

Date: November 25, 2021

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To: All BCEHS Employees/CUPE 873 Members

RE: Survey: Five Resilience Factors (5RF) Resource

The mental wellbeing, health and safety of our frontline staff is a key priority of both BCEHS and APBC (CUPE 873). In March of this year, we jointly released the **5RF Workbook**, a resource for staff to help strengthen their psychological resilience. The **Five Resilience Factors (5RF) Workbook** was made possible by a grant from WorkSafeBC and created through a collaboration of BCEHS, APBC and Vancouver Psych Safety with input from paramedic service workers.

5RF stands for five resilience factors that are unique to the professions of paramedics, emergency medical call-takers and dispatchers, particularly. It is a self-care guide for building psychological resilience.

The 5RF Workbook has been provided to BCEHS staff in e-version and hard copy. The 5RF Workbook is attached to this email, or you can still access it online, here: <https://psychhealthandsafety.org/the-5rf-resilience-project/> Passcode: bcehs

Eight months after the release and circulation of the 5RF Workbook, we would like your feedback.

For your action:

We are asking you to complete a brief (10 minute) anonymous questionnaire. This can be accessed by clicking on this link: <https://app.psychsafety.org/5rf-evaluation>. The questionnaire is now open and will close on Friday, December 17, 2021.

The evaluation is intended to better understand the scale of distribution, and how the 5RF process has benefited its intended audience. Thank you for your participation and assistance in supporting the psychological health and safety of BCEHS personnel.

Sincerely,

Original signed by

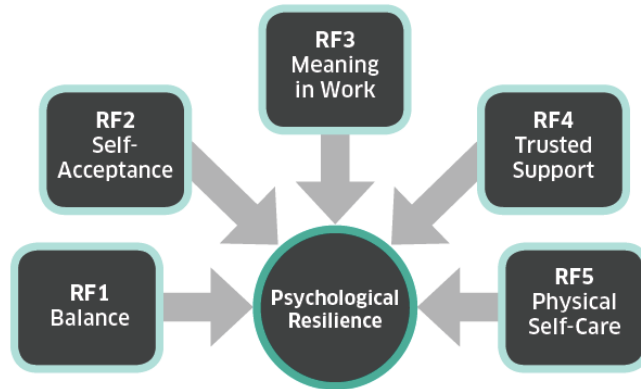
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The 5 resilience factors