

How: What about the families? has lead to: What about the kids?

## **Understanding the PSPNET Families Trajectory**

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Dr. Nathalie Reid, University of Regina



A Presentation for the Canadian Institute for  
Public Safety Research and Treatment  
May 7, 2025  
3:30-4:00pm

The background of the image is a vast, open landscape. In the foreground and middle ground, there are rolling hills covered in tall, golden-brown grass. The grass appears to be blowing in the wind. In the distance, the hills continue under a sky filled with large, dramatic clouds. The sky has a mix of blue, grey, and pinkish-red hues, suggesting a sunset or sunrise. The overall mood is serene yet powerful.

# Treaty Responsibilities ACKNOWLEDGMENT





Dr. Nathalie Reid is an Assistant Professor in the Faculty of Education at the University of Regina, where her research program focuses on educators' experiences of/with trauma and trauma-sensitivity. She is also the Director of the Child Trauma Research Centre at the University of Regina, whose research program has many foci: climate trauma, ACEs, social services, early prevention and intervention, newcomer children youth and families . It is in this role that she has also come to work with public safety personnel families.

Dr. Reid was a CoPI on PSPNET Families, an online wellbeing hub of upstream mental health support for public safety personnel families. It is this work that lead her to seek out and acquire funding for PSP Youth and Kids- a project creating free, widely-accessible, upstream mental health and wellbeing supports for children and youth connected with defence and public safety personnel.







# PSP**NET** FAMILIES

[www.pspnetfamilies.ca](http://www.pspnetfamilies.ca)

# Who are we?



**PSPNET**  
FAMILIES

[www.pspnetfamilies.ca](http://www.pspnetfamilies.ca)



# The PSPNET Families Wellbeing Hub Team



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PSPNET  
FAMILIES

# What: The Rationale





# What is PSPNET Families?

# Logistics

# The structural requirements of PSP work that can spill over into home life

# Risks

Ongoing exposure  
to heightened  
physical and  
psychological risk

# Identities

Organizational,  
individual, and public  
expectations  
conferring identity  
expectations

# NET Families?

WELCOME TO



**PSPNET FAMILIES**

INFORMATION • STRATEGIES • WELLBEING



What about PSP Families? - Dr. Heidi Cramm

Dr. Heidi Cramm

**What about the families?**

Dr. Heidi Cramm

Click the arrows below to see more videos about the site.

< >

**What about the families?**

Dr. Heidi Cramm

Click the arrows below to see more videos about the site.

< >

**This site offers:**

**Information**

To help address family issues related to the occupational risks and requirements of public safety work.

[Learn More](#)

**Strategies & Skill-Building Exercises**

Tips and exercises are designed to address issues described in the information pages.

[Learn More](#)

**Spouse or Significant Other Wellbeing Course**

A self-guided, cognitive behavioural therapy program for PSP spouses or significant others.

[Learn More](#)

**Not sure where to go?**



**I want to learn about:**

Balance	Children
Communication	Conflict
Feeling Anxious & Depressed, Grief	Feeling Isolated & Lonely
Mixed Feelings: Anger, Shame & Guilt	Planning & Scheduling
Relationships	Sleep
Trauma	Feeling Overextended/Overloaded
Role Confusion	Dual-career Households
Expectations	Uncsure of How to Help

# What: Does this look like



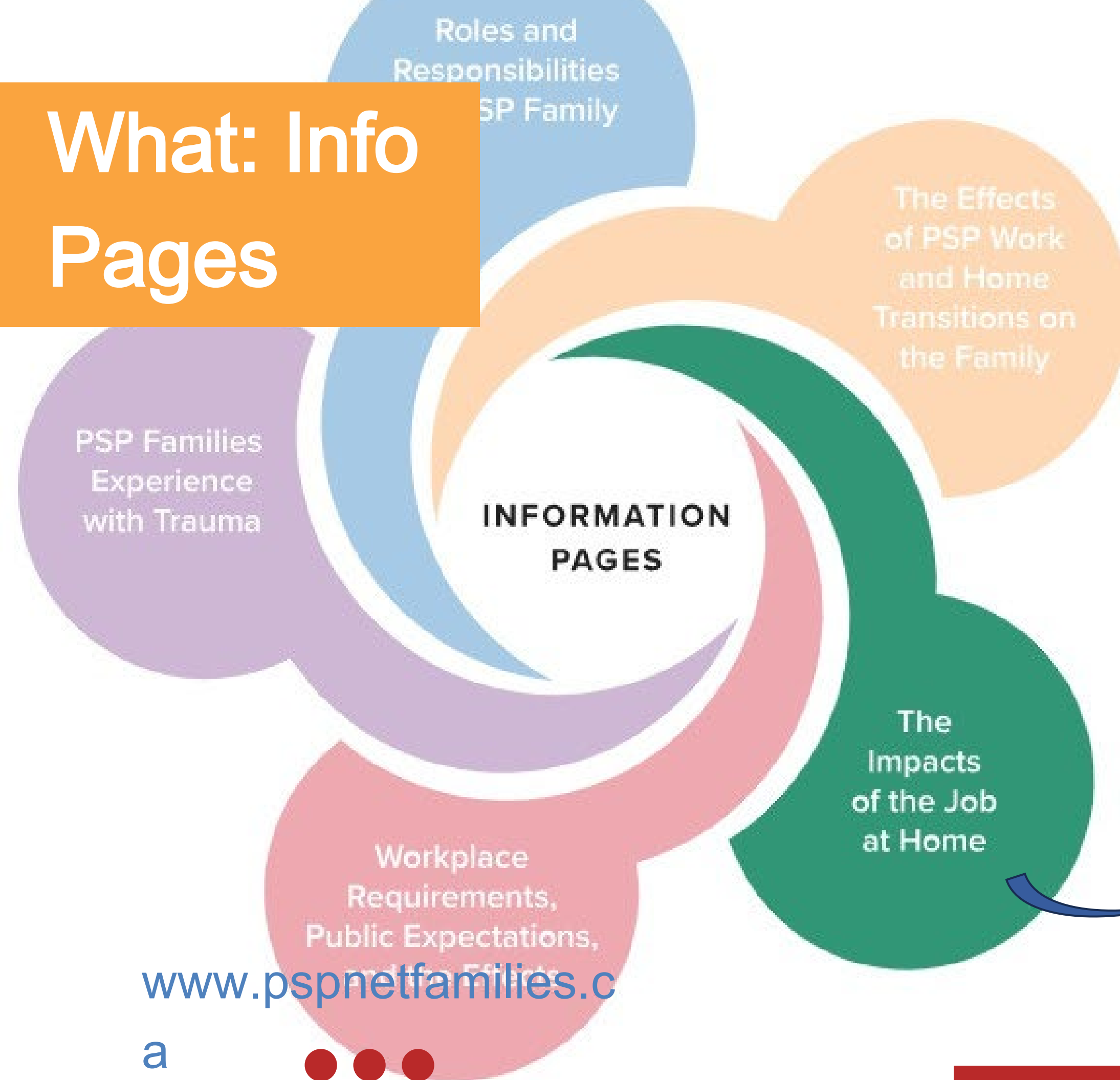
Information Pages

[www.pspnetfamilies.ca](http://www.pspnetfamilies.ca)





# What: Info Pages



## The Impacts of the Job at Home

[View Category >](#)

### TOPICS

[Grappling with Sleep Disruptions](#)

[Understanding Anxiety about PSP Work](#)

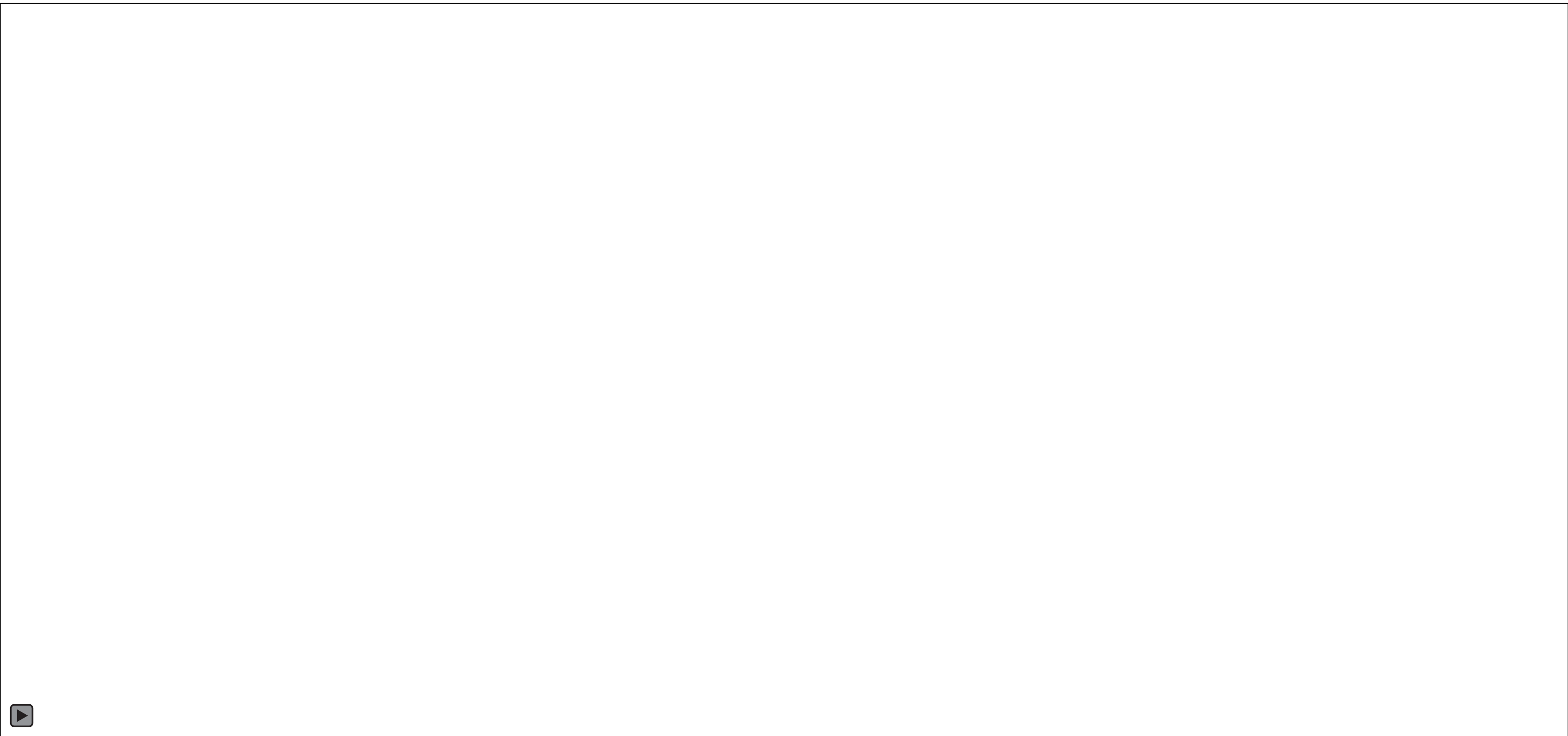
[Confronting PSP Injury and Illness](#)

[Understanding Emotions and Behaviours](#)

[Responding to Unpredictability](#)

[Recognizing Work Behaviours at Home](#)







What:



## Trying: Strategies for Families and Couples



[Home](#) / [For Families of PSP](#) / Trying: Strategies for Families and Couples

### Strategies & Skill-Building Exercises

Tips and exercises are designed to address issues described in the information pages.

[Learn More](#)

The strategy pages are aimed at awareness, promoting good practices, and prevention.

### Strategies for Families

Strategies for Families are focused on families working together to manage a variety of situations that can arise.

- › [Extending your support system](#)
- › [Planning ahead for “what-ifs”: Illness, injury, or death](#)
- › [Navigating the childcare scramble](#)
- › [Household tasks](#)
- › [Managing public perceptions and social media](#)
- › [Flexible planning](#)
- › [Making family a priority](#)
- › [Communicating with children](#)
- › [Coparenting in PSP families](#)
- › [Supporting wellbeing](#)

### Strategies for Couples

The relationship between a PSP and a spouse or significant other (SSO) is the focus of Strategies for Couples. Attention is given to relationship strain associated with this way of life. Strategies for couples highlight communication, collaboration, and cooperation. The skill building exercises can be completed by couples together or individually.

- › [Gratitude and positive reframing](#)
- › [Goal setting together](#)
- › [Supporting the transitions to and from work](#)
- › [Speaking and listening skills](#)
- › [Discussing trauma at home](#)
- › [Problem solving together](#)
- › [Improving sleep](#)
- › [Managing worries about risks](#)
- › [Managing conflict](#)
- › [Communicating feelings](#)
- › [Couple time](#)





What:


# Spouse or Significant Other Wellbeing Course

A self-guided, cognitive behavioural therapy program for PSP spouses or significant others.

Learn More


235 have started the course; 85 participants have completed 95% would refer a friend 93% thought it was worth their time 76% increased confidence in managing symptoms





For PSPFor Families of PSPNewsResearchService Outcomes

What is PSPNET Families?Unit TeamCollaboratorsFAQOther Services & Resources



### Spouse or Significant Other Wellbeing Course


[Home](#) / [For Families of PSP](#) / Spouse or Significant Other Wellbeing Course

#### FREE to PSP Spouses across Canada


As a spouse or significant other of a first responder or other public safety personnel (PSP), your wellbeing and mental health may be impacted by your partner's job. This course provides proven strategies to help improve wellbeing, assist with managing stress and mental health symptoms (e.g., depression, anxiety). It is a good choice if you want to work on your wellbeing on a regular basis for a few weeks. The core strategies are the same ones offered in the PSP Wellbeing Course but provide examples and stories from other spouses of PSP. This means you will be learning the skills that can benefit not only you, but your spouse as well.

Sign Up

Log In



How do I sign up?





# THE BRIDGE BETWEEN PSPNET & PSPNET FAMILIES

PSPNET

PSPNET FAMILIES



PSP**NET**  
FAMILIES

Course



## Self-Guided PSP Wellbeing Course

Availability

PSP living in anywhere in Canada

Course Type

[Self-guided](#)

Description

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

[Learn More](#)

[Sign Up](#)



Can help with various mental health concerns, including:

- Low Mood
- Depression
- Worry
- Anxiety
- Post-traumatic Stress Injuries

Additional Resources:

- Alcohol • Anger • Assertiveness • Building Motivation
- Communication • Emergency Planning • Enhancing Relationships
- Family Resource • Grief • Health Anxiety
- Managing Beliefs • Mental Skills • Pain
- Panic • Problem Solving and Worry Time
- PTSD • Sleep



## Self-Guided Wellbeing Course for Spouses of PSP

Availability

Spouses or Significant Others of PSP living anywhere in Canada.

Course Type

[Self-guided](#)

Description

Assists spouses of PSP with preventing or managing their own stress and mental health, which can be impacted by being a PSP family member.

[Learn More](#)

[Sign Up](#)



So What: What are we learning?





# So What: Preliminary Evidence

Total Views/Users - 67,278 (as of December 31, 2024)  
SSO Wellbeing Course Users 235 enrolled

**Trends in most viewed information page:**  
Experiencing the Ripple Effects of PSP's Unprocessed Trauma & Sleep

**Trends in least viewed skill -building pages:** Household Tasks

# So What: Preliminary Evidence

Resonance  
60.15%

Dis/connection  
81.95%

Complex  
Identities  
59.40%

"I feel so seen"

"Others don't understand"

"I have to be the glue that holds it all together"

- Overall appreciation for the site and the visibility and connection it offers
- Acknowledgment that PSP families experience layered expectations/identities, logistical challenges, and risks

## Page Embedded Feedback:

I learned some new vocabulary for my experience

I found what I needed

It helped me better understand my experiences

Comforting to realize others were experiencing the same thing as me

## Spouse Wellbeing Course

Like the content

Like the Vingettes

Like the structure and layout

Like the accessibility and convenience



Now What:  
What's Next?

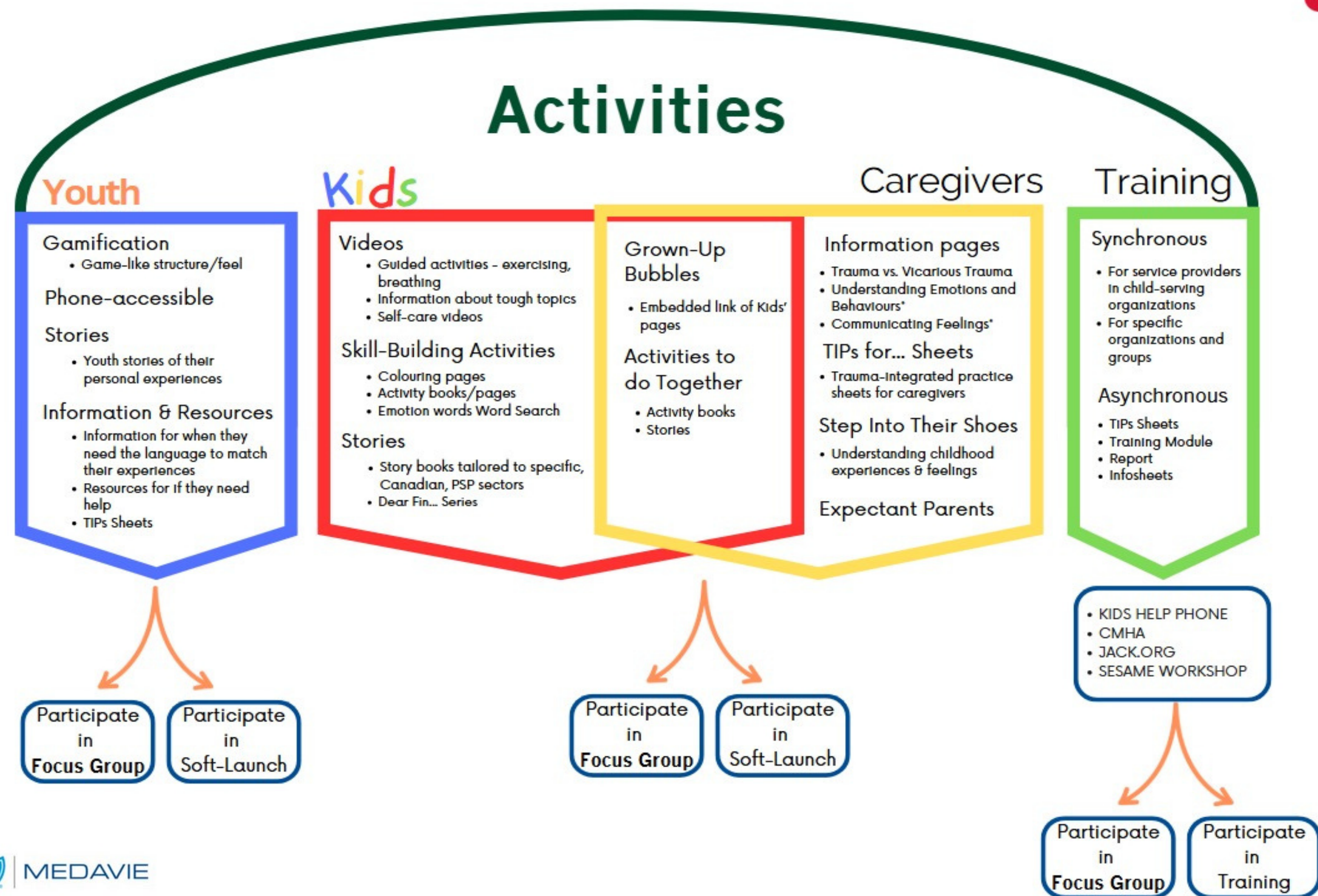
PSPYK





# A new resource for PSP Youth and Kids

Now What:  
What's Next  
PSPYK



## Your input

Now What:  
What's Next  
**PSPYK**

If you have thoughts,  
here is your chance!

There are 4 questions  
and then a space for you  
to add!



To visit:

[www.pspnetfamilies.c](http://www.pspnetfamilies.c)

a

*And stay tuned for **P SPYK** Or email:  
nathalie.reid@uregina.ca*







# GARNET FAMILIES

*Research*

*Partnership*

*Community*





[Home](#)[For Families](#)[For Leaders](#)[Research](#)[Resources](#)[For Press](#)[About](#)

RESEARCH

# Here for Garnet Families

Evidence-based resources and a community that gets it—serving military, veteran, first responder, and public safety families.

[For Families](#)

[www.garnetfamilies.com](http://www.garnetfamilies.com)





# Get in the Know. Stay in the Know. Connect with us.



- Sign up for mailing list
- Follow us on social media
- Visit our website





**Thank You.**



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