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Dear Members;

Re: CIPSRT – Training Opportunities

The Canadian Institute for Public Safety Research and Treatment (CIPSRT) is an organization that serves as a research and knowledge hub for post-traumatic stress injuries in public safety personnel. The organization's work is, in part, used to improve the health and well-being of all public safety personnel by providing resources to accessible mental health care.

The CIPSRT is releasing multiple ER2MR, treatment and sleep courses which are now open for registration. These courses are being offered free of charge to public safety personnel.

ER2MR (Electronic Road to Mental Readiness): gain key skills including tactical breathing, mental rehearsal, goal setting, self-talk, and attention control. The training additionally includes generic mental health education, including early identification of signs of mental illness; adaptive coping strategies to respond to the risks inherent in these occupations; the importance of peer and leadership support; appropriate leader actions; barriers to seeking mental health care, including stigma; and outlining procedures for assessing mental health resources.

Treatment: a five-module online course designed to support Public safety personnel (PSP) in making informed decisions about their mental health care. This course discusses topics such as insurance coverage, types of service providers, relevant terms and definitions, evidence-based treatment options and tips for choosing a mental health service provider.

Sleep: Given the increased understanding of the importance of sleep to both mental and physical health, CIPSRT has collaborated with Dr. Colleen Carney, Director of the Sleep and Depression Laboratory at Toronto Metropolitan University, to develop a 4-session sleep course for PSP.

For more information and to register for these courses please see: <https://www.cipsrt-icrtsp.ca/en/training-opportunities>

On behalf of your executive board and executive committee,

Troy Clifford
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/sd/MoveUp