

TOGETHER WE ARE STRONGER

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Disclosures

- R. Nicholas Carleton, Ph.D., R.D. Psych.
 - Professor of Psychology
 - Scientific Director for CIPSRT
 - No relationships with commercial interests; no conflicts of interest to declare
 - Research support
 - Canadian Institutes of Health Research (CIHR)
 - Canadian Institute for Public Safety Research and Treatment (CIPSRT)
 - Government of Canada, Public Safety Canada (PSC)
 - Saskatchewan Health Research Foundation (SHRF)
 - University of Regina



Disclosures

- Renée S. MacPhee, Ph.D.
 - Associate Professor Kinesiology & Physical Education / Health Sciences
 - CIPSRT Associate Director for Paramedics
 - No relationships with commercial interests; no conflicts of interest to declare
 - Research support
 - Canadian Institutes of Health Research (CIHR)
 - Canadian Institute for Public Safety Research and Treatment (CIPSRT)
 - Government of Canada
 - Public Safety Canada (PSC)
 - Wilfrid Laurier University



CIPSRT

- Canadian Institute for Public Safety Research and Treatment
 - A coast-to-coast-to-coast multi-university team of top Canadian researchers working with public safety personnel executives and key stakeholders on a long-term initiative to identify the tools required to support the recognition, prevention, and treatment of health concerns facing Canadian public safety personnel and their families.

CIPSRT

- Canadian Institute for Public Safety Research and Treatment
 - Officially launched in August 2017
 - Evidence-based activities are critical, but nascent
 - Assembled funding from 2016-2017 (~400K)
 - Federal
 - University-based
 - Wounded Warriors Canada
 - Expanded federal funding in 2018 (30M)
 - Minister of Public Safety and Emergency Preparedness



Public Safety Canada
publicsafety.gc.ca

CIPSRT

- Mission
 - To provide a Canadian hub for strategic public safety wellness research and analysis, knowledge translation and mobilization, working with public safety leaders and academics from across Canada to develop and deploy solutions that meet the current and future needs of Canadian Public Safety Personnel.
- Vision
 - Canadian public safety personnel, their organizations, their families, and their communities having access to up-to-date, scientifically robust evidence to inform policies and programs for a full range of health and wellness challenges.

CIPSRT

- Associate Directors of Research Sectors
 - Corrections
 - Dr. Rosemary Ricciardelli, Memorial University
 - Fire
 - Dr. Heidi Cramm, Queen's University
 - **Paramedics**
 - **Dr. Renée MacPhee, Wilfrid Laurier University**
 - Police
 - Dr. Greg Anderson, Justice Institute of British Columbia



CIPSRT

- Public Safety Steering Committee (PSSC)
 - Diverse national public safety leaders, both administration and frontline
 - Canadian Association of Chiefs of Police
 - *Mark Chatterbok, Steve Schnitzer*
 - Canadian Association of Fire Chiefs
 - *Tina Saryeddine, Ken McMullen*
 - Canadian Association for Police Governance
 - *Jennifer Malloy, Rob Stephanson*
 - Canadian Police Association
 - *Tom Stamatakis, Casey Ward*
 - Correctional Service of Canada
 - *Nathalie Dufresne-Meek*
 - Union of Canadian Correctional Officers
 - *Jason Godin*
 - International Association of Firefighters
 - *Scott Marks, Sandy Hamamoto*
 - **Paramedic Association of Canada**
 - *Chris Hood, Pierre Poirier*
 - **Paramedic Chiefs of Canada**
 - *Randy Mellow, Kelly Nash*
 - Royal Canadian Mounted Police
 - *Gregory Kratzig*
 - Union of Safety and Justice Employees
 - *Stan Stapleton, Richard Girard*

CIPSRT

- Scientific Representatives

- Interdisciplinary academics from multiple institutions

- 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
- Saskatchewan Health Authority
- 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

- Partner and Stakeholder Organizations
 - Government of Canada
 - Public Safety Canada (PSC)
 - Canadian Institutes for Health Research (CIHR)
 - Canadian Institute for Military and Veteran Health Research (CIMVHR)
 - Collaborative Centre for Justice and Safety (CCJS)
 - Mental Health Commission of Canada (MHCC)
 - Community Safety Knowledge Alliance (CSKA)

CIPSRT

- Partner and Stakeholder Organizations

- Community Stakeholders

- Badge of Life Canada
 - Behind the Red Serge
 - Families of the RCMP for PTSD Awareness
 - First Responder Mental Health Network Collaboration
 - Mood Disorders Society of Canada
 - Tema Conter Trust
 - Wounded Warriors Canada

Research

The Blue Paper

- Peer Support and Crisis Intervention Programs in Canadian First Responders: Blue Paper
 - Research started following several questions from public safety leaders in December 2015
 - *What's **BEST** for resilience and support?*
 - Peer-reviewed, freely available
 - <http://www.cipsrt-icrtsp.ca>
 - No conclusive evidence of harm
 - Should develop and support, but we need more research and more standardization

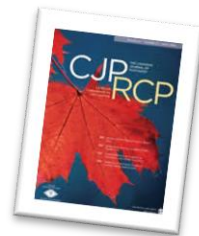


Prevalence Survey

- Pan-Canadian Pan-Public Safety Personnel Prevalence Survey “AX1”
 - The evidence base has been extremely limited
 - Partially funded by the Ministry of Public Safety and Emergency Preparedness
 - ~9,000 participants
 - Quantitative and qualitative data



Prevalence Survey – Results



- Mental Disorder Symptoms Among Public Safety Personnel in Canada

Positive Screening Percentages for Recent Mental Disorders Based on Self-Report Measures

	Gen	Total Sample	Mun /Prov Police	RCMP	Correctional Workers	Fire	Paramedics	Call Centre
PTSD	~1.1-3.5	23.2	19.5 ^d	30.0 ^a	29.1 ^a	13.5 ^b	24.5^c	18.3 ^d
Major Depressive Disorder	~7	26.4	19.6 ^b	31.7 ^a	31.1 ^a	20.2 ^b	29.6^a	33.2 ^a
Gen. Anxiety Disorder	~3	18.6	14.6 ^{b,c}	23.3 ^a	23.6 ^a	11.7 ^b	20.5^a	18.0 ^{a,c}
Social Anxiety Disorder	~6.7	15.2	10.0 ^b	18.7 ^a	18.3 ^a	11.0 ^b	20.0^a	16.9 ^a
Panic Disorder	~1.6	8.9	5.9 ^b	12.0 ^a	12.2 ^a	5.1 ^b	10.3^{a,c}	7.6 ^{b,c}
Alcohol Use Disorder	~7-25	5.9	5.8 ^c	3.9 ^a	6.8 ^{b,c}	8.0 ^b	6.1^{b,c}	7.2 ^{b,c}
Any mental disorder ⁴	10.1	44.5	36.7 ^b	50.2 ^a	54.6 ^a	34.1 ^b	49.1^a	48.4 ^a
<i>Mental Disorder Count</i>								
0		58.2	65.9	52.7	48.4	67.7	52.9	55.7
1		15.1	13.8	14.8	16.7	13.2	19.4	13.9
2		8.7	8.0	8.1	10.9	8.7	7.4	12.4
3 or more		18.0	12.3	24.4	24.0	10.4	20.4	17.9

Prevalence Survey – Results



- Chronic Pain Among Public Safety Personnel in Canada

Chronic Pain Prevalence Percentages and Locations^{1,2}

	Gen ~	Total Sample	Mun /Prov Police	RCMP	Correctional Workers	Fire	Paramedics	Call Centre
Any Chronic Pain	18.9	40.2	35.9	43.4	45.4	35.3	44.1	36.7
	<i>Chronic Pain Locations</i>							
Lower back	22.3	24.0	22.1	26.5	26.1	18.4	28.9	20.2
Shoulder	6.1	17.6	14.7	19.6	18.5	15.7	21.5	15.3
Neck	5.4	16.8	15.4	17.8	21.0	12.3	18.1	17.3
Arm	2.2	11.1	10.6	12.5	12.6	6.7	12.5	13.3
Leg	7.2	14.3	12.7	15.7	16.5	11.3	15.0	17.3
Hand	2.8	10.9	9.8	12.0	13.6	7.2	12.0	13.3
Foot	3.4	12.6	11.8	14.9	15.4	7.6	12.2	13.7
Headaches	6.2	15.2	14.4	16.0	18.5	9.1	18.8	15.7
Other	-	7.1	5.7	8.8	6.8	5.2	9.1	6.5

¹Non-mutually exclusive chronic pain locations.

²Only calculated for respondents who reported experiencing any chronic pain, more days than not, that lasted longer than 3 months.

Prevalence Survey – Results



- Chronic Pain Among Public Safety Personnel in Canada

Perceived Cause of Chronic Pain^{1,2}

	Total Sample	Mun /Prov Police	RCMP	Correctional Workers	Fire	Paramedics	Call Centre
Injury related to active duty	40.2	39.6	54.4	24.5	29.2	50.5	11.0
Injury related to work other than active duty	9.6	10.2	7.3	11.6	11.6	9.4	7.7
Injury not related to work	16.2	18.9	8.5	20.8	19.4	14.8	27.5
Non-injury-related disease (e.g., osteoarthritis)	11.2	10.0	7.8	14.8	11.3	12.1	23.1

¹Non-mutually exclusive chronic pain locations.

²Only calculated for respondents who reported experiencing any chronic pain, more days than not, that lasted longer than 3 months.



Prevalence Survey – Results



- Suicidal Ideation, Plans, and Attempts Among Public Safety Personnel in Canada

Prevalence of Past-Year and Lifetime Self-Reported Suicidal Behaviour

	Gen	Total Sample	Mun /Prov Police	RCMP	Correctional Workers	Fire	Paramedics	Call Centre
	<i>Past-Year</i>							
Suicidal Ideation	~5.8	10.1	8.3	9.9	11.0	8.5	15.4	9.5
Suicidal Planning	~2.2	4.1	3.4	4.1	4.8	2.7	7.1	2.5
Suicidal Attempt	~<1.0*	0.3	0.2	0.2	0.4	0.3	0.9	0.4
	<i>Lifetime</i>							
Suicidal Ideation	~11.5-14.1	27.8	20.5	25.7	35.2	25.2	41.1	28.7
Suicidal Planning	~4.1-5.1	13.3	8.9	11.2	20.1	8.8	23.8	13.6
Suicidal Attempt	~1.0-4.0*	4.6	2.1	2.4	8.1	3.3	9.8	8.6

Prevalence Survey – Limitations

- Similar limitations apply to all results
 - Self-selection
 - Generally demographically representative
 - Over or under representation of symptoms
 - Anonymous self-report; screening instead of interviews
 - Recent variable timeframe for mental health
 - Broad categories
 - Attrition
 - Complicated direct comparisons with extant population data sets





Prevalence Survey – Publications


- Available Spring and Summer 2018
 - Qualitatively Unpacking Canadian Public Safety Personnel Experiences of Trauma and their Wellbeing
 - Anxiety-Related Psychopathology and Chronic Pain Comorbidity Among Public Safety Personnel
 - The Association Between Child Abuse and Suicidal Ideation, Plans, and Attempts in a Sample of Canadian Public Safety Personnel
 - Exposures to Potentially Traumatic Events Among Public Safety Personnel in Canada
 - **Assessing the Relative Impact of Diverse Stressors Among Public Safety Personnel in Canada**
 - Personality and Mental Disorder Symptoms in Canadian Public Safety Personnel

Prevalence Survey – Applied

- Anonymous Online Screening







Français

Select a Screening

Anxiety (GAD-7)

Depression (PHQ-9)

Depression, Anxiety, Stress (DASS-21)

PTSD (PCL-5)

Panic Disorder (PDSS)

Risky Alcohol Use (AUDIT)

Social Anxiety Disorder (SIPS)

Screenings

Depression, Anxiety, Stress (DASS-21)

The following questions ask about different symptoms that can be experienced as part of normal daily stressors, but also as potential indicators of a mental health injury.

Please read each statement and indicate how much the statement applied to you over the past seven days. Do not spend too much time on any statement.

1. I found it hard to wind down

☐ Did not apply to me at all

☐ Applied to me to some degree, or some of the time

☐ Applied to me to a considerable degree, or most of the time

☐ Applied to me very much, or most of the time

2. I was aware of dryness of my mouth

☐ Did not apply to me at all

☐ Applied to me to some degree, or some of the time

☐ Applied to me to a considerable degree, or most of the time

☐ Applied to me very much, or most of the time

3. I couldn't seem to experience any positive feeling at all

☐ Did not apply to me at all

☐ Applied to me to some degree, or some of the time

9. Optionally, you may select your field of work to have a more relevant comparison for your results. If you leave this unselected, your results will be compared with all public safety personnel.

Choose...

Police

RCMP

Corrections

Firefighters

Paramedics

Call Center Operators

DASS-21 Results

Your responses may be consistent with published levels of clinically significant symptoms based on self-report symptoms; as such, if you are concerned, we recommend you contact your family physician or another appropriate health care professional.

Depression Result: Normal

Relative to PUBLIC SAFETY PERSONNEL, your score is slightly lower than average

Lower

Average

Higher

Anxiety Result: Normal

Relative to PUBLIC SAFETY PERSONNEL, your score is lower than average

Lower

Average

Higher

Stress Result: Mild

Relative to PUBLIC SAFETY PERSONNEL, your score is slightly higher than average

Lower

Average


Higher

Email your results to yourself

In an emergency, always call 911 or contact the emergency service nearest you.

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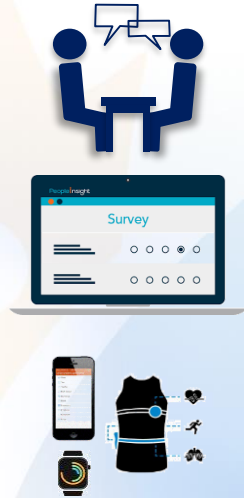
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Next Steps

Next Steps

- A Longitudinal Study of Operational Stress Injuries (Nov 2018)
 - A Pilot for all PSP
 - 9-year project
 - Data from personal interviews, self-reports, biological metrics
 - Identify risk factors for poor mental health
 - Identify factors that promote good mental health
 - Program evaluation of a mental health training intervention
 - Develop infrastructure and evidence to support all PSP



Next Steps

- PSP-Specific Internet Cognitive Behavioural Therapy (ICBT) (2019)
 - National pilot project
 - Stepped care mental health program
 - Self-help
 - Anonymous screening
 - Online evidence-based therapy
 - Qualified mental health professionals
 - Capacity to refer for additional care

Next Steps

- Statistics Canada Epidemiology (2019)
 - A full epidemiology study to be conducted by CIPSRT and Statistics Canada, interviewing approximately 30,000 PSP
 - In line with Federal Parliamentary recommendations
 - Oliphant, R. (Chair). (2016). Healthy minds, safe communities: supporting our public safety officers through a national strategy for operational stress injuries. Canada: Standing Committee on Public Safety and National Security



Next Steps

- Organizational Learning and Psychological Safety (2019)
 - Potentially critical gains in mental health might be driven by leadership
 - Research results pending
 - Tailored leadership training for PSP
 - Includes promoting mental health in PSP organizations
 - Leadership training for teams working in Volatile, Uncertain, Complex, Ambiguous (VUCA) environments
 - Developed with University of Regina team
 - Pilot testing under way



Next Steps

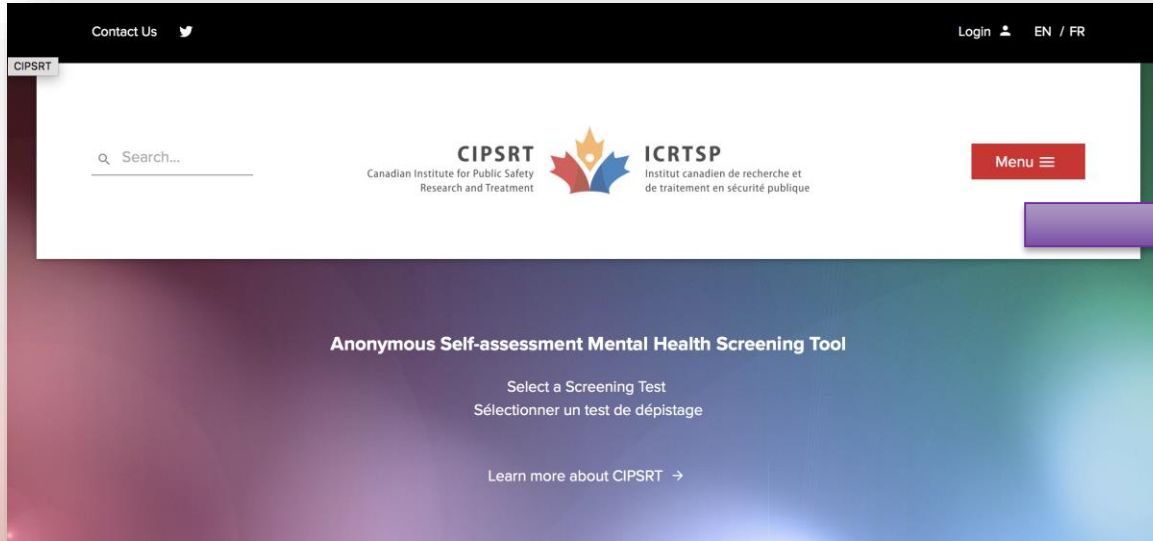
- Long Term – Fast, easy, and confidential access to programs, assessments, and treatments that are:
 - **evidence-based**, sustainable, proactive, with no out-of-pocket costs
 - inclusive of accredited peer support networks

Next Steps

- Dedicated Public Safety Personnel Research Stream



www.cipsrt.ca



About CIPSRT +

Knowledge Translation, Presentations, and Education –

- What We Offer
- Publications/Public Lectures/Conferences
- What are Operational Stress Injuries?
- What is Posttraumatic Stress Disorder?
- Understanding PTSD Treatment
- What is Clinical Depression?
- Understanding Depression Treatment

Research –

- Current Research
- Case Studies



Thank you!
www.cipsrt.ca

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