

Expansion and Evaluation of the Before Operational Stress Project (BOS)



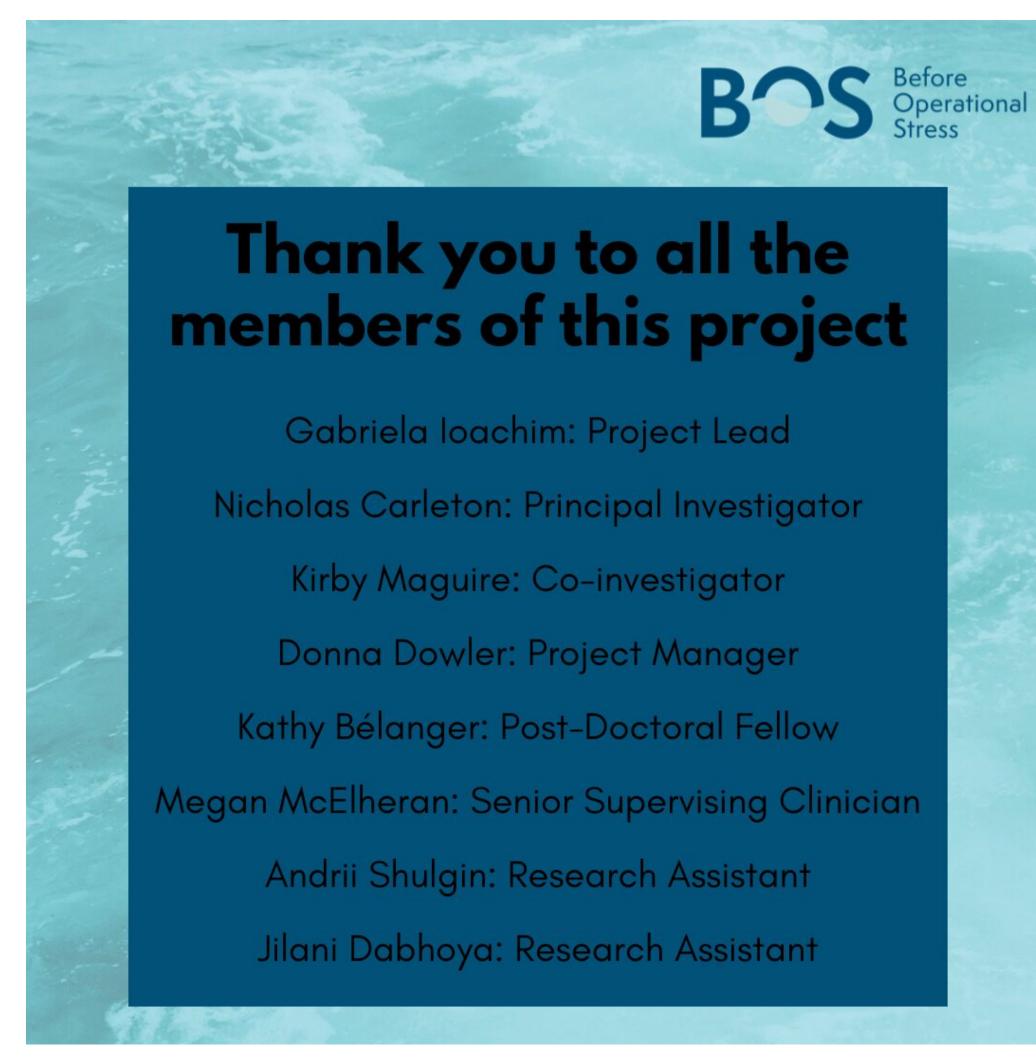


The Expansion and Evaluation of the Before Operational Stress (BOS) project offers evidence-informed training to public safety personnel and frontline healthcare workers across Canada who are regularly exposed to psychologically traumatic events and posttraumatic stress injuries in the context of the ongoing COVID-19 pandemic. Funded by the Public Health Agency of Canada the original 2022-2023 initiative has served over 71,000 frontline workers. An extension to the project will offer the BOS program to an

additional 1500 participants in a new and improved online format. The new BOS online program hosts all the original program content with the following upgrades:

- Updated production
- Additional Clinicians
- New guests offering lived frontline experience from EMS, Law Enforcement, Fire, and Healthcare
- Special versions for the PSP and healthcare sectors
- The BOS online program is ideal for the nontraditional schedules of frontline organizations.
- Participants complete at their own pace, at a time that works best for them. • Ideal solution for flexibility in mental health training.
- Self-directed modality with opportunities for in-depth, self-reflective practice and implementation. Full organizational implementation supports are available. Contact bosadmin@wayfound.ca for further information on how you can bring BOS to your organization through this limited-time,
- funded opportunity.

Project News



impact it has had on the wellbeing of public safety personnel and healthcare workers across Canada. The BOS project, led by the Canadian Institute for Public Safety Treatment and Research (CIPSRT) and in collaboration with Wayfound, was

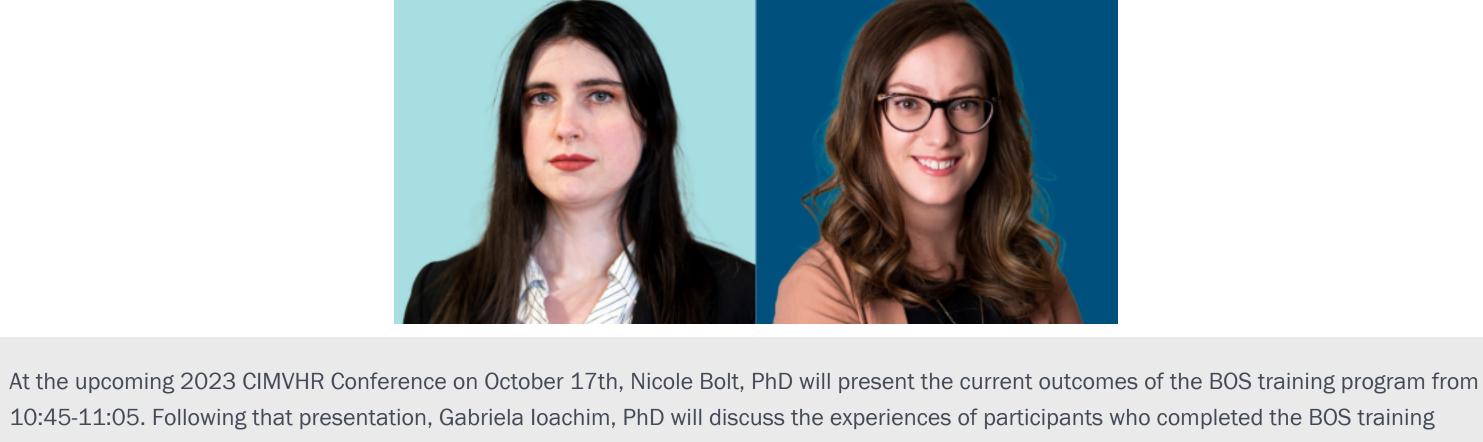
As we conclude the Expansion and Evaluation of the Before Operational Stress (BOS) project, we are proud to reflect on the remarkable journey and

designed to provide evidence-informed training to those regularly exposed to potentially psychologically traumatic events. The funding we received enabled Wayfound to refine the training program with upgraded production, a bolstered team of clinicians, compelling new guest speakers, and the development of specialized resources to meet the needs of both Public Safety Personnel and Healthcare Workers. Over the course of this project, the training program has benefited over 70,000 public safety personnel and healthcare workers nationwide. Concurrently, our commitment to scientific rigor is evident in the ongoing work on several comprehensive scientific articles, presenting data

collected from participants independently by our CIPSRT research team. To maximize the impact of our findings, we have created a range of educational resources, including video capsules, webinars, infographics, research reports, and summaries. These resources aim to distill the insights gained from the BOS program, making them readily available and easily digestible for both our participants and the wider community. Our heartfelt thanks go to Wayfound, whose invaluable support was crucial in delivering the training. Additionally, we express profound gratitude to

the Canadian public safety personnel and healthcare workers who actively participated in the BOS study. Their dedication and engagement have been instrumental in the success of this initiative. None of this would have been possible without the steadfast support of our funding partners—the Canadian Institute for Public Safety Treatment and Research and the Public Health Agency of Canada. Their commitment has been the bedrock of our success, driving the impact and reach of the BOS program. A final thank you to everyone who has been part of this journey.

BOS Team



programs between 11:05-11:25. If you are interested in seeing these presentations in person you can register for CIMVHR: Register - CIMVHR Forum 2023 The Before Operational Stress (BOS) project offers evidence-informed training to public safety personnel, frontline, and healthcare workers across

entire program was updated to be offered in an online format, allowing participants to complete the course in any location and at their own pace. *This poster presents engagement in BOS across different public safety sectors. Please note that this poster was presented at the CIPHER Collaboration Conference (CCC 2023) and the results have not been peer-reviewed.

Canada who are regularly exposed to potentially psychologically traumatic events and at higher risk for developing posttraumatic stress injuries. The



specialized resources to meet the needs of both Public Safety Personnel and Healthcare Workers. With the new funding, CIPSRT will also continue to conduct independent evaluations of the effectiveness of the BOS program and contribute to crucial research. BOS has been shown to have a small but significant positive impact on the mental health of Public Safety Personnel (read the full study here https://doi.org/10.3389/fpsyg.2021.511755) and we look forward to expanding on this research with more extensive studies and more options for BOS delivery modalities. We are grateful to the Public Health Agency of Canada for their steadfast commitment to advancing mental health research and supporting projects

refine the training program with upgraded production, a bolstered team of clinicians, compelling new guest speakers, and the development of

aimed at aiding Canadian Public Safety Personnel and Healthcare Workers Read the full CIPSRT news release: CIPSRT | We are happy to announce a funding extension agreement has been reached with the Public Health Agency of Canada (cipsrt-icrtsp.ca)

Project Resources

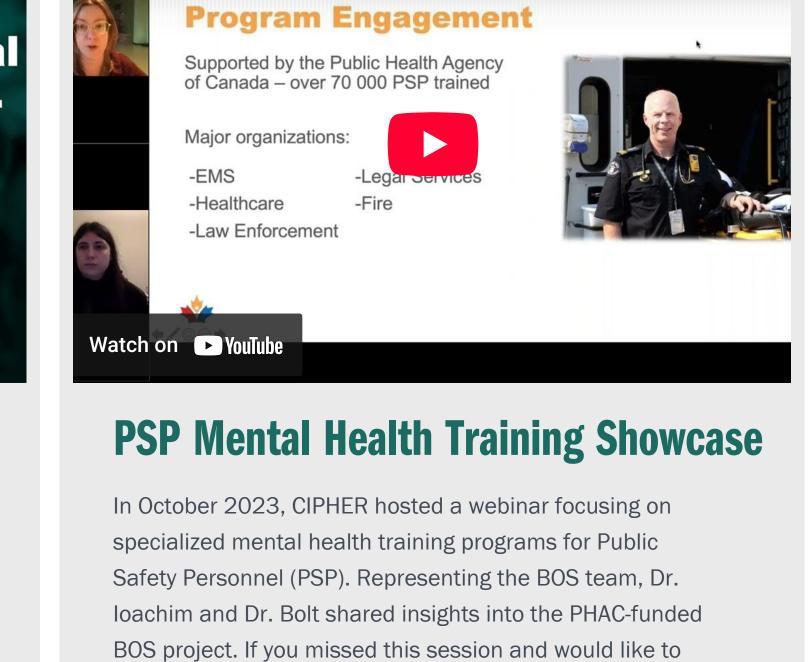
+USE BOS showcase



BOS/ASO: Mental health & resiliency training for...

discover the invaluable resources they have developed.

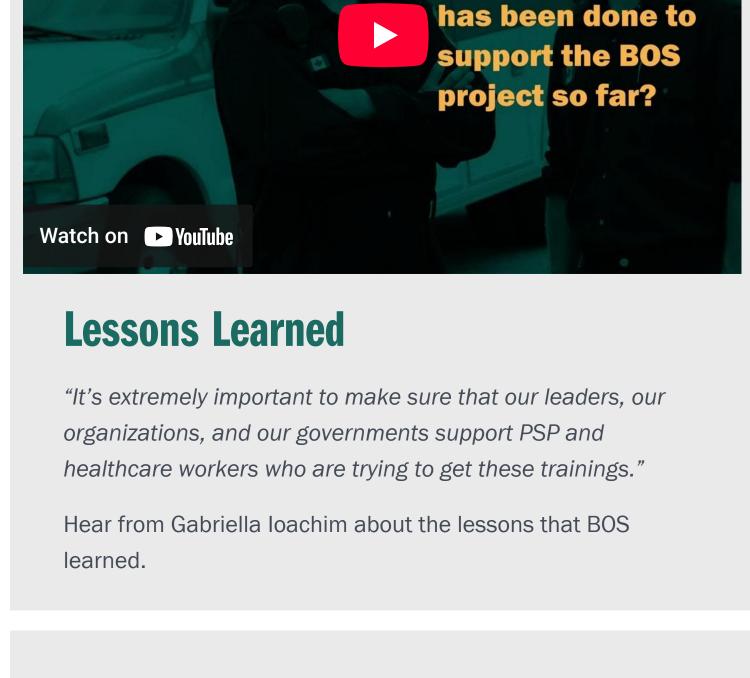
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learn more you can watch the BOS presentation here.

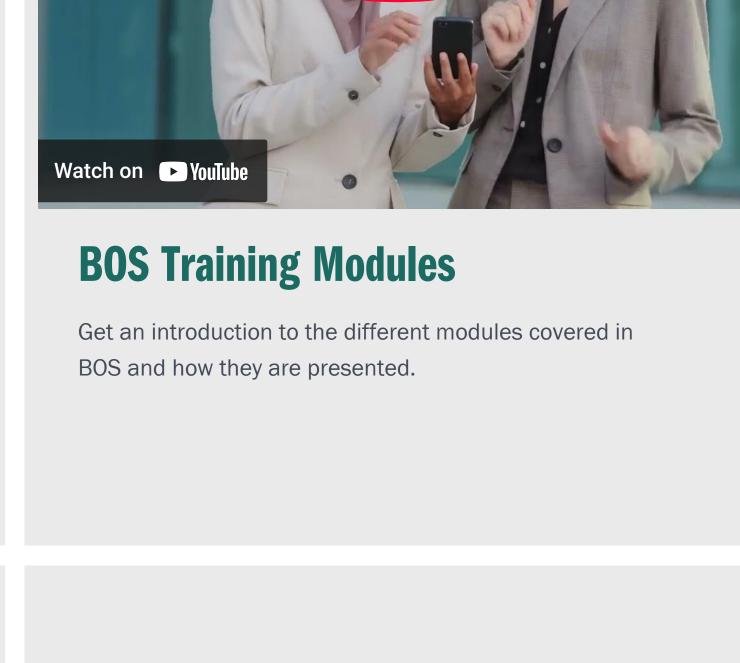
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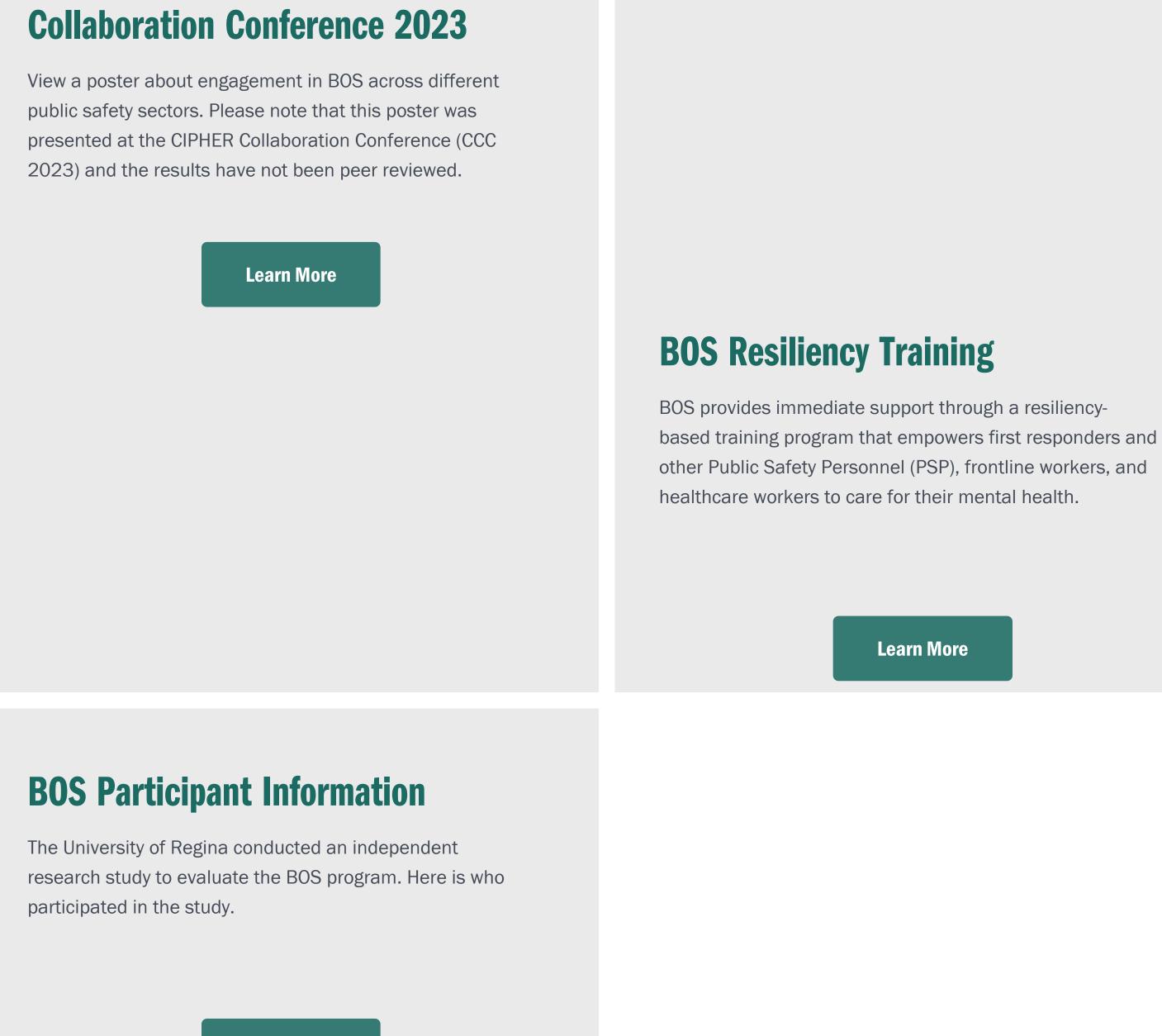
BOS Extended Promo



BOS Poster Presentation - CIPHER

What kind of research





Learn More

Be the BOS of your mental health.

At this time individuals cannot directly register in BOS training. However, your organization can email Wayfound at bosadmin@wayfound.ca to register in the

program. Once your organization has joined you are eligible to participate in BOS training.

Learn More about Wayfound

- **Current Project Team**
- Kirby Maguire, BA: Co-investigator Donna Dowler, B. Ed, PMP, TOGAF9, ICD.D: Project Manager Kathy Bélanger, PhD: Post-Doctoral Fellow

Nicholas Carelton, PhD R.D. Psych: Principal Investigator

- Megan McElheran, R.Psych: Senior Supervising Clinician Andrii Shulgin, MSc: Research Assistant
- Jilani Dabhoya, BSc: Research Assistant

Gabriela loachim, PhD: Project Lead

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d'éducation et d'intervention