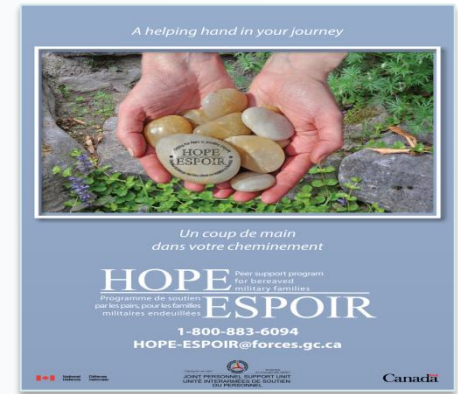


# NATIONAL PEER SUPPORT PROGRAM (NPSP)



## OSISS GENERAL BRIEFING

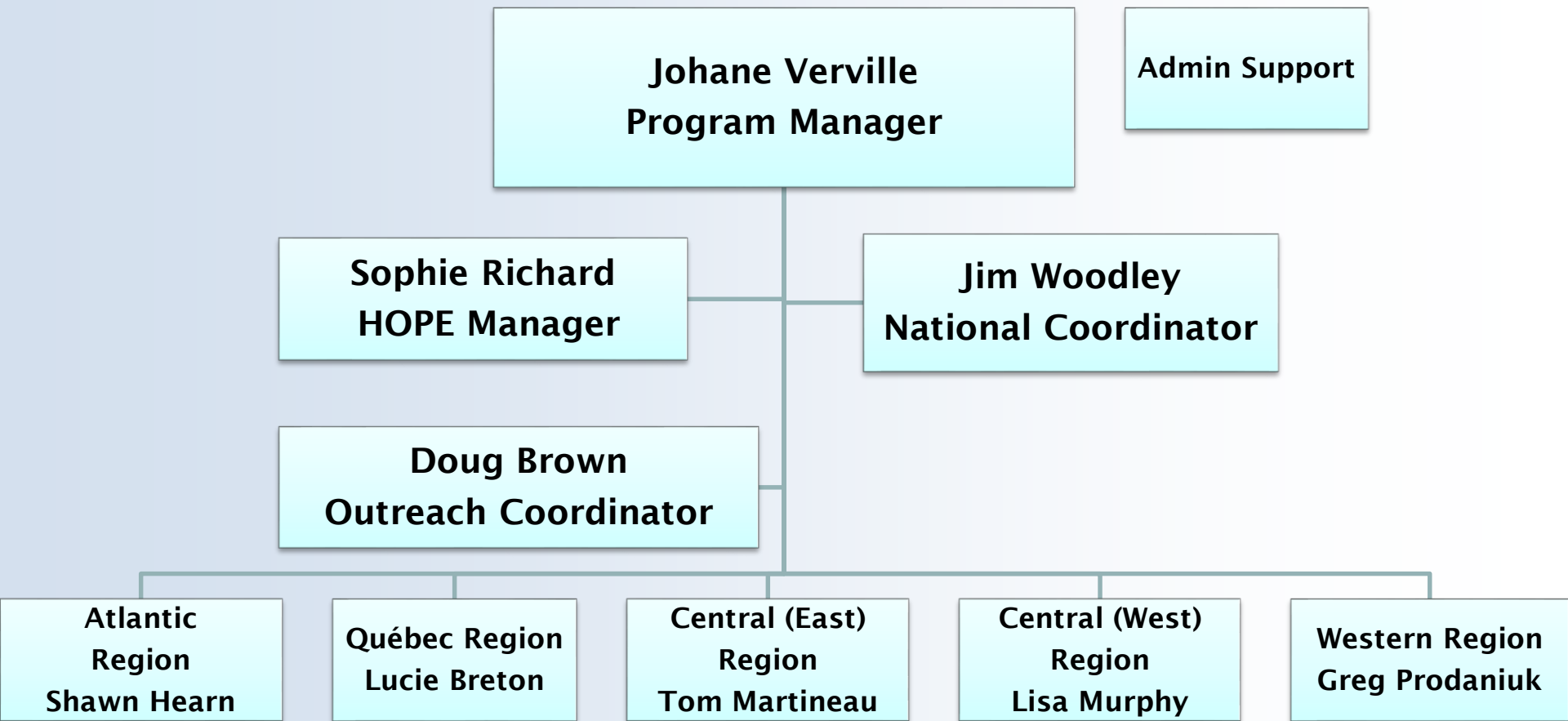


Peer Support Coordinator  
Derek Spracklin NL  
Family Peer Support Coordinator  
Nadine deBlois NS/PEI

Peer Support Coordinator  
Kendra Melish PEI



# NATIONAL PEER SUPPORT PROGRAM OSISS and HOPE





# Vision

To be an exemplary model of standardized peer support to Canadian Armed Forces personnel, Veterans and their Families.





## OPERATIONAL STRESS INJURY (OSI)

- **Persistent psychological difficulty resulting from operational duties performed by a military member**
  - includes diagnosed medical conditions such as anxiety, depression and post traumatic stress disorder (PTSD), as well as a range of less severe conditions.



# Operational Stress Injury



- An impact injury due to events provoking terror, helplessness, horror, shock

- A wear-and-tear injury due to the accumulation of stress over time

- A loss injury due to loss of people who are cared about

- A loss injury due to disruption in trust in moral values

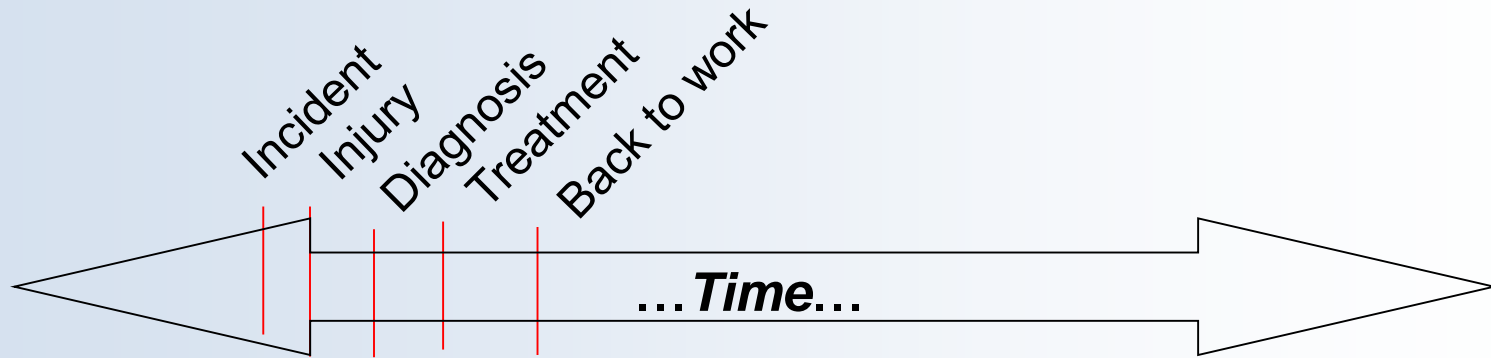


Adapted from Capt (N) Bill Nash USMC and  
USN Combat and operational stress control

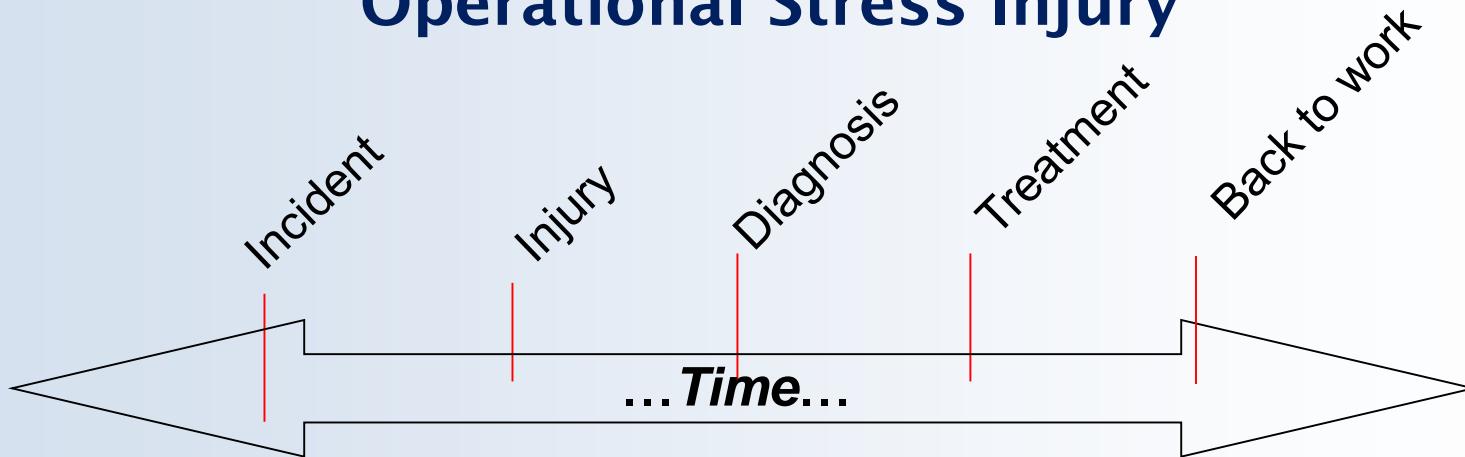




## Physical Injury



## Operational Stress Injury



*\* It is to be noted that not all people who develop OSIs follow this delayed process.*



# OSISS Injured Support

**What makes a peer...a peer?**

**Those who have experienced an OSI  
(no diagnosis necessary)**

**Such as:**

- **Canadian Armed Forces Member**
  - **Veterans**



# OSISS Family Support

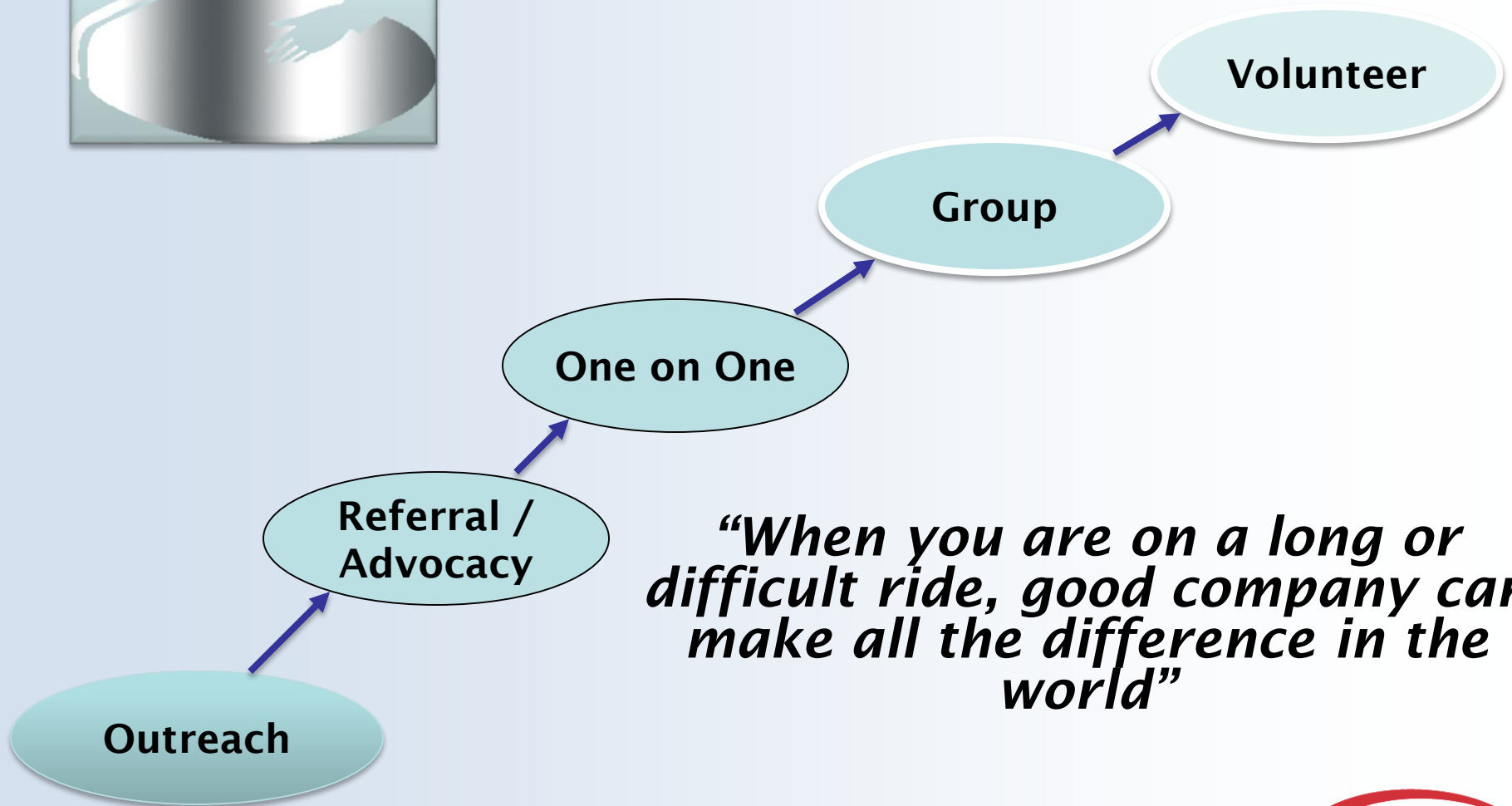
**Have you lived with or supported  
someone with OSI?**

**Spouse (married, common-law, etc.)**

- **Adult children**
- **Parents and/or grandparents**
- **Siblings**
- **Friends**

**(no diagnosis necessary)**

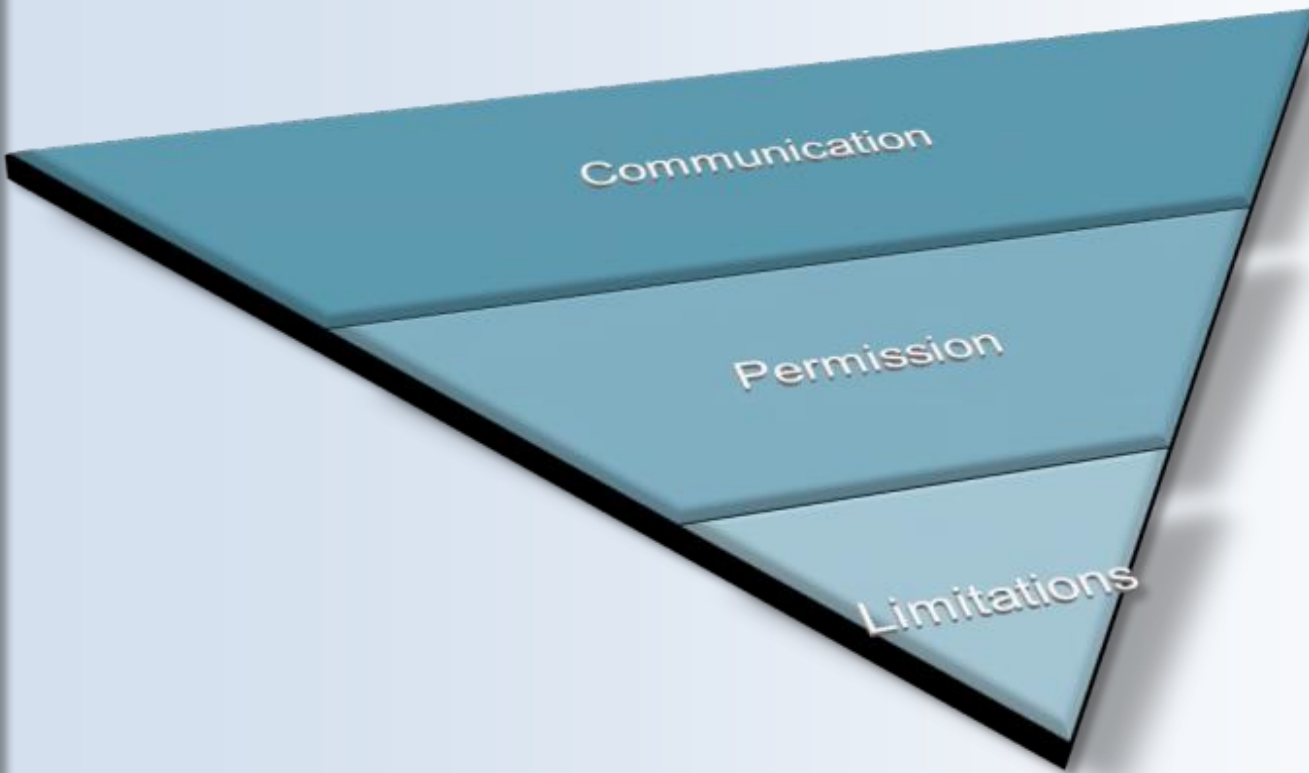
# Program Model and Peer Path



*“When you are on a long or difficult ride, good company can make all the difference in the world”*



# Confidentiality






# How we can work together for the best interests of our Peers????


- ☆ Encourage hope & motivation for change
- ☆ Foster supportive peer relationships
- ☆ Provide new frame of reference
- ☆ Model competency in 'Recovery' by maintaining ongoing wellness
- ☆ Promote a Wellness Model




- ☆ **Keep them motivated to attend meetings and appointments**
- ☆ **Encourage their compliance with the Doctor's prescriptions**
- ☆ **Encourage participation in “Soldier-On” events and other fitness programs (within MELs)**


# NPSSP

 **H.O.P.E Locations**  
52 Volunteers,  
over 750 Peers  
served

 **OSISS Locations**  
33 Sites, 68 Coordinators  
11,139 Peers served

Whitehorse Volunteer

 **WESTERN**  
Edmonton  
Calgary  
Saskatoon  
Moose Jaw  
Penticton  
Victoria  
Comox

 **Central West**  
London  
Hamilton  
Toronto  
Trenton  
Borden  
Meaford  
Winnipeg  
Shilo

 **Central East**  
Kingston  
Ottawa  
Petawawa  
Trenton  
London  
North Bay

 **Quebec**  
Montreal  
St Jean  
Trois-  
Rivières  
Quebec  
Valcartier  
Bagotville  
Gatineau-  
NCR

 **ATLANTIC**  
St John's  
Gander  
Halifax  
Charlottetown  
Greenwood  
Gagetown

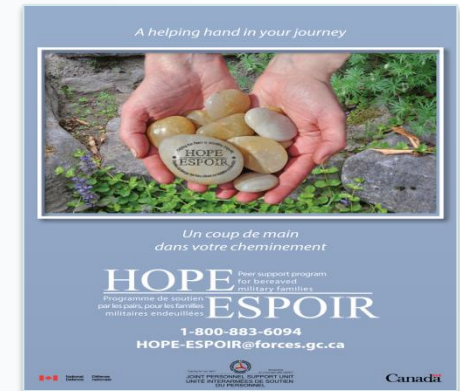
# NATIONAL PEER SUPPORT PROGRAM (NPSP)

## OSISS



# FINAL QUESTIONS

## HOPE



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