

Connecting Leaders to Promote Positive Mental Health

Research Poster Program



BC First Responders' Mental Health Conference 2023

Call for Abstracts:

On behalf of the BC First Responders' Mental Health Committee we invite you to review the Research Poster Program available at the 2023 BC First Responders' Mental Health Conference taking place **January 26th and 27th, 2023** at the **Sheraton Vancouver Airport Hotel** in **Richmond, BC**.

We welcome abstracts for poster presentations from researchers, students (Phd, MS), and practitioners conducting mental health research in counselling, leadership or first responders. This the second conference, (postponed from January 2021 due to COVID 19), the first having taken place in January 2019 which was the first of its kind in British Columbia.



2023 Conference Theme:

The 2023 BC First Responder Mental Health **“Connecting Leaders to Promote Positive Mental Health”**, will focus on developing the knowledge and skills of first responders in leadership positions, so they can take a proactive approach to promoting positive mental health in their organizations. Most first responder leaders are aware of the increased risks facing their workforce when it comes to mental health issues, and yet many leaders are only just taking the first steps toward actively promoting positive mental health. Attendees will leave with increased confidence in their knowledge and abilities when it comes to fostering a psychologically safe workplace



Who will be attending?

This conference will bring together employers, leaders in health and safety, union leaders and health professionals and is designed for anyone working with and/or supporting first responders in a leadership role such as managers, supervisors, peer support team members, CIR leaders, union reps, human resources, Joint Occupational Health and Safety Committee members.

Included here:

- Call for abstracts
- Networking opportunities
- Research poster session details
- 2019 Conference Review
- Venue overview



Abstract format and content

Abstracts are limited to 350 words (excluding the title and list of authors and affiliations). Suggested structure: Background & Objectives, Methods, Results, and Conclusions. References are not needed. Please include the date of the research, affiliations and funding partners (if any).

Abstracts related to peer reviewed or new research on mental health in first responder communities are welcome, such as:

- First responders in situations of vulnerability
- Diversity and inequality
- Indigenous first responders
- Working and employment conditions
- Occupational stress injuries
- Health outcomes
- Interventions
- Prevention/Resilience
- Rehabilitation and return-to-work
- Policies and practices
- Knowledge transfer and exchange
- Tools development
- Bullying and harassment
- Mental illness or injury
- Sleep / Shift work

Presentation Opportunity

The conference program will offer an opportunity for presentation of a synopsis of the poster

Networking Opportunities

All researchers selected to participate in the poster program are invited to attend the conference for the following networking opportunities:

- Jan 25 early registration / welcome reception
- Jan 26 morning break, lunch, afternoon break
- Jan 26 networking reception and dinner
- Jan 27 morning break, lunch, afternoon break

Submission Deadline: October 17, 2022

Application:

If you are interested in participating, please email info@bcfirstrespondersmentalhealth.com with your abstract. All abstracts will be reviewed by the research committee. Upon approval, an online registration link will be provided.

Contact:

Please forward any questions or expressions of interest to: info@bcfirstrespondersmentalhealth.com

First Responders' Mental Health Committee:

For more information regarding the committee please visit the website [here](#).

Research Poster Session Details:

Costs:

- Researchers are encouraged to participate, there is no application or participation fee
- Researchers are expected to deliver their posters either in person or by mail or courier at their own expense.
- Posters will be returned to you by mail at the address provided on the online registration form at the Committee's expense.
- Online registration will be made available to approved participants

Conference Location:

Sheraton Vancouver Airport Hotel, 7551 Westminster Hwy, Richmond, BC V6X 1A3

Conference Dates:

Thursday January 26th – Friday January 27th

Poster and Poster Board specifications

Poster Boards (x5)

- 4' x 8' boards
- 1 (one) 6' x 2' covered and skirted table
- Boards to be double sided

Poster Specifications

- Full size: 4' x 8'
- Half size: 4' x 4'

In Person Delivery - Set up/Removal

- Set up available from 4:00 – 6:00 pm Wednesday Jan 25 or 7:00 – 8:00 am Thursday Jan 26
- Removal from 3:00 – 5:00 pm Friday Jan 27

Mail/Courier Delivery

- Delivery deadline of one week prior to the conference: Jan 20, 2021
- Deliver to: WorkSafeBC 6951 Westminster Hwy, Richmond, BC V6B 5L5 Attention: Nancy Wegman

Internet Access

- There will be free WIFI internet access. We will provide you with the user name and password on the day of the conference.

General Information:

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2019 Conference Review

2019 Conference Theme:

“Share It. Don’t Wear It.” which is a call to action to end the stigma associated with mental health injuries. It’s also a message for all of us to promote positive mental health by starting conversations and creating a culture of discourse. In doing so, we break down the barriers and stereotypes, and we take that first step towards healing.



2019 Conference Delegate

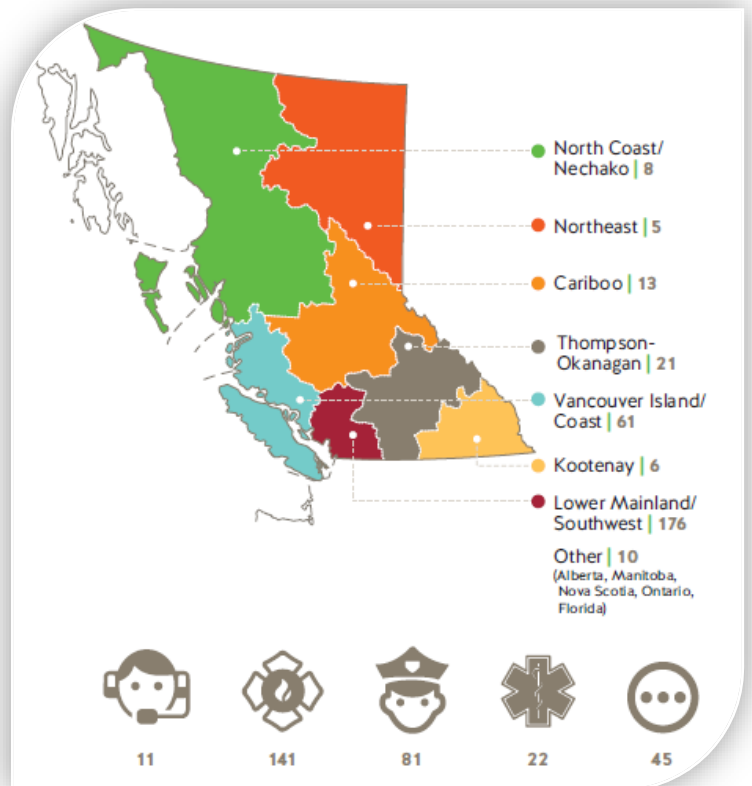
Demographics:

300 delegates representing all branches of first responders including:

- Dispatchers
- Fire
- Law enforcement
- Paramedics

participated from all over BC and across the country.

In addition, representatives from various government ministries including Natural Resources, Mining and Labour; counsellors; clinicians; HR professionals and more were in attendance.



2019 Conference Media Coverage:

The 2019 conference garnered an impressive amount of media coverage both before and during the event.

Total number of stories: **196+**

Estimated publicity value: **\$126,000**

Platform Summary:

- **175+** Online coverage
- **21+** radio / TV / print coverage

- **Total number of stories**
 - 196+
 - *excludes most markets outside B.C.
- **Estimated publicity value**
 - \$126k
- **Platforms**
 - 175+ online stories
 - 21+ radio/tv/print stories



Media Highlights:

In advance of the conference:

- Print coverage included - The Canadian Press story appeared in 84 outlets across Canada; Globe and Mail story appeared in print in B.C. edition and online
- Television coverage included - multiple newscasts spanning the province by CTV and Global; interview on CTV morning show with Ralph Kaisers
- Radio coverage included - The Eagle 97.3 (Campbell River), News1130, CKNW News, Jill Bennett show (CKNW), Jon McComb show (CKNW), Pulse FM (Fraser Valley)

During the conference:

- Five spokespeople from the BC First Responders' Mental Health Committee were available for media: Trudi Rondou (WorkSafeBC), Robert Parkinson (APBC), Steve Farina (BCPFFA), Ralph Kaisers (BCPA), Lionel Crowther (featured speaker)
- Jan. 30 interview on CBC's BC Today with Michelle Eliot (Ralph Kaisers)
- Jan. 31 interview on CBC's The Early Edition with Stephen Quinn (Lionel Crowther)
- Feb. 1 op-ed in the print version of The Province (Trudi Rondou) and online

- **#ShareItDontWearIt** (Jan 26th to Feb 2)
- 547 mentions
- Total impressions - 1,135,373
- Trending hashtag in Greater Vancouver & Burnaby (top 10)



Trudi Rondou: First responders at higher risk for mental-health injuries finding ways to get help



Published: January 31, 2019
Updated: January 31, 2019 6:05 PM PST
Filed Under: The Province - Opinion - Op-Ed



First responders, who are exposed to all sorts of trauma in their jobs and suffer higher rates of post-traumatic stress than other workers, are working to remove the stigma to getting help. [BURNABY NEWS / PRESS](#)

2019 Conference Survey Results:

From Delegates:

- 96% agreed the location (Richmond) was a good choice
- 98% agreed the chosen venue (Sheraton) was a suitable space
- 99% rated the food/beverage good – excellent
- 99% rated the customer service before & during the conference as good – excellent



99% would recommend this conference to their peers

100% are likely to act on learnings from information presented

"I had no idea there was so much research done in this area or the number of resources available to first responders. Honestly, I have 28 years in law enforcement and this was, hands down, the best conference I have attended. Made me laugh, cry, self reflect, learn and develop an action plan for my people."

"The conference itself was likely an emotional experience with ups and down for attendees. I think it was an excellent mix of research and positive messages."

From Sponsors / Exhibitors:

- 86% rated the conference very good – excellent;
- 86% are probably – definitely likely to recommend this event to peers
- 96% of delegates found the sponsors and exhibitors to be very-extremely valuable

100% are probably – definitely likely to participate in a similar event

100% rated the customer service before & during the conference as very good – excellent

"Exhibit area was a bit isolated from the plenary sessions which reduced traffic. Organizers however were encouraging delegate participation through verbal announcements, passport in the program, arranging food in this area, etc."

"It was perfect – wouldn't change a thing"

Overview of Conference Space

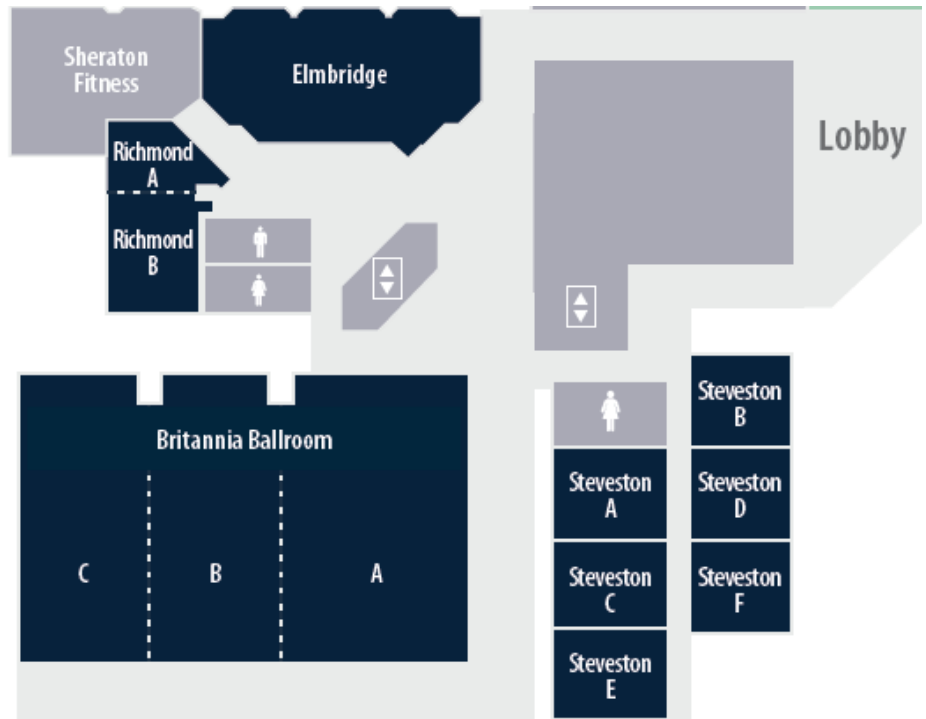
The 2019 conference space included the Britannia Ballrooms and the Steveston rooms.

The 2023 event has expanded to include the Britannia Ballroom, the Richmond & Elbridge rooms. This will allow us to utilize the foyer areas more fully.

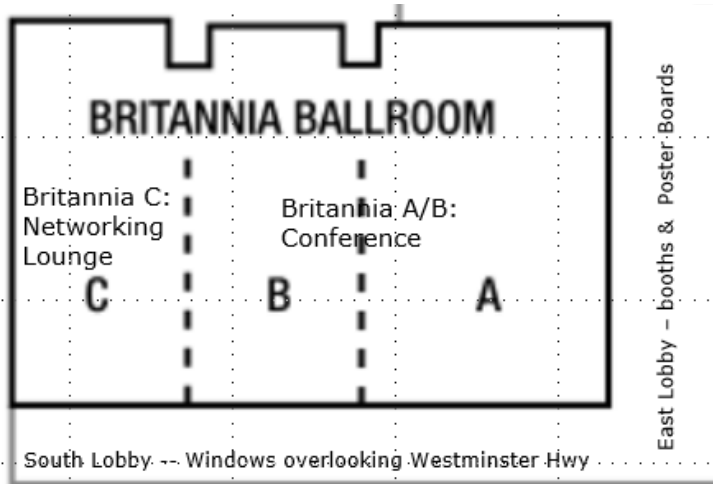
Britannia Ballrooms A & B will house the bulk of the program including plenary and 2 concurrent sessions.

Excellent access to Britannia C is available for load in and out and will be a dedicated networking lounge for the conference.

The addition of Steveston rooms will accommodate green rooms, media room, quiet room. They may also provide an opportunity for yoga and meditation.



Britannia Ballrooms A, B & C / Britannia Lobbies:



Thank you

On behalf of the BC First Responders' Mental Health Committee and the conference organizing committee, thank for your time and consideration.



AMBULANCE PARAMEDICS OF BRITISH COLUMBIA	BC EMERGENCY HEALTH SERVICES	BC MUNICIPAL CHIEFS' OF POLICE	BRITISH COLUMBIA POLICE ASSOCIATION	BRITISH COLUMBIA PROFESSIONAL FIRE FIGHTERS ASSOCIATION	CANADA BORDER SERVICES AGENCY	WORKSAFBC
FIRE CHIEFS' ASSOCIATION OF BC	FIRST NATIONS' EMERGENCY SERVICES SOCIETY OF BRITISH COLUMBIA	GREATER VANCOUVER FIRE CHIEFS ASSOCIATION	PROVINCE OF BC	ROYAL CANADIAN MOUNTED POLICE	VOLUNTEER FIREFIGHTERS ASSOCIATION OF BC	