



A Proactive approach to Peer Support and the Well-being of Veterans and their Families

Why 25 Jan 16 – member SW Ont Branch PPCLI Association died by suicide

- Healthy Soldier Healthy Veteran Suicide Awareness paper drafted and presented 10 Jun17
 - Encourage Peer Support, Sense of Purpose, Mental Health, Physical Fitness and Leadership
- PPCLI Association members approved Regional Mental Health and Suicide Awareness workshops
 - Two-day VAC Mental Health First Aid Course for Veterans
 - Third day review of Veterans Support agencies and Peer Support provided to Veterans

How and What Oct 17 – Sep 19

- 8 workshops Edm, Victoria, Gagetown, Calgary, Kingston, London, Wpg and Merritt, BC
- 174 participants (118 Patricias) Remainder First Responders, Mental Health, interested parties
- 25 % of the participants were women.
- 64 documented cases of assistance Jun 17 – Dec 19, 56 males, 8 females
 - 51 affiliated with PPCLI, 9 other Regiments, 4 nonveterans
 - 37 resolved with Peer Support; remainder required multi levels of support
 - 40 resolved, 10 ongoing, 5 closed no improvement, 4 nonveterans, 5 lost contact
- helped in excess of 100 Veterans and families. Issues have ranged from homelessness, substance abuse, financial problems, home modifications, medical expenses not covered by VAC or Provincial plans, attempted suicide to PTSD Service Dogs.

Funding and Costs

- \$21K Bell True Patriot Bell grant over 2 yrs, \$5K GDLS-Canada, \$2.5K Cubic, members \$31K
- \$50K for 8 workshops to date. Association pays travel, accn, meals, facility rental
- Steady state \$20K per year, one workshop alternating Eastern and Western Canada; up to 50 per year on Applied Suicide Intervention Skills Training

Challenges

- continue developing the Association's Peer Support program
- develop a National Veterans Peer Support network

Next Steps

- invited by The Centre of Excellence on PTSD and Related Mental Health Concerns to develop a National Framework to support a Tiered Model of Peer Support
- Encourage participation by other Veteran Support Agencies / Associations

Summary

The PPCLI Association with the assistance of Dr Jim Thompson, CIMHVR Research Consultant has completed a preliminary evidence-based review of peer support provided to Veterans and families since Oct 17. The report describes the development of the Association's peer support program and summarizes its effectiveness. It shows how the PPCLI Association supports the CAF-VAC Joint Suicide Prevention Strategy and Veterans' well-being. Detailed report available.

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