



Public Safety Personnel

# Public Safety Personnel Family and Community Supports

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# Disclosure of Financial Support

- **This program has received financial support from the Workplace Safety and Insurance Board (WSIB) in the form of an educational grant.**
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  - Not applicable

# Faculty/Presenter Disclosure

- **Faculty:** Scott Maxwell
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  - **Patents:** Not applicable
  - **Other:** Employee of Wounded Warriors Canada

# Mitigating Potential Bias

- The information presented in this program is based on recent information that is explicitly “evidence-based”.
- This Program and its material is peer reviewed and all the recommendations involving clinical medicine are based on evidence that is accepted within the profession; and all scientific research referred to, reported, or used in this CE/CPD activity in support or justification of patient care recommendations conforms to the generally accepted standards

# Learning Objectives

By the end of this session, participants will be able to:

1. Identify the impacts public safety personnel (PSP) service has on PSP family members.
2. Differentiate between the needs of support services for PSP members and that of PSP families.
3. Identify resources that are available for PSP and their families.



# About Scott: A 10-year Journey Working with Canada's Veteran's, Public Safety Personnel, and their Families



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## ***WOUNDED WARRIORS CANADA MENTAL HEALTH SERVICES***

### TRAUMA INFORMED WORKPLACE TRAINING

BEFORE  
OPERATIONAL  
STRESS (BOS)



TRAUMA  
INFORMED  
PRACTICE



TRAUMA  
RESILIENCY  
TRAINING



PEER  
SUPPORT  
TRAINING



### OPERATIONAL STRESS INJURY COUNSELLING PROGRAMS

TRAUMA  
RESILIENCY  
PROGRAM



SURVIVING  
FAMILY  
PROGRAM



COUPLES  
RESILIENCY  
PROGRAM



SPOUSAL  
RESILIENCY  
PROGRAM



COUPLES  
OVERCOMING  
PTSD EVERYDAY  
(COPE)



WARRIOR KIDS  
CAMP & VIRTUAL  
PROGRAM



# Where it Began: Chris & Kathryn Linford



# Impact of PSP Service on PSP Family Members

- Confronting workplace injury or illness
- Anxieties that accompany PSP work
- Boundary confusion: bringing work home
- Public perceptions
- Irregular work schedules and sleep disruptions
- Resentment
- Lack of employer and community supports



# Portapique, Nova Scotia: 2020



# Support Service Needs of PSP Members

- **Resiliency Training (upstream):** PSP require culturally specific resiliency training that combines relevant and useable knowledge, skills practice, and ongoing social support to support their operational careers. This training works to remove **stigma**, which so often serves as a barrier to care.
- **Treatment:** PSP require culturally specific counselling services, organization and community support to address the realities of trauma exposure, moral injuries, sanctuary trauma and diagnosis such as PTSD, anxiety and depression.



# Support Service Needs of PSP Families



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- Regulation and resourcing skills to help PSP families understand their function of emotions while exploring parts of themselves that can become injured in their relationship with an injured spouse or parent.
- Programming that supports the acquisition of relationship skills while enabling PSP families to build satisfying social support networks and identifying and claiming their own future-focused needs that promote renewal and hope.



# Resources Available for PSP and their Families

- PSPNET Families: <https://www.pspnet.ca/en/for-families-of-psp/families-and-couples-information>
- Families Matter Research Group: <https://fmrg.ca/>
- Family First Responder: <https://familyfirstresponder.ca/>
- Working Mind First Responders Family Package: <https://theworkingmind.ca/working-mind-first-responders-family-package>
- Boots on the Ground: 24/7 Peer Support: <https://www.bootsontheground.ca/>
- Badge of Life Canada: <https://badgeoflifecanada.org/>
- First Responder Assist: <https://www.ontarioshores.ca/wounded-warriors-canada-and-ontario-shores-launch-new-service-support-mental-health-needs-first>

# Take Home Messages

1. There are important differences and distinctions between the supports required for PSP and PSP families.
2. PSP families are a vital component to PSP and yet too often overlooked when it comes to their wellbeing and support.
3. Resources needed to be tailored to the unique of both PSP and PSP families.



***“TIME DOES  
NOT HEAL ALL  
WOUNDS.”***

**ANGELA GEVAUDAN,  
RCMP WIDOW**



# Questions?

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