

PSPNET



Supporting the Wellbeing of Public Safety Personnel

Issue: February 2021



From the Director's Desk

Hello from the PSPNET team,

On January 29th, 2021, we celebrated our 1 year anniversary of launching PSPNET in Saskatchewan and have a special webinar planned for February 23, 2021, that provides a deep dive into PSPNET, the factors that make internet-delivered cognitive behaviour therapy effective, and service outcomes from our first year in service will be shared. You can sign up for the webinar using the links provided further in this newsletter. We hope you join us and share the word about our service to any public safety personnel and first responders in your lives.

As of January 31, 2021, we have 145 clients from Saskatchewan and 46 clients from Quebec who are enrolled in our courses.

In this issue, you can find out more about the most helpful skills from the PSPNET Wellbeing course, one of our clinicians explains information about PSPNET in video format, we provide tips for your mental health and an update on our client outcomes and outreach efforts.

Thank you for your interest in our services and for taking the time to read this newsletter. We hope that you enjoy reading about our work. Please feel free to contact us if you require any additional information or have any questions.

Please help up get the word out about PSPNET by forwarding this email on to others.

Dr. Heather Hadjistavropoulos

Director of PSPNET

www.pspnet.ca

Most Helpful Skills from PSPNET Wellbeing Course

Internet-delivered Cognitive Behaviour Therapy for Public Safety Personnel



Thought Challenging



Controlled Breathing



Activity Scheduling



Graded Exposure



Skills from Additional Resources



Sign up NOW!

Find out more about the courses we offer

[PSP Wellbeing Course \(Available in Saskatchewan and Quebec\)](#)

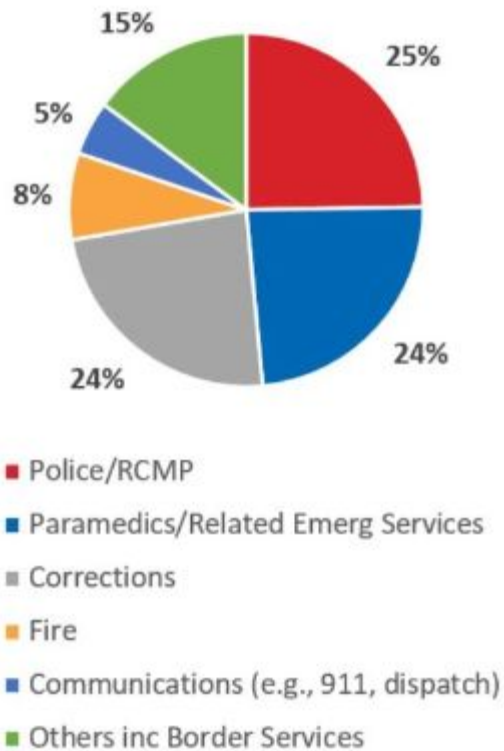
[PSP PTSD Course \(Available in Saskatchewan\)](#)

Who are we helping?

Metrics provided in this newsletter are up to January 31, 2021.

Breakdown of clients enrolled by sectors.

PSP Sectors



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- 31810 people have visited our website, www.pspnet.ca.
 - 191 PSP have completed a telephone assessment.
 - 178 PSP have started treatment.
 - 117 out of 164 have completed treatment.
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What clients are saying

- **98%** agreed that PSPNET was worth their time.
 - **96%** of PSP would refer PSPNET to a friend.
 - **89%** of PSP reported increased confidence in managing their symptoms.
-

What some of our clients are saying this month:

- "I think the skills taught about thought challenging were extremely helpful. The tool that helped a lot was the percentage calculator. Graded exposure is also very helpful, I continue to practice this regularly and I think is something that takes longer than a few months to work through."
- "I enjoyed how relatable it was for both my professional and personal life. Because of it being relatable I found it easier to recognize when I was pulling away from things (under arousal) and trying to force myself to do things to make myself feel better and to challenge negative or unhelpful thoughts."
- "So far I have liked the case stories - I do find it reassuring reading similar thoughts and triggers that other people also have."

[**Click here to see a full list of our service outcomes**](#)

Meet our Clinicians (video series)

Dr. Jody Burnett, one of PSPNET's Clinical Research Associates, shares information about PSPNET and why it is a helpful program in assisting public safety personnel and first responders in Saskatchewan and Quebec to improve their mental health and wellbeing. View the video [here](#).

Tips for your mental health

Often public safety personnel and first responders spend so much time focusing on taking care of the needs of others they can forget to take care of their own needs. Remember to take five minutes and check in with your body, emotions, and thoughts. How are you doing today? Let's make sure your needs are taken care of!

Outreach

We have had extensive contact with various PSP organizations and agencies to promote PSPNET.

- **1849** people have attended PSPNET presentations across various PSP organizations.
- **401** presentations, meetings, and stakeholders surveys have been completed.

- **268** organizations have been provided with PSPNET promotional materials.
 - **194** organizations have agreed to refer PSPNET.
 - **130** organizations and agencies have incorporated PSPNET into their workplace practices.
-

Recent Media

PSPNET was created to deliver and evaluate Internet-delivered cognitive behaviour therapy, also known as ICBT, to Public Safety Personnel (PSP) in response to the Government of Canada's National Action Plan on Posttraumatic Stress Injuries

In this webinar, Dr. Heather Hadjistavropoulos will take a deep dive into PSPNET and discuss what factors appear to make ICBT effective, including describing the most important skills and features of PSPNET that help PSP improve their mental health. Outcomes from the first year of service will be shared. Those attending will be sure to have a greater understanding of whether this service will meet their needs and also learn of upcoming areas of development in 2021.

[Register Here!](#)

Special Webinar for PSP

February 23, 2021 11:00–12:00 (CST)

Year One of
Internet-delivered Cognitive Behaviour Therapy
for Public Safety Personnel (PSPNET):
Delivered, Evaluated, Improved, and Ready for Use

Presenter:

Dr. Heather Hadjistavropoulos

Professor of Psychology at the University of Regina,
Principal Investigator of PSPNET,
Founder and Executive Director of the Online Therapy Unit



CIPSRT
Canadian Institutes for Public Safety
Research and Treatment



ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique



Dr. Jody Burnett, PSPNET's clinical research associate, and Sgt. Joy Prince, "F" division peer to peer coordinator, RCMP, were featured on CTV Morning Live in Regina to discuss the PSPNET program. View the video [here](#) to find out more.

Request a presentation or PSPNET promotional materials

If you would like us to provide a presentation to your organization or send promotional materials (wallet cards, magnets, postcards) in English and French, contact us by email at pspnet@uregina.ca or phone at 306-337-7233 or toll-free at 1-833-317-7233.

Download our promotional materials

- Click [here](#) to download a PDF of our poster.
- Click [here](#) to download a PDF of our PSP Wellbeing Course postcard.
- Click [here](#) to download a PDF of our PSP PTSD Course postcard.
- Click [here](#) to download a PDF of our service delivery outcomes infographic with metrics as of January 31, 2020.

Thank you to our partners and funders



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Online Therapy Unit
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