



Disclosures

- R. Nicholas Carleton, Ph.D., R.D. Psych.
 - Relationships with commercial interests
 - None
 - Potential for conflict(s) of interest
 - None
 - Research Support
 - Canadian Institutes of Health Research
 - Saskatchewan Health Research Foundation
 - University of Regina

COLLABORATIVE CENTRE FOR JUSTICE SAFETY

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Road Map

- Mental Health Research
- Strategies
- Challenges
- Problems
- Solutions
- Examples
- Summary

Overview

- Public Safety Personnel
 - Border Services
 - Corrections
 - Dispatchers
 - Firefighters
 - Paramedics
 - Police
 - Security Intelligence
 - May include Nurses, Support Staff, and Many Others

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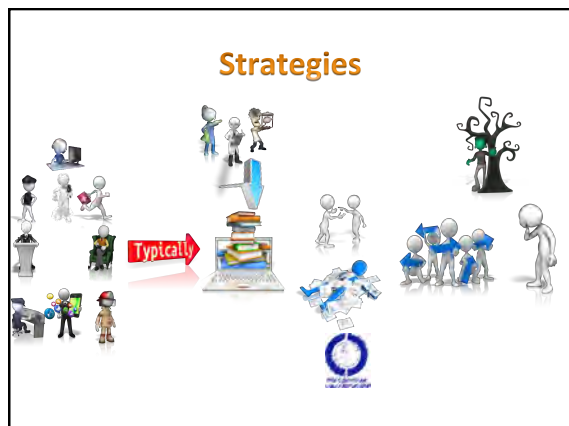
Strategies
Challenges
Problems
Solutions
Example
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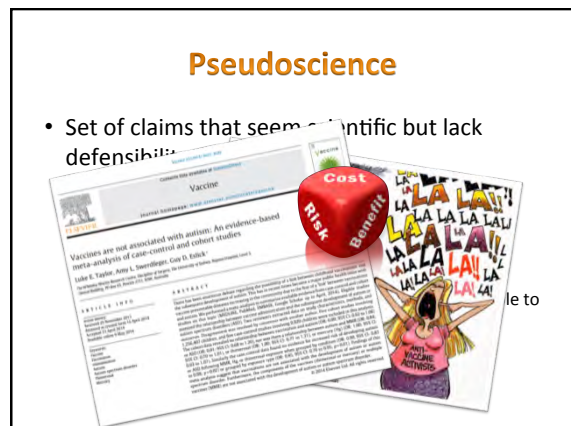
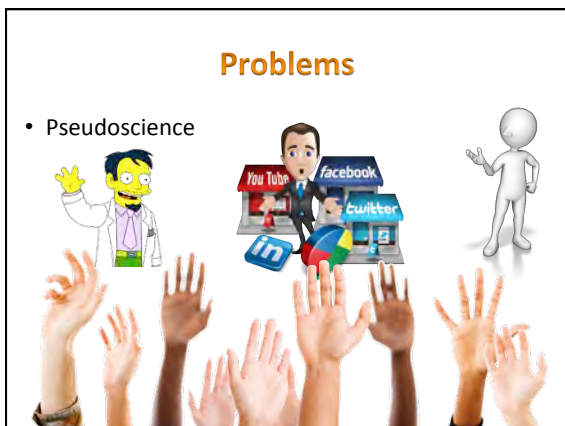
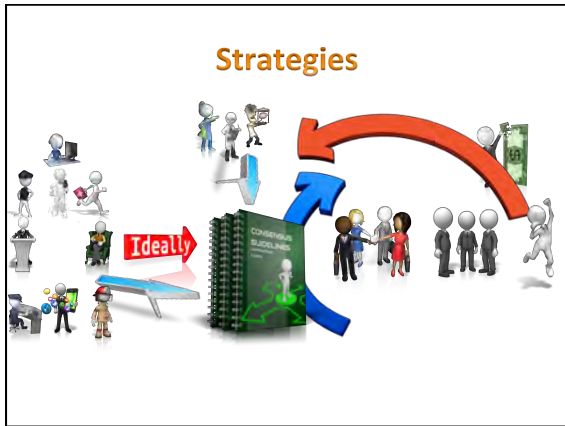
MENTAL HEALTH RESEARCH

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Mental Health Research

- Minimize Harm, Maximize Benefits
 - Improving Assessments
 - Improving Interventions
 - Preventative Strategies
- Implement evidence-based strategies for assessments, interventions, and preventions





Pseudoscience

Substantial complexity and ambiguity in the available research failures to distinguish clinical and healthy samples

conviction that traumatic events are always well-remembered

confusing semantic and episodic aspects of the trauma memory

partial applications of evidence

Memory for trauma most likely represents ordinary memory mechanisms operating under unusual circumstances.

women

pts & Community

in trauma film

Day 2

for 12 min or Not

solidation

PTSD

Pseudoscience

Repetitive TMS combined with exposure therapy for PTSD: A preliminary study

Table 1 Treatment versus baseline

Impact of events	Active			Sham			Difference at baseline, d [†]	
	n	Mean difference ^a (S.E.)	p	n	Mean difference ^a (S.E.)	p		
CAPS B (intrusion)	9	-0.22 (0.31)	.48	-0.30	0 (-0.19) (0.32)	.56	-0.25	0.45
CAPS C (avoidance)	9	-0.33 (0.62)	.60	-0.23	0 (-0.72) (0.85)	.28	-0.47	0.00
CAPS D (hyperarousal)	9	-1.00 (0.55)	.08	-0.76	0 (-0.90) (0.57)	.87	-0.07	0.42
Hamilton (SDRS)	9	2.67 (2.11)	.22	0.52	0 (-0.22) (2.11)	.92	-0.04	0.34
Impact of events								
Avoidance	9	0.44 (1.37)	.75	0.13	0 (0.00) (1.37)	1.00	0.00	0.30
Intrusion	9	1.44 (1.50)	.35	0.39	0 (-0.78) (1.50)	.61	-0.21	0.09

CAPS Scores

17 items

Scored from 0-4

Ranging from 0-136

Pseudoscience

10 men and 15 women

Healthy Students & Community

Remember or forget one of two lists of random words from the Medical Research Council Psycholinguistic Database

"Our work highlights the fundamental role that contextual information plays in our ability to organize and retrieve information pertaining to previous experiences, and it provides neural support for the hypothesis that we can forget about our recent past by changing our mental context."

Ebbinghaus, anyone?

No mention at all of PTSD or trauma or therapy.

Just tell people to forget the trauma.

ZAP!

Mental Health Research

Strategies

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Summary

SOLUTIONS

Solutions

- Scientific Literacy
 - "A vaccine against the charlatans of the world that would exploit your ignorance"
 - Neil deGrasse Tyson

Solutions

- Leadership
- Collaborative Goals and Priorities
- Evidence-Based Standards
- Collaboration
- Education
- Confront Pseudoscience
- Humility
- Patience



Mental Health Research
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EXAMPLE




Example



CIMVHR | **ICRSMV**
Canadian Institute for Military and Veteran Health Research | L'Institut canadien de recherche sur la santé des militaires et des vétérans




Example

- Canadian Institute for Public Safety Research and Treatment (CIPSRT)
- l'Institut canadien de recherche et de traitement en sécurité publique (ICRTSP)




Example





VANCOUVER BC

November 21-23, 2016





Example



- CIPSRT-ICRTSP
 - Administrative Leadership
 - Deschamps, Holtslander, Malloy, McMartin, Palmer
 - Scientific Leadership Board
 - Abrams, Afifi, Aikens, Asmundson, Brunet, Camp, Carleton, Dobson, Gerhard, Griffiths, Groll, Hadjistavropoulos, Jetly, Jones, Keane, Krätzig, MacPhee, Neary, Sareen, Stewart, Zamorski
 - Scientific Membership Council
 - Rapidly growing diverse team of pan-Canadian academics
 - Public Safety Leadership Steering Committee (Current)
 - CPA, CACP, CAFG, CAPG, IAFF, PAC, PCC, RCMP
 - Chatterbok, Krätzig, Marks, Malloy, McMullen, Mellow, Poirier, Stamatakis, Schnitzer, Stephanson
 - Supporting Organizations
 - CIMVHR, MHCC, CSA, JIBC, MHCC, MDSC, RCMPVA, TEMA

Example: Red Paper Review



- Peer Support and Crisis Intervention Programs in Canadian First Responders: Red Paper
 - CIPSRT-ICRTSP

Example: Red Paper Review



- Started with Questions in December 2015

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Example: Red Paper Review



- Clinical Research Supervising Leads
 - Shadi Beshai, Ph.D.
 - R. Nicholas Carleton, Ph.D., R.D., R.S., Psych.
- Coordinating Research Lead
 - Sophie Durancieu, M.A.
- Program Evaluation Research Team
 - Dale Dirks, M.A.
 - Amy Harrington, M.A.
 - Sarah Elizabeth Ivers, M.A.
 - Daniel Leblouhiller, M.A.
 - Andrea Tamasian, M.A.
 - Michelle Teale Sappach, M.A.
 - Audra Theodoroff, M.A.
 - Kirstie Walker, M.A.
 - Melissa Wuerch, M.A.
- Peer Reviewer Team
 - Murray Abrams, Ph.D.
 - Terry Coleman, Ph.D.
 - Curt Griffiths, Ph.D.
 - Robert Jolly, M.D.
 - Don McCrory, Ph.D.
 - Renee McPhee, Ph.D.
 - Mark Zamorski, M.D.

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Example: Red Paper Review



- Methodology – Literature Review
 - Databases
 - e.g., Cochrane Review, PsychInfo, Proquest, Dissertations and Thesis
 - Review was conducted in English and French
- Methodology – Survey
 - February 2016
 - Bilingual anonymous survey for Canadian First Responder agency leads for such programs
 - Invited through CACP, CAF, CPA, IAFF, PAC, PCC, CCIS

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Example: Red Paper Review



- Reviews models for Peer Support, Crisis Intervention, and Psychological Debriefing
- Reviews empirical evidence for using such models with First Responders
- Identifies models in use across Canadian First Responder agencies
- Provides recommendations

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Example: Red Paper Review



- Full Peer-Reviewed Report Available by August 15, 2016
www.cipsrt.ca
- How research collaborations can have beneficial impact

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Example: Prevalence Survey

- Pan-Canadian Pan-Public Safety
 - Survey has been finalized with support from the CIPSRT-ICRTSP Scientific Leadership Board and Public Safety Leadership Steering Committee
- Distribution begins September 1, 2016
 - CIPSRT-ICRTSP Public Safety Leadership Council
 - CIPSRT-ICRTSP Supporting Organizations

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SUMMARY



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AND
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