

From evidence to action

How CIPSRT supports your
mental health and wellness

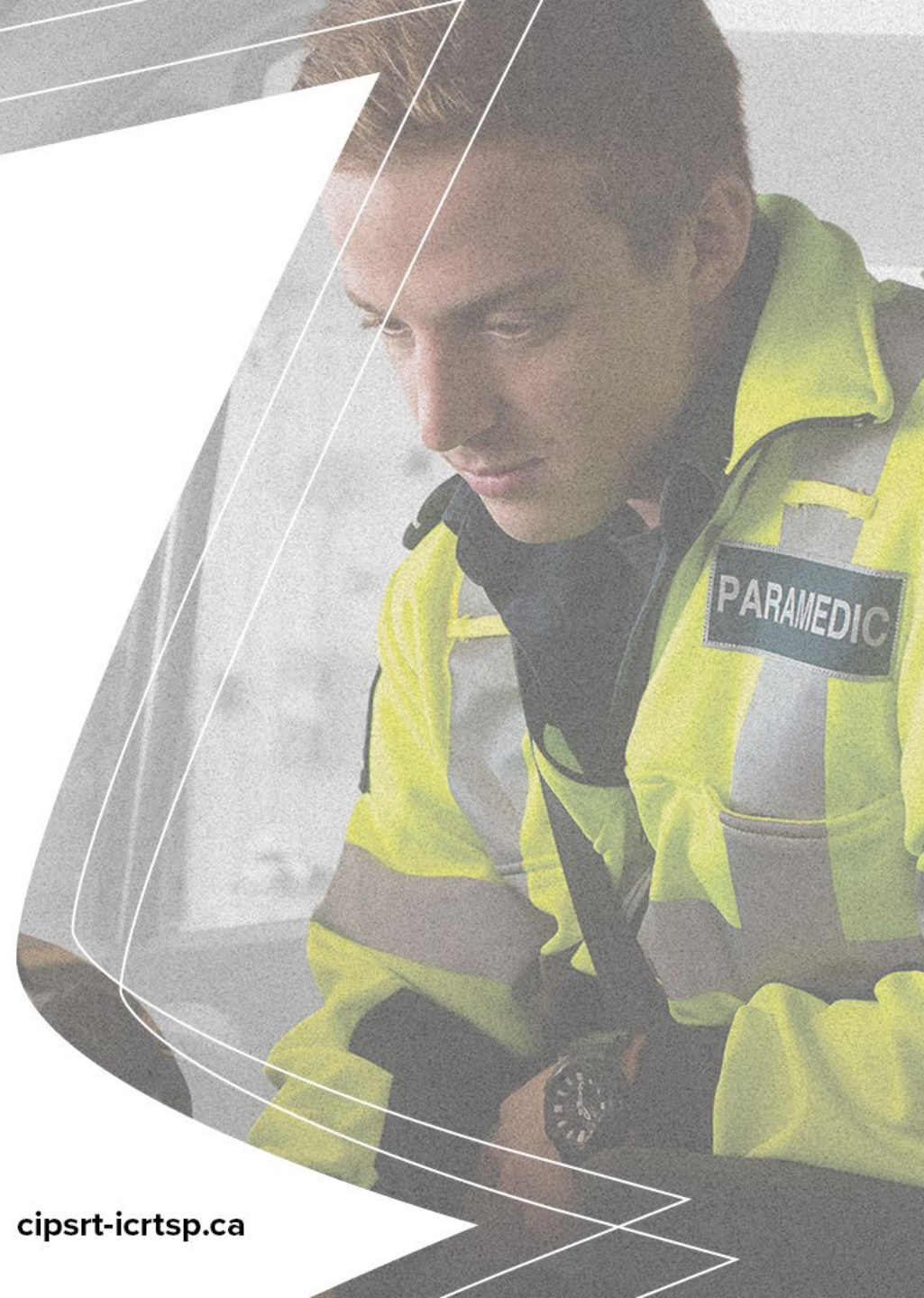
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What you'll learn in today's session

- Who we are – CIPSRT and the Knowledge Mobilization Hub
- What knowledge mobilization is – and why it matters
- How CIPSRT resources can support you, your teams, and families



Who is this session for?

- Public safety personnel (PSP)
- Frontline and operational roles
- Similar high-pressure roles



Public safety work

OPERATIONAL DEMANDS

- Irregular schedules and long hours
- Unpredictability and demanding workloads
- Challenges with rest and work-life balance
- Physical demands and fatigue



Public safety work

MENTAL AND EMOTIONAL DEMANDS

- Exposure to distressing or traumatic events
- High-stakes decision-making
- Ongoing pressure and stress



Impacts on mental health and wellbeing

- Repeated traumatic exposures negatively impact mental health
- Nearly half of Canadian PSP screen positive for a mental health disorder
- Effects can build over time



How this might show up

- Changes in sleep (difficulty falling or staying asleep, fatigue)
- Changes in motivation or mood – such as feeling on edge, irritable, or easily overwhelmed
- Difficulty concentrating or “switching off”
- Withdrawing from others or feeling disconnected
- Relying on coping strategies that may not be helpful over time



The evidence-to-action gap

- Strong research exists
- Research doesn't always reach practice
- Barriers to access and use of research knowledge
- Equity implications



What is knowledge mobilization?

NOT JUST SHARING INFORMATION, MAKING IT:

- ✓ Relevant
- ✓ Understandable
- ✓ Useable



Core principles of knowledge mobilization



Barriers to accessing and using information

- Time and competing demands
- Organizational culture and stigma
- Operational realities and constraints
- Trustworthiness and relevance of information
- Inconsistent messaging and misinformation



The role of the CIPSRT Knowledge Mobilization Hub

WHO WE ARE

- Funded by Public Safety Canada
- Nation-wide network
- Supporting PSP, leaders, and families
- Working with researchers, clinicians, and PSP leaders



The role of the CIPSRT Knowledge Mobilization Hub

WHAT WE DO

- Synthesizing research evidence
- Translating research into accessible tools and resources
- Supporting implementation and uptake
- Connecting interest-holders across sectors



Why this matters

- More informed decision-making
- Improved access to supports
- Reduced risk of harm
- Greater equity in access to knowledge and resources

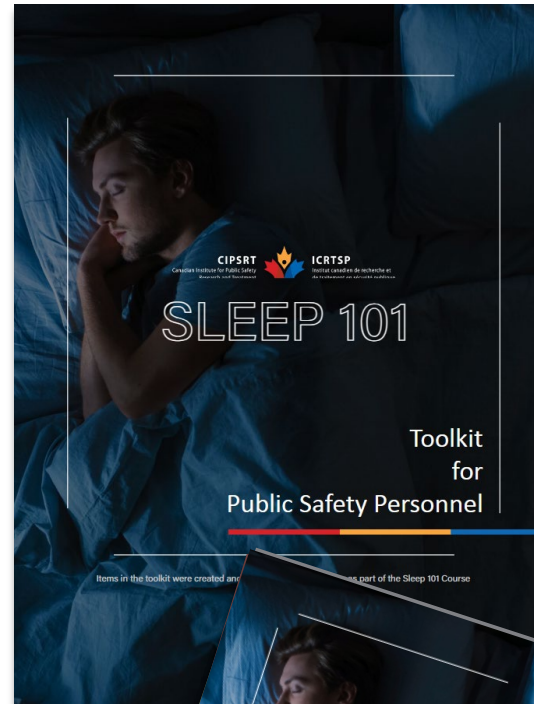


What this looks like in practice

A RANGE OF RESOURCES TO SUPPORT PSP

- Evidence summaries and reports
- Toolkits and practical guides
- Training and learning resources
- Webinars and recorded presentations
- Self-assessment tools
- Annual conference
- Online resource hubs and portals

Sleep resources for public safety personnel



TOOLKIT, SLEEP TIPS, RESOURCE BOOKLET

- Based on Sleep 101 training
- Designed for shift work and other real world conditions
- Practical, evidence-based strategies



The moral injury guide for public safety personnel and leaders



GUIDE AND WEBINAR

- Builds understanding of moral injury
- Evidence-based, practical strategies
- For PSP and PSP leadership
- Focus on recognition and response



Online events hub

Webinars, Online Events and Video Archive



Browse video resources

Knowledge for You

Public safety personnel families



Trauma

PSPNET Families

An online resource hub for information, strategies, and self-guided internet-delivered cognitive behavioural therapy for PSP spouses or significant others.

→ Visit

Garnet Families

An online hub for information, resources, and support for improving the lives of defence and PSP families.

→ Visit

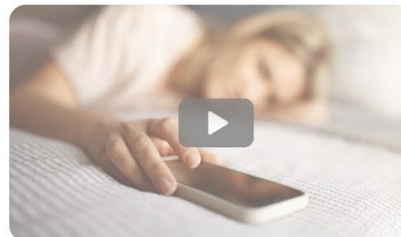
Browse video resources

Suicide



Garnet Families Interactive Series: Caregiving in Garnet Families

[All online events](#) [Garnet Families](#) [Most recent](#) [PSP families](#)



Garnet Families Interactive Series: The Tired Side of Service

[All online events](#) [Garnet Families](#) [Most recent](#) [PSP families](#)



Supporting first responder and public safety families affected by suicide

[All online events](#) [Most recent](#) [PSP families](#) [Suicide](#)

- Webinars and panel discussions
- Centralized, searchable archive
- On-demand access
- Curated by topic with additional resources



Ways to engage CIPSRT resources



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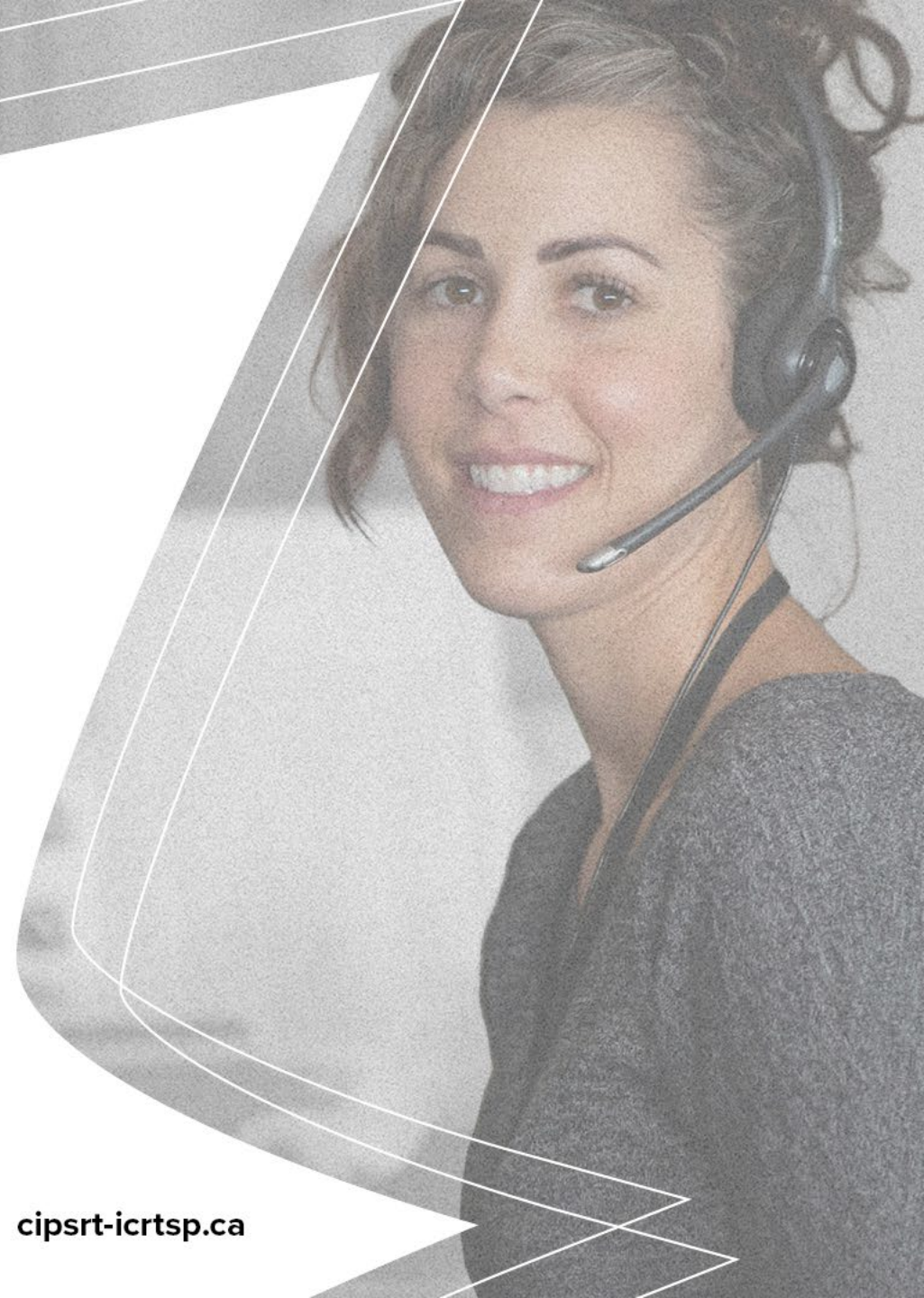
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Key takeaways

- Public safety work can have real and lasting impacts
- Strong research exists – but it doesn't always reach those who can use it
- Knowledge mobilization helps bridge that gap
- Effective KMb supports PSP mental health and wellbeing
- CIPSRT is a trusted, evidence-based resource
- Start with what's useful – and explore more at cipsrt-icrtsp.ca



Thank you.



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The Canadian Institute for Public Safety Research and Treatment (CIPSRT) works to improve the mental health and wellbeing of public safety personnel across Canada through knowledge exchange.

To learn more about CIPSRT's tools and resources for public safety personnel, visit:

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