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January 12, 2018

Attention: All Members, CUPE Local 873

Dear Members;

**Re: Wounded Warriors Canada First Responder Resiliency Course**

As we move into a new year, I'm excited to announce our new partnership with Wounded Warriors Canada and WGM Psychological Services. Please consider joining us for a three-day course this February, which helps First Responders maintain/regain resilience and well-being during routine exposure to operational stressors in their work.

**Course:** Wounded Warriors Canada First Responder Resiliency Program

**Date and Time:**

Tuesday, February 13, 2018	1800-2100
Wednesday, February 14, 2018	0800-1630
Thursday, February 15, 2018	0800-1630
Friday, February 16, 2018	0800-1630

**Location:**

Ambulance Paramedics of BC  
105-21900 Westminister Highway  
Richmond, BC  
V6V 0A8

**Presenters:**

Dr. Megan McElheran, Ph.D. - WGM Psychological Services, Chief Clinician  
Dr. Duncan Shields, Ph.D. - Course Designer, licensed psychologist in BC

**Cost:**

\$100 per participant.

\*\* Travel, accommodations and shift coverage will be at the expense of the participant. Lunch and refreshments will be provided. \*\*

**Application to Participate:**

If you're interested in participating in this exciting opportunity, please provide your name and contact information to [info@apbc.ca](mailto:info@apbc.ca) by January 31, 2018. Participants must commit to all three days, plus the 3-hour introduction evening on Tuesday, February 13. Participants will be selected on a first-come first-serve basis. There are 20 available spots in the course.

For more information on course content and instructor bios, please see the attached documents below.

If you have any questions, please contact [Lindsay.kellosalmi@apbc.ca](mailto:Lindsay.kellosalmi@apbc.ca).

Thank you,

Lindsay Kellosalmi  
Chair, CISM Program  
Ambulance Paramedics of BC  
CUPE 873

LK/sd/MoveUp

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UNIVERSITY OF  
BRITISH  
COLUMBIA

## **Wounded Warriors Canada First Responder Resiliency Program (WWC FRRP)**

### **Program Description**

The First Responder Resiliency Program (“FRRP”) is a peer-based program that helps First Responders maintain or regain their resilience and well-being during the routine exposure to operational stressors in their work. The 3.5 day residential program brings together 8 to 10 First Responder participants, with professional facilitators and team lead First Responders who have completed the program, in an intensive exploration and skill development opportunity for those looking to strengthen their operational stress competence and capacity at any stage of their career. The objectives of the FRRP are to:

- Assist serving first responders to understand the mechanisms and effects of single incident or cumulative operational stress on the body, the brain, on behaviour, and on relationships;
- Provide a peer-based learning experience that focuses on developing capacity to support their peers, and strengthening knowledge and skills to maintain personal resilience and well-being;
- Explore the impact of personal first response experiences with other peers in a systematic and professionally facilitated environment;
- Develop a personal resiliency toolkit and a strategic plan for maintaining resiliency and well-being under operational load;
- Develop skills to improve relationships with peers, partners and family members.
- Connect participants with services, supports and resources that can assist them in maintaining their own resiliency and support the needs of their peers.

The FRRP is an evidence-based model developed out of a collaboration between First Responder participants, the BC Professional Fire Fighters Association, Wounded Warriors Canada, and Dr. Duncan Shields and Dr. David Kuhl from The Men’s Initiative at the UBC Faculty of Medicine. It is designed as an introductory program that will complement existing workplace and private programs for First Responders.

## Presenters – First Responders Resiliency Program (FRRP)



**Dr. Megan McElheran, Psy.D., R.Psych.**

Dr. Megan McElheran is a Clinical Psychologist with WGM Psychological Services in Calgary, AB. Dr. McElheran completed graduate training at the Stanford University clinical psychology consortium, during which she obtained specialized training in the treatment of PTSD through the National Center for PTSD in Menlo Park, CA. Dr. McElheran has been in practice in Calgary since 2008. She continues to focus on work with first responders, and her clinical practice involves work with active-duty members of the Canadian Forces, members of the Royal Canadian Mounted Police, members of the Calgary Firefighter Department, medical personnel and others who are directly or vicariously impacted by traumatic events. She routinely engages in teaching and supervisory activity in order to ensure sound dissemination of empirically-grounded interventions for trauma. Dr. McElheran is regularly engaged for speaking events, both locally and internationally. She completed a TEDx speech in 2011 related to Trauma, Change and Resilience and most recently completed a discussion for the Healing Project on trauma and PTSD. Dr. McElheran provides a range of empirically-supported treatments for PTSD, including Prolonged Exposure, which is a therapy for which she also provides supervision; Eye Movement Desensitization and Reprocessing (EMDR); Cognitive Processing Therapy (CPT) and Accelerated Resolution Therapy (ART).



**Dr. Duncan Shields**

Duncan Shields, PhD is a clinician who, over the past 23 years, has specialized in providing front-line mental health services to military, police and first responders. His current role as Adjunct Professor in the Faculty of Medicine, University of British Columbia, builds on this foundation, focusing on research, evaluation and program development of culturally relevant initiatives to assist first responder and military personnel maintain or regain resiliency and well-being while coping with operational and traumatic stress. Major projects include development of a resiliency program with the BC Professional Firefighters Association, which represents 3000 firefighters in British Columbia, Canada, and a study of military personnel in transition to civilian life after medical release from the Canadian Armed Forces. Before his academic studies, Dr. Shields served with the Governor Generals Foot Guards, a Canadian Infantry Regiment, where he developed a lifelong appreciation for the work and sacrifice of those who serve.