

NB CASAR PTO Report January 16 2023 For NB MO Meeting

Updates

- National has release additional funds for our MO towards training. Thank you and appreciation goes to Ian Cameron and Meredith. Some of the additional funds are set aside towards the search coordinator course in Greenwood and RPAS training for Zone 4. The rest of the funds is towards crew currency and training certification for air and ground.
- Zone 4 has completed and passed their OPEVAL so Fredericton Zone 4 is now Operational
- Alfred Parks RPAS Instructor from NS has provided online instruction and provided training material dealing with CASARA RPAS Operation.
- Since the removal of Satellite phone from our zones I have updated our ground homing packages removing the formats and numbers on using sat phones. It is still a checkbox item for checklist it was just easier to leave it than to tackle that section .
- A sample of a aircrew briefing item has been sent out to the zones. The topic has come up again from the most recent OPEVAL so a sample was sent out again for viewing
- A Message was sent out from CASARA National with an invitation by the Canadian Institute for Public Safety Research and Treatment (CIPSRT) offering two free online courses covering a Mental Readiness Program.(R2MR: Road to Mental Readiness program)

These are being made available to all Public Safety personnel who ensure the safety and security of Canadians and who meet the following requirements...

1. English speaking PSP who have never taken R2MR training or who are interested in taking a refresher course
2. Currently employed / volunteer within a public safety service or a related field
3. Able to commit to the entirety of the scheduled training program
4. Interested in mental wellness and enhanced mental well-being within yourself and your peers

Message will be sent out to the zones and details of the course will be added to this report

- From our CLO the search coordinator course will be 25-26 of March in Greenwood. We have 4 members attending from Zone 2 Miramichi .Also the ASM course is scheduled for March 1 -9 . Details will be coming out shortly on the course.
- National has scheduled a meeting for MO Training Officers, Safety and RPAS Group for February 11 and 12 in Winnipeg . I will not be attending this meeting and Richard Mann will be attending for me with my thanks .

Zone Status and Member Currency as of Jan 16, 2023 and Info Provided In TMMS

Miramichi Zone 2- Non Operational

Current Pilot – 0

Current Nav – 0

Current Spotter- 2 (1 Unavailable)

Current GHS - 2 (1 Unavailable)

First Aid – 5 (1 Unavailable)

Saint John Zone 3 – Operational

Current Pilot – 1

Current Nav – 3

Current Spotter- 5

Current GHS - 11

First Aid – 0

Fredericton Zone 4 – Operational - Aircraft Not Available

Current Pilot – 2

Current Nav – 3

Current Spotter- 7

Current GHS - 7

First Aid – 6

Moncton 6 Sat Zone 3

GHS – 0

First Aid -1

Report Respectively Submitted By

Mike Blizzard

NB CASAR PTO

January 16, 2023

R2MR Course Information

R2MR: Through the Road to Mental Readiness program, PSP gain key resiliency and mental toughness skills including tactical breathing, mental rehearsal, goal setting, self-talk, and attention control. The training additionally includes generic mental health education, including early identification of signs of mental illness; adaptive coping strategies to respond to the risks inherent in these occupations; the importance of peer and leadership support; appropriate leader actions; barriers to seeking mental health care, including stigma; and outlining procedures for assessing mental health resources. These skills and tools directly serve to enhance the overall mental well-being of participating PSP and their peers.

1. **Date:** February 16-17 & February 23-24, 2023
2. **Facilitator(s):** Kevin Farrell & Josh Klassen
3. **Language(s):** English
4. **Time:** 8:30am CST – 3:00pm CST
5. **Time Commitment:** 4 days on synchronous online learning plus some asynchronous learning between scheduled dates.
6. **Modality:** Blended — synchronous & asynchronous
7. **Delivery:** Online — Zoom & online course platform
8. **Achievement:** Certificate of Completion
9. **Cost:** No cost, funded via Public Health Agency of Canada (PHAC)
10. **Additional Information:** Learners must attend online on Feb 16-17 AND Feb 23-24, 2023. You will be contacted by CIPSRT one week prior to the course start date with additional instructions and information including information on our research surveys.
11. **Registration:** [Click here](#)

Please follow this link for further information regarding the Treatment 101 course offerings:

<https://www.cipsrt-icrtp.ca/en/training-opportunities/r2mr-frontline-training-program-level-1>

Treatment 101: Treatment 101 for public safety personnel is an eight-module online course designed to support Public safety personnel (PSP) in making informed decisions about their mental health care. This course will walk participants through the process of deciding upon and obtaining mental health services; and includes topics such as insurance coverage, types of service providers, relevant terms and definitions, evidence-based treatment options, tips for choosing a mental health service provider, and what to expect at the first appointment with a mental health care professional.

Date: February 13 – February 18, 2023 (session #3)

1. **Language(s):** English
2. **Time Commitment:** Approximately six hours over the course of one week. The course may be completed in one sitting, or participants may save their progress and complete the content at their own pace. Course will be available at 8am CST on February 13, 2023. Course must be completed no later than 11:59pm CST on February 18, 2023.
3. **Modality:** Asynchronous
4. **Delivery:** Online — Course platform
5. **Achievement:** Certificate of Completion
6. **Cost:** No cost, funded via Public Health Agency of Canada (PHAC)

7. **Additional Information:** You will be contacted by CIPSRT one week prior to the course start date with additional instructions and information, including information on our research surveys
8. **Registration:** [Click here](#)
9. **Note:** Registration closes on February 5, 2023.

1. **Date:** March 6 – March 11, 2023 (Session #4)
2. **Language(s):** English
3. **Time Commitment:** Approximately six hours over the course of one week. The course may be completed in one sitting, or participants may save their progress and complete the content at their own pace. Course will be available at 8am CST on March 6, 2023. Course must be completed no later than 11:59pm CST on March 10, 2023.
4. **Modality:** Asynchronous
5. **Delivery:** Online — Course platform
6. **Achievement:** Certificate of Completion
7. **Cost:** No cost, funded via Public Health Agency of Canada (PHAC)
8. **Additional Information:** You will be contacted by CIPSRT one week prior to the course start date with additional instructions and information, including information on our research surveys
9. **Registration:** [Click here](#)
10. **Note:** Registration closes on February 26, 2023.

Please follow this link for further information regarding the Treatment 101 course offerings:

<https://www.cipsrt-icrtsp.ca/en/training-opportunities/treatment-101-for-public-safety-personnel>

If you have any questions, please do not hesitate to contact me.

Thank-you and take care!

Derek

Derek Shogren, BA

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