



From the Director's Desk

Greetings,

As we welcome the warmer weather and the summer months, the PSPNET team would like to highlight what's new with us. In this month's newsletter, I want to recognize Posttraumatic Stress Disorder (PTSD) awareness month, provide an update on upcoming activities, include a tip for your mental health, links to recent media and publications, and provide an update on our outcomes and outreach efforts.

June is PTSD awareness month. In Canada, it is estimated that up to 2.3% of the population is dealing with PTSD at any moment. Research done through the CIPSRT consortium shows that number may be over 23% for public safety personnel (PSP). Along with struggling with symptoms of PTSD, PSP may also feel the weight of stigma from their co-workers, organizations, or the public. Insufficient understanding of PTSD can lead to the idea that those who struggle with PTSD are weak or unfit for duty. This stigma can stop those suffering from seeking help or asking for support. Understanding the reality of symptoms and debunking myths about PTSD can help improve the lives of people who are struggling.

This year, for PTSD awareness month, CIPSRT wants to get Stigma Out and

Understanding In. Together, we can show that while PTSD is invisible, it is not invincible.

This year for PTSD awareness month CIPSRT wants to get **Stigma Out and Understanding In**. Together we can show that while PTSD is invisible, it is not invincible.

Join us for our 2nd annual **Wear Teal Challenge**. Last year, organizations and individuals from across Canada wore teal to show their support and raise awareness for individuals living with PTSD.

This year we want to make the event even bigger so post your photos on June 27th and tag CIPSRT using **@CIPSRT-ICRTSP** on Facebook, Twitter, or LinkedIn.

Find out more about this initiative on the [CIPSRT website](#).

Over the summer months, we are planning to release additional treatment materials to our PSP wellbeing course in English and French that include:

- Video introductions for PSP wellbeing lessons 1 to 5 in French, which are already available in our English course.
- De-identified quotes from PSP about their experiences with individual lessons to support future PSPD in applying the new skills.
- New resources on managing mental health at work, informing family members about the skills learned in the Wellbeing Course, supporting colleagues with mental health concerns, health anxiety, and a resource enhancing motivation

As of May 31, 2021, we have 191 clients from Saskatchewan and 80 clients from Quebec who are enrolled in our courses.

Thank you for your interest in our services and for taking the time to read this newsletter. Please feel free to contact us if you require any additional information or have any questions.

You can get the word out about our service to any public safety personnel and first responders in your lives by forwarding this email to

others.

Dr. Heather Hadjistavropoulos

Director of PSPNET

www.pspnet.ca

Find out more about the courses we offer

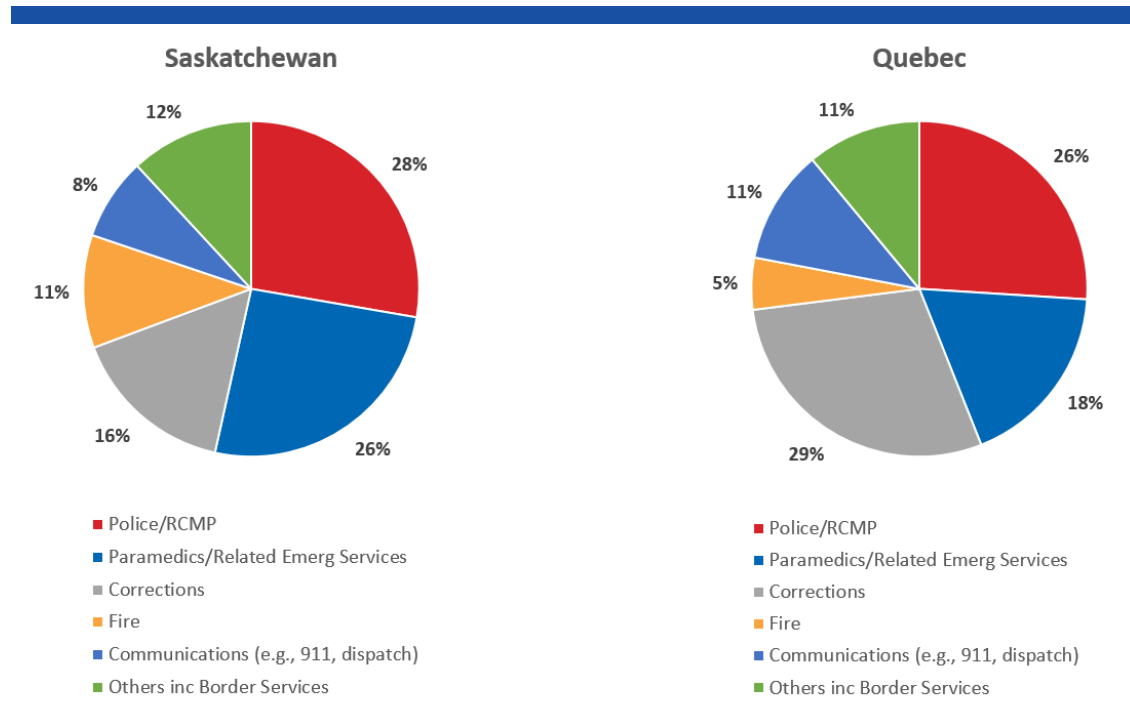
PSP Wellbeing Course (Available in Saskatchewan and Quebec)

PSP PTSD Course (Available in Saskatchewan)

Who are we helping?

Metrics provided in this newsletter are up to May 31, 2021.

**Breakdown of clients enrolled by sectors in Saskatchewan and
Quebec**



- **42979** people have visited our website, www.pspnet.ca.
- **291** PSP have completed a telephone assessment.
- **271** PSP have started treatment.
- **167** have fully completed the program.
- **82** remain active in treatment.

What clients are saying

- **99%** agreed that PSPNET was worth their time.
- **97%** of PSP would refer PSPNET to a friend.
- **89%** of PSP reported increased confidence in managing their symptoms.

What some of our clients are saying this month:

- "I found the combination of education, encouragement, and progressive manageable skill building made a noticeable difference in my day to day life."
- "I found this to be very beneficial as it addresses specific skills and situations."
- "I enjoyed the one-on-one counseling. My assigned counselor was very encouraging and always had a suggestion if I needed one."

[Click here to see a full list of our service outcomes](#)

Tip for your mental health

Setting a new goal, starting any new activity or hobby, or developing a skill can often seem daunting or overwhelming at the beginning, especially when depression, anxiety or PTSD are present. If we set our expectations too high with something new and unfamiliar, and we are not successful, this can lead to feelings of failure. This in turn can lead to abandoning our efforts. It can be helpful to identify small but achievable steps, which can help you make long and lasting change!

To provide a simple example, from fitness, if you want to increase your physical fitness by increasing the times per week you go to the gym, you could plan on 1 day for the first week, 2 days for the second week, and then 3 days for the next, so on and so forth. This type of planning allows you to build a foundation and further develop from there. When we increase slowly and over time, we often take pride in our accomplishments and are kinder and more compassionate towards ourselves because we are feeling successful. This process of setting

small steps is so often underestimated and can be applied to other goals, like increasing social contact, home projects or learning a new skill. Small, simpler steps are the gateway to what you ultimately want to achieve.

Outreach

We have had extensive contact with various PSP organizations and agencies to promote PSPNET.

- **3908** people have attended PSPNET presentations across various PSP organizations.
- **680** presentations, meetings, and stakeholders surveys have been completed.
- **588** organizations have been provided with PSPNET promotional materials.
- **441** organizations have agreed to refer PSPNET.
- **355** organizations and agencies have incorporated PSPNET into their workplace practices.

Recent Media

Quebec Webinar

If you were unable to attend Dr. Amelie Fournier's webinar on the initial results of PSPNET in Quebec on May 5, 2021, you can view the webinar [here](#) (in French only).

Newsletter

The Saskatchewan Association of Social Workers newsletter featured one of PSPNET's clinicians, Curtis Hart, who shared his experience working with PSPNET and how our program helps PSP. Read the article [here](#).

Recent publications by our researchers

- Hadjistavropoulos, H. D., McCall, H. C., Thiessen, D. L., Huang, Z., Carleton, R. N., Dear, B. F., & Titov, N. (2021). Initial outcomes of transdiagnostic internet-delivered cognitive behavioural therapy tailored for public safety personnel: A longitudinal observational study. [*Journal of Medical Internet Research*, 23\(5\), e27610](#).

Request a presentation or PSPNET promotional materials

If you would like us to provide a presentation to your organization or send promotional materials (wallet cards, magnets, postcards) in English and French, contact us by email at pspnet@uregina.ca or phone at 306-337-7233 or toll-free at 1-833-317-7233.

Download our promotional materials

- Click [here](#) to download a PDF of our poster.
- Click [here](#) to download a PDF of our PSP Wellbeing Course postcard.
- Click [here](#) to download a PDF of our PSP PTSD Course postcard.

Thank you to our partners and funders



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