



Mental Health across Public Safety Personnel (PSP)

Disclosures

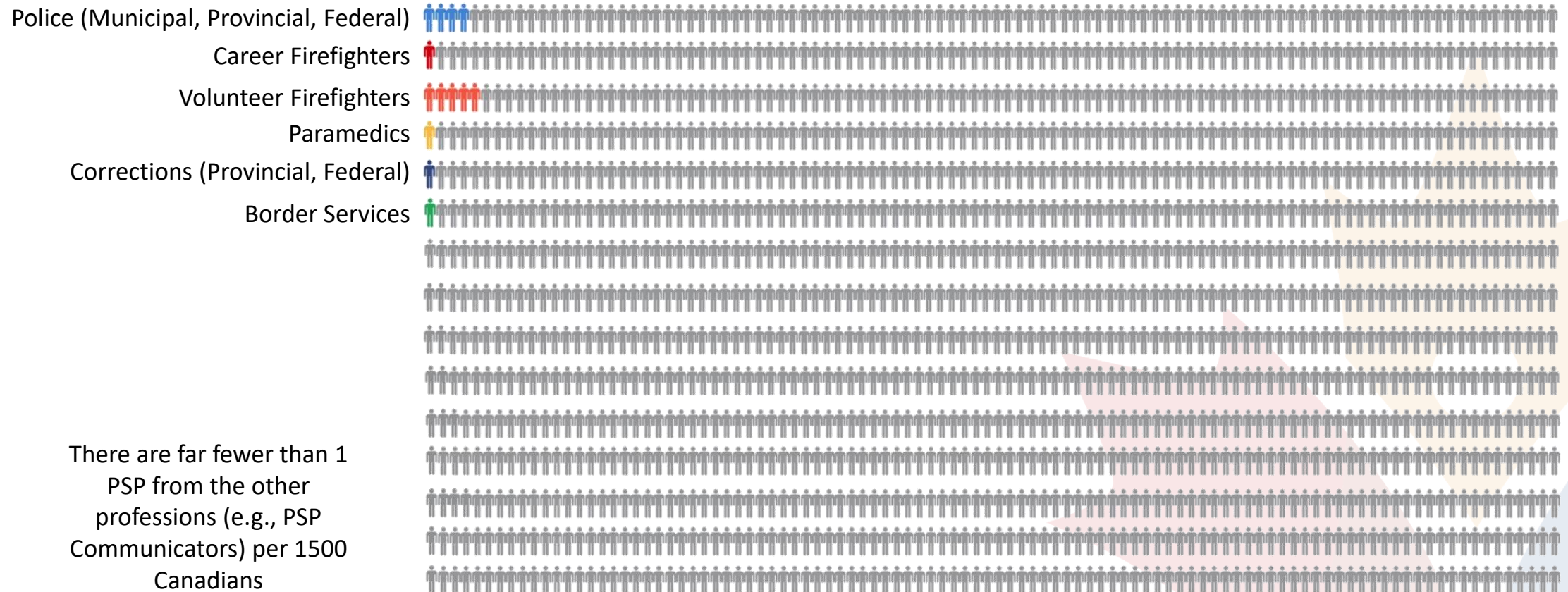
- R. Nicholas Carleton, Ph.D., R.D. Psych.
 - Professor of Psychology, Scientific Director for CIPSRT
 - No relationships with commercial interests
 - Research support
 - CIPSRT, CIHR, Public Health Agency of Canada, Public Safety Canada, Saskatchewan Health Research Foundation, University of Regina

Public Safety Personnel (PSP)

Professionals (~350,000) including, but not limited to:

- border services officers;
- public safety communicators;
- correctional workers;
- firefighters (career and volunteer);
- Indigenous emergency managers;
- operational intelligence personnel;
- Paramedics;
- police (municipal, provincial, federal); and
- search and rescue personnel.

PSP 13 Per 1500 Canadians



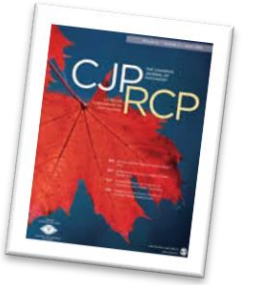
Unique Challenges for PSP

- 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



- Canadian Institute for Public Safety Research and Treatment
 - Federally funded Canadian Knowledge Exchange Hub for strategic PSP wellness research and analysis
 - Research Funding Consortium with CIHR
 - Public Safety Steering Committee
 - Translates and mobilizes research knowledge on PSP wellness
 - Nationally and Internationally recognized as a global leader
 - Physically located at U Regina
 - Sought after expertise, associated researchers leading dozens of funded projects



Prevalence Information – Pre-COVID

- Mental Disorder Symptoms

Positive Screening Percentages for Recent Mental Disorders Based on Self-Report Measures								
	General Public	All PSP	Municipal /Provincial Police	RCMP	Correctional Workers	Firefighters	Paramedics	PSP Comms
PTSD	~1-3	23	20	30	29	14	25	18
Major Depressive Disorder	~4-7	26	20	32	31	20	30	33
Gen. Anxiety Disorder	~3	19	15	23	24	12	21	18
Social Anxiety Disorder	~7	15	10	19	18	11	20	17
Panic Disorder	~2	9	6	12	12	5	10	8
Any mental disorder	~10	45	37	50	55	34	49	48



Prevalence Information – Pre-COVID

- Suicidal Ideation, Plans, and Attempts

Prevalence of Past-Year and Lifetime Self-Reported Suicidal Behaviour								
	Gen	Total Sample	Mun /Prov Police	RCMP	Correctional Workers	Fire	Paramedics	PSP Communicators
	Past-Year							
Suicidal Ideation	~3.6%	10.1	8.3	9.9	11.0	8.5	15.4	9.5
Suicidal Planning	~1.3%	4.1	3.4	4.1	4.8	2.7	7.1	2.5
Suicidal Attempt	~0.6%	0.3	0.2	0.2	0.4	0.3	0.9	0.4
	Lifetime							
Suicidal Ideation	~13.3%	27.8	20.5	25.7	35.2	25.2	41.1	28.7
Suicidal Planning	~4.6%	13.3	8.9	11.2	20.1	8.8	23.8	13.6
Suicidal Attempt	~3.5%	4.6	2.1	2.4	8.1	3.3	9.8	8.6

Exposure Information – Pre-COVID



	% Ever	% Frequency Among Ever Exposed			% Worst Event	PTSD
	Total	1 to 5 times	6 to 10 times	11+ times	Among Exposed	AOR 95% CI
Life threatening natural disaster	66.4	91.7	3.5	4.8	2.0	1.23 [*]
Fire or explosion	86.0	50.4	10.1	39.6	3.2	1.37 ^{**}
Serious transportation accident	93.2	22.7	6	71.3	13.9	1.30
Exposure to toxic substance	67.4	61.3	7.4	31.3	0.5	2.12 ^{***}
Physical assault	90.6	41.8	9.5	48.7	4.9	1.74 ^{***}
Assault with a weapon	83.9	57.6	9.4	32.9	6.3	1.65 ^{***}
Sexual assault	71.2	47.1	11	41.9	5.1	1.50 ^{***}
Other unwanted sexual experiences	67.3	55.2	7.7	37.2	1.4	1.50 ^{***}
Combat	18.8	78.4	21.6	-	1.1	1.43 ^{***}
Life threatening illness or injury	76.7	54.2	6.3	39.6	6.6	1.43 ^{***}
Severe human suffering	79.1	41.8	6.2	51.9	7.0	2.51 ^{***}
Sudden violent death	93.8	36.4	13.1	50.5	28.0	1.99 ^{***}
Sudden accidental death	93.7	34.6	10.7	54.8	14.0	1.28
Serious injury, harm, or death you caused	36.2	64.4	6.8	28.9	2.1	1.39 ^{***}

Other Stressors – Pre-COVID

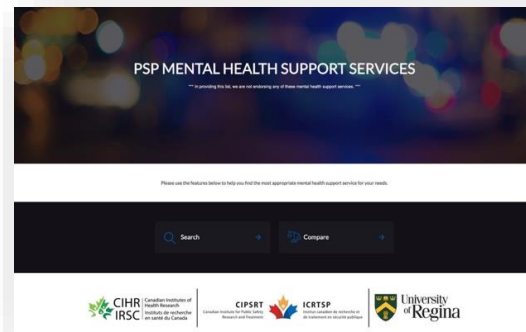
	PTSD	Any Mental Disorder
Other Identified Stressors (Examples)	AOR ***	AOR ***
Staff Shortages	1.27	1.22
Fatigue (e.g., shift work, over-time)	1.47	1.54
Lack of resources	1.35	1.28
Negative comments from the public	1.39	1.41
Constant change in policy/legislation	1.33	1.33
Shift work	1.20	1.21
Feeling like you are always on the job	1.47	1.45
Traumatic events (e.g., motor vehicle accidents, domestics, death, injury)	1.48	1.43
Upholding a “higher image” in public	1.38	1.43
Friends/family feel the effects of the stigma associated with your job	1.49	1.48
Limitations to your social life (e.g., who your friends are, where you socialize)	1.45	1.45
Lack of understanding from family and friends about your work	1.45	1.46
Work-related activities on days off (e.g., court, community events)	1.32	1.28
Risk of being injured on the job	1.34	1.31

Other PSP Concerns – Pre-COVID

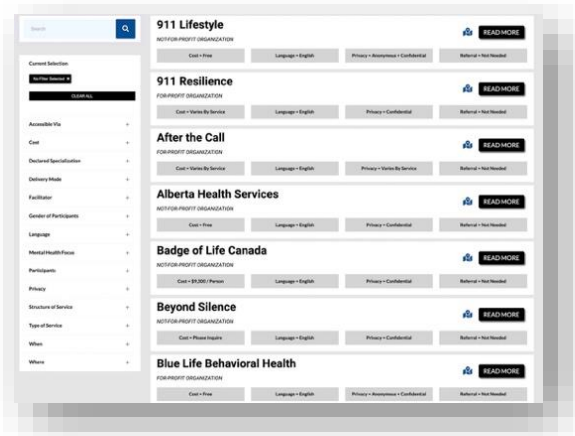


- Significant concerns
 - Stigma
 - Perceived alienation from their past selves
 - Perceptions of powerlessness, insufficient safety, hopelessness
 - Forsaken by employers and government
- Demands for
 - Recognition of contributions and challenges
 - Demonstrable national, provincial, municipal support

Other PSP Concerns – Pre-COVID



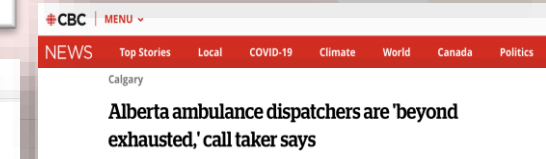
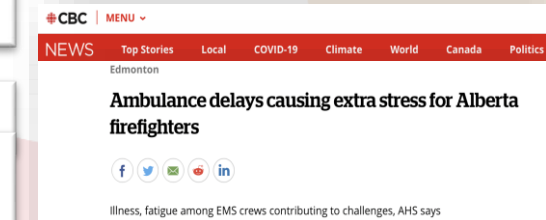
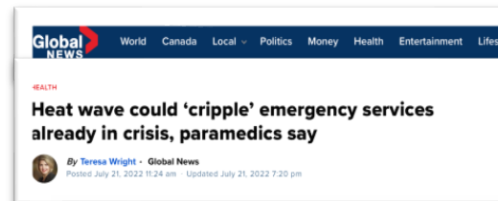
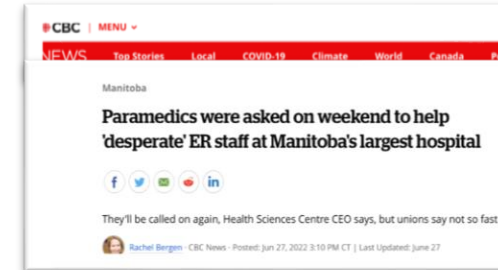
- Extensive Programming, Minimal Research
 - www.pspmentalhealth.ca
 - Irrespective of evidence base

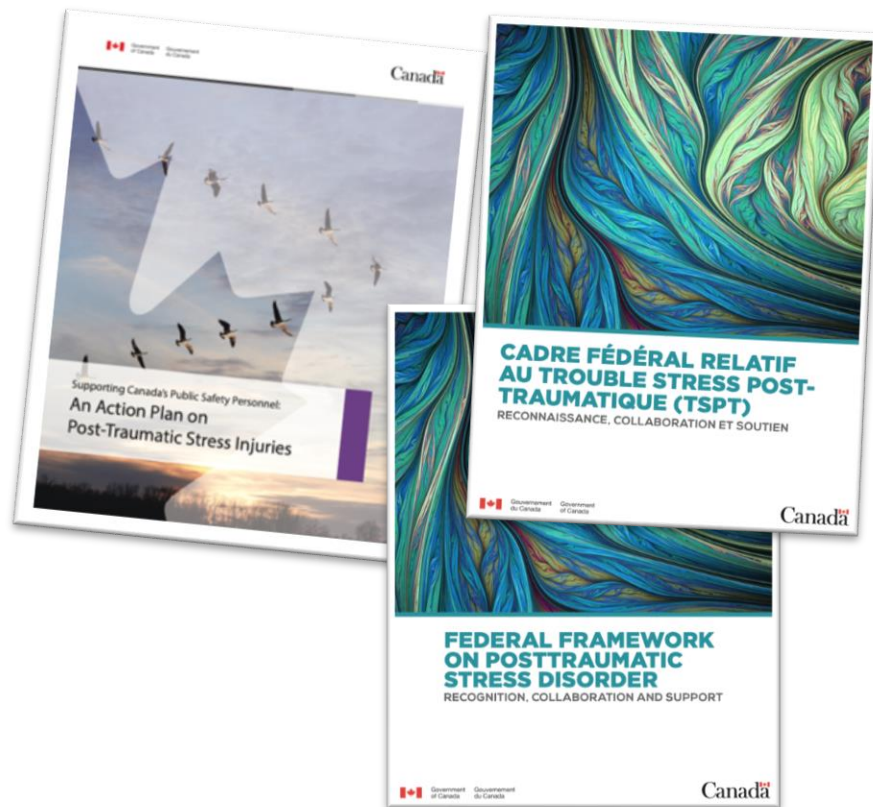


- Few Culturally-Informed Clinicians

Other PSP Concerns

- COVID-19
 - Anxiety and depression symptoms may have more than doubled
- Burnout
- Recruitment and Retention





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Canadian Institute for Public Safety Research and Treatment

ICRTSP

Institut canadien de recherche et de traitement en sécurité publique

PSPNET



Internet-Delivered Cognitive Behaviour Therapy thérapie cognitive comportementale sur Internet

www.pspnet.ca



The RCMP Longitudinal PTSD Study Étude longitudinale de la GRC sur le TSPT

www.rcmpstudy.ca



The PSP PTSI Longitudinal Study

www.saskptsistudy.ca

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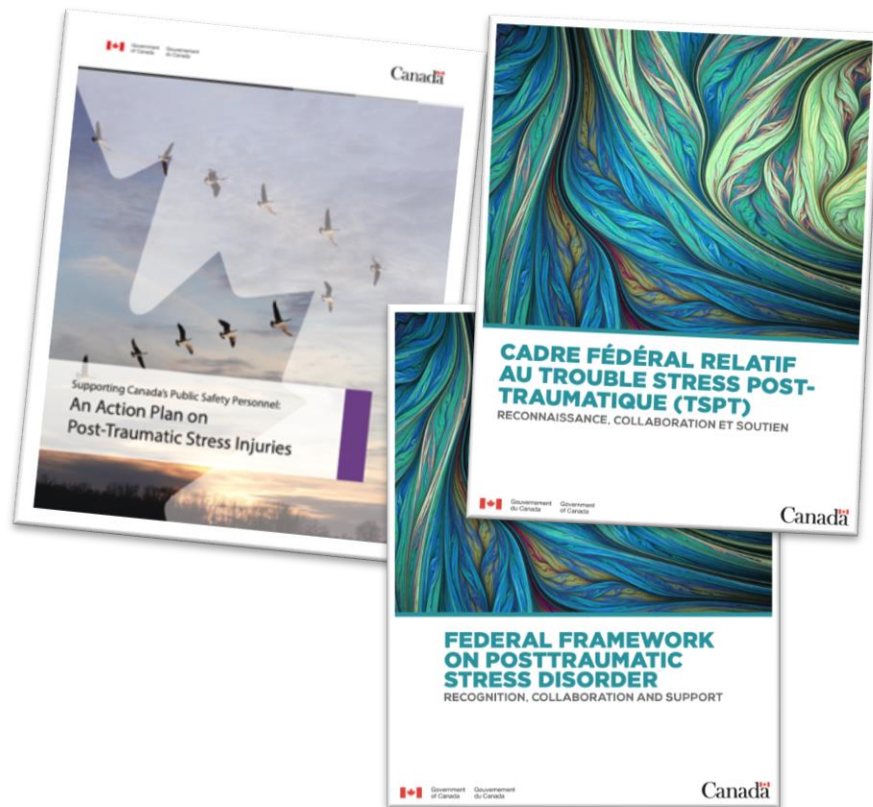
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A National Research Consortium with the Canadian Institutes for Health Research (CIHR) serving as the Knowledge Exchange Hub for Posttraumatic Stress Injuries among Public Safety Personnel

- Association of Public-Safety Communications Officials
- Canadian Association of Chiefs of Police
- Canadian Association of Fire Chiefs
- Canadian Association for Police Governance
- Canadian Police Association
- Correctional Service of Canada
- Union of Canadian Correctional Officers
- International Association of Firefighters
- Paramedic Association of Canada
- Paramedic Chiefs of Canada
- Royal Canadian Mounted Police
- Union of Safety and Justice Employees

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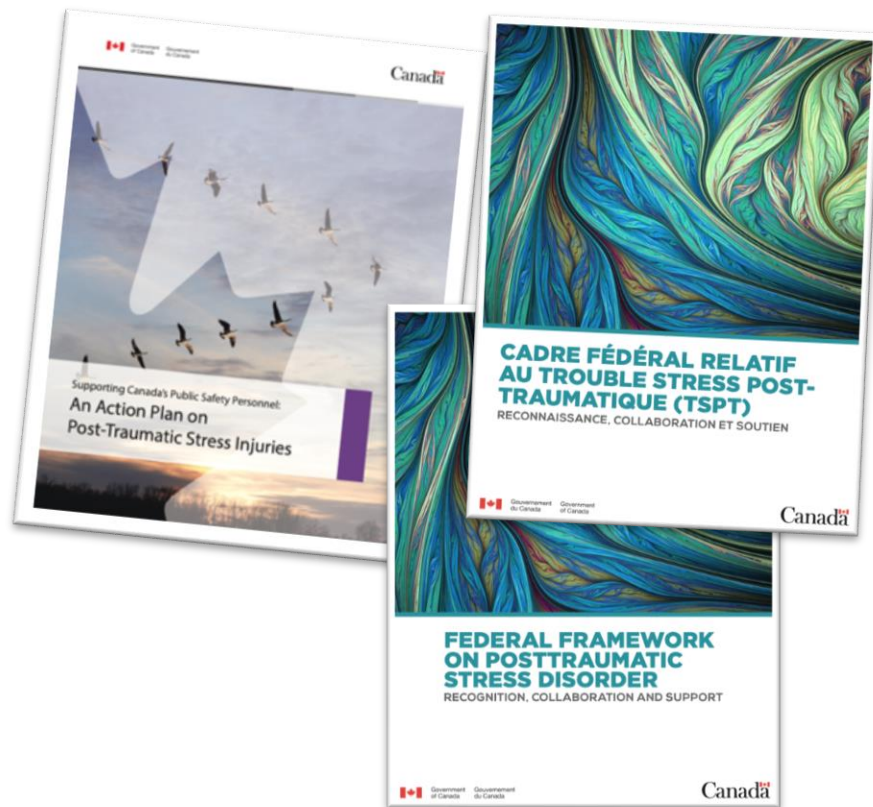
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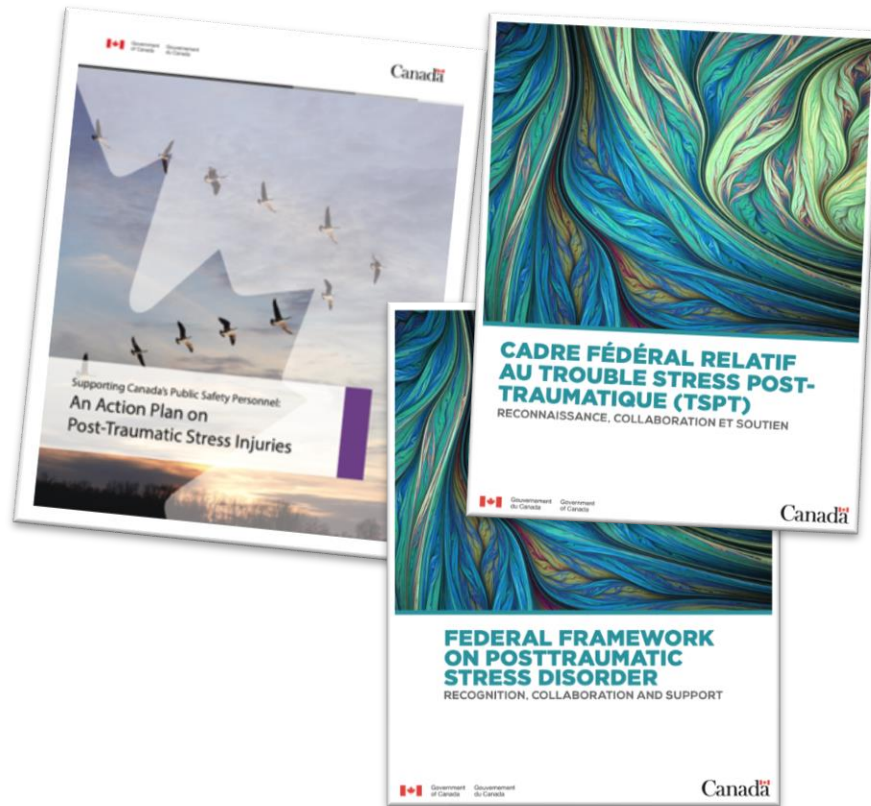
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An unprecedented initiative to provide tailored evidence-based therapy specifically for public safety personnel

Dr. Heather Hadjistavropoulos



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Public Health
Agency of Canada

Agence de la santé
publique du Canada

\$28.2 Million total
Communications Hub
8 applied research projects

Support the mental health needs of Canadian Healthcare Workers, Public Safety Personnel, their leaders,
and their families who have been affected by the COVID-19 Pandemic



Thank You