



CIPSRT | ICRTSP

# SYMPOSIUM

# PROGRAM

Subject to change

## DAY 0

Monday, March 18, 2024

Starts at 4:00 PM

## Pre-symposium Registration

## DAY 1

Tuesday, March 19, 2024

Starts at 7:30 AM

7:30 AM

Breakfast & Registration

8:30 AM

Section 1: Symposium Opening Ceremonies

### Section 2: CIPSRT Introduction

Dr. R. Nicholas Carleton, Dr. Leslie Anne Keown & Dr. Alexandra Heber

*The session will provide an introduction to CIPSRT, providing a brief history of the institute for context, and showcasing the organization team members and structures. The session will highlight several key successes and set the stage for the presentations that follow.*

*The CIPSRT introduction will be followed by a presentation on the "Glossary of Terms: Version 3.0", and how this glossary serves as a prime example of pan-Canadian collaboration among academics, clinicians, frontline workers, community stakeholders and government policy-makers, who share a common goal to promote understanding of the impact of psychological trauma.*

### BREAK

### Section 3: Dr. Margaret McKinnon & Marie-Christine Rivest

*A brief overview of Public Safety Salute, a research and knowledge mobilization project to support the mental health and wellbeing of Canadian public safety personnel and to assist their supporters and organizations to create trauma-informed workplaces. Acting as a Knowledge Hub, the Canadian Institute for Pandemic Health Education and Response (CIPHER) currently curates and mobilizes the resources generated by nine designated research projects, developing materials that address the mental health and wellbeing needs of Canadian healthcare workers, public safety personnel, their families, and caregivers.*

### Section 4: Dr. Heather Hadjistavropoulos & Dr. Nathalie Reid

*This session will provide detailed information on PSPNET and PSPNET Families, which provide online evidenced-based mental health support for public safety personnel members and their families.*

### LUNCH



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## **Section 5:**

### **Corrections – Dr. Rosemary Ricciardelli & Officer James Bloomfield**

*Drawing on longitudinal qualitative data, this presentation speaks to how correctional officers describe their experiences of morally injurious behaviors and how these interpretations are deeply rooted in changing understandings of how the public perceive correctional officers.*

### **Families – Dr. Heidi Cramm & Chief Bruce Krauter**

*Public safety personnel families are important to recruitment and retention. We will outline supports and resources for public safety personnel families, the Garnet Families Network for public safety personnel families and those who support them, and progress in supporting public safety personnel organizations and associations in advancing families-forward policy and programming.*

### **Public Safety Communicators – Dr. Stephen Czarnuch & Robert Stewart**

*The current landscape of public safety communications in Canada, including the results of a national mental health and wellness survey and a brief showcase on how the capacity for research in this PSP sector is increasing.*

## **BREAK**

## **Section 6:**

### **Suicide – Dr. Simon Hatcher & Sarah McEwen**

*A brief review of suicide prevention in public safety personnel with an emphasis on the role of families.*

### **Fire – Dr. Joy MacDermid & Chief Ken McMullen**

*A brief overview of the UNALARM model that links: heart disease, mental health and cancer risks and health outcomes related to firefighting; implications for health screening and interventions; and current FIREWELL research studies addressing these concerns.*

### **Skills Training – Dr. Andrée-Ann Deschênes & Dr. Gregory Krätzig**

*Following the identification of the psychological support needs of police officers, what does the police manager need to know? This presentation will address the role, the vulnerable moments in a police career, and training of police managers.*

**5:00 PM**

**CLOSING REMARKS**

**RECEPTION**

## DAY 2

Wednesday, March 20, 2024

**Starts at 8:00 AM**

**8:00 AM**

**Breakfast**

**9:00 AM**

**Section 7: Welcome**

**Section 8:**

**Police – Dr. Kyle Handley & Sergeant Casey Ward**

*An overview of contemporary work with police officer mental health, with discussions concerning challenges and successes, identifying gaps, and highlighting effective actions that can occur.*

**Clinical – Dr. Megan McElheran & Dr. Kelly Schwartz**

*Operational stress and posttraumatic stress injuries that impact public safety personnel and their families demand evidence-informed programs delivered by mental health professionals that proactively address negative psychological and social impacts and build resilience. Bringing together the rigour of empirical validation with the expertise of trauma-trained clinical practice, this presentation will share about Canada-wide efforts to advocate for and deliver available and accessible mental health supports for public safety personnel and their families.*

**Paramedics – Dr. Renée MacPhee**

*An overview of contemporary work with paramedic mental health and occupational stressors, with discussions concerning challenges and successes, identifying gaps, and highlighting effective actions that can occur.*

**Peer Support – Dr. Sandra Moll and Chief John Heffernan**

*Update on current research related to peer support, with a focus on implementation of PeerOnCall, a new mobile health app designed by and for public safety personnel. Key learning will be presented from research in over 34 public safety personnel organizations across Canada.*

### **BREAK**

**Section 9:**

**Innovative Approaches - Karen Prokopec**

*An overview of the leading-edge work being done with the Ontario Mental Health Secretariat in support of public safety personnel mental health, showcasing challenges and successes, and providing pathways for similar solutions across Canada.*

**RCMP Study/Extension - Dr. R. Nicholas Carleton**

*Presents a brief overview of the RCMP Study and the Extension of the RCMP Study to other public safety personnel sectors, including the most current results and how those can help inform mental health improvements for everyone.*



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## LUNCH

### Section 10: Panel Discussion

*This panel discussion will synthesize the symposium presentations and experiences, identifying key opportunities and challenges, and providing broad take-home themes for all attendees.*

### Section 11: Moving Forward

*The final session will present the broad vision for CIPSRT going forward during the next five years, highlighting initial short- and long-term goals, and underscoring a commitment for inclusive engagement and tangible outcomes for public safety personnel, their leaders, and their families.*

**2:30 PM**

## CONCLUSION OF SYMPOSIUM

# Together We Are Stronger