

TOGETHER WE ARE STRONGER

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Building a Network to Address Front Line Mental Health

Steve Palmer

22 October 2018

Canadian Institute for Public Safety Research and Treatment -CIPSRT

- Working to support a national PTSD strategy per the Prime Minister's mandate to the Public Safety Minister

The Potential For Shared Success



National Roundtable on PTSD

- Is there a clear need?
- Is there support for a national solution?

Outcome

- Proposed formalizing the creation of a Canadian Institute for Public Safety Research and Treatment (CIPSRT) / Institut canadien de recherche et de traitement en sécurité publique (ICRTSP).
- Parliamentary Standing Committee on Public Safety and National Security Began Work

Standing Committee on Public Safety and National Security

– 16 Recommendations

- OSIs include more than PTSD
- Support a Canadian institute focused on PSP Mental Health
- Conduct prevalence and epidemiology research
- Build and fund nationally-coordinated arms-length peer-reviewed research into mitigation, screening, education, intervention, and treatment of PSP OSIs

Standing Committee on Public Safety and National Security

- Public Safety Personnel (PSP)
 - Canadian Border Services
 - Canadian Security Intelligence Service
 - Correctional Officers
 - Communication Officers (emergency call center operators, call-takers, dispatchers)
 - Firefighters (including volunteers)
 - Municipal Police Officers
 - Paramedics, EMTs, EMS Personnel
 - RCMP
 - all team members who support all frontline efforts
 - (Parliamentary Report, October 2016)

Mandate

- Public Safety Minister's Round Table
- Recommendations of the Parliamentary Committee
- Public Safety Organizations



CIPSRT Prevalence Survey

Assessing Operational Stress Injuries and Symptoms in Canadian First Responders and other Public Safety Personnel



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CIPSRT

- Unique Challenges for PSP
 - Relative to military
 - Deployment to “unsafe” zone
 - Deployment length
 - Relative to each other
 - Protection, Enforcement, Rehabilitation
 - Deployment, Exposure, Responsibility, Certainty
 - Relative to history
 - Increasingly required to fulfill multiple roles

CIPSRT

- Public Safety Steering Committee (PSSC)
 - Diverse national public safety leaders

- Canadian Association of Chiefs of Police
- Canadian Association for Police Governance
- Canadian Police Association
- Royal Canadian Mounted Police

Not Just Policing

- Corrections
- Fire
- Paramedic
- Dispatch and Call Centre

Business Case Key Messages

1. Urgency to Act
2. Linked to “Global health-safe and secure Canada”, government priority
3. Economic Impacts
4. Vehicle exists (CIPSRT)
5. Innovation

Our Key Issues - 1

1. Research regarding treatments, family and other social supports, critical incidents vs. cumulative exposure, vicarious trauma through secondary exposure.
2. Research regarding prevention, pre-disposition, resiliency
3. Research regarding stigma, cultural change, moral injury
4. Research regarding training, screening programs

Our Key Issues -2

1. Needs: stigma, resilience, best practices, standardized educational materials and training,
2. Evaluate best practice tools and behaviours (culture).
3. Training/education programs and policies, and foster sharing and exchange.
4. Facilitate timely access to appropriate services.
5. Identify what has work best for who, and when was the training/education provided. Considering sector, timing, mechanism for delivery

Canada's Budget 2018

- Budget 2018 allocated \$30 Million over 5 years to Canadian Institute for Health Research (CIHR) and CIPSRT:
- \$10 Million for a pilot (2 provinces) of Internet Cognitive Behavioural Therapy for PSP
- \$20 Million to CIHR to establish a National Research Consortium on PTSD
 - \$15 Mil for CIHR funded research
 - \$5 Mil for CIPSRT Hub (no research funding)

CIHR: National PTSI Network

- \$15 Mil for research projects over 5 years
- CIPSRT and CIHR will work towards an MOU
 - PSSC has significant input on establishing priorities
 - PSSC will be involved in “strengthening” applications
 - PSSC will provide feedback on the relevance of selected projects
- Catalyst grant call closes 25 Sept
- Priorities developed and provided to CIHR for the next call this fall

CIPSRT Scientific Directorate

- ❑ Scientific Director
Dr. R. Nicholas Carleton, University of Regina
- ❑ Director Corrections Sector
Dr. Rose Ricciardelli, Memorial University Newfoundland
- ❑ Director, Fire Sector
Dr. Heidi Cramm, Queen's University
- ❑ Director, Paramedic Sector
Dr. Renee McPhee, Wilfrid Laurier University
- ❑ Director, Police Sector
Dr. Greg Anderson, Justice Institute of B.C.

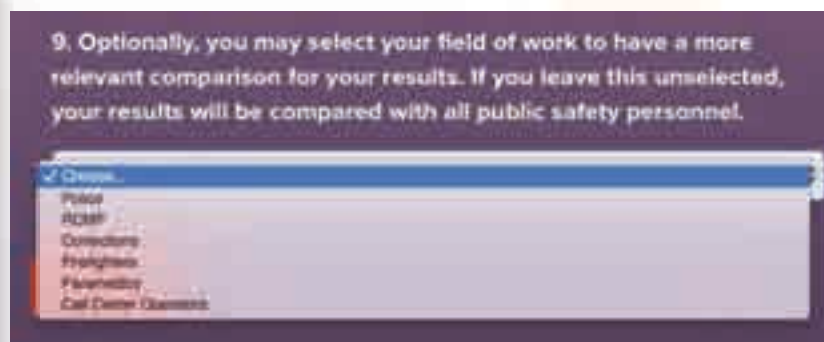


CIPSRT Scientific Representation

- Canadian Health Information Management Association
- Centre for Addiction and Mental Health
- Dalhousie University
- Justice Institute of British Columbia
- McGill University
- McMaster University
- Memorial University
- Mount Royal University
- Queen's University
- Regina Qu'Appelle Health Region
- Simon Fraser University
- University of Alberta
- University of Calgary
- University of Manitoba
- University of Ontario Institute of Technology
- University of Ottawa
- University of Regina
- Wayne State University
- Wilfrid Laurier University
- ++++++

CIPSRT New On-line Self Assessment Tools

Open access for all Public Safety Personnel via the CIPSRT Website



ax1.cipsrt-icrtsp.ca

Road To Mental Readiness – R2MR



ROAD TO MENTAL READINESS

-  Continuum
-  Tactical Breathing
-  Self-Talk
-  Goal Setting
-  Visualization
-  Attention Control
-  Memory

Developed by DMTI

Thursday, November 30, 2017

Check yourself regularly on any of the areas below to see where you land on the Mental Health Continuum.

-  Mood
-  Attitude & Performance
-  Sleep
-  Physical Symptoms
-  Social Behaviour
-  Alcohol & Gambling

[View my results](#) 

Thank You!



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