



POST CONFERENCE REPORT

2026 CIPSRT CONFERENCE

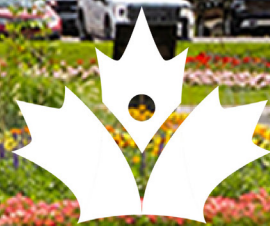
SAVE THE DATE



May 4–5, 2027
Regina, SK

2027 CIPSRT CONFERENCE

Focused on the mental health and well-being
of Canada's First Responders and other
Public Safety Personnel.



CIPSRT | ICRTSP

EXECUTIVE SUMMARY

The 2026 CIPSRT Conference brought together nearly 500 public safety personnel (PSP), researchers, clinicians, and organizational leaders from across Canada.



2 DAYS
of inspiring sessions and discussions



TRADE SHOW
engagement with exhibitors and industry leaders



KNOWLEDGE SHARING
evidence-based strategies and innovative approaches



STRONGER TOGETHER
committed to enhancing well-being in public safety



EXPERT INSIGHTS
Engaging keynote speakers and sessions tailored to today's public safety personnel



FOCUS ON WELL-BEING
Fostering mental health and well-being across all levels of public safety



STRONG CONNECTIONS
Building lasting relationships and advancing public safety mental health and well-being together

CONTENTS

Attendee Feedback	4
Who Attended	5
Conference Highlights	6
Knowledge Translation	8
Program & Presentation	9
Networking & Community	11
Conference Experience	13
Diversity & Representation	15
Key Strengths	16
Sponsors & Exhibitors	17
Thank You	18



ATTENDEE FEEDBACK

We are proud of the overwhelmingly positive feedback from our delegates and grateful for their insights that help shape the future of the CIPSRT Conference.



485
ATTENDEES



11
PROVINCES &
TERRITORIES



9.01
WOULD RECOMMEND
THE CONFERENCE



8.84
OVERALL
SATISFACTION

OVERALL SATISFACTION SCORES (OUT OF 10)



Overall Satisfaction



8.84



Recommend the Conference



9.01



Attend Again



8.74



Knowledge Gained



8.17



Conference Materials



8.55

WHAT ATTENDEES ARE SAYING



I appreciated the many services made available for first responders and those working on the front lines—the care and consideration were evident.



Thank you for all the work done to make the Conference a success...
The best Conference I have attended.



CONFERENCE ATTENDEE FEEDBACK

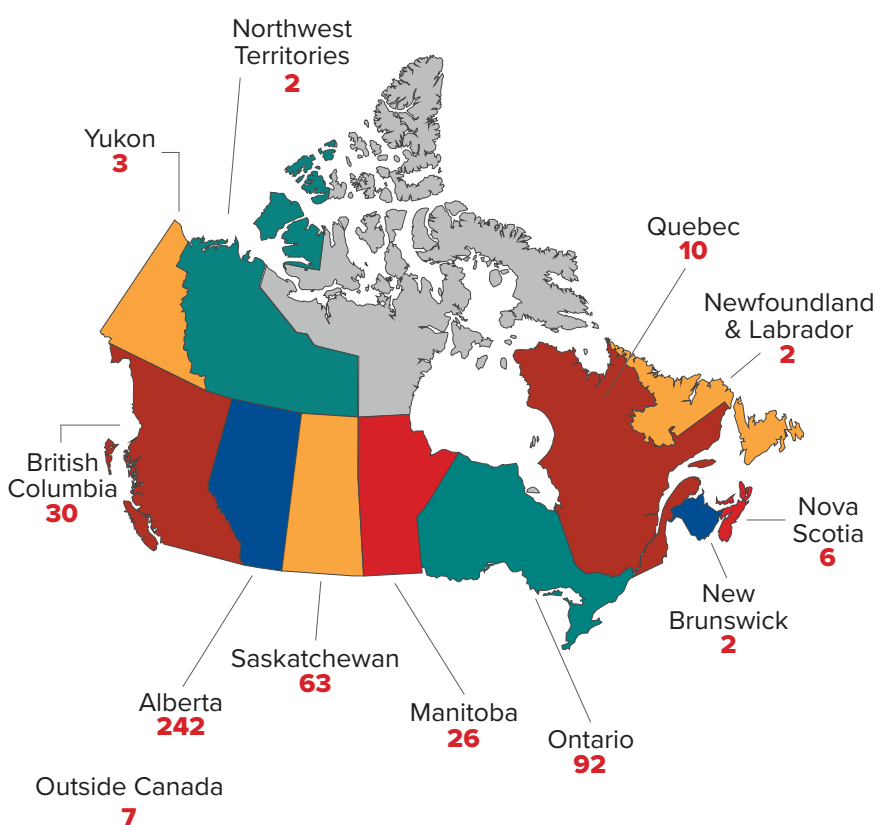
The overwhelmingly positive feedback we received reinforces our commitment to delivering a high-quality, relevant, and impactful experience that supports the mental health and well-being of public safety personnel.

WHO ATTENDED

ATTENDEES BY CATEGORY

SECTOR / ORGANIZATION	# OF DELEGATES
Health Care & Mental Health	104
Police	88
Corrections	71
EMS / Paramedics	34
Public Safety Agencies	34
Fire Services	25
University / College	23
Search & Rescue	16
RCMP	15
CIPSRT	14
PSP Family Support	11
Union Representatives	7
PSPNET	5
Border Services	4
Federal Government	3
National Defence	1
Unaffiliated / Other	30
GRAND TOTAL	485

ATTENDEES BY PROVINCE/ TERRITORY



Participants consistently described the Conference as relevant, engaging, and well-organized with appreciation for the opportunity to learn from subject matter experts while building connections across disciplines.

Bringing together PSP, clinicians, researchers, and service providers created a collaborative environment where participants could openly explore challenges, exchange ideas, and identify solutions grounded in both evidence and lived experience.

Sessions were widely recognized for their practical value and real-world relevance, with attendees emphasizing that content was directly applicable to their work. Keynote and plenary sessions were especially valuable in setting direction and reinforcing shared priorities, while breakout and poster sessions offered valuable opportunities to engage more deeply with emerging research and specialized topics.

Participants further noted the Conference’s success in connecting them with resources, services, and innovative practices that support PSP mental health and well-being. This integration of knowledge, application, and community contributed to a highly meaningful learning experience.

Overall, the Conference demonstrated a clear strength in translating research and lived experience into actionable knowledge, equipping participants with tools, insights, and connections to support their work.

“It was incredibly well put together—I left feeling more informed, supported, and better equipped to do this work.”

CONFERENCE HIGHLIGHTS

The 2026 CIPSRT Conference brought together nearly 500 public safety professionals from across Canada to advance knowledge, strengthen connections, and build resilient PSP communities.



OPENING THE CONFERENCE



The Honourable Ralph Goodale, P.C.

The 2026 CIPSRT Conference was kicked off by CIPSRT's sponsor, the Honourable Ralph Goodale, P.C.

Reflecting on the origins and growth of CIPSRT, he highlighted the power of collaboration, research, and compassion in transforming how PSP mental health is understood and addressed.

FEATURED CONFERENCE THEMES



MENTAL HEALTH & WELL-BEING RESEARCH

Exploring leading research that shapes the future of PSP mental health.



SLEEP HEALTH & FATIGUE MANAGEMENT

Addressing fatigue, sleep health, and the impacts of shift work.



LEADERSHIP & ORGANIZATIONAL CULTURE

Building psychologically safe workplaces.



DIGITAL & VIRTUAL CARE

Innovations improving access to care and support.



FAMILY SUPPORTS

Supporting families and strengthening well-being across PSP community.



EVIDENCE INTO PRACTICE

Translating knowledge into practical, real-world solutions.

FROM RESEARCH TO PRACTICE

The 2026 CIPSRT Conference featured a rich and diverse program of speakers and presentations that highlighted leading research, innovative practices, and applied solutions across the public safety sector. Presentations addressed operational challenges, including fatigue management, sleep health, nutrition, families, and the impacts of shift work, alongside discussions on leadership, organizational culture, and strategies to foster psychologically safe workplaces.

Speakers emphasized evidence-informed approaches while sharing practical tools and real-world applications that could be implemented across diverse public safety settings. Sessions also highlighted advancements in digital and virtual care, culturally responsive services, and supports tailored to families of public safety personnel.

OVERALL CONFERENCE EXPERIENCE

Participants described the Conference as engaging, well delivered, and impactful. Many shared that the event was professional, cohesive, and thoughtfully organized—exceeding expectations for a national-level gathering.



KEY INSIGHTS

The Conference is widely recognized as a leading national forum for knowledge exchange and collaboration in public safety mental health & well-being.

KNOWLEDGE TRANSLATION

Attendees consistently emphasized the practical value of the Conference, noting that knowledge gained is being actively applied in their roles. The Conference supported learning, professional development, and meaningful application of knowledge.



THE CONFERENCE WAS EFFECTIVE IN:



KNOWLEDGE / SKILLS
ACQUISITION

8.17 /10



APPLICATION OF
KNOWLEDGE

8.17 /10



USEFULNESS OF
CONFERENCE MATERIALS

8.55 /10



PARTICIPANTS ARE APPLYING KNOWLEDGE GAINED THROUGH:

- ✓ Enhancing workplace mental health programs
- ✓ Supporting peer support initiatives
- ✓ Informing policy and leadership decisions
- ✓ Integrating practices into clinical and counselling work

Participants consistently reported applying Conference learning immediately within their organizations.

The Conference successfully translated research into practical workplace solutions, reinforcing its role in advancing PSP mental health.



KEY INSIGHTS

The Conference not only delivers information but supports meaningful translation of knowledge into practice, which is critical in advancing PSP mental health and well-being.

PROGRAM & PRESENTATION

ANDRÉ PICARD

A diverse program of speakers and presentations explored today's most important issues in public safety personnel mental health & well-being.



TOPICS



**MENTAL HEALTH
RESEARCH**



**SLEEP HEALTH &
FATIGUE**



**LEADERSHIP &
ORGANIZATIONAL
CULTURE**



**PSYCHOLOGICAL
SAFETY**



**OPERATIONAL
CHALLENGES**



**DIGITAL & VIRTUAL
CARE**



**FAMILY
SUPPORT**



**CULTURALLY
RESPONSIVE
SERVICES**

The presentation program was widely regarded as informative and relevant, with participants noting a “good variety of topics” and “excellent insights and valuable ideas for change.” However, a recurring theme was the need for more depth and balance. Some respondents specifically requested longer presentations or more time for presentation content. Additional participants recommended adding additional discussion opportunities, or reducing concurrent sessions, reinforcing a broader desire for more in-depth engagement with presentation material. There was also a desire for broader representation across sectors.



Casey Ward

Public Safety Steering Comm
co-chairs

WHAT ATTENDEES VALUED THE MOST



HIGH RELEVANCE

to today's PSP mental health and well-being challenges.



STRONG KEYNOTE PRESENTATIONS

as well as session breakouts.



DIVERSE RANGE OF TOPICS

spanning research, practice, and lived experience.



VALUABLE INSIGHTS

for both academic research and practitioners.



Logistics were great—everything you needed was on hand and very well organized.

OPPORTUNITIES FOR GROWTH



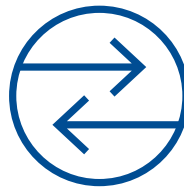
MORE DEPTH & TIME

Several attendees requested longer presentations and more time for content.



MORE DISCUSSION

Interest in additional discussion opportunities and interactive sessions.



BALANCE & FLOW

Suggestions to reduce concurrent sessions and improve balance across the program.



GREATER REPRESENTATION

A desire for broader representation across sectors, roles, and experiences.



KEY INSIGHTS

Content was viewed as highly relevant, confirming alignment with current PSP mental health priorities and challenges.

NETWORKING & COMMUNITY

Connections are at the heart of the CIPSRT Conference. From formal events to casual conversations, attendees shared ideas, built relationships, and strengthened our collective commitment to advancing PSP mental health.



WAYS WE CONNECTED



NETWORKING EVENT

The high-energy networking event created the perfect environment to connect, collaborate, and build lasting relationships.



POSTER SESSIONS

Showcasing innovative research and ideas while sparking engaging conversations and knowledge exchange.



TRADESHOW

Exhibitors shared practical solutions and tools that support well-being, recovery, and operational effectiveness.



SHARED SPACES

Breaks, lounges, and open spaces encouraged informal conversations and idea sharing throughout.



COMMUNITY BUILDING

A shared commitment to PSP mental health and well-being brought together a community that supports one another.



KEY INSIGHTS Networking is a core strength and differentiator of the CIPSRT Conference experience.

COMMUNITY IN ACTION



HUNDREDS

of meaningful
connections made



COUNTLESS

conversations that
inspired new ideas



STRONGER

relationships across
sectors and regions

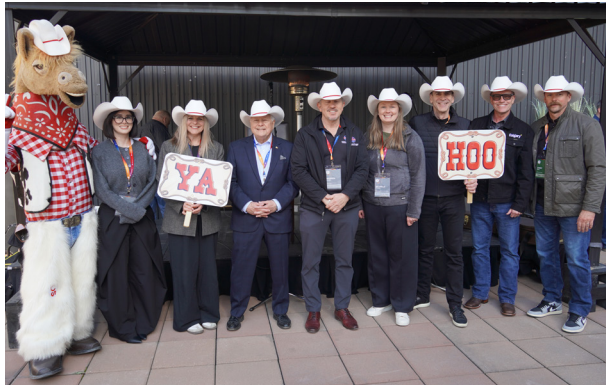


ONE

shared mission to
advance PSP mental
health and well-being



I've attended and planned many Conferences and this was done very well. The keynotes were great, the hosts were great, the tradeshow/sponsors were awesome, and the networking event was INCREDIBLE! Great job!!



CONFERENCE EXPERIENCE

Attendees consistently praised the Conference for its seamless organization, exceptional venue, welcoming atmosphere, and thoughtful amenities that supported well-being and meaningful engagement.



WHAT MADE THE EXPERIENCE EXCEPTIONAL



FOOD

Delicious, high-quality meals and snacks kept attendees fueled and satisfied throughout the event.



THERAPY DOGS

A much-loved addition that created smiles, reduced stress, and supported overall well-being.



VENUE

A high-quality, accessible location with comfortable spaces that enhanced the overall Conference experience.



STAFF

Friendly, approachable, and highly visible staff made attendees feel supported every step of the way.



NAVIGATION

Clear signage, easy-to-follow schedules, and well-organized sessions made the Conference seamless to navigate.



HOSPITALITY

Warm welcomes, thoughtful touches, and a culture of care created a positive and inclusive environment.



Wonderful venue—being close to downtown made the experience more relaxed and accessible.



KEY INSIGHTS

Organizational delivery is a major strength, with consistent feedback describing the event as seamless, efficient, and well-coordinated.

THOUGHTFUL TOUCHES THAT MADE A DIFFERENCE



Welcoming atmosphere



Inclusive and supportive environment



Attention to detail in every interaction



Opportunities to rest, recharge, and connect



From start to finish, the 2026 CIPSRT Conference delivered an outstanding experience.

Attendees consistently highlighted the seamless organization, welcoming atmosphere, excellent venue, and thoughtful touches that supported their well-being and engagement.

These elements together with exceptional staff, smooth navigation, and genuine hospitality created the ideal environment for learning, connection, and collaboration.

DIVERSITY & REPRESENTATION

Participants identified the need for greater diversity in presenters, topics, and perspectives. Respondents highlighted the importance of representation from diverse cultural backgrounds and PSP sectors, emphasizing that broader inclusion would enrich the learning environment and better reflect the communities being served.

FEEDBACK HIGHLIGHTED THE IMPORTANCE OF INCREASING DIVERSITY ACROSS:



Speakers and panelists



Professional backgrounds



Cultural and lived experiences



PARTICIPANTS EMPHASIZED THAT GREATER INCLUSION WOULD:



Enhance learning



Improve relevance



Reflect the diversity of PSP communities

FUTURE OPPORTUNITIES



Broaden sector and role representation



Enhance partnerships and cultural inclusion



Amplify lived experience leadership



Create more speaking opportunities



Continue building an inclusive and accessible Conference experience



KEY INSIGHTS

Inclusion is not viewed as an optional enhancement, but a critical component of Conference quality and impact.

KEY STRENGTHS

Across all feedback, several strengths consistently emerged, including relevant content, high-quality organization, and strong networking opportunities. Participants frequently expressed appreciation for the overall experience, with comments such as, “The Conference staff are unsung heroes in this - everyone was great, friendly and extremely helpful! This was my first CIPSRT Conference, and will not be my last!!!!” These strengths underscore the Conference’s continued role as an important platform for advancing PSP mental health.

THE FOLLOWING STRENGTHS WERE CONSISTENTLY IDENTIFIED:

01



RELEVANT
AND TIMELY
PRESENTATION
CONTENT

02



EFFECTIVE
KNOWLEDGE
TRANSLATION INTO
PRACTICE

03



STRONG
NETWORKING
OPPORTUNITIES
AND COMMUNITY-
BUILDING

04



HIGH-QUALITY
ORGANIZATION AND
EXECUTION

05



POSITIVE AND
SUPPORTIVE
CONFERENCE
ENVIRONMENT

06



ESTABLISHED
REPUTATION
OF CIPSRT AS A
LEADER IN PSP
MENTAL HEALTH

SPONSORS & EXHIBITORS

THANK YOU TO OUR SPONSORS

Your generous support fuels innovation, collaboration, and meaningful change in PSP mental health & well-being.



GOLD SPONSOR



SILVER SPONSORS



BRONZE SPONSORS



TO OUR EXHIBITORS

Thank you for showcasing your expertise, resources, and solutions. Your presence enriches the Conference experience and strengthens the PSP community.

The 2026 CIPSRT Conference was a highly successful and impactful event, demonstrating strong performance across all key areas of participant experience. High satisfaction scores, positive qualitative feedback, and clear evidence of knowledge application underscore the Conference's continued value to the public safety and mental health communities.

By addressing identified opportunities—particularly in program depth, inclusivity, and logistics—future Conferences can further enhance their impact and continue to serve as a national leader in advancing public safety mental health knowledge, practice, and collaboration.



Your support makes this Conference possible.

Thank you for being part of the change.



To our attendees, speakers, volunteers, partners,
sponsors, and exhibitors – thank you.

You are the heart of CIPSRT.



**THANK YOU
FOR BEING PART OF
THE CONVERSATION
AND THE CHANGE.**



**SCAN TO VIEW THE FULL
POST-CONFERENCE REPORT**



STAY CONNECTED

Visit our website for
updates, resources, and
upcoming events.

cipsrt-icrtsp.ca



LOOKING AHEAD

We look forward to building on this momentum as we continue advancing
PSP mental health & well-being together.

See you at the 2027 CIPSRT Conference in Regina, SK on May 4–5, 2027!