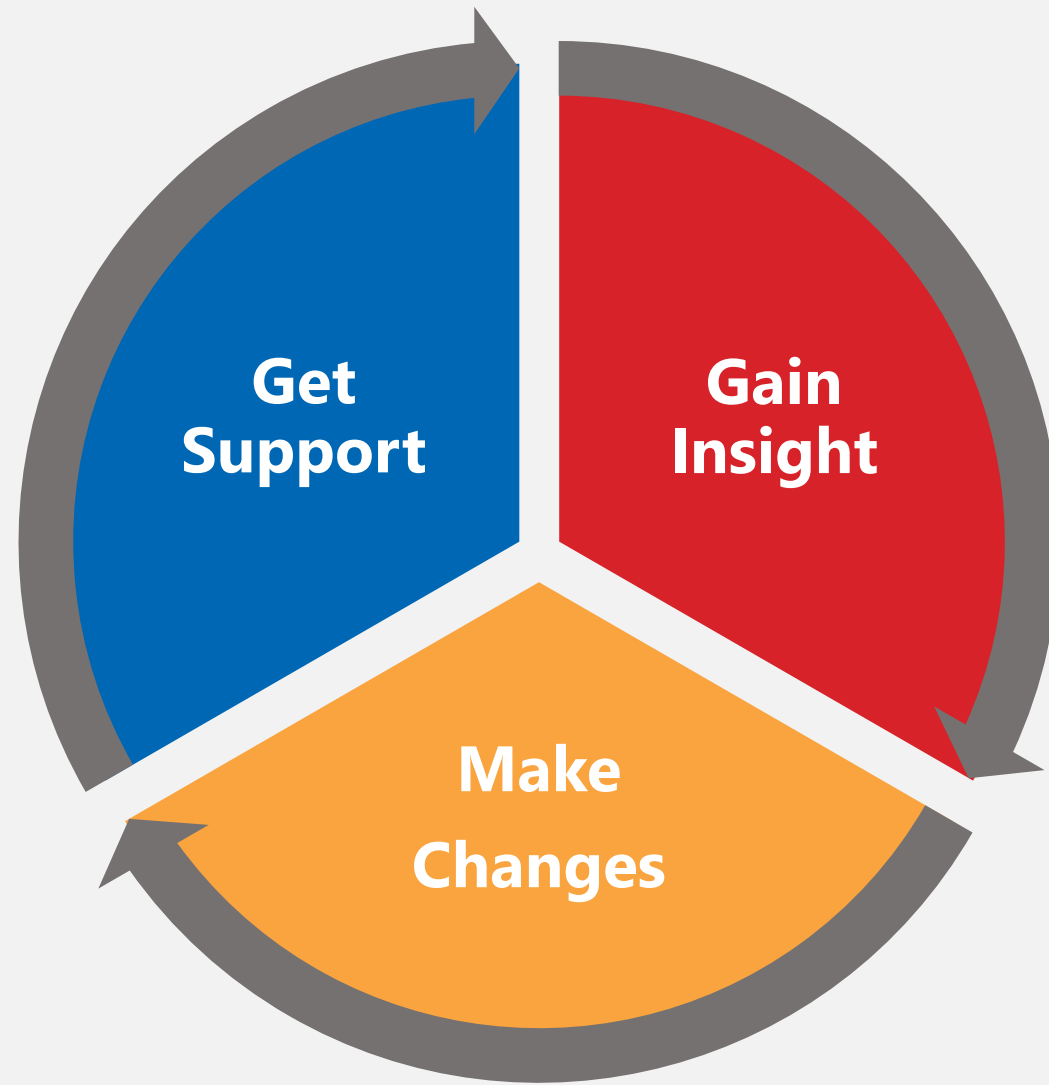
- PSPNET Client



***PSPNET helps
create
CHANGE***

“ It has **dramatically helped my ability to fall asleep/stay asleep** and deal with intrusive thoughts at nighttime which was a big issue for me. ”

- PSPNET Client



We are here when you need us.



Therapist-Guided PSP Wellbeing Course

The PSP Wellbeing Course teaches simple but effective cognitive behavioural therapy skills to manage symptoms of anxiety and depression.

[Sign Up](#)

[Learn More >](#)



Therapist-Guided PSP PTSD Course

The PSP PTSD Course teaches skills for PSP specifically focused on managing symptoms of trauma and posttraumatic stress (no diagnosis required).

[Sign Up](#)

[Learn More >](#)



Therapist-Guided PSP Sleep Course

The PSP Sleep Course teaches simple but effective cognitive behavioural therapy skills for improving sleep quality.

[Sign Up](#)

[Learn More >](#)



Self-Guided PSP Wellbeing Course

Assists PSP with preventing or managing stress and mental health symptoms.

[Sign Up](#)

[Learn More >](#)



Spouse or Significant Other Wellbeing Course

Supports spouses of PSP in managing stress and mental health concerns, which can be influenced by the unique challenges of being a PSP family member.

[Sign Up](#)

[Learn More >](#)

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