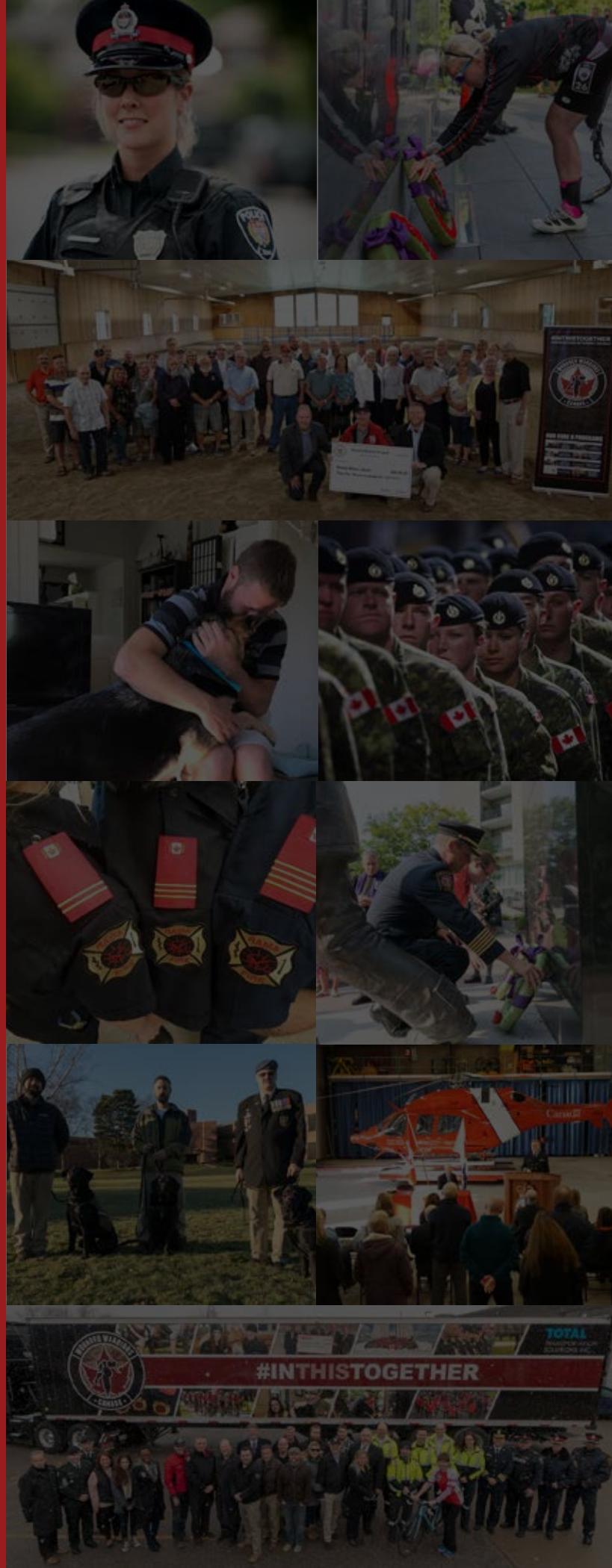


A NATIONAL MENTAL HEALTH SERVICE PROVIDER



Creating an environment of
compassion, resiliency and hope
for Canada's Veterans, First
Responders and their families.



OUR CLINICAL TEAM

Behind the therapy itself, and in front of those we serve, is our clinical team. We have assembled a group of over 100 clinicians nationally who possess the cultural competency necessary to support the unique mental health needs of uniformed service members and their families. When you combine our leading-edge programs, with the vast clinical expertise of our facilitators, the results are life-changing.

PROGRAM DEVELOPMENT TEAM



Dr. Tim Black
National Clinical Advisor



Dr. Megan McElheran
Clinical Advisor



Dr. Helena Hawryluk
Clinical Advisor



Jerris Popik
Clinical Advisor



Claudine Barrette
Clinical Advisor



Jim Marland
Clinical Advisor



Shauna Pupp
Clinical Advisor

OVER 100 CLINICIANS CERTIFIED NATIONALLY



Dr. Andrew Carlquist
Clinical Advisor



Ria Nishikawara
Clinical Advisor



Dr. Stu Hoover
Clinical Advisor



Nadia Pirbhai
Clinical Advisor



Dr. Paulo Matos
Clinical Advisor



Dr. Milena Spasojevic
Clinical Advisor

WWC MENTAL HEALTH SERVICES

TRAUMA INFORMED WORKPLACE TRAINING

BEFORE
OPERATIONAL
STRESS (BOS)



TRAUMA
INFORMED
LEADERSHIP



TRAUMA
RESILIENCY
TRAINING



OPERATIONAL STRESS INJURY GROUP-BASED PROGRAMS

TRAUMA
RESILIENCY
PROGRAM



COUPLES
OVERCOMING
PTSD EVERYDAY



COUPLES
RESILIENCY
PROGRAM



SPOUSAL & YOUTH PROGRAMS

SPOUSAL
RESILIENCY
PROGRAM



WARRIOR KIDS
CAMP & VIRTUAL
PROGRAM



K9 ASSISTED THERAPY

PTSD
SERVICE
DOGS



FACILITY DOG
PROGRAM



TRAUMA INFORMED WORKPLACE TRAINING

BEFORE OPERATIONAL STRESS (BOS) PROGRAM

ABOUT BOS

The Wounded Warriors Canada Before Operational Stress program has been carefully designed to provide public safety personnel with theoretical, practical and experiential learning to enhance their resilience and mental health. BOS brings together cutting-edge clinical approaches with recognized scientific expertise to support psychological health and wellness of public safety personnel over the course of their operational careers.



BOS PROGRAM STRUCTURE

- 1: Operational Service Cultures
- 2: Physiology of Operational Stress
- 3: Markers of Operational Stress
- 4: Cognitive Impacts
- 5: Emotions
- 6: Behaviour Change
- 7: Communication
- 8: Empathy

THE RESULTS ARE IN...

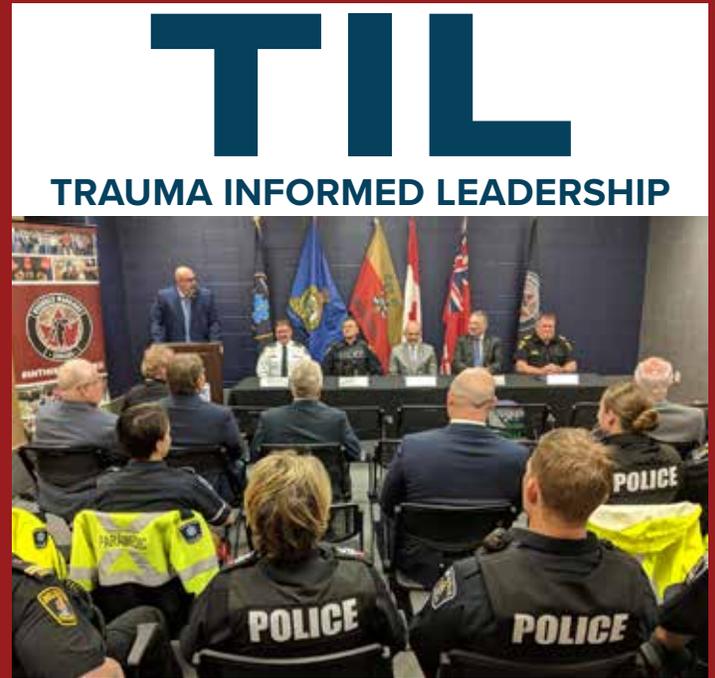
Results of a three years study shows evidence of statistically significant reductions in symptoms of PTSD and depression, as well as increases in reported social support and quality of life. There is also evidence of significantly reduced reports of stigma faced by participants relative to their mental health challenges.

TRAUMA INFORMED WORKPLACE TRAINING

TRAUMA INFORMED LEADERSHIP PROGRAM

ABOUT TIL

The Trauma Informed Leadership Program has been designed for leaders of organizations to receive customized trauma-based support so they can perform their jobs effectively while fostering positive and healthy organizational cultures. The program provides four clinically facilitated group sessions on a quarterly basis followed by optional maintenance sessions.



TIL PROGRAM STRUCTURE

LEVEL 1 Designed to enhance stress awareness and provide strategies to enhance stress management & regulation, relative to occupational roles.

LEVEL 2 Focusing on societal influences on organizational culture (i.e., stoicism) and discussing the need for empathic leadership.

LEVEL 3 & 4 Reviewing concepts from the first two sessions and discuss success/challenges of incorporating TIL concepts into self-care routines.

OPTIONAL MAINTENANCE SESSIONS These sessions are meant to ensure mental health conversations remain ongoing within organizations.

TRAUMA INFORMED WORKPLACE TRAINING

TRAUMA RESILIENCY TRAINING

ABOUT TRT

Trauma resiliency is the product of knowledge, skills and social support. The Trauma Resiliency Training program provides organizations with the most recent and relevant trauma education available, opportunities to learn, practice and hone trauma-management skills, and trauma-informed social support for all trauma-exposed members.

TRT PROGRAM STRUCTURE

- 3-Day Train-the-Trainer Course
- TRT uses the Pro-STEP (Professional Serial Trauma Exposure) tool to teach participants and organizations to help trauma exposed professionals “unstuck” traumatic events.

TRT

TRAUMA RESILIENCY TRAINING



FOUNDATIONS OF TRT

- **The BETR Model of Trauma**
- **The Trauma Formula**
- **The Forge Method**

OPERATIONAL STRESS INJURY GROUP-BASED PROGRAMS

TRAUMA RESILIENCY PROGRAM

The Trauma Resiliency Program (TRP) 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.



OPERATIONAL STRESS INJURY GROUP-BASED PROGRAMS

COPE (COUPLES OVERCOMING PTSD EVERYDAY)

ABOUT COPE

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.



OPERATIONAL STRESS INJURY GROUP-BASED PROGRAMS

COUPLES RESILIENCY PROGRAM (CRP)

ABOUT CRP

CRP has been developed to assist couples impacted by Post Traumatic and Operational Stress injuries to improve their relationship with their spouse/partner. The program utilizes well supported clinical practices in conjunction with equine assisted treatment interventions to provide a unique therapeutic experience and learn by doing approach.



CRP PROGRAM STRUCTURE

Four couples come together for a 4-day program offered Nationally. The couples participate in both group and individual couple's sessions with the support of two clinical facilitators. The following areas are covered:

1. **Equine Assisted Learning (non riding horse activities)**
2. **Post Traumatic & Occupational Stress signs & symptoms & the brain**
3. **Conflict Resolution**
4. **Improving Communication**
5. **Balancing the transition in and out of service roles**

Horses by nature respond quickly to their environment and people providing couples new insights about themselves and their relationship. The Equine component creates a unique blend of traditional and alternative clinical approaches to help increase self-awareness and understanding to improve the many challenges impacting the relationship.

SPOUSAL & YOUTH PROGRAMS

SPOUSAL RESILIENCY PROGRAM (SRP)

ABOUT SRP

The Spousal Resiliency Program (SRP) has been developed as a result of countless requests by graduates of our couples-based trauma programs over the last several years. Despite the transformation impact of our couples therapy, both our clients and clinical therapists requested a program focused upon the unique needs of a spouse living with someone with a post-traumatic stress injury. SRP will provide a focused approach to assist the spouse to find their voice, their value, and their role in the healing of the family.

Each program delivery involves two clinical therapists, one support person (lived experience) and six client spouses who are required to complete a clinical intake screening process prior to attending. The program runs inclusive for four consecutive days and each client will receive a monthly post program clinical follow-up call for six months.

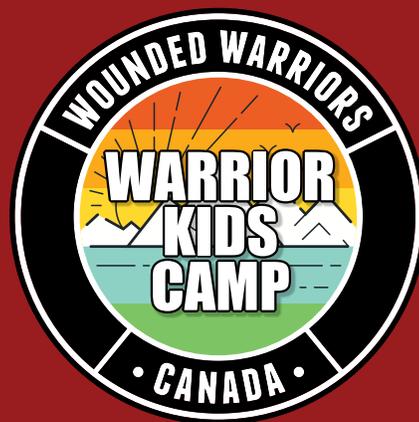


SPOUSAL & YOUTH PROGRAMS

WARRIOR KIDS - CAMP

ABOUT THE 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 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



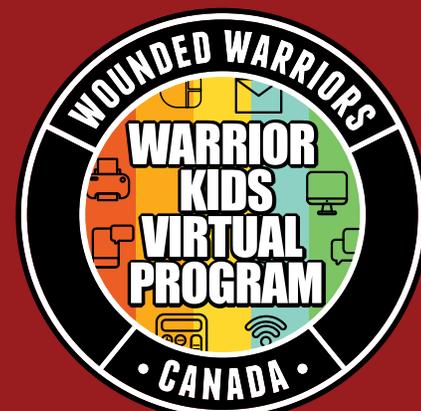
SPOUSAL & YOUTH PROGRAMS

WARRIOR KIDS - VIRTUAL PROGRAM

Warrior Kids Virtual Program is designed for children exposed to the secondary effects of trauma as a result of a Veteran or First Responder parent struggling with the effects of operational stress injuries such as PTSD.

It is clinically designed to strengthen social connections, create supportive resources children and families can draw upon during stressful times such as identifying strengths of the family, ways to connect with each-other to develop important parent-child bonds and introduction of family meetings to discuss important issues related to family well-being.

Each program will support up to 15 kids, divided in age groups ranging from 9-12yrs and 13-16yrs. Participants will receive clinically facilitated, one hour sessions for six weeks and will work specifically to support the development of healthy peer connections and normalize their experiences around a parental mental health injury.



K9 ASSISTED THERAPY

PTSD SERVICE DOGS

Since 2012, WWC has been the national leader in funding the training and pairing of PTSD Service Dogs. Our funding supports the pairing of approximately 100 Service Dogs annually.

THE PROGRAM CONTAINS FOUR ELEMENTS:

A consistent National Standard for all funded Service Dog Providers irrespective of location.

The implementation of clinically informed Mandatory Service Dog Prescriber Guidelines in all cases.

The identification of funded Service Dog Providers from coast to coast that meet or exceed the published standards and a willingness to work cooperatively with other funded Service Dog Providers.

A clear regionally based application process with all intake, including the management of wait lists, being conducted by the Service Dog Provider in your Region.

SERVICE DOG PROVIDERS

Western Canada Ontario	BC & Alberta Guide Dogs National Service Dogs Fire Team K-9's
Quebec Atlantic Canada	Les Chiens Togo Paws Fur Thought



K9 ASSISTED THERAPY

PEER-SUPPORT FACILITY DOG PROGRAM

Peer Support Facility Dogs play a key role in breaking down barriers and the stigma attached to mental health conversations, paving the way for people to speak freely and openly about what they're going through. A Facility Dogs goal is to mitigate the impacts of traumatic events and help reduce the risk of members of the first responder community developing long term PTSD. The dogs promote the improvement of physical, social and emotional ability in first responders. Facility dogs work with a handler who helps to direct that emotional support.

HOW THE DOGS ARE CHOSEN

Facility Dogs have been rigorously screened for health, temperament, behaviour and trainability and in many cases are bred for purpose through comprehensive breeding programs.

Dogs that are chosen to work in the area of trauma support are resilient, calm, lower energy dogs who are not inclined to become anxious and have minimal body sensitivity. The dogs can provide light pressure by pushing their heads into someone's lap or deep pressure by laying across a person's lap. Pressure is known to reduce anxiety and have a calming effect. Controlled play activities can also reduce stress, "lighten" the mood and facilitate conversation.



RESEARCH

BOS

The results of a longitudinal, mixed methods study have provided evidence of statistically **significant reductions in symptoms of PTSD** and depression, as well as increases in reported social support and quality of life. There is also evidence that BOS significantly reduced reports of stigma faced by participants.

COPE

One year following program participation couples reported **significant increases in active coping, emotional support, acceptance and instrumental support**. This was coupled with a decrease in loneliness scores. Couples also reported an increase in degree of relationship satisfaction when measured on the Dyadic Adjustment Scale (DAS)

TRP

Following completion of both phases of TRP participants reported: Increased levels of competence, confidence self-regulate in working through past traumas. Further they reported increased ability to use resources to find relief working through past traumas, confidence in working through future traumatic events and **reductions in trauma-related shame (TRSI)**.

WARRIOR KIDS

Early feedback from both participants and parents reports positive progress and communication around 3 goals: Cultivating Knowledge around OSI's/PTSD; developing connections to other peers; and **developing new strategies for coping/resilience**.

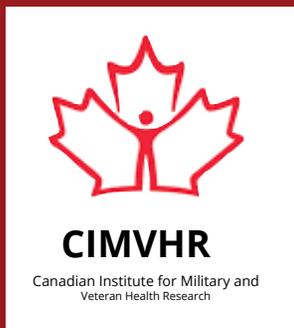
DOCTORAL SCHOLARSHIP

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.



STEPHANIE HOULE

2018 WWC DOCTORAL SCHOLARSHIP RECIPIENT

"I am truly honoured to have been granted this opportunity by Wounded Warriors Canada and CIMVHR. The concept of moral injury is gaining increasing attention in the clinical and research communities, as we still have much to learn about the emotional and spiritual toll that military operations can take. This research will provide a better understanding of Canadian service members and veterans' experiences in this regard, and ultimately help guide clinicians in their work with those who have faced extreme challenges."

OUR IMPACT

HOURS OF CLINICAL
TREATMENT PROVIDED

330,000 (PER YEAR)



PTSD SERVICE DOGS
SUPPORTED

100 (PER YEAR)



FUNDS INVESTED IN
RESEARCH &
EDUCATION

\$500,000 (TOTAL)



VETERANS, FIRST
RESPONDERS AND
FAMILY MEMBERS
SUPPORTED

1,200 (PER YEAR)



FUNDS INVESTED IN
PROGRAM DELIVERY

\$25,000,000 (TOTAL)



OUR PARTNERS

No single organization can provide the 100% solution when it comes to the health and wellness of its members. Partnerships are vital. Nationally, we have established formal partnerships with Veteran and First Responder organizations as well as mental health service providers in an effort to breakdown barriers to mental health care, reduce stigma, and help expand access to our mental health services.

Below is a partner snapshot, to see a complete list, visit WoundedWarriors.ca





“CHARLIE ABSOLUTELY LOVES THE PROGRAM AND CAN’T WAIT FOR NEXT WEEK. WE ARE VISITING FAMILY AND SHE WANTS TO MAKE SURE WE BRING EVERYTHING FOR WEEK 2.

I’M SO GLAD SHE HAS A SAFE SPACE TO LEARN ABOUT OPERATIONAL STRESS INJURIES ”



#INTHISTOGETHER



#INTHISTOGETHER

TOTAL
TRANSPORTATION
SOLUTIONS INC.

