

Optimizing virtual care for public safety personnel: PSPNET outcomes and future directions

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CIPSRT
Canadian Institute for Public Safety
Research and Treatment



ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique

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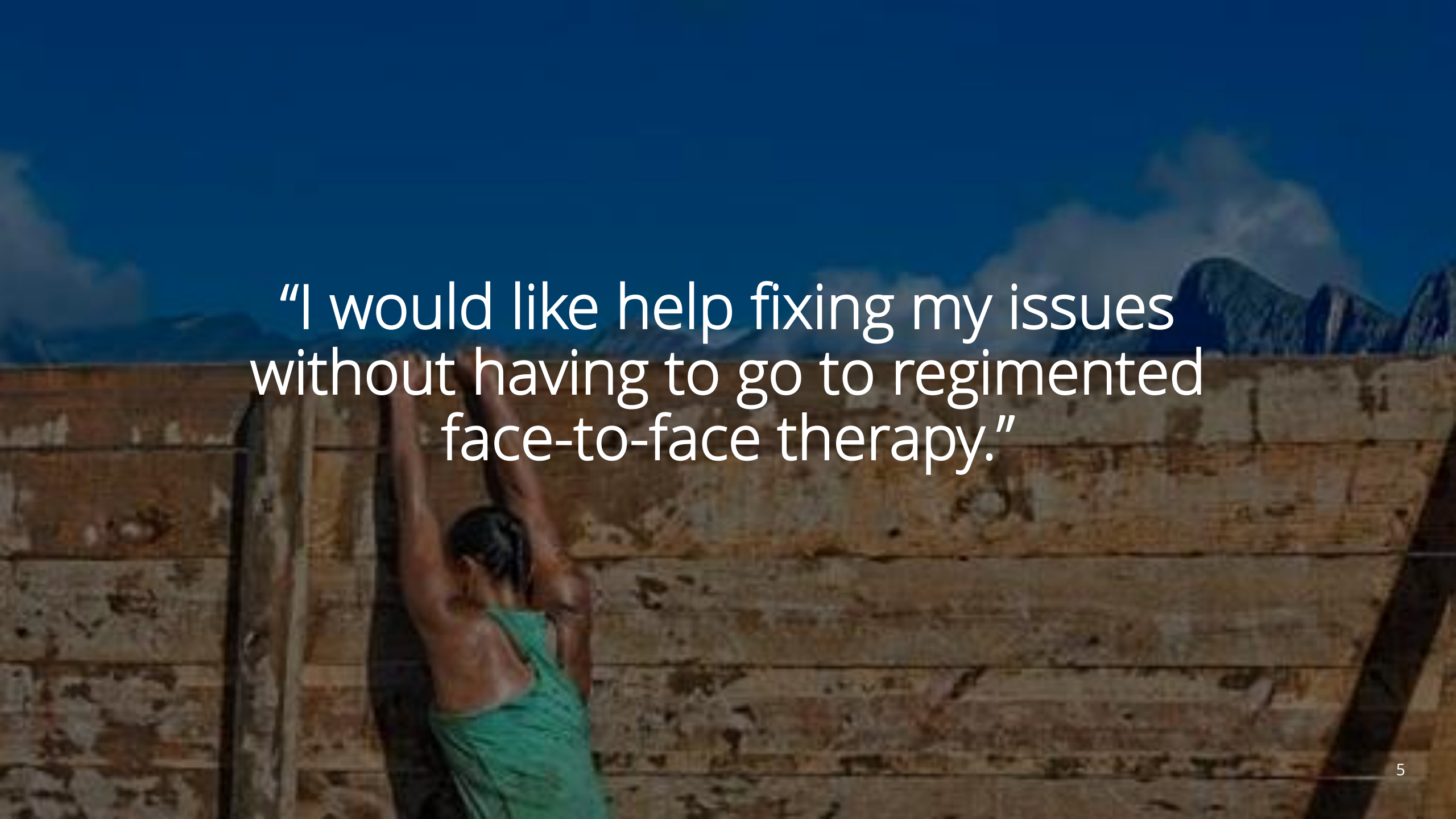
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PSPNET



A person with dark hair, wearing a green tank top, is seen from behind, hanging from a horizontal wooden beam. They are positioned against a wall made of vertical wooden planks. The background features a clear blue sky with some clouds and a range of mountains in the distance. The overall scene suggests an outdoor training or obstacle course environment.

“I would like help fixing my issues without having to go to regimented face-to-face therapy.”



INTERNET DELIVERED COGNITIVE BEHAVIOURAL THERAPY (ICBT)



CBT material online

- Text / images / video / audio
- Weekly lessons



Therapist guidance

- One-two per week
- Email / phone

"I am very thankful that one of my coworkers recommended this course to me, and I will 100% recommend it to others as well.

I'm the type of person that really dislikes sitting in a room with a complete stranger and spilling my guts out and letting my guard down. This course has helped me more than a one on one appointment ever would have."

Wellbeing

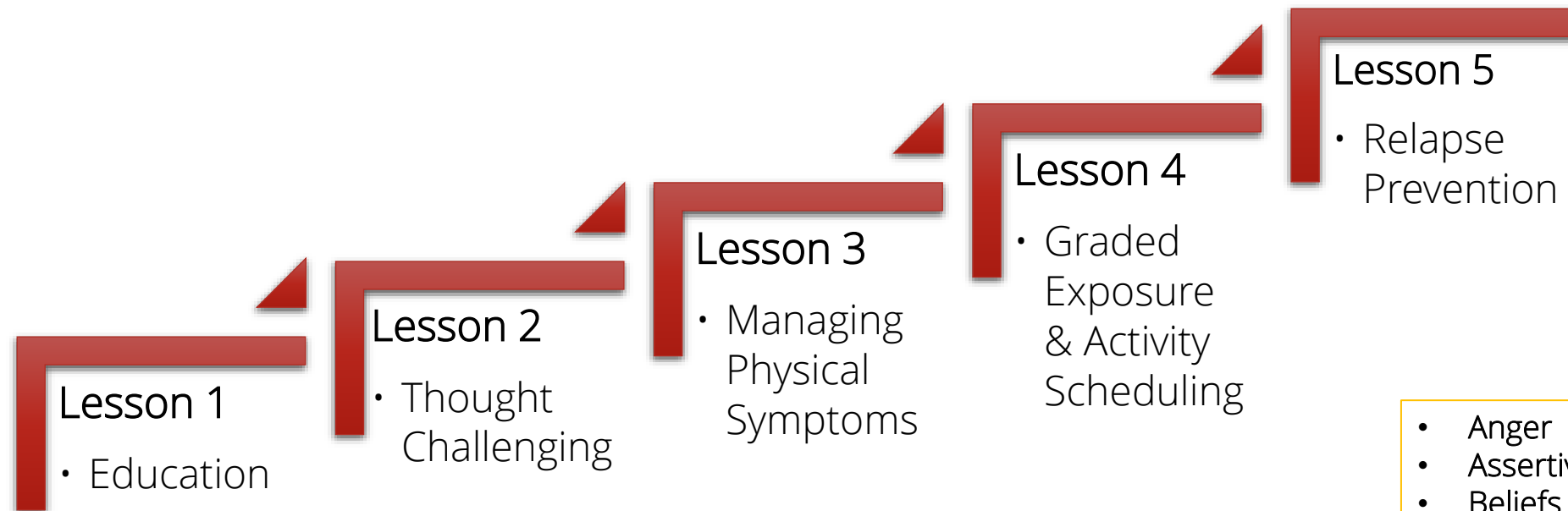
Therapist-guided
& Self-guided

PTSD

Therapist-guided

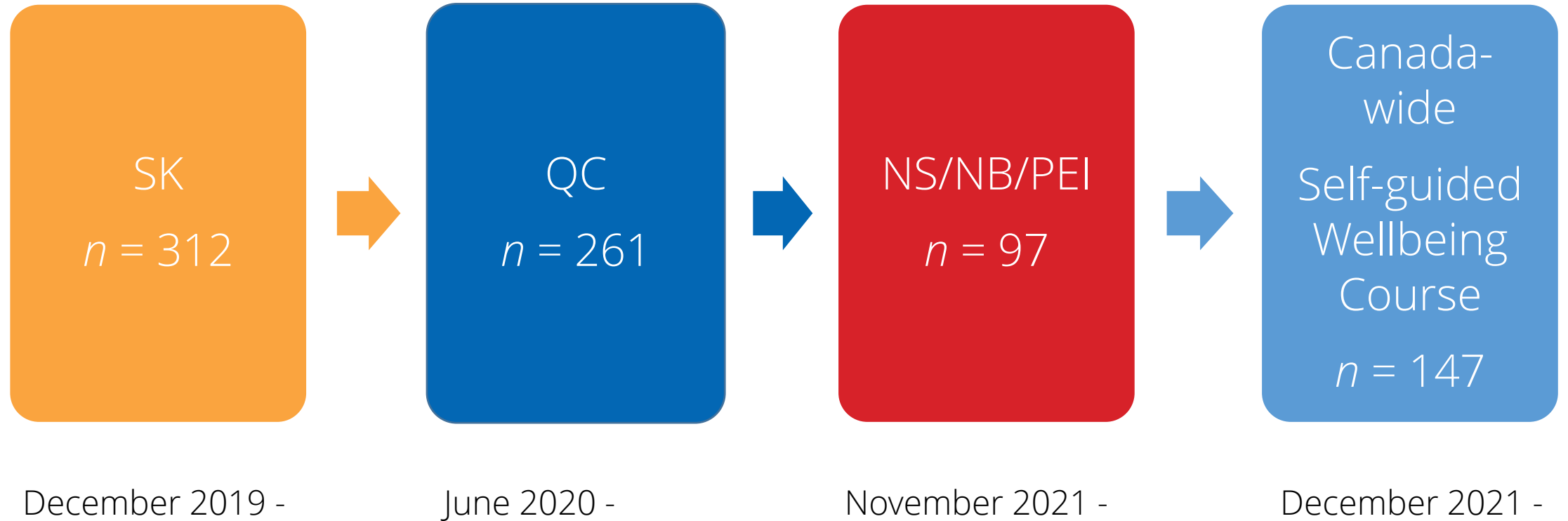
PSP WELLBEING COURSE

Transdiagnostic ICBT Course

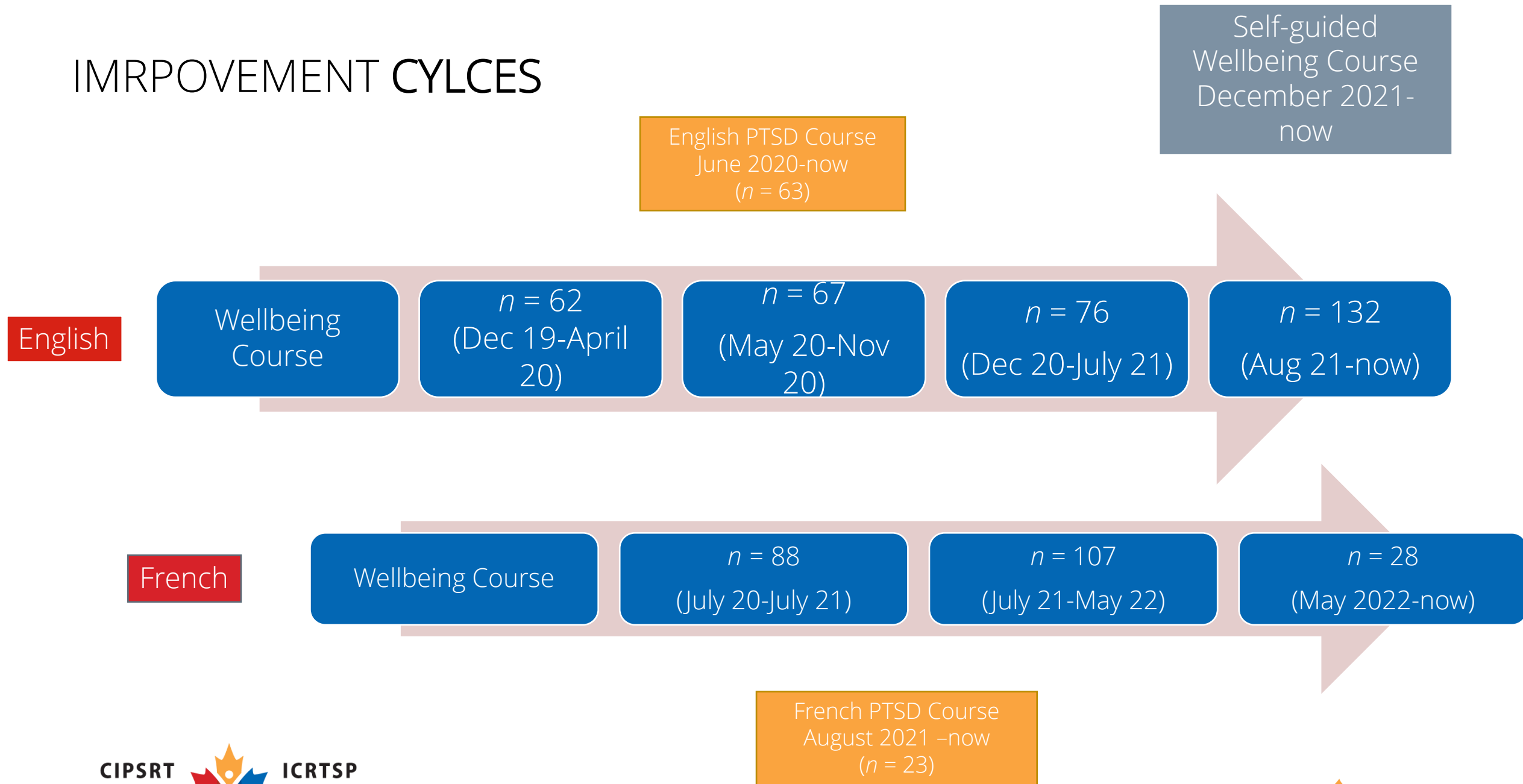


- Anger
- Assertiveness
- Beliefs
- Communication
- Emergency
- Panic
- Problem solving & worry
- PTSD
- Risk & Attention
- Sleep
- Relationships

STAGED IMPLEMENTATION



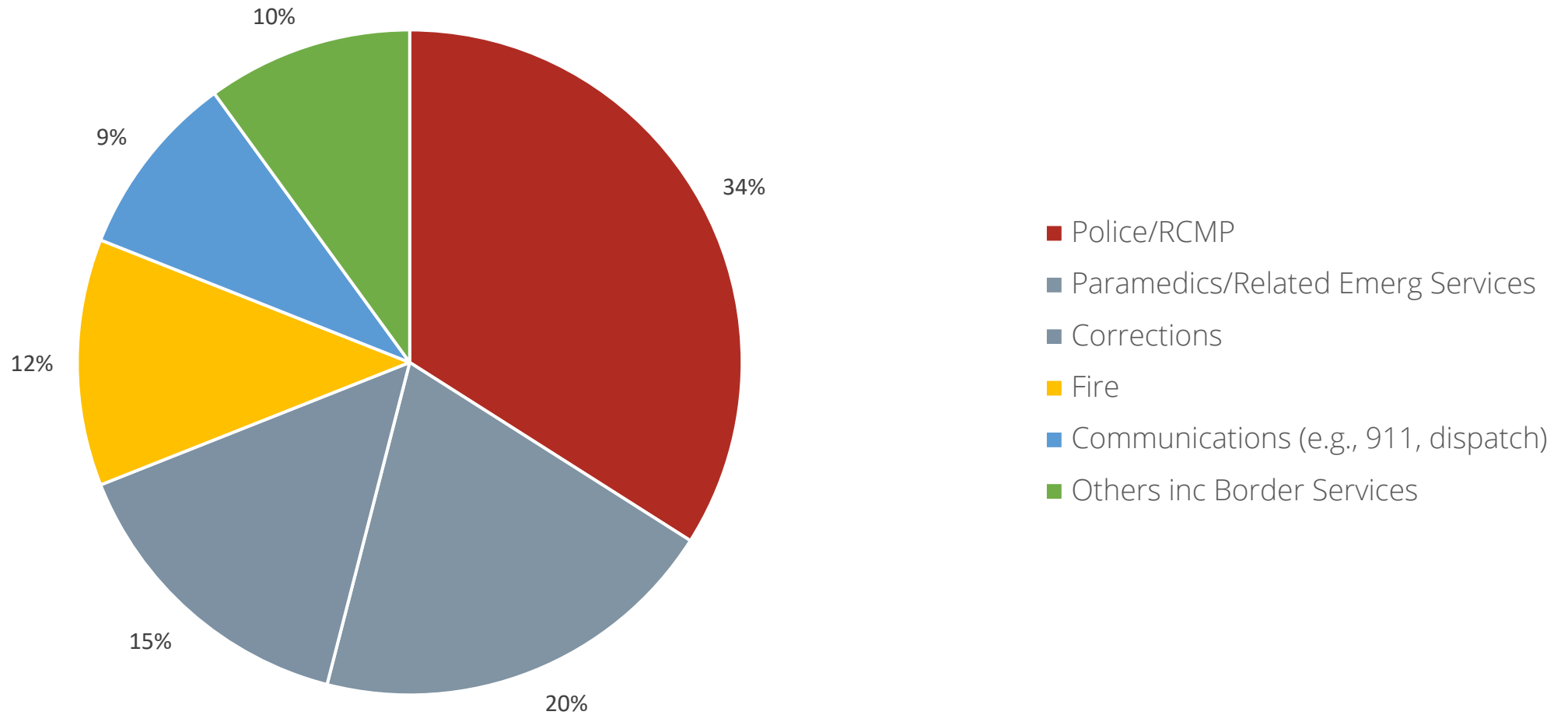
IMPROVEMENT CYCLES



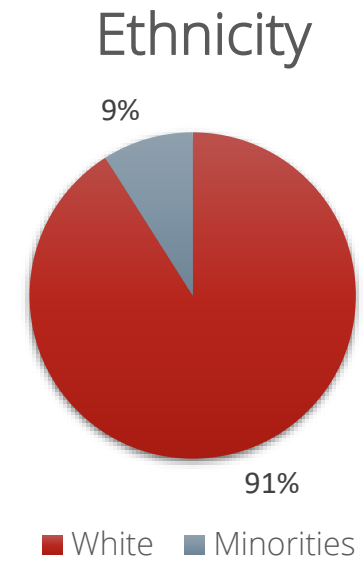
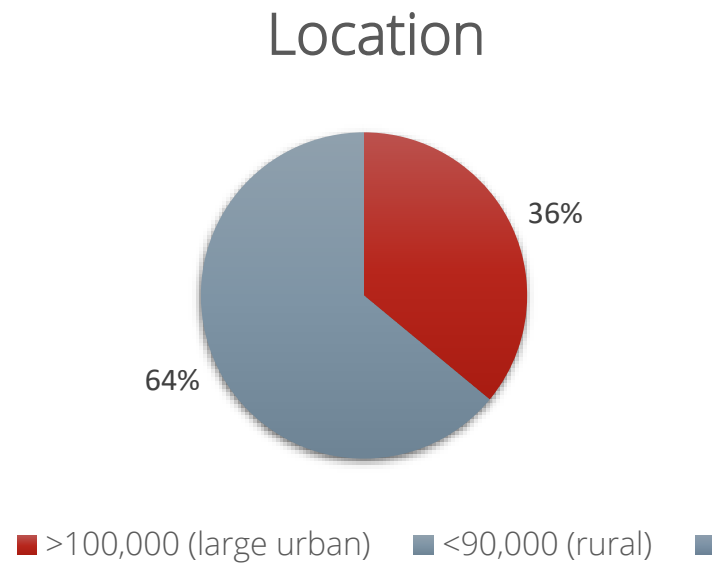
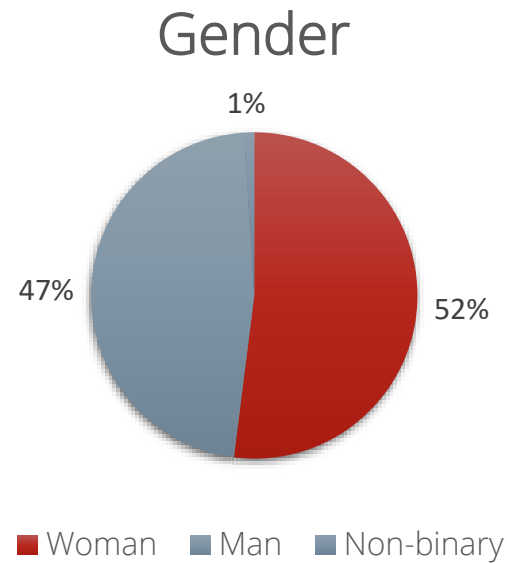


Who uses PSPNET?

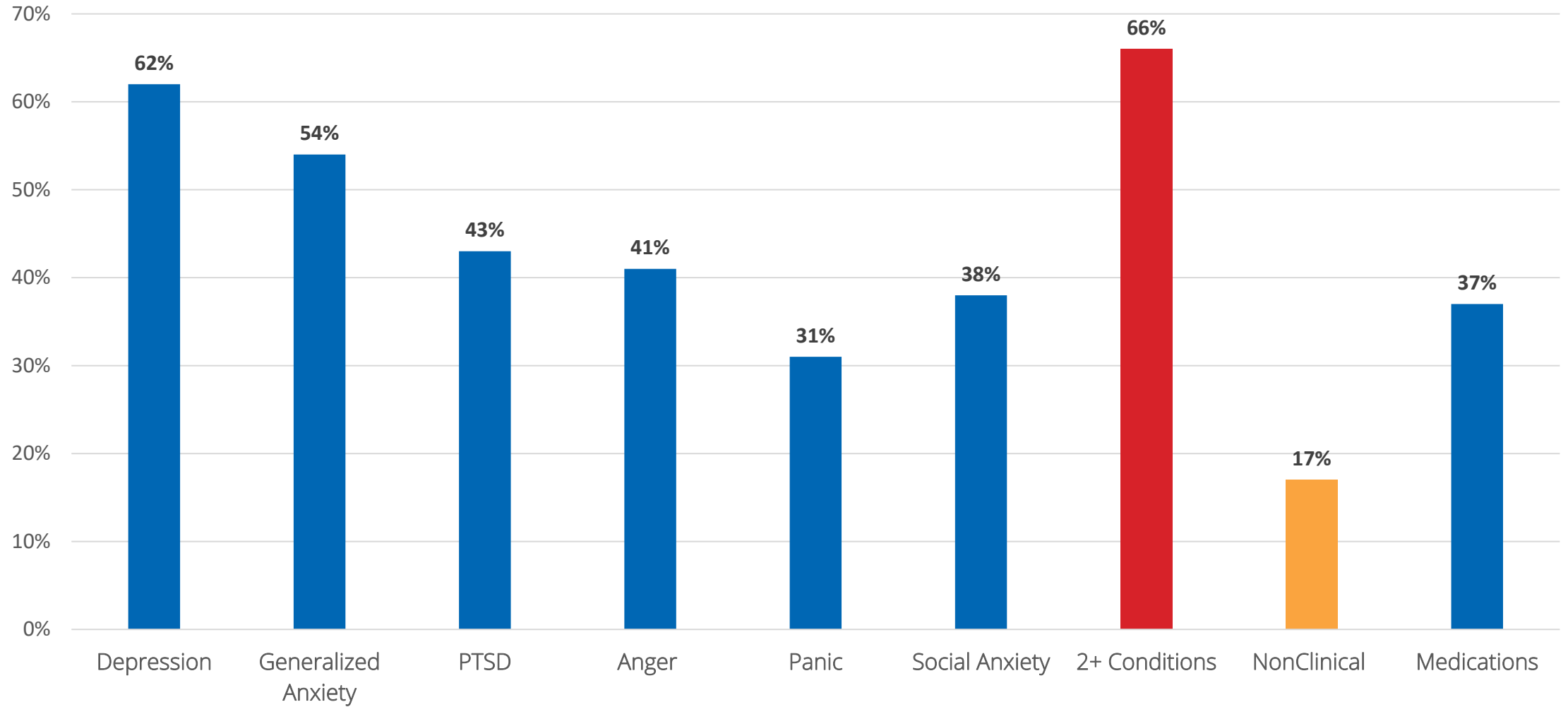
THERAPIST GUIDED CLIENTS: PSP SECTOR



THERAPIST GUIDED CLIENTS: GENDER, LOCATION & ETHNICITY



CLINICALLY SIGNIFICANT SYMPTOMS – PRE-TREATMENT

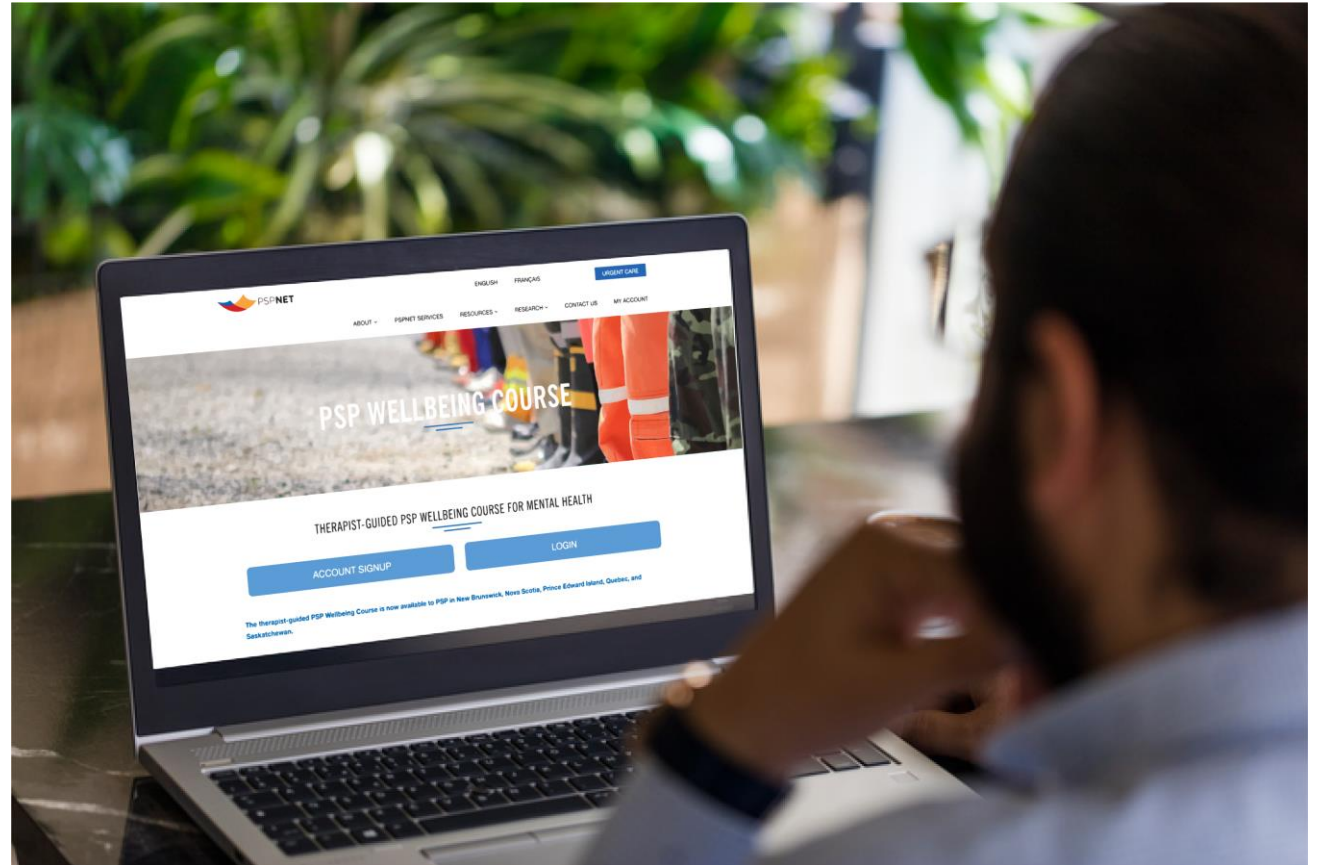


Do PSP engage with ICBT?

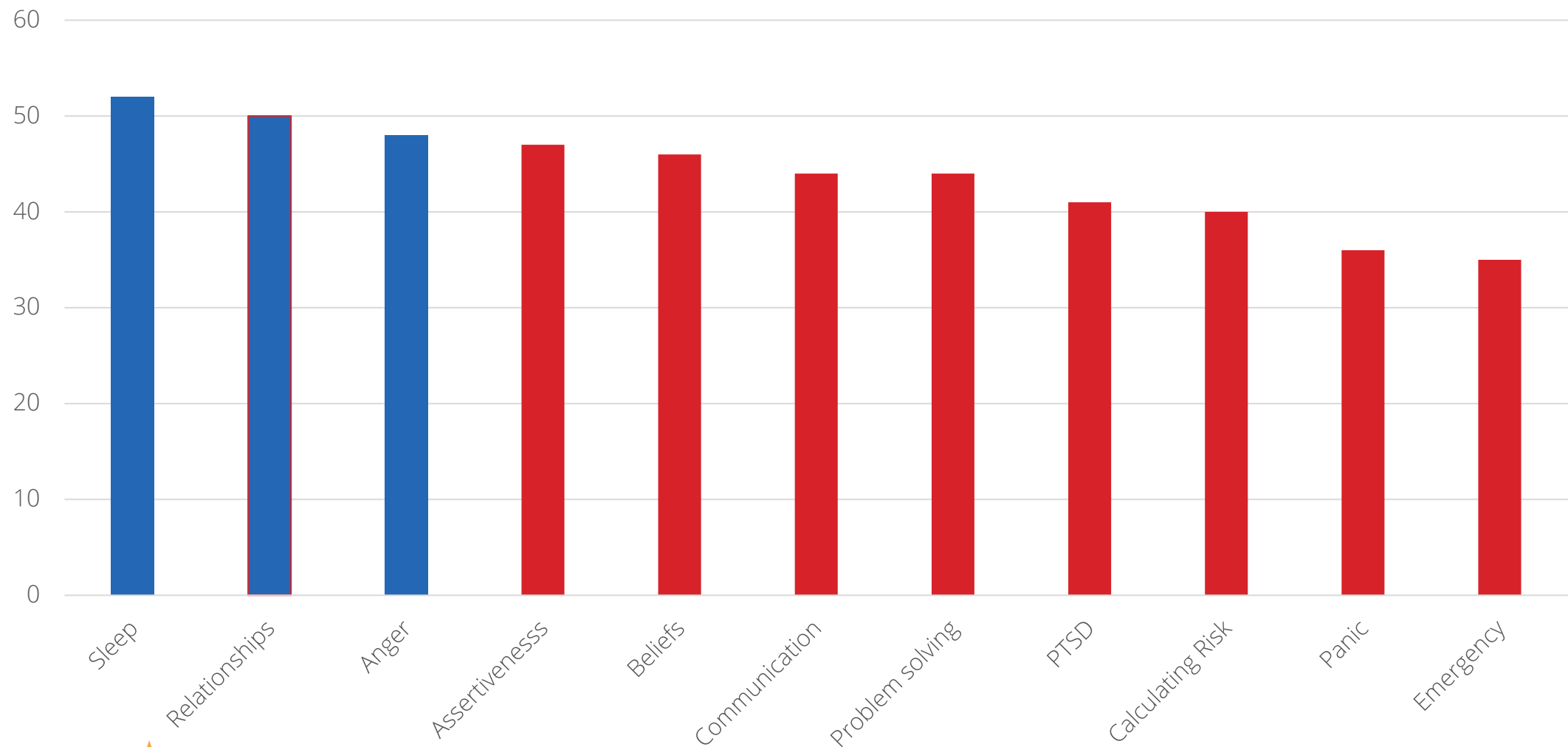
ENGAGEMENT

83% completed all lessons

93% completed majority of materials

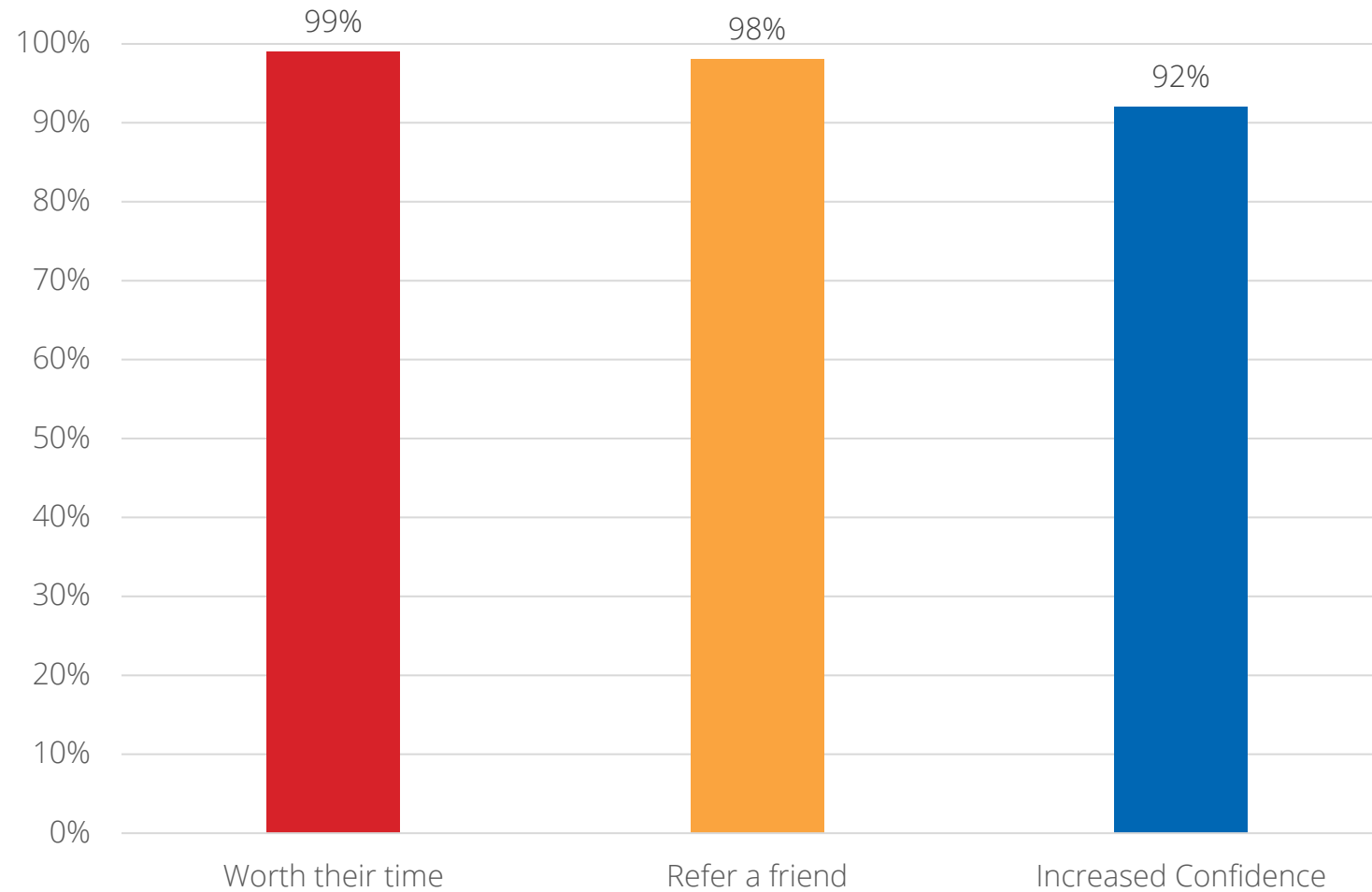


ADDITIONAL RESOURCES

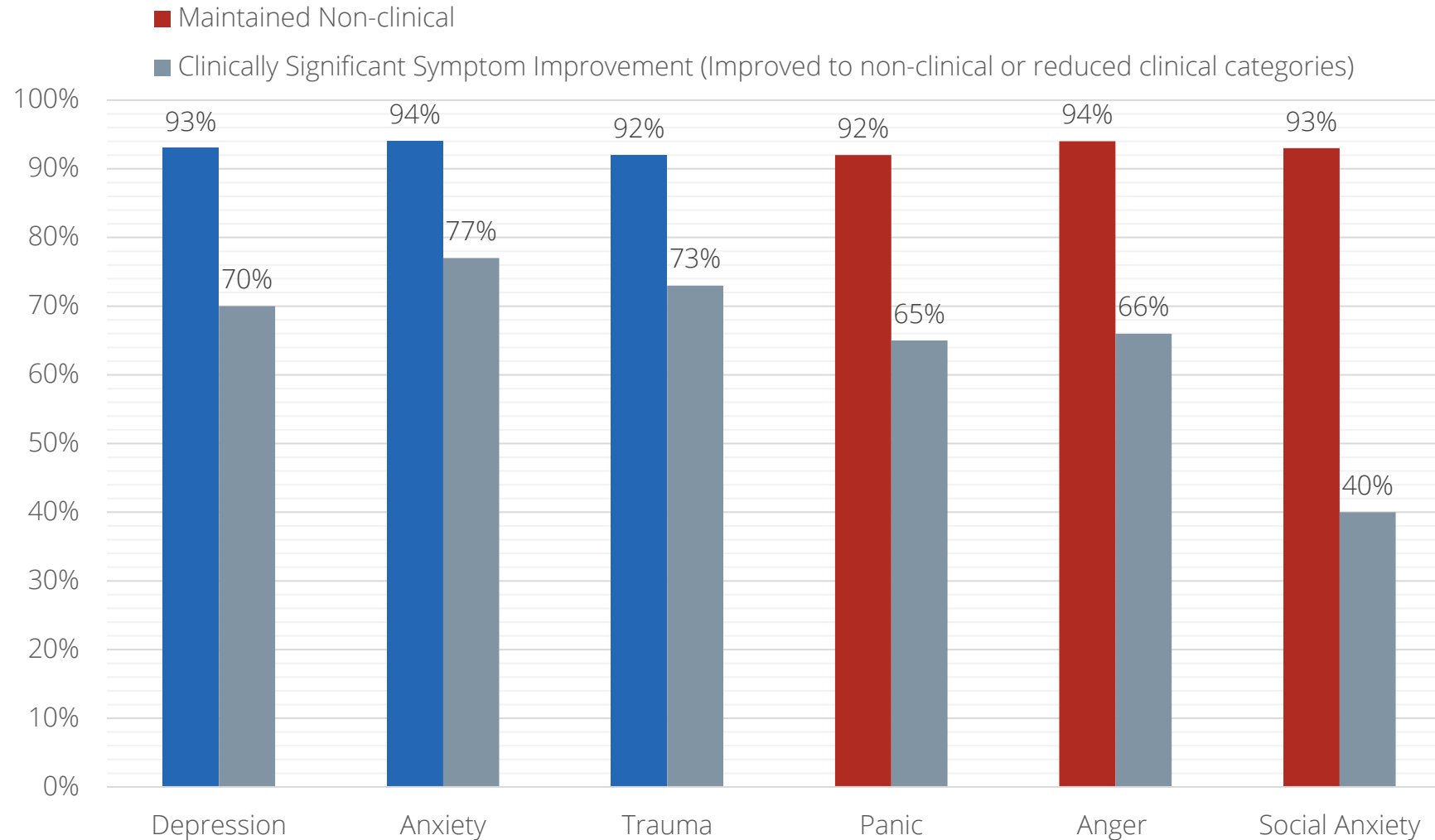


Do PSP benefit from ICBT?

TREATMENT SATISFACTION



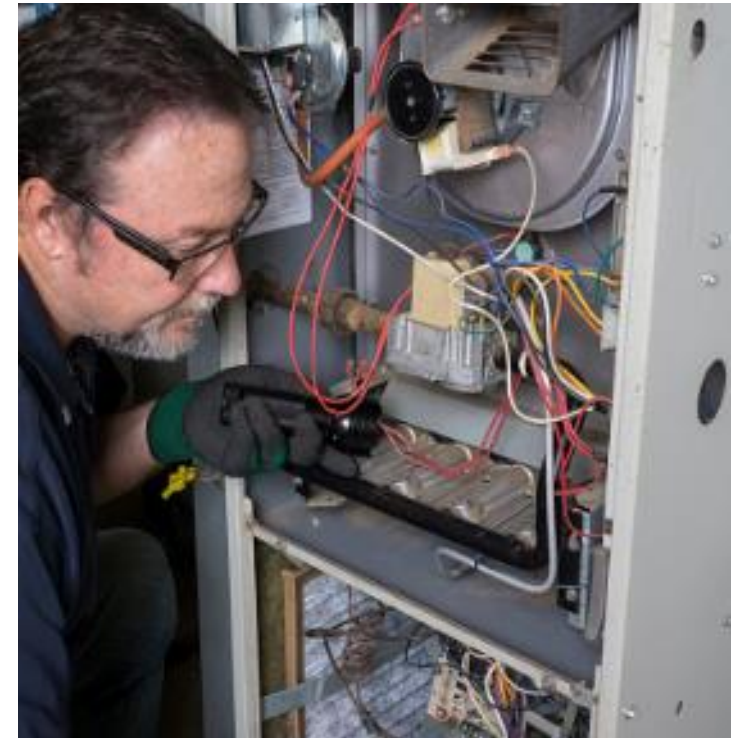
OUTCOME: MAINTAINED SIGNIFICANT SYMPTOM IMPROVEMENT



How has ICBT been improved to meet the needs of PSP?



PERSUASIVE, EFFECTIVE & EFFICIENT



Content
(PTSD Course)

Processes
(Boosters, Self-guided)

Individual Differences
(Sectors, Provinces, Gender-based Plus Analyses)

Longer-term Outcomes

Developing mental health resources and supports for families of PSP

- Primary resources
- Couples Toolkit
- Spouse/Significant Other Wellbeing Course (SSO Wellbeing Course)
- <https://www.pspnet.ca/families/>



Child Trauma
Research Centre
UNIVERSITY OF REGINA

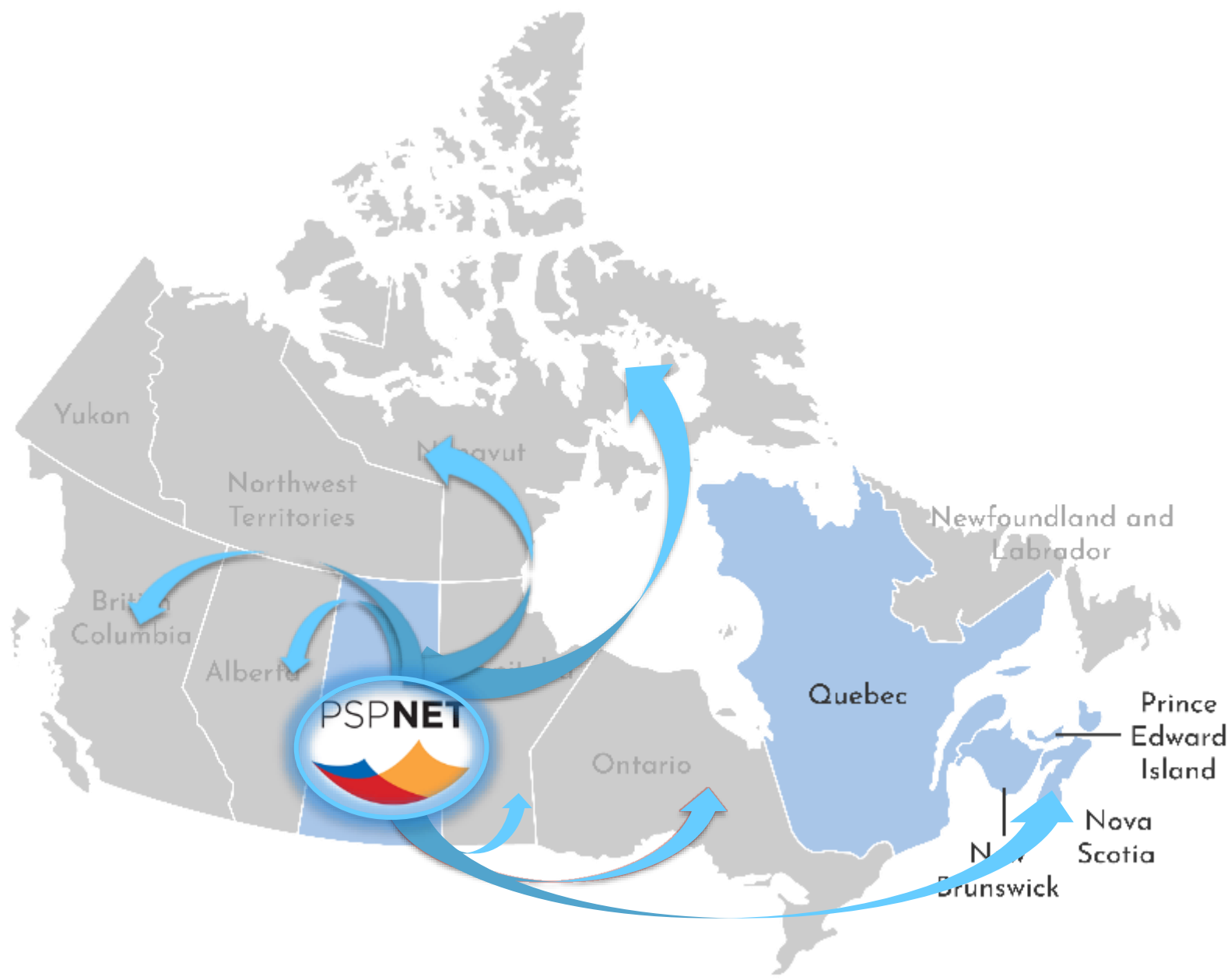


Families Matter
Research Group



PSPNET

What is the dream?



“To say I was skeptical in the beginning of the course was a huge understatement. I have been **blown away by the progress.**

I have talked to lots of my colleagues about **how wonderful and easy this course is to access and how it helped me.**

Please continue to do what you do as I appreciate it and love the results I have seen.”

Thank you