

KEYNOTE SPEAKERS

EVAN BRAY

EVAN BRAY IS EXCITED AND HONOURED TO BE THE VOICE OF SASKATCHEWAN WITH RAWLCO RADIO and host a provincial radio show 8:30am to 12:30pm, Monday to Friday on 650 CKOM in Saskatoon and 980 CJME in Regina.

The Evan Bray Show features Evan's opinions on a wide variety of topics, with interesting guests and Saskatchewan people sharing their diverse, thought-provoking opinions.

Many know him as the former chief of the Regina Police Service. Evan retired as Chief of Police for Regina Police Service in June 2023 to join Rawlco Radio, and turned in his badge to change frequencies from police scanner to AM radio.

In his seven years as Chief of Police, Evan directed over 600 police officers and staff and was highly regarded as an effective, respected, and accessible leader. Evan's career in policing spans almost three decades.

As police chief, Bray worked closely with governments, leaders and grassroots community organizations to understand the challenges people in Saskatchewan face. He led crowd control and crisis negotiation teams in his policing career — skills that can be useful during heated debates on his ground-breaking show.

Bray was born and raised on the family farm near Abernethy in southeast Saskatchewan. Growing up on the farm instilled a deep appreciation for his rural roots and a strong love for the province.

He lives in Regina with his wife, Jodie, and has two grown children, Cy and Ella, and two grandchildren.



TYLER SMITH

TYLER SMITH IS A 21-YEAR-OLD SURVIVOR OF THE 2018 HUMBOLDT BRONCOS BUS CRASH, WHICH claimed the lives of 16 of his teammates, staff members, and coaches. After physically recovering, he returned to the Broncos for ten games but realized that he needed to prioritize his mental health and take a step back from the game. Tyler has since made progress with his mental health recovery, including utilizing self-care tools like counselling.

Tyler is now passionate about sharing his story and being a mental health advocate. He co-hosts a podcast called 'Speak Your Mind' with NHL veteran Riley Sheahan and has also founded a mental health awareness clothing line called 'Not Alone Co.' The clothing line aims to facilitate meaningful conversations around mental health and donates portions of the proceeds to different charities and foundations across Canada.

Tyler hopes to continue public speaking, advocating for mental health, and sharing his stories with those who may need them. He believes in the power of a conversation and wants to build a lasting community focused on vulnerability and conversation.



FEATURED SPEAKER

COLLEEN CARNEY

DR. COLLEEN CARNEY IS A PROFESSOR AT TORONTO METROPOLITAN UNIVERSITY AND THE DIRECTOR of the Sleep and Depression Laboratory. Dr. Carney is a leading expert on cognitive behavioural insomnia therapy (CBT-I), with over 25 years of experience in sleep medicine, and over 200 publications. Dr. Carney is the current President of the Association for Behavioral and Cognitive Therapies Behavioral Sleep Medicine group and was recently a member of the International Classification of Sleep Disorders Insomnia Disorder diagnostic criteria revision workgroup and the American Academy of Sleep Medicine clinical practice guideline workgroup. They are a passionate advocate for improving access to evidence-based treatments for sleep.



PRESENTERS

FAYE ACTON

FAYE JOINED ANGLIA RUSKIN UNIVERSITY AS A RESEARCHER FOLLOWING A PROFESSIONAL PRACTICE-based career in health and education. Faye worked as a Health Improvement Practitioner in the NHS working with primary and secondary schools to develop, deliver, and evaluate health and wellbeing interventions and programmes of support for children and young people. Faye subsequently trained as a primary school teacher, where she worked as a classroom teacher, PSHE lead, and gained the national award for Special Education Needs Coordination to work as an Inclusion Manager.

Within the VFI, Faye is the lead for military connected children and young people where her work is focused on developing practice-based evidence with the voices and lived experiences of children and young people at the heart of her work. As a qualitative researcher at ARU, Faye has been involved in research projects spanning health, education, and social care, with a focus on school aged children and professional practice in schools.



GREG ANDERSON

DR. ANDERSON HAS BEEN INVOLVED IN TEACHING AT THE POST-SECONDARY LEVEL SINCE 1986. AN award winning educator and scientist, Greg has delivered presentations to scientific and practitioner audiences around the globe, and has published widely in the exercise and occupational physiology, health and fitness fields. A passionate and enthusiastic speaker, Greg enjoys translating “the science” for the practitioner, providing them with a better understanding of theory behind popular practice.



DANIEL BELLEGARDE

DANIEL BELLEGARDE IS A CITIZEN OF LITTLE BLACK BEAR’S BAND OF THE ASSINIBOINE CREE IN Treaty 4 Territory, southern Saskatchewan. He attended the University of Regina in the Faculty of Administration and has received numerous specialty training at various universities and professional development institutions.

He has held senior positions with First Nations organizations, including Socio-Economic Planner with the Meadow Lake Tribal Council, President of the Saskatchewan Indian Institute of Technologies, Director of the Treaty 4 Governance Institute, and First Vice-Chief of the Federation of Saskatchewan Indian Nations. As Vice-Chief, he held the portfolios of Treaty Land Entitlement and Specific Claims, Gaming, Justice and Policing, International Affairs and Self-Government.

He has served on the national Boards of CESO and the Canadian Association of Police Governance. He has been a Commissioner of the Indian Specific Claims Commission 1992-2009 and has served as Co-Chair of the Commission from 1994 to 2000.

He is currently the Justice Coordinator for Little Black Bear’s Band and Chair of the File Hills First Nations Police Service Board of Police Commissioners, as well as a policy advisor on inherent and Treaty rights to First Nations organizations.



KIMBERLY BITZ

DR. KIMBERLY BITZ IS CIPSRT’S KNOWLEDGE MOBILIZATION LEAD, DRIVEN BY A PASSION FOR enhancing individual lives through evidence-based practices, research, and education. She holds a Doctor of Science degree in Rehabilitation and Health Leadership and has a wealth of experience as an occupational therapist, specializing in the mental health needs of vulnerable and diverse populations with concurrent mental health and substance use disorders. Within her research and clinical mental health practice, Dr. Bitz has worked extensively on developing knowledge translation products.



SARAH BOURGET

PASSIONATE ABOUT ACADEMIA, SARAH BOURGET HOLDS A BACHELOR'S DEGREE IN INDUSTRIAL relations, followed by studies in occupational health and safety and disability management. In 2023, she completed a master's degree in workplace people management with distinction for her thesis on the psychosocial impacts of occupational injuries among paramedic technicians.

With over 10 years of experience in the pre-hospital emergency care sector, she has served as a health, safety, and human resources advisor, as well as head of the health and safety department for a major organization. She now teaches as a university lecturer, contributes to research, and continues a career focused on health and well-being, particularly regarding the mental and emotional health of emergency responders.



ALLISON CRAWFORD

DR. ALLISON CRAWFORD, IS A PSYCHIATRIST AND THE DIRECTOR OF VIRTUAL CARE AT THE CENTRE for Addiction and Mental Health, and Professor in the Departments of Psychiatry, and Dalla Lana School of Public Health, at the University of Toronto. She is the Chief Medical Officer of 9-8-8 Suicide Crisis Helpline; Medical Director of the Ontario Psychiatric Outreach Program; and a Founder and Co-Chair of ECHO Ontario (www.echoontario.ca), an award-winning, virtual community of practice. These activities advance access to mental health services, with a focus on suicide prevention, community-based care, and Indigenous wellness.



COLLEEN DELL

DR. DELL IS A PROFESSOR AND RESEARCH CHAIR IN SOCIOLOGY & SCHOOL OF PUBLIC HEALTH AT the University of Saskatchewan. She is also a Senior Research Associate with the Canadian Centre on Substance Use & Addiction. Dr. Dell's research program is grounded in an empowering, community-based, and patient-oriented participatory approach with both humans and animals.



ANDRÉE-ANN DESCHÊNES

ANDRÉE-ANN DESCHÊNES HOLDS A DOCTORATE IN OCCUPATIONAL PSYCHOLOGY AND IS A professor at the School of Management at the Université du Québec à Trois-Rivières. She educates current and future managers in public security management programs. She is co-holder of the UQTR-ENPQ Research Chair in the prevention of psychological health at work in public safety and co-director of the UQTR branch of the International Centre for Comparative Criminology. Her funded research, recognized both nationally and internationally, focuses on management psychology in public safety organizations, with particular attention to the prevention of occupational psychological health issues in police environments.



JANET ELLIS

DR. ELLIS IS A PROFESSOR OF VETERAN MENTAL HEALTH IN THE TEMERTY FACULTY OF MEDICINE AT the University of Toronto, and a Medical Psychiatrist with a strong clinical and research interest in veteran mental health, the primary and secondary prevention of depression and PTSD in the context of cancer, acute physical trauma and in healthcare workers and public safety personnel. She is a founding member of Disaster Psychiatry Canada, the Director of Psychosocial Care in Trauma and lead Psychiatrist for disaster response planning in Canada's largest trauma centre, Sunnybrook Health Sciences Centre. Under her professorship, Dr. Ellis is working to address gaps in veteran care, with a focus on cultural competency, trauma-informed approaches and cross-sector collaboration.



MATT FOSSEY

MATT FOSSEY IS A PROFESSOR OF PUBLIC SERVICES RESEARCH AND DIRECTOR OF THE VETERANS and Families Institute at Anglia Ruskin University (ARU). He has a background in social work, national health policy and service delivery. He is particularly interested in demonstrating research impact.

In 2015, Matt founded the Veterans and Families Institute at ARU, and has grown the Institute's status and reputation, including the 2022 launch of the Centre for Military Women's Research. With 15 staff, over 200 publications and £7 million in research income, the VFI is recognised as an international leader for social research with the military, veterans and their families.

Matt was co-chair of the NATO military sexual violence research panel, and is an advisor to the MOD, NHS, Office for Students and Cabinet Office. He is also a member of the international ministerial working group considering wellbeing in the military and veteran's communities. He has recently been appointed to co-chair the NATO research panel on human participation in research.

Matt has recently led a team to win over £11 million in Research England funding to set up a new Centre of Excellence for Equities in Uniformed Public Services. He is also a co-Investigator on a £5 million NIHR Public Health grant researching the social determinants of health across greater Essex.



AMÉLIE FOURNIER

DR. AMÉLIE FOURNIER, PH. D., IS A PSYCHOLOGIST AND CLINICAL RESEARCH ASSOCIATE FOR PSPNET. She is a registered member of both l'Ordre des psychologues du Québec and the Saskatchewan College of Psychologists. With 17 years of clinical experience, she is a Clinical Research Associate at the Canadian Institute for Public Safety Research and Treatment (CIPSRT) at the University of Regina. She holds a Ph.D. in Clinical Psychology at the University of Sherbrooke.

Dr Fournier is involved in the Public Safety Personnel Internet-Delivered Cognitive Behaviour Therapy (PSPNET). She also contributes to the RCMP Longitudinal Study on Post-Traumatic Stress Disorder (PTSD).

Her professional experience allowed her to use her skills to work in civil safety situations, such as the fire that devastated a residence for seniors, in Isle-Verte, Québec, in 2014.



ANNIE GENDRON

ANNIE GENDRON, PH.D., HOLDS A DOCTORATE IN PSYCHOLOGY. SHE IS A RESEARCHER AT *CENTRE DE recherche et de développement stratégique de l'École nationale de police du Québec* (Centre for Research and Strategic Development, National Police School of Québec), an associate professor in the Psychoeducation Department at the University of Québec in Trois-Rivières, co-holder of the Research Chair in Prevention of Psychological Health at Work in Public Safety, and a regular researcher at the International Centre for Comparative Criminology—Inter-University Centre. Her research interests focus on issues relating to the selection of candidates for the police profession, training, and police intervention in Québec. Her work explores the competency profile of candidates, the academic and professional trajectories of police officers, selection tests, the prevention of psychological health problems among public safety personnel, practices related to the use of force and suicide situations in the presence of police. She is also interested in the issues of police intervention in indigenous contexts and with indigenous clientele.



LEO GOUDAL

LEO GOUDAL IS A RESEARCH AND POLICY ANALYST WITHIN THE RESEARCH PARTNERSHIPS portfolio at the Atlas Institute for Veterans and Families. He obtained his Master of Public Health at the University of Western Ontario. Additionally, he is a Veteran that served four years as a reservist with the Canadian Armed Forces. As part of his role at the Atlas Institute, he led the project coordination on the National Peer Support Community Network (PSCN); a national network of stakeholders from the Veterans, Public Safety Personnel (PSP), peer support, research and service provider communities. In collaboration with the Canadian Institute for Public Safety Research and Treatment (CIPSRT), the Atlas Institute and the PSCN co-created best practice peer support guidelines that are specific to Veterans, PSP and their Families. Going forward, Leo will oversee the evaluation and implementation phases of these guidelines to monitor their adoption and suitability.



AMANDA GRIFFITH CONWAY

AMANDA CONWAY HAS BEEN WITH THE BRANDON POLICE SERVICE SINCE 2016. UNTIL RECENTLY, SHE served in the Community Policing Unit, but she has now returned to general patrol. She holds a degree in Social Work from the University of Manitoba and has experience in mental health crisis services and community corrections. Amanda is a Registered Social Worker, a Social Work Field Educator, and is close to completing her Honours Bachelor of Arts in Policing at Wilfrid Laurier University.

She co-facilitated a course on First Responder and Military Mental Health at Thompson River University and is deeply involved in various community initiatives, including Indigenous boards, restorative justice, and mental health and suicide prevention. In 2020, Amanda co-created Project Resilience 911, a non-profit peer support initiative for first responders, military personnel, and their families, which provides resources and promotes mental health awareness.

Amanda's dedication to mental health earned her the Mental Health Service Award in 2021 and recognition as a Champion of Mental Health by the Canadian Institute for Public Safety Research and Treatment. She was also awarded the Queen's Platinum Jubilee Award in 2023 for her leadership. A Metis woman, Amanda is passionate about creating cultural safety and reconciliation between Indigenous communities and public service.

Outside of work, Amanda enjoys spending time with her family, including her two adult children and four-year-old grandson. She is married to another member of the Brandon Police Service and values the unique experience of being a first responder spouse.



HEATHER HADJISTAVROPOULOS

DR. HEATHER HADJISTAVROPOULOS IS A PROFESSOR OF PSYCHOLOGY AT UNIVERSITY OF REGINA, and Principal Investigator and Director of PSPNET. She is a recognized global leader in the development, evaluation, and optimization of Internet-delivered Cognitive Behaviour Therapy (ICBT). Distinguished by the depth and breadth of her research on ICBT, and knowledge mobilization efforts in Canada, Hadjistavropoulos' research addresses client, provider, and health system needs to improve ICBT and overcome barriers to accessing CBT.



CYNTHIA HAMILTON URQUHART



CYNTHIA HAMILTON URQUHART IS A PASSIONATE SPEAKER, WRITER, AND MENTOR DEDICATED TO empowering the First Responder community through mental health advocacy. Her unique perspective draws on her 25 years of experience as a Royal Canadian Mounted Police (RCMP) Officer and her personal life with her First Responder husband and their blended family.

When Cynthia and her husband were both diagnosed with PTSD within eight months of each other, they embarked on a shared healing journey. This experience gave Cynthia deep insight into the physical and mental health challenges faced by First Responders and their families. It inspired Cynthia to become a passionate advocate for change, and a source of hope for others navigating similar struggles. As a result, she founded A First Responder Voice to reach out to First Responders and their families and is the author of 'A First Responder Voice: A Guided First Responder Journal Encouraging Mental Health Care'.

She is a Universal Women's Network, 2019 Woman of Inspiration – Unsung Hero award winner, and the recipient of both the RCMP Long Service Award and the 125th Anniversary of the Confederation of Canada Medal. In 2024, she was selected to appear in The Big Talk Academy Virtual Showcase, speaking about 'Changing your world with the courage to care'.

ROBERT HAWES



ROBERT HAWES IS THE CHIEF EPIDEMIOLOGIST WITHIN THE RCMP OCCUPATIONAL HEALTH & SAFETY Branch, with a particular expertise in health informatics, longitudinal time-series investigations and big data analytics. In his current role, he is responsible for the development and management of the Health Evidence and Readiness of Officers (RCMP-HERO) Occupational Health Surveillance System, which integrates data streams from across the organization to provide population-level estimates of health and disease status. Prior to this, he spent fourteen years as the Senior Epidemiologist in the Department of National Defence, leading a team of epidemiologists investigating the health and readiness of Canadian Armed Forces personnel. He is an experienced author and communicator of over one hundred scientific articles and presentations, and a recent recipient of the CAF Surgeon General's Award For Excellence and the CIMVHR Major Sir Frederick Banting Award for Military Health Research.

LAYNE JACKSON

LAYNE JACKSON HAS BEEN THE FIRE CHIEF OF REGINA FIRE & PROTECTIVE SERVICES SINCE 2017. HIS fire service career spans over 29 years, where he has served in a variety of positions including overseeing such programs as Suppression & Rescue, Training, Public Education, Inspections, Investigation and Emergency Management. He possesses two degrees and numerous professional certifications. Layne places a high importance on ensuring the Department's Critical Incident Stress Management (CISM) Team is supported and has the tools needed to assist members with difficult situations.



MATT JOHNSTON

MATT JOHNSTON IS A FULL-TIME PROFESSIONAL FIREFIGHTER AND CEO OF FIRST RESPONDER HEALTH Services. As a trained mental health clinician, Matt co-founded the Occupational Awareness Training (OAT) Program in 2017, following a cluster of suicides in the fire service.

The OAT program is an innovative twofold initiative: it educates healthcare providers on how to effectively build rapport with public safety personnel and provides tailored training for frontline workers. In collaboration with Blueprint and the University of British Columbia, Matt helped mobilize findings from the First Responder Resiliency Program, which achieved statistically significant reductions in depression, anxiety, and post-traumatic stress symptoms among participants.

During his presentation, Matt will discuss the online OAT program, which employs a drip content delivery method, enabling monthly training to be seamlessly integrated into firefighters' in-station, on-duty schedules. With over 12,000 firefighters enrolled, Matt will highlight how the program translates research into practical, engaging psychoeducational training that mitigates the impact of psychological stress injuries.



NICK JONES

DR. NICHOLAS (NICK) A. JONES IS A PROFESSOR OF JUSTICE STUDIES AT THE UNIVERSITY OF REGINA. He is the former Executive Director of the Canadian Institute for Public Safety Research and Treatment (CIPSRT). Prior to this appointment, he worked with adult federal parolees as well as incarcerated youth in Calgary, Alberta.

He earned his Doctorate from the University of Calgary for his research on the judicial responses to the Rwandan genocide with a particular interest in the Gacaca (a community-led justice approach). Nick began conducting research in policing following his relocation to Regina. His experience in Rwanda led him toward researching Indigenous approaches to justice and policing in Canada. His research interests include restorative justice, policing, genocide, mental health of PSP, and transitional justice.



LESLIE ANNE KEOWN

AS EXECUTIVE DIRECTOR, DR. LESLIE ANNE (LA) KEOWN BRINGS HER EXPERTISE AND EXTENSIVE experience conducting leading edge research and occupying leadership roles with the Correctional Service of Canada and Statistics Canada to CIPSRT.

Dr. Keown holds a Bachelor of Arts (First Class Honours) degree in Sociology from the University of Calgary, as well as her Master of Arts (Sociology) and her Ph.D. (Sociology) from the University of Calgary. She is cross-appointed to Justice Studies and Sociology and Social Studies as an Associate Professor at the University of Regina. She is also an Adjunct Research Professor with the Department of Sociology and Anthropology at Carleton University. She has authored numerous publications, including articles in the leading journals in her field, and has been the recipient of numerous academic scholarships and awards.

Dr. Keown is a Killam Laureate. Her research interests are varied but centered on the Canadian Criminal Justice System and research methodologies that focus on mixed methods or advanced quantitative techniques.



SANDRA KOPPERT

SANDRA HAS EXTENSIVE EXPERIENCE IN STRATEGIC PLANNING, PROMOTION, AND STAKEHOLDER relations within the national non-profit health sector and research consulting. Under Sandra's leadership, the MHCC is currently developing a national action plan for mental health and criminal justice and overseeing a national demonstration project in support of Schizophrenia quality standards. Sandra was an inaugural board member for the Canadian Centre for Women's Empowerment.



LARYSSA LAMROCK

LARYSSA LAMROCK HAS WORKED WITH MILITARY, VETERAN, AND FIRST RESPONDER FAMILIES IN different capacities over the last 20 years, including extensive experience in the field of family peer support with Operational Stress Injuries (OSIs) such as anxiety, PTSD and depression. Today, she is the National Strategic Advisor- Families, for Atlas Institute for Veterans and Families.

Along with her professional experiences, Laryssa is truly a military family member as she is the daughter, spouse and mother of formerly or currently serving Canadian Armed Forces members. Her personal experiences in supporting a loved one with OSI and her own journey with depression drives her passion for representing and advocating for families. She believes strongly not only in the importance of Family involvement in the recovery process of their loved ones mental health injuries but also in the necessity of Families being supported in their own experiences.

Laryssa has had numerous speaking engagements involving mental health awareness specific to OSIs, peer support and her lived personal experiences. A few of the most noteworthy have been the CIPHER collaboration conference, the National Conference on PTSD, and an appearance before the House of Commons Standing Committee on Veterans Affairs. She participates on a number of Committees including, the MacDonald Franklin OSI Research Advisory Council, the VAC Ministerial Advisory on Families and the Veterans Affairs Deputy Minister's Commendation Awards Advisory Committee. She is the author/co-author of a number of articles including "Loving a Broken Soul – The lived experience perspective on the implications of Veterans' moral injuries for Families," published in the Journal of Military, Veteran and Family Health.



ISABELLE CINDY LÉGARÉ

ISABELLE CINDY LÉGARÉ, C.ADM., CPHR, HOLDER OF A BACHELOR'S DEGREE IN ADMINISTRATION, Isabelle Cindy Légaré is a consultant in human resources management, occupational health and safety, and continuous improvement. She also works for the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST), where she supports business analysts in optimizing the organization's various processes. Currently pursuing a master's degree in project management, she also serves as a research officer and is conducting a thesis on Lean Management and occupational health and safety in Quebec's fire services. Additionally, she contributes to the advancement of workplace health and safety as a coordinator of RÉSO SST, which aims to foster networking among stakeholders.



SAM LUNDRIGAN

PROFESSOR SAM LUNDRIGAN IS THE DIRECTOR OF THE INTERNATIONAL POLICING AND PUBLIC Protection Research Institute and Professor of Investigative Psychology and Public Protection at Anglia Ruskin University. She joined ARU in January 2009 from the Institute of Criminology at Cambridge University. Until 2005, she was at the Institute of Criminology, Victoria University of Wellington in New Zealand. There she taught both undergraduate and postgraduate courses in criminology and forensic psychology.

As well as teaching, Sam has also conducted a range of research projects into geographic profiling systems, the spatial behaviour of serial rapists and the behavioural consistency of serial offenders. She has worked closely with police and provided offender and geographic profiles on a series of serious crime investigations. She also provided regular training to police officers in the area of environmental criminology and investigative psychology.



RENÉE MACPHEE

DR. RENÉE MACPHEE HAS BEEN AN INTEGRAL MEMBER IN THE CANADIAN PARAMEDIC COMMUNITY for almost 30 years, devoting her time helping as a researcher and educator. She is a tireless advocate dedicated to improving their physical and mental health and well-being. In 2017, she became a Founding Member and Paramedic Sector Lead at the *Canadian Institute for Public Safety Research & Treatment* (CIPRST). In 2018 her commitment to the health of paramedics across Canada earned her the *Paramedic Chiefs of Canada Presidential Award of Excellence*, marking the first time that the award has been bestowed upon a civilian. In 2022, she joined the *Mental Health Collaborative for Public Safety Personnel Round Table* with the Ontario Solicitor General's Office. In 2022, she was presented with the *Laurier University Award for Community Service and Engagement* in recognition of her efforts supporting Canadian paramedics. Her determination to identify and implement solutions that address the needs of the paramedic community has earned her the respect and cooperation of paramedic leadership, frontline, and labor groups. It is her long-held belief that successful research in the field of paramedicine is the result of work that is done *by paramedics, with paramedics, for paramedics*.



LAURA MCKENDY

LAURA MCKENDY HAS A PHD IN SOCIOLOGY (CARLETON UNIVERSITY) AND IS EMPLOYED WITH THE Correctional Service of Canada (CSC) as a senior research manager. Experienced in qualitative and quantitative methodologies, her research interests include correctional cultures, operations, and interventions. She has undertaken research on correctional staff mental health and well-being in both the provincial/territorial and federal contexts.



SARAH McLACHLAN

SARAH IS A SENIOR RESEARCH FELLOW IN THE CENTRE OF EXCELLENCE IN EQUITY FOR UNIFORMED Public Services. Sarah completed her PhD in Social and Health Psychology at the University of Nottingham in 2011. She has since worked as a health services researcher at Keele University, King's College London and, most recently, Anglia Ruskin University, where she was also Research & Scholarship Lead at Essex & Herts Air Ambulance.

She is a mixed-methods researcher with experience in a range of methods, including qualitative interviews and focus groups, ethnography, surveys, scale development and systematic literature reviews. She has recently developed an interest in the use of arts-based methods in health research. Sarah also has extensive experience of patient and public involvement and engagement (PPIE) and established a national special interest group for PPIE in Helicopter Emergency Medical Services research. She also sits on the steering group for the National Helicopter Emergency Medical Service Research & Audit Forum. Sarah supervises doctoral students and is research mentor to two Clinical Academic Fellows.

She is a graduate member of the British Psychological Society (BPS) and the BPS Division of Health Psychology.



NATHALIE REID

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 Co-PI on PSPNET Families, an online wellbeing hub of upstream mental health support for public safety personnel families. It is this work that led 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.



HOWARD SAPERS

HOWARD SAPERS' EXPERIENCE INCLUDES WORK IN PUBLIC SAFETY OPERATIONS AND POLICY, WITH A focus on access to justice, corrections, ombudsmanship, and accountability. He currently consults domestically and internationally on human rights and criminal justice, correctional policy and practice, the prevention of deaths in custody, and the intersection between mental health and the law. Currently, he is an advisor to the Mental Health Commission of Canada in the development of a National Action Plan on Mental Health and Criminal Justice. Between 2004 and 2016, Mr. Sapers was the Correctional Investigator of Canada, and previously served two terms in the Alberta Legislature, representing Edmonton Glenora. Mr. Sapers is an Adjunct Professor at Simon Fraser University's School of Criminology, and was a Visiting Professor at the University of Ottawa Department of Criminology. Mr. Sapers is a member of the CanFASD Board of Directors, on the Board of Trustees of the Centre for Addiction and Mental Health (where he also serves as Chair of the Governance Committee), a Director on the Board of the Canadian Juries Commission, and a member of the Legal Aid Ontario Prison Law Advisory Committee.



SEEMA SHARMA

SEEMA SHARMA IS NATIONAL DIRECTOR OF THE INTERNATIONAL ASSOCIATION FOR HUMAN VALUES. In her role, Seema leads operational stress and trauma programs with IAHV in Canada, specifically the SKY Resilience for First Responders and Public Safety Personnel. She works closely with key stakeholders at all levels and across the country to present evidence-based research supporting the efficacy of the program as well as delivering the SKY Resilience program to municipal police organizations and the Royal Canadian Mounted Police (RCMP).

A dynamic leader with over 22 years' experience in strategic advisory services and planning to both the government and private sector, Seema also works full time with a global tech and strategic advisory company serving as a member of the leadership team with a specialized focus in health care delivery and systems. With an educational background in immunology and medical microbiology and infectious diseases, Seema also actively lends her strategic business expertise to humanitarian and social impact initiatives by delivering programs to build resilience and improved performance in a wide range of settings.



NORMAN SHIELDS

DR. NORMAN SHIELDS IS A MONTREAL (QC) BASED PSYCHOLOGIST. HE COMPLETED HIS PHD IN Clinical Psychology at Concordia University with a focus on applied addiction treatment research.

A licensed psychologist for the past 25 years, his practice has focused on the treatment of anxiety and stressor-related disorders, with an eye towards concurrent disorders best practices. He has maintained his applied research activity as a collaborator on several CIHR and NIH funded initiatives focusing on the dissemination and implementation of evidence-based treatment for PTSD.

Dr. Shields is a member of the Canadian Association of Chiefs of Police and sits on the CACP psychological services committee. He is a member of the CIPSRT Academic, Researcher, and Clinician Network Advisory Council and a member of the college of peer reviewers for the Canadian Institute for Military and Veteran Health Research.



ROBERT STEWART

ROBERT STEWART HAS BEEN AN EXECUTIVE MEMBER OF THE BOARD OF DIRECTORS AT THE Association of Public-Safety Communications Officials (APCO) Canada for almost a decade and served two terms as President. Representing a membership of almost 500 public safety professionals, Robert continues to advocate for front-line emergency telecommunicators.

He graduated with an honors degree (BA) in Psychology and achieved a Masters Certificate in Project Management. Robert has education in CBRNE, incident command, quality improvement, and paramedicine.

Robert was a paramedic, emergency medical dispatcher, and superintendent with BC Emergency Health Services during his 17 year tenure. Co-managing one of Canada's largest EMS communications centres in Vancouver, he also spearheaded training and quality improvement across BC's three medical dispatch centres.

Currently, Robert is the Director of Emergency Communications for the City of Brandon leading provincial 911 activities for a geographically diverse population of 470,000.



CHRIS WEBBER

CHRIS WORKED AS AN OUTDOOR EDUCATOR AROUND THE UK AND WORLD FOR OVER A DECADE. HE discovered research as a mature student whilst exploring implementing outdoor adventure within primary education and teaching and learning outdoor adventure within initial teacher training. His PhD at Leeds Beckett University investigated enhancing the transfer of learning from the Royal British Legion's flagship recovery and transition programme among military veterans.

More recently, Chris was an embedded researcher within an experimental project funded by Sport England to create systemic change and enhance physical activity across a diverse northern borough. He enjoys working with partners to implement existing knowledge to improve complex social problems.

Chris has experience of delivering lectures, seminars, workshops, tutorials, and weeklong residencies for undergraduate students in outdoor education, physical education, and physical activity modules (levels five and six). He has also delivered guest lectures for internal and external students and staff across diverse topics such as research methods, evaluation, teaching and learning, behavioural science, research process, and sharing empirical insight.



EMMA WILLIAMS



EMMA WILLIAMS IS THE DIRECTOR FOR THE CENTRE OF EXCELLENCE FOR EQUITY IN UNIFORMED Public Services, and Professor in Applied Research across Uniformed Public Services at Anglia Ruskin University. Prior to joining ARU, Emma was the Academic Director of the Centre for Policing Research and Learning (CPRL) at the Open University.

Emma's career as a policing academic started as a principal researcher at the Metropolitan Police Service where she undertook applied, operational, and strategic research on several policing related issues such as rape and serious sexual offending, trust and confidence in policing, and neighborhood policing. Emma completed a two-year secondment with the Ministry of Justice and following that joined Canterbury Christ Church University as a senior lecturer where she was responsible for the design and delivery of a successful MSc programme for serving police officers. She was made principal lecturer in 2016 and in 2017 developed the Canterbury Centre of Police Research which she directed until she left to become the Research Director at CPRL in 2021.

Emma was awarded a PhD from London Southbank University in 2018 for a thesis that explored police officer perspectives on the challenges to reform focused on improving the police investigation of rape.

From 2021, whilst at CPRL, Emma led one of the research pillars for Operation Soteria (Home Office funded project) exploring the investigation of rape and serious sexual offending. Emma and her team led the work on officer wellbeing, learning, and development which has culminated in the specialist course for officers who investigate rape being redesigned and piloted in collaboration with the College of Policing. Emma's work is influenced by policing scholarship, justice theory, organizational theories, criminology, and sociology. Emma is also committed to knowledge mobilization and impact.

SCOTT WRIGHT



SCOTT HAS HAD THE PRIVILEGE OF FULFILLING LEADERSHIP ROLES OVER THE LAST 40 YEARS IN SAR, Agriculture Canada, the Alberta Government, Saskatchewan Agriculture, The Star Group of Companies and is currently the Director of the Livestock and Forage Centre of Excellence at the University of Saskatchewan. Scott was President of Search and Rescue Volunteer Association of Canada (SARVAC) from 2012-2020, Co-Chaired the GSARCC Council 2020-2022, and was President of Search and Rescue Saskatchewan Association of Volunteers (SARSAV) and Search and Rescue Regina, and Chair of the CSA Technical Steering Committee for the development of GSAR Standards in Canada as well as being a current SAR Instructor with SARI for Searcher, Team Leader, Search Manager and DART Programs.