

WOUNDED WARRIORS CANADA

SUPPORTING OUR VETERANS, FIRST RESPONDERS & THEIR FAMILIES



#INTHISTOGETHER

OWNING THE DELIVERY

EXECUTIVE SUMMARY

OPERATIONAL STRESS INJURIES KNOW NO THEATRE OF WAR, CRITICAL INCIDENT OR EMERGENCY CALL

Dear Valued Partner,

Over the last year there have been in excess of 80 reported Veteran and First Responder suicides. This devastating reality is a concrete reminder of the fact that operational stress injuries such as PTSD know no theatre of war, no critical incident and no emergency call. It reminds us of the immense need that exists nationally amongst our uniformed service members and their families and why Wounded Warriors Canada has never been needed more than it is today.

OUR IMPACT

82%

OF EXPENDITURES (AVG.)
INVESTED IN PROGRAMMING

\$30M

INVESTED IN MENTAL HEALTH
PROGRAMMING TO DATE

2,000

VETERANS, FIRST RESPONDERS AND
THEIR FAMILIES SUPPORTED EACH YEAR

Since inception, we existed as a charity that raised funds and donated the revenue to third-party program partners. This provided us with the flexibility to fund an array of programs each year and we are very proud of the work we accomplished with our program partners.

While we didn't fully grasp it at the time, the in-house build of COPE (Couples Overcoming PTSD Everyday) in 2015 represented the beginning of our program transformation. The process of developing and

delivering COPE presented us with an entirely different operational model and one that allows us to maintain 100% positive control over the life-cycle of our funding: **own the delivery**.

We are excited to share with you that we have successfully transitioned Wounded Warriors Canada into a direct mental health service provider. Our spectrum of care has been narrowed to eight core programs, all of which are administered through the organization and facilitated by our clinical team. Taken together, we have created an innovative approach to mental health that uses clinical best practices and evidence-informed care to provide an environment of compassion, resiliency and hope for our Veterans, First Responders and their families.

Of course, none of this would be possible without you! On behalf of all of us at Wounded Warriors Canada – our Board, staff, volunteers, and, most importantly, the men and women whose lives will be forever changed by their participation in our programs, thank you for making our mental health services possible.



A stylized, handwritten signature in white ink.

Scott Maxwell
Executive Director



A stylized, handwritten signature in white ink.

Richard Martin
Board Chairman

EARLY BEGINNINGS : THE UNITED WAY MODEL

Wounded Warriors Canada was created in 2013 with a mission to honour and support our ill and injured Veterans and their families. New to the mental health community, we operated very similar to the United Way by raising funds and awareness and distributing our funds to third party program providers across the country.



THE WAY AHEAD: OWNING THE DELIVERY

GROUP-BASED TRAUMA PROGRAMS



**TRAUMA
RESILIENCY
PROGRAM**



**COPE
(COUPLES OVERCOMING
PTSD EVERYDAY)**

ANIMAL ASSISTED THERAPY



**PTSD SERVICE
DOG PROGRAM**



**COUPLES BASED
PTSD EQUINE
THERAPY**

Our programming transformation has created an innovative approach to mental health care for Veterans, First Responders and their families that uses clinical best practices and evidence-based care to create an environment of compassion, resiliency and hope for our participants.

RESILIENCY TRAINING & RESEARCH



**BEFORE
OPERATIONAL
STRESS (BOS)**



WWC RESEARCH

CHILDREN & YOUTH PROGRAMS



**WARRIOR
KIDS CAMP**



**POST
SECONDARY
BURSARY**

OUR CLINICAL TEAM

Our clinically facilitated programs combine the power of a team approach with effective, trauma-resilient skill development. Based on an clear understanding of the physical and social effects of traumatic injury, WWC programs build on strengths, focus on the value of hard work and the importance of peer recognition in transforming wounds into scars, and scars into roadmaps for resiliency.

PROGRAM DEVELOPMENT TEAM



Dr. Tim Black
National Clinical Advisor



Jim Marland, MA
Clinical Advisor



Dr. Megan McElheran
Clinical Advisor



Helena Hawryluk
Clinical Advisor



Jerris Popik
Clinical Advisor



Dr. Vivien Lee
Clinical Advisor



Dr. Hannah Rockman
Clinical Advisor



Carolynn Turner
Clinical Advisor



Dr. Paulo Matos
Clinical Advisor



Dr. Sherry Antonucci
Clinical Advisor

***OVER 80 CLINICIANS
CERTIFIED NATIONALLY***



Dr. Stu Hoover
Clinical Advisor



Nadia Pirbhai
Clinical Advisor



Shauna Pupp
Clinical Advisor



Dr. Milena Spasojevic
Clinical Advisor



Dr. Andrew Carlquist
Clinical Advisor

*“WHEN UNIFORMED SERVICE MEMBERS
ARE TOGETHER IN A GROUP-BASED
PROGRAM, THIS AMAZING THING
HAPPENS – THEY LOOK AROUND THE
ROOM AT EACH OTHER AND REALIZE
THEY ARE NOT ALONE IN THEIR
STRUGGLES”*

DR. MEGAN MCELHERAN
DEVELOPER OF BOS



GROUP-BASED TRAUMA PROGRAMS

COPE (COUPLES OVERCOMING PTSD EVERYDAY)

The Wounded Warriors Canada COPE program is Canada's leading couples-based trauma program for those affected by Operational Stress Injuries (OSI).

COPE Phase I: Five couples struggling with OSI come together for a five-day program. The couples are gathered together to work on their relationships as a group. They learn as a small community of similarly injured people to recognize they are not alone and can manage the injury as a team.

COPE Phase II: Six-months of ongoing family coaching with three sessions per month for the duration conducted via telephone. This follow-up process makes it a unique program and helps to solidify the new skills in the couples lives.



HIGHLIGHTS

- Over 200 Couples have taken the program since inception
- FY18 totals: 58 couples (48 Veterans / 10 First Responders)
- Facilitation available in both French and English
- Our first internationally recognized program - Israel
- Phase I - 100% completion rate, Phase II - 86% completion rate

TRAUMA RESILIENCY PROGRAM

The WWC Trauma Resiliency (TRP) program is a clinically facilitated program that helps Veterans and First Responders acquire the necessary tools to overcome the natural and understandable effects of traumatic exposure based on a clear understanding of the physical and social effects of traumatic injury. TRP focuses on the value of hard work and the importance of peer recognition in transforming wounds into scars and scars into a road-map for resiliency.



TRP Phase I: Regulation for Recovery Training (RRT) is a group-based course where participants learn the basics of Operational Stress Injuries. Participants will also learn the skills of trauma exposure regulation and practice them in real time with micro-skills coaching and feedback.

TRP Phase II: Advanced Recovery Training (ART) builds upon RRT to hone and develop higher levels of skills for dealing with more advanced trauma recovery. Participants identify one traumatic injury to work on during the course, in order to advance their recovery skills.

HIGHLIGHTS

- 151 First Responders and Veterans attended TRP in FY 2018
- Of the 151 participants, 46% were Veterans, 54% First Responders
- 94% of TRP Phase I graduates have gone on to complete Phase II

ANIMAL ASSISTED THERAPY

COUPLES-BASED EQUINE THERAPY

The program uses Meaning Centred Counselling (MCC) to teach and improve communication and conflict resolution within relationships. Couples who suffer the effects of OSI will experience increased crisis and conflict. All activities are designed to reduce conflict and crisis through a proven, practical communication and conflict reduction strategy.

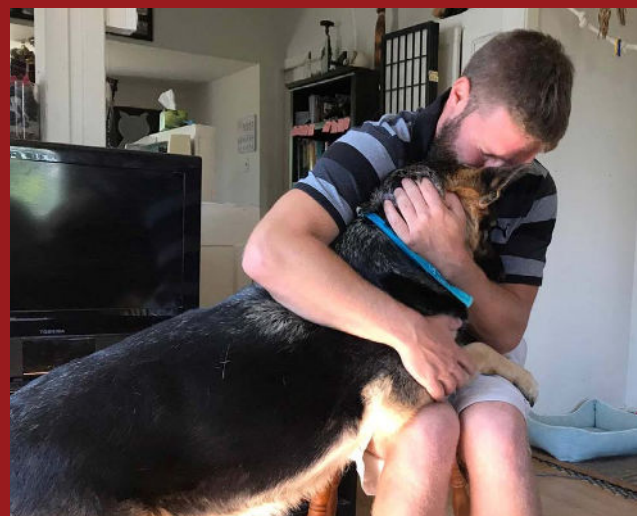


- Six couples including spouses or close family members are always regarded as equal participants
- Half of the program is classroom based, addressing the challenges of managing the injury as a couple.
- The program is staffed by psychologists, mediators and instructors. Each staff are qualified to at least the Master's level. The program is delivered nationally from three locations:
Rocky Mountain House, Alberta
WindReach Farms, Ontario
Sumac Farms, Atlantic Canada



PTSD SERVICE DOG PROGRAM

Since 2012, Wounded Warriors Canada (WWC) has made significant investments, as a leading funder of PTSD Service Dogs. The preliminary results of the Veterans Affairs Canada (VAC) funded efficacy study has reinforced and provided early clinical evidence which we know to be imperially true: Properly trained PTSD Service Dogs can and do change and save lives.



WWC will support the pairing of approximately 100 Service Dogs annually. Our program features:

- The establishment of consistent National Standards for all WWC Service Dog Providers irrespective of location.
- The identification of WWC Certified Service Dog Providers from coast to coast that meet or exceed the published standards and a willingness to work cooperatively with other WWC Certified Service Dog Providers.
- The implementation of clinically informed Mandatory Service Dog Prescriber Guidelines in all cases.
- A Clear Regionally Based National Application Process with all intake, including the management of wait lists, being conducted by the Certified WWC Service Dog Provider in your Region.

BEFORE OPERATIONAL STRESS (BOS) PROGRAM



BOS is a group-based intervention program for First Responders that provides participants the opportunity to receive and offer support in a group context with issues related to operational stress. A key feature of BOS is developing the group dynamic because therapeutic change is enhanced when group members are supported together. Once the group is established as a safe place, information about operational stress is provided and its relevance explored by participants.

BOS Phase I: A 16-hour program, divided into 8 modules delivered in a classroom setting of up to 12 participants. BOS has been clinically designed to provide public service personnel with theoretical, practical and experiential learning to enhance their resilience and mental health as they continue to operate within their public service positions.

BOS Phase II: Monthly follow-ups for 10 months giving participants an opportunity to discuss successes and challenges as they continue to manage the effects of operational stress.

HIGHLIGHTS

- Nationally, members from 10 Services have taken BOS
- Over 100 First Responders have completed the program
- 35 clinicians trained to deliver BOS nationally

DOCTORAL SCHOLARSHIP

In 2013 Wounded Warriors Canada committed to a 10-year, \$400,000 Doctoral Scholarship program in an effort to enhance military and veterans' health research. This was done in partnership with the Canadian Institute for Military and Veterans Health Research (CIMVHR), based at Queen's University.



This legacy contribution has grown into one of the most important doctoral scholarships in Canada, providing funding for doctoral students from universities across the country as they research issues relevant to military members, veterans and their families. Ultimately, our goal is to have this important work become directly applied to those we serve.

CIPSRT

CIPSRT serves as the Knowledge Exchange Hub for knowledge synthesis, translation, and exchange that relies upon the best contemporary research evidence supporting an overall mission to help current and former public safety personnel, their leaders, and their families to maintain and improve their mental health and well-being.



CIPSRT is currently researching our Before Operational Stress program.

CHILDREN & YOUTH PROGRAMS

WARRIOR KIDS CAMP

The Warriors Kids program is a two-day camp for kids aged 8 - 16 whose parent is a Veteran or a First-Responder living with an Operational Stress Injury. It is grounded in the understanding and responsiveness to the impact of trauma and aims to empower children to increase their capacity for developing resilience.



The WWC Warrior Kids program's clinical framework pulls from trauma-informed practices, and child-centred play therapy and is designed to capture effective evaluation measures.

All three parts of the Warrior Kids Program (intake, camp, follow-up) will incorporate core trauma-informed principles within its processes and practices.

HELP KIDS:

- build positive peer relationships
- learn about OSI's
- learn coping skills
- Increase their self-esteem
- Learn to regulate emotions



POST-SECONDARY BURSARY

Since 2016, the \$40,000 Post-Secondary Bursary has funded one year of full-time post-secondary education for students whose parent(s) is a Veteran or First Responder affected by Operational Stress Injuries (OSI) – including Post Traumatic Stress Disorder (PTSD).

To date, twenty-four bursaries have been awarded. The WWC Post-Secondary Bursary provides \$5,000 (maximum) per full course year, with payments divided on a semester basis.

This post-secondary bursary reflects our profound awareness of the life changing impact that mental health injuries has on families and, specifically, the children.



“THE BURSARY HELPED **ME OFFSET** THE COST OF CHILDCARE AND TUITION AS A MATURE STUDENT. WITHOUT THIS BURSARY, I WOULD NOT BE ABLE TO PURSUE MY EDUCATION.”

WWC POST-SECONDARY BURSARY RECIPIENT

GIVING: EVERYBODY HAS A ROLE TO PLAY



OUR SERVICE & ASSOCIATION PARTNERS

No one Service, Association or government agency will ever be the 100% solution when it comes to the health and wellness of its members. Partnerships are vital. We have established formal working relationships with over **50 organizations** across Canada in an effort to add our mental health programs as an additional layer of Operational Stress Injury support for their membership.



“I’M NOT AS ANGRY
AS I USED TO BE.

PTSD TOOK A LOT AWAY.

HAVING MY SERVICE DOG
GAVE ME MY LIFE BACK”

WESLEY LOGAN &
HIS SERVICE DOG JIMMY



“THIS IS ONE OF THE MOST
LIFE CHANGING PROGRAMS I HAVE
EVER EXPERIENCED.

I WAS SCARED I WOULDN'T BE ABLE
TO RETURN TO POLICE WORK, BUT
AFTER COMPLETING THIS PROGRAM, I
WAS BACK AT WORK A WEEK LATER.”

NIGEL BLAKE
VETERAN & RCMP OFFICER
TRP GRADUATE





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