



**ATLAS
INSTITUTE**
FOR VETERANS AND FAMILIES

2025-2026
IMPACT REPORT

COMMUNITY VOICE NATIONAL IMPACT

Bringing Canada's Veteran and Family community together



MESSAGE

FROM THE PRESIDENT AND CEO AND CHAIR OF THE BOARD

FARDOUS
HOSSEINY

TELAH
MORRISON

With each passing year we are reminded that Canada's Veteran and Family community has sacrificed to the greatest degree and, because of that, deserves the support of Canadians in return.

At the Atlas Institute, we believe we can contribute most effectively to the ongoing journey to well-being of those who have selflessly served, and their Families, by providing the evidence that can change their lives for the better. We gain valuable insights through the thoughtful process of engagement – engagement with the very community we were established to serve and with those who work with them such

as researchers, clinicians and service providers to build the fulsome picture. We listen to their stories through our various platforms, engage at public events in communities across this country and then wrap those stories in evidence through research that is grounded in the Canadian experience so that it can inform decision-making intended to make a meaningful difference in their lives. Then, we work together to co-create evidence-informed resources based on what Veterans and Families have said they need that are easily accessible, including supporting those who provide services with access to trainings that are highly applicable to the specific needs of Veterans and Families. It is the continuum of how we work with, and for, the Veteran and Family community.

As we deepen our engagement with the Veteran and Family community, we continue to see our mission resonate across generations and conflicts. While the needs of these individuals are complex, their message is clear: they served our country and now need and deserve its support in return.

We are proud to report on the results we are achieving year-over-year and how they demonstrate that a focused organization with a passionate and committed team with a clear purpose and mission can achieve great results. Our latest annual report showcases what our team has accomplished in support of Canada's Veterans and Families over this past year.

Warm
regards,



**FARDOUS
HOSSEINY**

President and CEO



**TELAH
MORRISON**

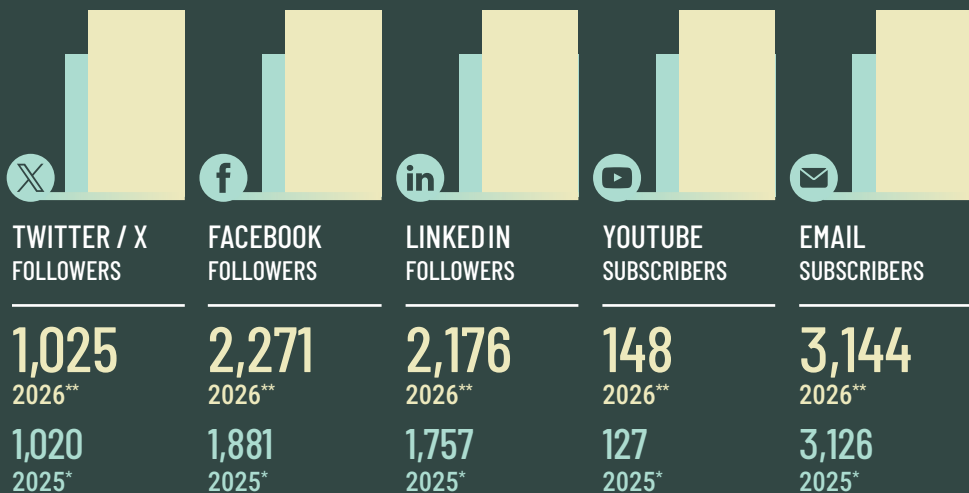
Chair of the Board

REACH



WEBSITE PAGE VIEWS

3,089,915



MIND BEYOND THE MISSION PODCAST

8 new episodes
(37 in total)

3,047
downloads

18,645
webpage views
(FY 25/26 episodes only)

PERSPECTIVES BLOG

14 new blogs
(41 in total)

52,033
webpage views
(FY 25/26 blogs only)

32,966 English
19,067 French

DIGITAL STORIES VIDEOS

5 new stories
(27 in total)

7,085
webpage views
(landing page only)

6,051 English
1,034 French

Unless otherwise noted, all data in this report is from fiscal year 2025-26: March 31, 2025 to March 31, 2026

** as of April 1, 2026
* as of March 31, 2025

PARTNERING AND ENGAGING

CADRE	NEW MEMBERS	RCMP Veterans	RCMP Family members
CADRE INVOLVEMENT	26	1	1
19 PROJECTS	Still-serving CAF Family members	CAF Veterans	CAF Veteran Family members
	1	19	4

PARTNERSHIPS
23 ONGOING
9 NEW

PEER SUPPORT COMMUNITY NETWORK (PSCN)



48 MEMBERS across Canada from the Veteran, military, public safety personnel (PSP), Family, peer support and research communities.

PEER SUPPORT GUIDELINES

2,647
total downloads*

5,705
page views*

The *Peer support guidelines for Veterans, military, public safety personnel, and their Families* offer evidence-informed direction on best practices for formal peer support programs that are offered in either workplace or community-based settings. The guidelines are a collaboration between Atlas, the Canadian Institute for Public Safety Research and Treatment (CIPSRT) and the PSCN.

CIMVHR TRAVEL GRANTS

Atlas sponsored 7 Veterans and Veteran Family members to attend the 2025 CIMVHR Forum in Ottawa, providing them the opportunity to engage directly with the latest research impacting the community.

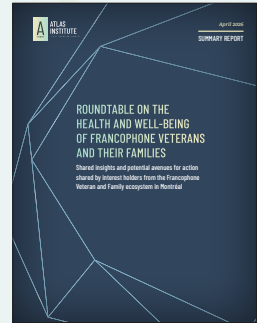
I took away so much information from presenters and also people I talked to that will help me personally and how I work through my issues. Including the impacts to my Family.

FRANCOPHONE ROUNDTABLE

19
PARTICIPANTS

11
ORGANIZATIONS

In December 2025, Atlas convened the first dedicated roundtable on the health and well-being of Francophone Veterans and Families in Canada. The findings, published in a summary report, highlighted both the unmet needs and collective desire for sustained dialogue across the ecosystem.



RCMP DIALOGUE SERIES

To better understand the post-service mental health of Royal Canadian Mounted Police (RCMP) Veterans and their Families, Atlas convened a series of dialogue sessions with members of the RCMP Veteran community. These conversations explored mental health experiences, access to services and supports, transition to post-service life, and broader cultural and systemic factors that shape well-being after service.

50
PARTICIPANTS

6
SESSIONS

Working with Atlas has been an incredibly productive and collaborative experience. Their ability to break down silos and bridge the gap between research and action is noteworthy. What always stands out is their focus on the meaningful engagement of lived expertise and how all their work is not only grounded in such expertise, but that the lived experience also drives the work.

The professionalism of staff and the positive rapport they have towards lived experience participants is something that really stands out to me when I think about Atlas. No one makes such a strong concerted effort to connect with all the voices in the Veteran community.

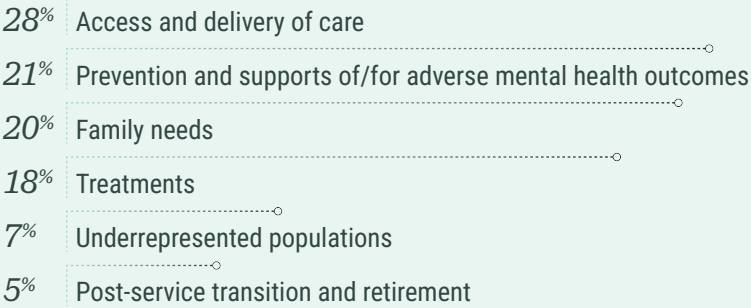
COMMUNITY CONNECTIONS: FROM COAST TO COAST TO COAST



● Listening Tour
□ Events

- Whitehorse YT
- Esquimalt BC
- Vancouver BC
- Yellowknife NT
- Edmonton AB
- Regina SK
- Iqaluit NU
- Shilo MB
- Winnipeg MB
- London ON
- Blue Mountain ON
- Borden ON
- Toronto ON
- North Bay ON
- Kingston ON
- Ottawa ON
- Montréal QC
- Fredericton NB
- Gagetown NB
- Moncton NB
- Charlottetown PE
- Halifax NS
- St. John's NL

Key themes heard during Listening Tour



ATLAS BOOTHS

22
BOOTHS

2,269
interactions

4,484
resources
distributed

Top resources:

- ➔ Suicide prevention
- ➔ MindKit.ca
- ➔ Traumatic brain injury

*Supporting Families
is absolutely essential.
They are not just part
of our story, they are
often the reason we
are still standing.*

WE ARE NOT ALONE,
WE ARE NOT BROKEN,
WE DO NOT HEAL
IN ISOLATION.

Partnering with someone that is in recovery from operational stress injuries can feel very isolating. It was incredible to hear others echo my experiences. It is wonderful to now feel a part of a community that is supportive and knowledgeable.

Quotes from attendees



RESOURCE
BOOTH

27,067
total app interactions

6,701
resource views

1,905
exhibitor views

TOOLS FOR BETTER TREATMENT

227
PARTICIPANTS

ATTENDED A
WEBINAR SERIES
ON THE PSYCHIATRIC
MANAGEMENT OF PTSD

415

SERVICE PROVIDERS
participated in self-paced
online training courses,
including:



→ **Managing problematic anger**,
offered in partnership with Phoenix Australia

→ **Introduction to trauma-exposed
professionals (TExP1) and A practice-based
approach to self-care (TExP2)**, offered in
partnership with Wounded Warriors Canada

30 MENTAL HEALTH
CLINICIANS

trained in prolonged exposure
(PE) therapy

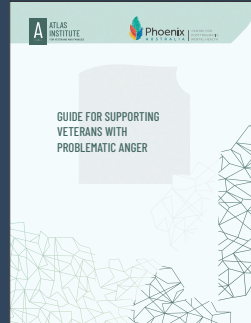
18 of those will further
deepen their learning through
participation in weekly
group consultations

26 MENTAL HEALTH
CLINICIANS

trained in eye movement
desensitization and reprocessing
therapy (EMDR)

80 MENTAL HEALTH
CLINICIANS

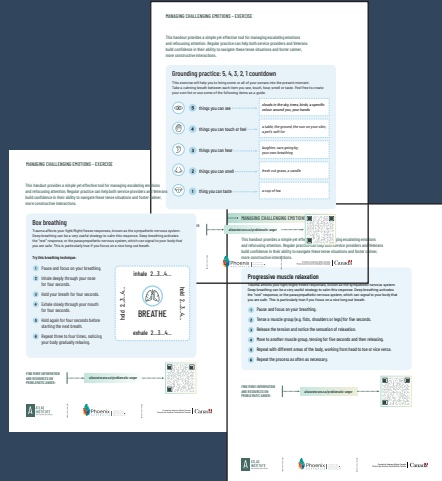
learn through peer connection
in our Evidence-Based Therapy
for Veterans and Families
Community of Practice



2,079

downloads*

of our new
GUIDE FOR
SUPPORTING
VETERANS WITH
PROBLEMATIC
ANGER



* March 17, 2026 launch to March 31, 2026

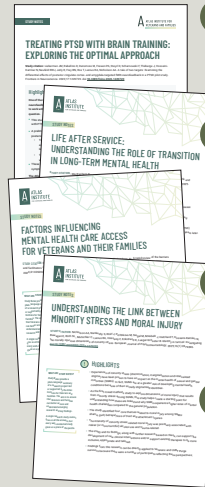
WORKING WITH VETERANS AND FAMILIES TO SHAPE RESOURCES

1 GATHERING
of First Nations and Métis
Veterans and Families

2 Indigenous Veterans
co-designed the gathering

14 First Nations and
Métis Veterans and Family
members shared their insights
and priorities for improving
the mental health and well
being of Indigenous Veterans
and Families

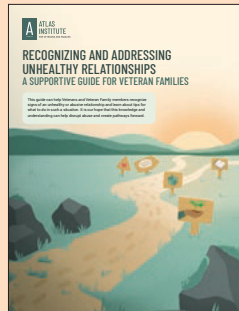
4 PLAIN-LANGUAGE SUMMARIES
ensuring key research findings are accessible and
actionable for the community



- 1 Treating PTSD with brain training – exploring the optimal approach
- 2 Life after service – Understanding the role of transition in long-term mental health
- 3 Factors influencing access to mental health care for Veterans and their Families
- 4 Understanding the link between minority stress and moral injury

2 NEW RESOURCES
focused on intimate
partner violence (IPV)

9 VETERANS AND
FAMILY MEMBERS
on the advisory committee
co-designing the resources



1,829
total downloads

Recognizing and
addressing unhealthy
relationships:
A supportive guide
for Veteran Families

2 PRESENTATIONS

1 WEBINAR

1 PODCAST

with peer organizations on the
importance of addressing IPV in the
military and Veteran community
and sharing these resources



2,226
total downloads

Supporting
children exposed
to intimate partner
violence: A practical
conversation guide
for Veteran Families

EXPANDING WHAT WE KNOW

RESEARCH AT ATLAS

42

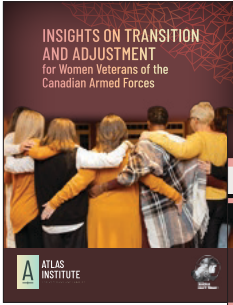
ACTIVE STUDIES

2,508

PARTICIPANTS ENROLLED

6 NEW STUDIES LAUNCHED

OUTPUTS



FEATURED REPORT



22

conference presentations

16

new peer-reviewed publications

1

novel moral injury assessment tool created and evaluated

2 ISSUES

of Research Compass published



- 1 Couples and secondary traumatic stress (CaSTS) neuroimaging study
- 2 Moral injury scale development project
- 3 Deep brain reorienting clinical trial study for PTSD
- 4 Reproductive and mental health of women Veterans
- 5 Nationwide survey of Canadian well-being
- 6 Understanding sleep health in Veterans and Families



37

fMRI brain scans

34

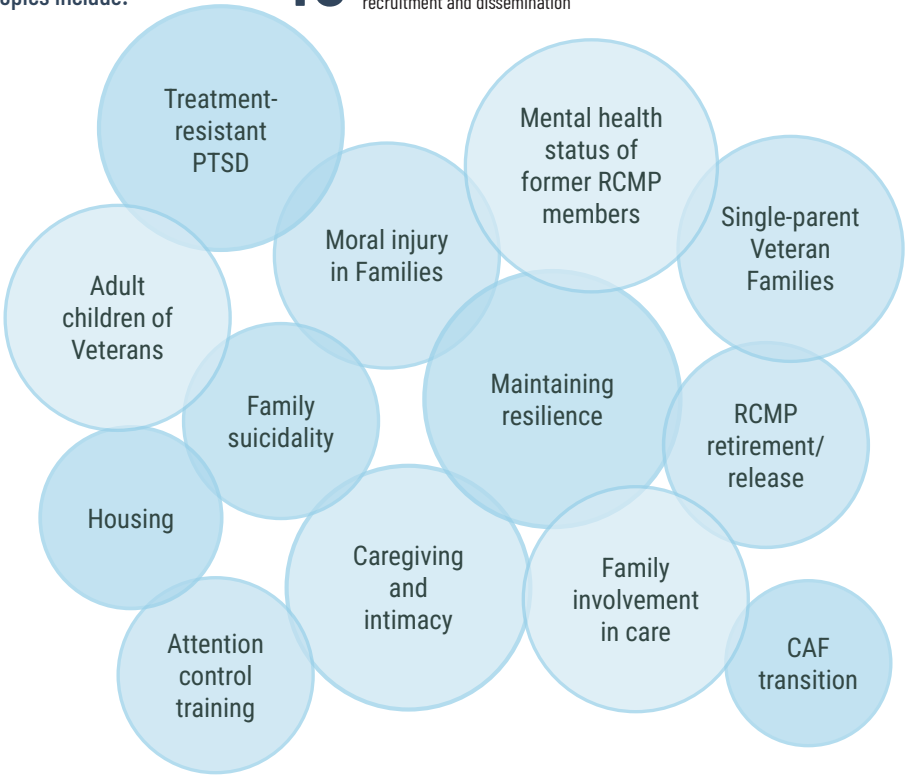
community outreach neurofeedback demonstrations

PARTNERED RESEARCH

Topics include:

18 ACTIVE FUNDED RESEARCH STUDIES

"fund and follow" approach: Atlas supports with lived experience engagement, recruitment and dissemination



Communication with Atlas staff and fellow researchers is professional, supportive and strategic. The commitment to integrating lived experience within research protocols enhances the quality of the research undertaken. I also appreciate the innovation and commitment exemplified in the projects sponsored by Atlas.

Partnership satisfaction survey respondent

CAPACITY BUILDING

21

students supervised

24

research advisory/working group meetings

12

research training workshops hosted

24

research training workshop participants

CITATIONS

821

TIMES CITED





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atlasveterans.ca

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Financé par Anciens Combattants Canada



Disclaimer: Views and opinions expressed are solely those of the Atlas Institute for Veterans and Families and may not reflect the views and opinions of the Government of Canada.