



Supporting PSP Mental Health

CIPSRT Annual Impact Report

April 1, 2021 – February 28, 2022



Message from the Executive Director



Dear Stakeholders,

I am honoured to present CIPSRT's 2021-2022 Annual Impact Report. Our activities have taken place during an unprecedented time with the pandemic exacerbating mental health challenges

for our Public Safety Personnel (PSP) across Canada.

While our PSP tackled their regular duties, they also managed the extraordinary conditions created by the COVID-19 pandemic. Over the past year, CIPSRT has worked with our Public Safety Steering Committee, the national Canadian Institutes of Health Research (CIHR) consortium of academics, researchers, and clinicians (ARC Network), as well as provincial and national partners to mobilize research and develop tools to assist PSP in managing their mental health and wellbeing. Despite the barriers that the pandemic presented, our PSP have continued to provide the highest-quality service possible to the Canadian public, and CIPSRT has endeavoured to rapidly respond to provide solutions to the ongoing and intensified mental health issues our PSP encounter. I am very proud of our CIPSRT team who have persevered through the struggles associated with the pandemic to achieve numerous deliverables supporting our PSP.

Over the past year, CIPSRT provided critically-needed opportunities for leaders from each PSP sector to identify challenges and possible solutions, to interact with multidisciplinary teams of academics, researchers, and clinicians with applicable expertise, and to build short, medium, and long-term solutions in support of PSP mental health. We are incredibly grateful to our partners, without whom our mission would not be achievable. Collectively representing the 355,000+ Canadian PSP and their families, our Public Safety Steering Committee provided their collective expertise and guidance in

identifying the challenges faced by PSP, their leaders, and their families, defining the existing research gaps, and assisting in finding pathways for knowledge translation and mobilization. Our Academic, Researcher, and Clinical Network – especially our advisory committee (ARCNAC) – has worked tremendously hard to conduct relevant research and work with our team to produce knowledge and tools for our PSP. We have developed numerous national and provincial partnerships that collaborated across a number of strategic initiatives in support of the mental health and wellbeing of PSP (and others). Our work would not have been possible were it not for our funders and donors. We are eternally grateful for their recognition of the “wicked problems” faced by Canadian PSP and their support for them.

The past year has demonstrated what can be accomplished in the face of tremendous barriers when like-minded people come together to achieve a common goal. With the assistance of our stakeholders, partners, and funders we have been able to persevere and continue this vital work in support of PSP mental health and wellbeing.

As we prepare for 2022-2023, I am excited to engage with our stakeholders to plan for our final year of funding and seek renewal. We will continue the great work that has been done toward realizing the goals of the National Action Plan on Post-traumatic Stress Injuries (PTSI)*. Our current work to date, as well as these new initiatives, provide a solid foundation for seeking renewal funding for April 1, 2023.

A stylized, handwritten signature in black ink, likely belonging to Nicholas (Nick) Jones, Ph.D.

Nicholas (Nick) Jones, Ph.D
Executive Director

* <https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/2019-ctn-pln-ptsi/index-en.aspx>

Message from the Scientific Director



Dear PSP Stakeholders,

I am very excited about the momentum CIPSRT is gaining upon several fronts; specifically, despite numerous barriers caused by COVID-19, we have collectively

1) made tremendous progress in providing guidance on several national projects, and created materials to help guide research, develop networks, and establish sub-committees to support PSP research; 2) started actively expanding the ARC Network to facilitate more collaborations between PSP, academics, researchers, and clinicians; and 3) supported knowledge translation efforts for dozens of researchers working on numerous projects designed to support PSP well-being.

PSP appear to report symptoms consistent with mental disorders and suicidal behaviours (i.e., ideation, planning, attempts) at rates many times higher than would be expected for the general population. PSP also report substantial and diverse physical health challenges as a function of their service to our communities. The health consequences for PSP also impact their leaders, their agencies, their families, and their communities. Since March of 2020, a series of pandemic-related challenges were added to the many risks and stressors PSP endure, exacerbating their already significant health challenges. We have also heard that the increased strain on PSP due to COVID-19 has limited their capacity to participate in research and training, requiring the development of even more innovative solutions to support PSP.

We are encouraged to see increasing evidence that PSP leaders are making effective use of CIPSRT tools, such as the PSP Mental Health Website and the guide to evaluating wellness products and services, all as part of helping them to push for more evidence-based mental health supports. Key next steps for CIPSRT involve further coordination of research efforts, helping to minimize unnecessary duplication of efforts, and increasing delivery of meaningful answers to PSP questions. The next steps require continued investments in PSP research, evidence-based treatments, and evidence-based training, as well as investments to support CIPSRT focusing on providing avenues for health research, treatment, training, and knowledge translation. Such investments support the mental health and well-being of Canada's Public Safety Personnel, their leaders, and their families.

A handwritten signature in black ink, appearing to read 'R. Carleton'.

R. Nicholas Carleton, Ph.D
Scientific Director

Message from the Director of PSPNET



Dear PSP Community,

REACH was the one-word theme that PSPNET chose to guide us for the 2021-22 year. We wanted to REACH more PSP than we had the previous year, and we wanted to conduct research

that would help us REACH our potential to support PSP with their mental health needs. When you read the report below, I hope you agree that we have made great strides towards our theme. I am grateful to the PSP who reached out to us, the organizations that partnered with us, and the tremendous effort put in by all members of the PSPNET team over the past year. The crowning achievement for the year was that we expanded from Saskatchewan and Quebec into New Brunswick, Nova Scotia, and Prince Edward Island. We were able to serve 260 PSP up from 150 the previous year. Importantly, we listened to feedback from PSP about their needs, and continued to optimize our service through the development of new resources (e.g., health anxiety, alcohol misuse, mindfulness), platform improvements, and trialling of alternate delivery models (i.e., self-directed Wellbeing Course).

We are honoured to serve the PSP who serve us and take comfort in knowing that our clients report significant improvement in their mental health after treatment. While we are pleased with our progress, there is more for us to do. Our theme for the upcoming year is GROW. We hope to GROW deep roots in the provinces we have been serving and offshoot into new provinces. We also aim to GROW our knowledge of PSP, so we can continue to optimize our service to meet their needs. On that note, we would love to hear from you and hope you will follow our progress as we GROW.

Please share information about PSPNET with those in need and also reach out to explore how to bring PSPNET to other provinces.

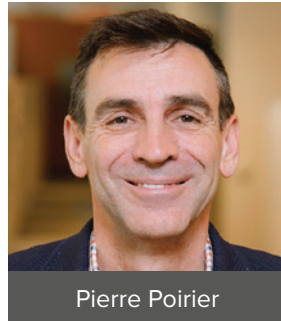
A handwritten signature in dark ink, reading "Heather H." followed by a long horizontal line.

Heather Hadjistavropoulos, Ph.D
*Founder, Principal Investigator,
Director – PSPNET*

Message from the Public Safety Steering Committee Co-chairs (PSSC)



Ken McMullen



Pierre Poirier


Dear Public Safety Community,

The past year has been a challenging one in Canada. The COVID-19 pandemic continues, social and political unrest have taken centre stage, and PSP find themselves at the heart of all of these issues. Canadians look to PSP for support and lean on them during times of crisis; however, PSP are experiencing seemingly never-ending demands impacting their mental health. For the last two years, PSP have gone to work every day, facing the risk of being infected; they have endured long days and restricted vacation due to the nature of the pandemic. Exhaustion and mental health concerns that we anticipated would end in a year have continued, and the demands on PSP have been relentless. The fatigue from working extra hours, pivoting to accommodate COVID-19, and living day-to-day with uncertainty have taken a toll.

CIPSRT has been continuously working with the PSSC to support PSP during this difficult time. The PSSC has provided direction with requests for new tools to manage everyday stress, including a guide to help PSP find support through clinicians, and a new mental health website. CIPSRT has also developed a tool that shares ideas for supporting co-workers who are struggling with

their mental health, which is greatly needed for frontline workers. A welcome addition to the extensive work of CIPSRT was the Champions of Mental Health Award that recognized PSP from all sectors, across Canada. This impactful award acknowledged the mental health challenges that many PSP face, and it demonstrates how important it is to reduce stigma and talk about mental health to ensure the safety of PSP.

We are excited about the progress made over the past year and the PSSC looks forward to continued work with CIPSRT on new projects that will enhance support to PSP.



Ken McMullen
PSSC Co-chair



Pierre Poirier
PSSC Co-chair

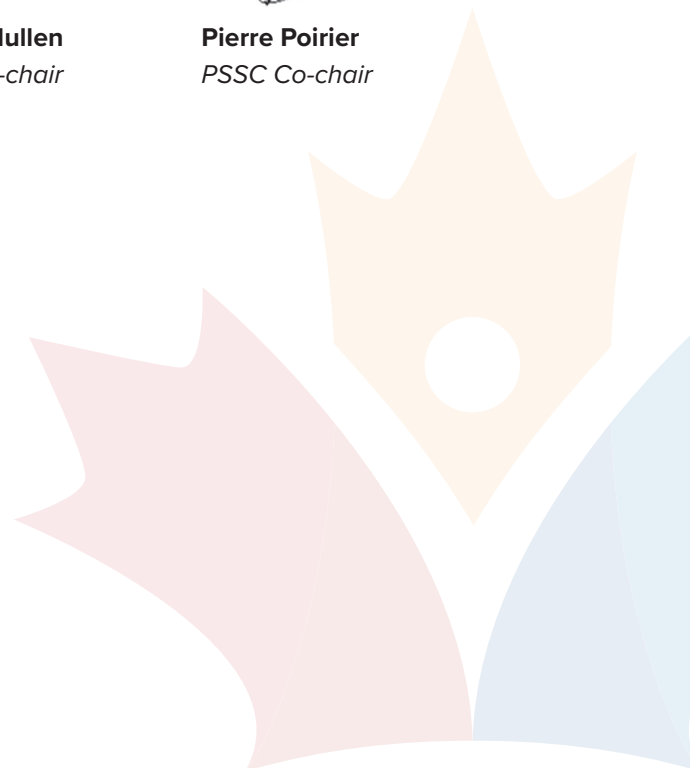


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CIPSRT

Our Focus

Our Vision

Lead

To be a global leader for evidence-based knowledge exchange, knowledge translation, and knowledge mobilization for PSP.

Support

To actively support current and former PSP, their leaders, and their families in minimizing post-traumatic stress injuries.

Improve

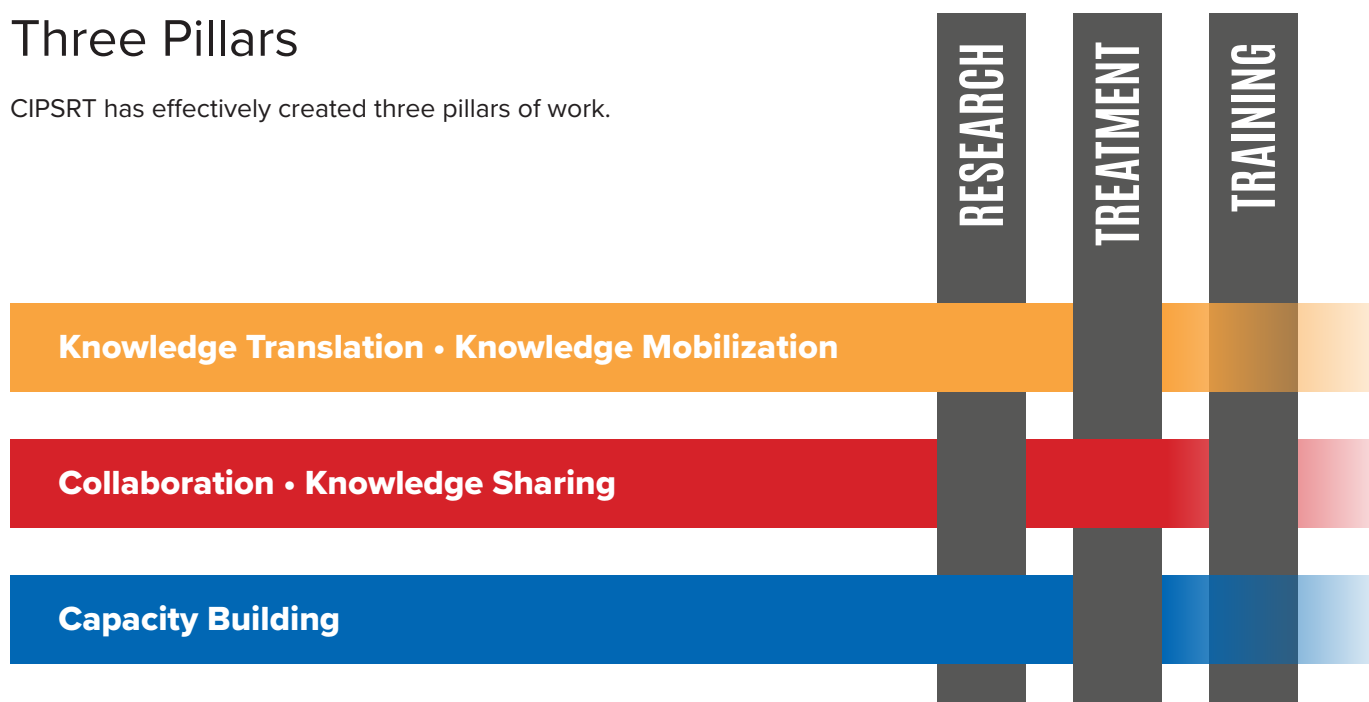
To improve and maintain the mental health and well-being of PSP.

Our Mission

To support the mental health and well-being of Canada's Public Safety Personnel, their leaders, and their families through research, treatment, training, and a knowledge mobilization hub. The CIPSRT mission is collaboratively supported by public safety stakeholders and leaders, clinicians, practitioners, subject matter experts, and researchers.

Three Pillars

CIPSRT has effectively created three pillars of work.



CIPSRT History

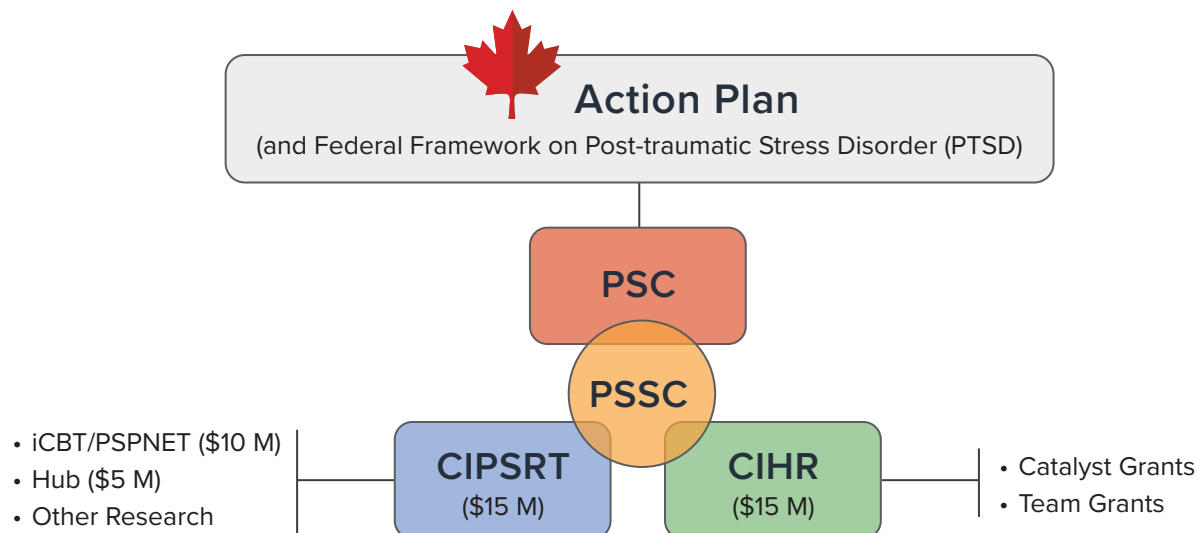
In 2017, research results from a large-scale pan-Canadian study with PSP provided new information that the health and well-being challenges facing PSP were much greater than previously understood. Enormous gaps were identified regarding the knowledge of and support for the mental health of PSP (e.g., border services personnel, correctional workers, firefighters, operational and intelligence personnel, paramedics, police, public safety communicators, search and rescue personnel). The research suggested that PSP who were dedicated to protecting and helping Canadians – sometimes

giving their lives to do so – were too often suffering in silence because of barriers like stigma, unique treatment needs, and difficulties accessing evidence-based mental health care. A collaboration was created with academics, researchers, clinicians, and public safety leaders coming together to identify priorities for PSP mental health.

In 2018, as part of the National Action Plan on Post-traumatic Stress Injuries, the Government of Canada announced funding for a research consortium between CIPSRT and the Canadian Institutes of Health Research (CIHR), and for

the first Internet-delivered Cognitive Behavioural Therapy (ICBT) platform pilot specifically for PSP. CIPSRT has continued to work collaboratively with PSP, academics, researchers, and clinicians to develop strategies for knowledge translation and knowledge mobilization, in efforts to support and develop high-quality and easily accessible mental health tools, treatment, training, and care for all PSP. There have been rapid gains over the past five years that serve as tangible evidence of reasons to hope for similarly rapid progress in supporting PSP mental health over the next five years.

PTSI in Public Safety Personnel



CIPSRT

Advisory Groups



Public Safety Steering Committee (PSSC)

Members provide guidance and advice on strategic directions. Members reflect the interests and concerns of the Public Safety Personnel (PSP) community via their national leadership organizations.

Academic, Research, and Clinical Network (ARC Network)

CIPSRT has created a diverse interdisciplinary network of Academics, Researchers, and Clinicians (ARC Network) from across Canada. Members include researchers funded by the Canadian Institutes of Health Research and several outstanding PSP leaders. All members support the development and maintenance of evidence-based services for PSP.

Academic, Research, Clinical Network Advisory Committee (ARCNAC)

A democratically elected body representing the ARC Network. The ARCNAC helps to facilitate the development of a sustainable ARC Network. The ARCNAC helps to identify, guide, and participate in supporting CIPSRT objectives.

CIPSRT Highlights



Partnerships

CIPSRT is partnering with **62 organizations and universities** from **12 essential front-line sectors** to create tools, deliver treatment and training, and conduct research.



Knowledge Mobilization

CIPSRT has created **15 webinars** viewed by at least **3,128 Public Safety Personnel** from across Canada.



Community Engagement

CIPSRT has developed **9 networks** with participation from **8 PSP sectors, 52 organizations, and 446 people** actively engaged in providing guidance for CIPSRT.





The Need

Public Safety Personnel work hard every day to protect Canadians and provide safe, secure, strong, and resilient communities for all. They are often exposed to potentially traumatic incidents on the job. On any given day, PSP could be responding to a violent shooting, a fatal accident, a natural disaster, or any other emergency situation. Over time, these situations may take a heavy toll on their physical and mental health, leaving them with trauma as well as other stress injuries that are not always visible. In order to help those who help us, in 2019, a team of researchers and clinicians at the University of Regina launched a new program called Public Safety Personnel Internet-delivered Cognitive Behaviour Therapy (PSPNET). PSPNET has now provided services to over 560 PSP in Saskatchewan, Québec, New Brunswick, Nova Scotia, and Prince Edward Island.

The Action

Internet-delivered Cognitive Behaviour Therapy (ICBT) involves using the internet to deliver the same treatment content that is normally covered in face-to-face cognitive behaviour therapy, for depression, anxiety, and or posttraumatic stress injuries. The materials have been specifically tailored for PSP. Weekly therapist support is available for 8 to 16 weeks.

What We Do



Increase care
for PSP



Provide online
and telephone
screening



Offer ICBT
content tailored
to PSP



Offer therapist
support



Provide specialized
supervised
clinicians



Conduct research
for continuous
improvement

Conditions We Treat



Mental Health

{ Anxiety Depression Panic PTSD Social Anxiety Stress }

Program Links

[PSP Wellbeing course](#)

[PSP PTSD course](#)

[Self-Guided Wellbeing Course](#)



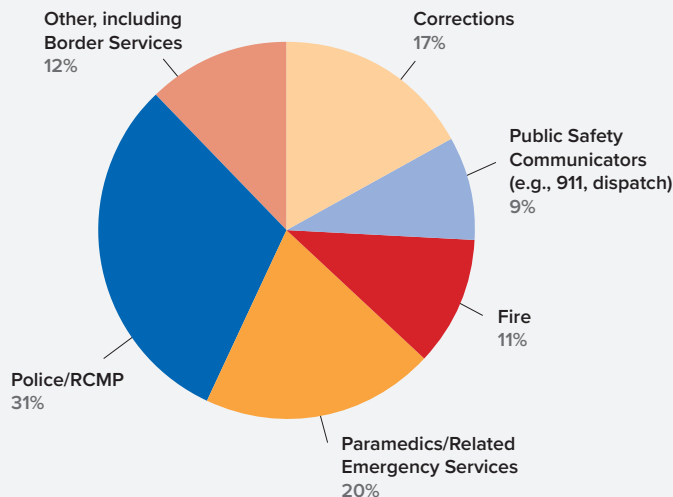


The Impact

PSPNET has now provided services to over 560 PSP in Saskatchewan, Québec, New Brunswick, Nova Scotia, and Prince Edward Island.

Background of Enrollees

PERCENTAGE OF PSP FROM EACH SECTOR



ENROLLEES

61% are from communities with less than 90,000 residents
53% are female
94% are working
16% are an ethnic minority

Enrollees with elevated pre-treatment clinical scores suggest problems in the following areas:
63% depression | **55%** anxiety | **43%** trauma
67% of enrollees have two or more symptom areas

Outreach Stats

5,044 people have attended PSPNET presentations across various PSP organizations

1,193 presentations, meetings, and stakeholders surveys have been completed

567 organizations and agencies have incorporated PSPNET into their workplace practices

738 organizations have partnered with PSPNET

Outcomes

98% found PSPNET worth their time

97% would refer a friend

97% showed significant improvement from pre-treatment symptom scores

91% increased their confidence in managing their symptoms

89% of clients completed 100% of the lesson materials

"It was good to be able to do it on my time and in my own home. Helps with the comfort of reaching out for help while still being in my own safe zone." – PSPNET participant



PSPNET Expansion

The Need

The PSSC, as well as PSPNET, recognized the substantial need for our services across the country and put out a call to the provinces for expressions of interest in collaborating on the expansion and delivery of the PSNET program. In discussions with various provinces, four new agreements were setup with provincial governments and additional funding support from Medavie Health Foundation.

The Action

PSPNET was expanded to Nova Scotia, New Brunswick, and Prince Edward Island officially on February 7, 2022. Service will continue until December 2023, and hopefully beyond, pending funding renewal. There have also been expressions of interest from various parties in British Columbia, Alberta, Ontario and Newfoundland.

The Impact

PSPNET has received a steady stream of inquiries and participants since the expansion launch.



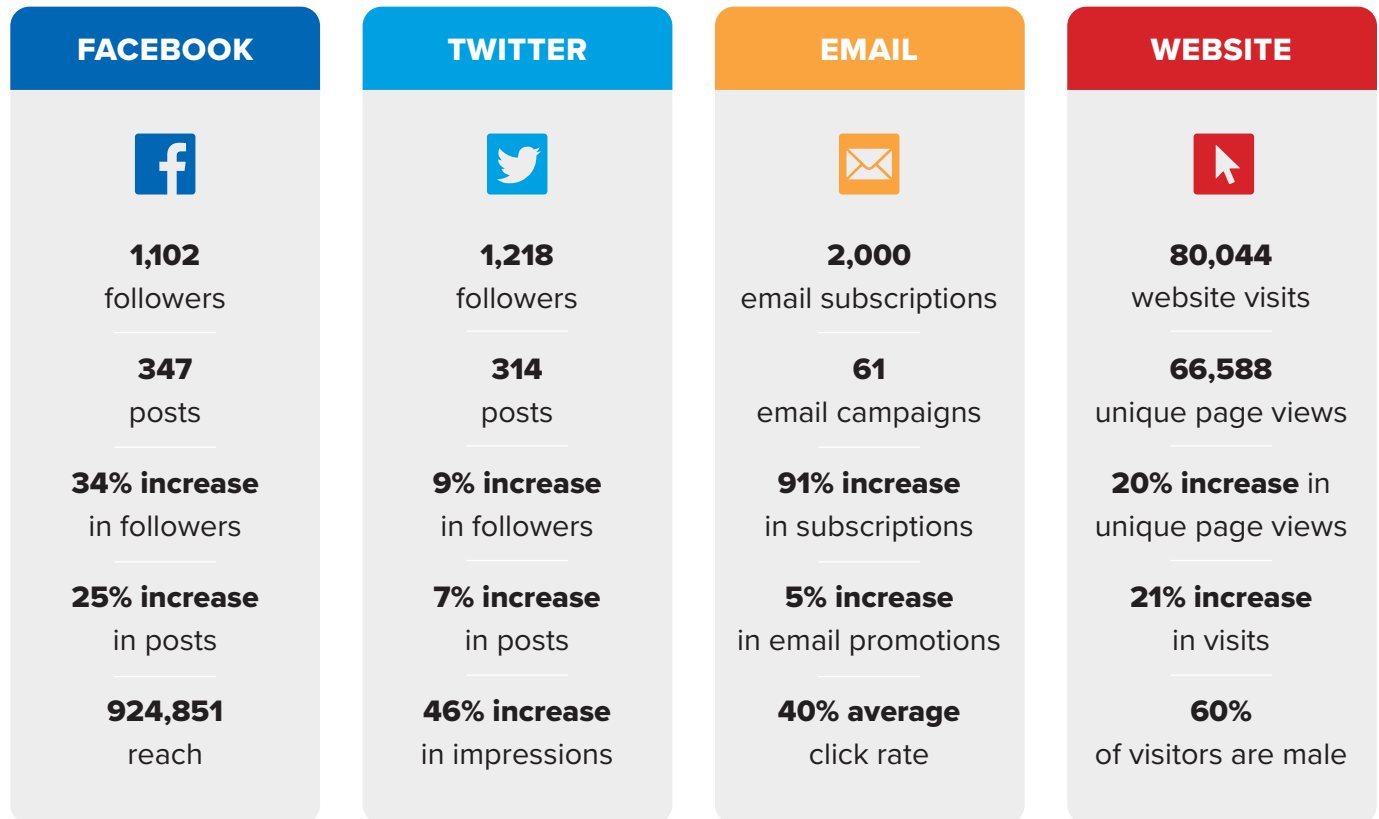
"Police officers, border guards and other Public Safety Personnel have spent a lifetime protecting Canadians – and we must protect them. Having made a difference in the lives of countless people in Saskatchewan and Québec, I'm so pleased that PSPNET is now available in the Maritime provinces. Our government is proud to support it, and we will continue to find new ways to help those who've taken care of Canadians take care of themselves."

– The Honourable Marco Mendicino, Minister of Public Safety

"As a not-for-profit health solutions partner, Medavie is committed to improving the wellbeing of Canadians. A key focus of our Foundation is funding evidence-based services and supports for first responders and their families impacted by Post-Traumatic Stress. That's why we are proud to partner with the Canadian Institute for Public Safety Research and Treatment to help ensure first responders have the support and resources in place to care for their mental health and wellbeing."

– Bernard Lord, CEO, Medavie

Digital & Website Performance



Email

The Need: A survey performed in the fall of 2021 found that email was the preferred method for receiving information about topics and events surrounding PSP mental health and well-being.

The Action: Increase in email messages sent to CIPSRT subscribers about PSP related tools, treatment, and research.

The Impact:

- Greater access by PSP to our tools and research leading to an increase in outreach.
- 91% increase in the number of email subscriptions.

Outreach & Engagement

Champions of Mental Health

The Need

Reduction in the high level of mental health stigma among PSP, and evidence of use of peer support for mental health.

The Action

Creation of the Champions of Mental Health Award.

The Impact

- 216 nominations
- 20 inaugural award recipients recognized from 10 provinces and 1 territory and from all PSP sectors
- Website Pageviews: 4044
- Unique Pageviews: 3680
- Twitter: 32,787 views
- Facebook: 37,100 views



“Silence kills. If I can use my voice and tell my story, it shows it is okay to be open.”

– Sharon Bak, Emergency Management Field Officer,
Emergency Management Ontario

“I just feel privileged to be the person people called when they need support. It is an honour to have their trust, and to support them during their hard times.”

– Sergeant Joy Prince,
Peer to Peer Coordinator, F Division RCMP

[Click here](#) to see the 2021 CIPSRT Champions of Mental Health Award Recipients.

Outreach & Engagement

PTSD Awareness Month

The Need

Awareness of PTSD and reduction of stigma as identified by PSP research.

A large study of more than 5,000 PSP examined the symptoms associated with a number of mental health disorders. Study results: over 23% screened positive for PTSD. This percentage was higher in RCMP (30%), Corrections workers (29.1%), and Paramedics (24.5%).

The Action

Implementation of PTSD Awareness month and the #WEARTEAL Campaign. As a tagline for this campaign, we used "PTSD: Stigma Out, Understanding In". Several activities took place for PTSD Awareness Month including two webinars, the launch of Six Steps for Finding a Clinician guide and the PSP mental health website, and a social media campaign.

The Impact

- Twitter: 57,424 views
- Facebook: 18,830 views



[Click here](#) to see the PTSD website.

CIPSRT

Founders

On December 16, 2021, CIPSRT's founding members were honoured at a recognition event hosted by CIPSRT. Many years ago several academics and public safety leaders began discussions about addressing the numerous mental health support and treatment gaps faced by first responders. This committed group realized the need to create a national body dedicated to helping PSP. There were many challenges and hurdles to overcome; however, over time, through advocacy and education, the concept of a national body garnered federal government interest in how PSP and their families could be better supported through a targeted national approach. In 2018, the federal government announced funding to formalize the CIPSRT Hub and the consortium was mandated to catalyze the development and dissemination of research focused on supporting PSP.

CIPSRT and its related activities quickly garnered national recognition as a community dedicated to innovative, applied, evidence-based solutions for PSP health and well-being. We are grateful to the CIPSRT founders for their dedication, their leadership, and their sacrifices in building a hub for a community focused on the health and well-being needs of PSP.



[Click here](#) for more information about CIPSRT Founding Members.

CIPSRT Tools

Six Steps to Finding a Clinician

Launched June 2021

PSP looking for help for a mental health problem might not know where to start. There are many options for finding a mental health professional, each of which involves several important considerations. This guide identifies six steps to finding a clinician.

The Need: Direct request from PSSC for PSP.

The Action: Six Steps to Finding a Clinician Guide.

The Impact:

- Website Pageviews: 1059
- Unique Pageviews: 943
- Twitter: 113,667 views
- Facebook: 11,000 views

[Click here](#) for the Six Steps to Finding a Clinician guide.



PSP Bilingual Mental Health Website

Launched June 2021

PSP Mental Health Website allows users to explore mental health options in numerous ways, including cost, language, type of service, privacy, and location. The flexible search function allows PSP and their families to quickly access appropriate resources.

The Need: CIHR catalyst grant identified a need for PSP to have easily accessible information about mental health support programs.

The Action: Development of a bilingual website listing mental health support available to Canadian Public Safety Personnel (PSP) and their families and funded by the Canadian Institutes of Health Research (CIHR).

The Impact:

- Website Pageviews: 3,500
- Unique Pageviews: 2,300
- Twitter: 144,333 views
- Facebook: 566 views

[Click here](#) for the PSP Mental Health Website.

How to Support a Co-worker Experiencing Mental Health Issues

Launched December 2021

Many PSP feel alone when facing mental health challenges, concerns about stigma can prevent PSP from reaching out for support. Social support can be an important part of protecting PSP from the harmful effects of stress. Co-workers are often among the first to notice symptoms of poor mental health in PSP, and because of a shared occupation, PSP may be more likely to open up to a peer.

The Need: Direct request from PSP frontline engaged with PSPNET.

The Action: Development of the guide: How to Support a Co-worker Experiencing Mental Health Issues.

The Impact:

- Website Pageviews: 795
- Unique Pageviews: 665
- Twitter: 19,404 views
- Facebook: 39,000 views

[Click here](#) for How to Support a Co-worker Experiencing Mental Health Issues guide.

Knowledge Mobilization

Virtual Town Halls/ Webinars

The Need:

PSP are looking for information and support in understanding mental health and well-being.

The Action:

CIPSRT takes requests for specific topics from PSSC and PSP frontline and develops session topics based on research and current events. CIPSRT is committed to monthly webinars and in 2021-2022 hosted 15 virtual events.

The Impact:

- 1504 people attended 15 webinars with an additional 1624 video views of those sessions.
- Webinars averaged 100 attendees per session, a 45% increase from 2020-2021.
- Video views increased 5% per session over 2020-2021.
- 91% of participants surveyed said that they found the sessions useful.

Webinar Capsule Videos

The Need:

CIPSRT was requested by the PSSC to produce shortened versions of webinars for PSP frontline workers.

The Action:

PTSD Crash Course webinar capsule video launched March, 2022. There are three additional webinar capsule videos in production.

The Impact:

The impact will be measured over the next 12 months.

[Click here](#) to view the first webinar capsule video: **PTSD Crash Course**.

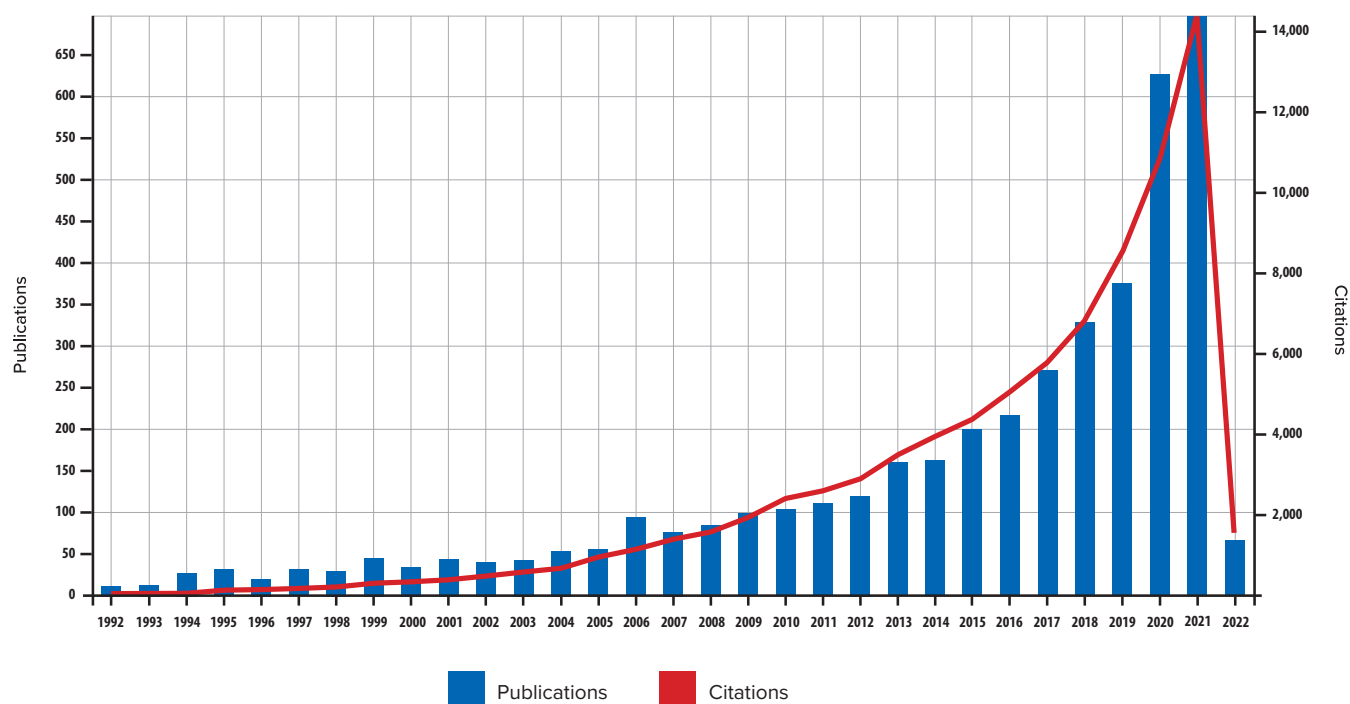
"Having set monthly one-hour webinars did not fully meet the needs of all PSP. We needed a webinar version that could be viewed or listened to on the go. The new webinar capsules do just that, giving easy access to the information, solutions, and tools provided by experts in PSP mental health."

— Ken McMullen, PSSC Co-Chair

Knowledge Translation

Since CIPSRT's inception, there has been a noticeable increase in research dealing with mental health and Public Safety Personnel, as demonstrated by the graph below which shows a 141% increase in research publications between 2017- 2021.

Times Cited and Publications Over Time



Research Summaries

In a knowledge translation survey carried out in the fall of 2021, 54.6% of respondents indicated that written summaries were useful for sharing the results of individual research projects.

24 research summaries received 1,221 website views and 1,049 unique views.

[Click here](#) to view CIPSRT research summaries.

Presentations

Nearly 1,500 presentations were delivered by PSPNET and CIPSRT over the last four years to potential PSPNET participants, stakeholders, researchers, academics, clinicians, partners, PSP front-line, and PSP leadership.

Knowledge Translation (continued)

Under the direction of Public Safety Canada, CIHR and CIPSRT have formed a consortium for research on PTSD in PSP. This consortium sees CIHR funding important research into multiple aspects of PSP mental health and well-being including training and treatment, while CIPSRT acts to translate and mobilize this research to PSP, PSP leadership, and PSP families.

Team Grants

The Need:

PSP, PSP leadership, and PSP families demanded that more be done to support PSP mental health and well-being.

The Action:

Building on requests from PSP organizations for more research into training and treatment, the Mental Wellness in Public Safety Team Grants were designed to be long term, and supported the following projects:

- Delivering online cognitive behavioural therapy ICBT to address mental health challenges in correctional officers and other Public Safety Personnel
- Autonomic Modulation Training: A biological approach to building resilience and wellness capacity among police exposed to post-traumatic stress injuries (PSI)
- Building Resilience through Integrated Knowledge Transfer in Police Organizations: A case study series. (Three Pillars of Resilience Program for Public Safety Personnel)
- An augmented training program for preventing post-traumatic stress injuries among PSP
- HomeBase: Enhancing mental wellness in Public Safety Personnel families
- A randomized control trial of a novel approach to cognitive training in Public Safety Personnel with posttraumatic stress injuries
- A longitudinal study of Correctional Services Canada Correction Officers' Mental Health and Well-being: The role of prison work and prisons in shaping correctional staff health and self over time
- Before Operational Stress: Evaluating Novel Psychosocial Interventions for Public Safety

The Impact:

CIHR team grant holders have submitted updated summaries of the following projects.

[Click here](#) for more information.

Further requests from PSP and PSP leadership led to the direct funding of two specialized hubs, designed to research two important interventions:

- A Theory and Practice Informed Approach to Crisis Intervention for Public Safety Personnel in Canada – Identifying Knowledge Gaps to Inform Action.
- "OnCall" Peer-to-Peer Support: Research and Coordination Hub.



CIPSRT Training

The Need

The PSSC identified the need for high-quality, accessible, and responsive evidence-based training to aid in the mental health, mental health awareness, and resiliency of our PSP, their leaders, their families, and their stakeholders. There is a necessity to innovate solutions for sustainable, long-term evidence-based training. In support of the identified need, CIPSRT's overall training portfolio should be targeted towards PSP Leadership, families, and frontline PSP. It should also address gaps in the support systems for those providing care to PSP as well as a systemic cultural shift via organizations.

The Action

In 2021, with the support of Public Safety Canada, CIPSRT began the development work in this portfolio by hiring a Manager of Training and Development to oversee the development and delivery of training and professional development opportunities. The PSSC Training sub-committee was also reestablished. Different funding calls led to the creation of a number of proposals to support the development of the portfolio.

A funding call to address post-traumatic stress disorder (PTSD) and trauma in those most affected by COVID-19 was released, directed by the Public Health Agency of Canada (PHAC). The University of Regina (via CIPSRT) developed and submitted a funding request for the project **“Training and Development Program for Public Safety Personnel”** in October of 2021.

CIPSRT continues to develop partnerships within its network to further the advancement of the training portfolio. Continued partnership development allows for dialogue with PSP sectors, organizations, researchers, and partners to address the need for psychological health and wellness and the impact it has on our PSP.

The Impact

Having a resource dedicated to the development of the training portfolio has allowed for consistent strategic development and overall support to the CIPSRT leadership team and its staff.

Enhancing Research Connections

ARC Network Development

The Need:

A network of researchers to eliminate replication, increase productivity, and produce research collaboratively.

The Action:

The ARCNAC developed the materials and process for expansion, and will be reviewing and approving applicants. Invitations to join the ARC Network sent to an additional 350 Academics, Researchers, and Clinicians.

The Impact:

The number of new ARC Network members will be tracked over the next 12 months.

[Click here](#) to learn more.

Research Engagement Form (REF)

The Need:

At the request of the PSSC, the REF was developed to help PSP leadership identify, follow, and understand the focus of the many studies being conducted in the PSP community. The REF should also help to support collaborations between researchers and PSP stakeholders, increase knowledge translation, develop research in new areas, and reduce unnecessary duplication of efforts.

The Action:

The ARCNAC developed the REF, the process, and will review and approve all applicants for this project. The REF was developed to facilitate CIPSRT knowledge translation efforts with respect to sharing information about PSP studies across the many different PSP stakeholder networks.

The Impact:

Recently launched, impact will be measured over the next 12 months.

[Click here](#) to learn more.



Future Directions

Research

Knowledge Translation Kit for Students

The Knowledge Translation (KT) Sub-committee is committed to building capacity in students who are researching PSP, encouraging them to focus on PSP research upon graduation and grow the field of research for PSP. Knowledge Translation Kits will provide best practices, KT plan templates, and suggestions to help students plan the KT of their projects so the findings can be shared effectively with PSP, PSP leadership, and PSP families. The MOU with CIMVHR and CIPSRT for SPEC will allow CIPSRT to help with continued capacity building.

Glossary of Terms

The Glossary Version 3 is currently in development with the number of terms being vastly expanded to include other types of traumatic experiences that occur in PSP and veterans. A special edition of PHACs journal will be dedicated to Glossary Version 3, which will support important updates and broader uptake. This journal will be released in Fall 2022.

Treatment

Sleep Workshops

CIPSRT will partner with an expert in sleep to design an educational course on sleep, covering everything from best practices for a good sleep to dealing with specific illnesses such as insomnia and sleep apnea.

Community Engagement

ARC Network Virtual meeting

To further develop the network, an annual virtual meeting will be held bringing together academics, researchers, and clinicians to discuss the latest PSP research, identify research gaps, and develop research collaborations that will expand the scope of PSP research.

PSP Network of Mental Health Champions across Canada

CIPSRT is developing a network of PSP frontline to connect around mental health successes and challenges in the workplace. The new network will share ideas and information to assist CIPSRT in disseminating information about research, tools, training, and treatment.

Knowledge Mobilization

Virtual Town Halls

CIPSRT continues to provide regular virtual town halls and webinars on topics impacting PSP.

Partnership with Families Matter Research Group

CIPSRT is helping to develop a national network of PSP family members, and will assist with creating and distributing resources for PSP families.

Training

The PHAC proposal identified opportunities to expand upon CIPSRT's existing training program, offering new modalities and increased reach for existing training, pilot testing, and expansion of CIPSRT's newest training opportunities for PSP. This project builds a community model that works for other training opportunities and continued operational support.



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CIPSRT Stakeholders

Public Safety Steering Committee

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ARNAC

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CIPSRT and PSPNET Staff

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