

Services and Supports for People Affected by MST

Part two of the three-part virtual symposium series
'Military Sexual Misconduct and Military Sexual Trauma in Canada:
A Pathway to Understanding and Action'

September 16, 2021 | 1:00-3:30pm ET

SUMMARY

On September 16, 2021, the second session of a symposium series on military sexual trauma (MST) was co-hosted by the [Canadian Military Sexual Trauma Community of Practice](#), McMaster University's Department of Psychiatry and Behavioural Neurosciences, and the Centre of Excellence on PTSD.

Through a series of presentations, the event aimed to:

- 1 → Improve understanding of the impact of MST and military sexual misconduct in Canada, and
- 2 → Enhance knowledge of the supports and treatments available for those impacted.

To learn more about the MST Symposium Series, please contact info-coe@theroyal.ca. You can also find out more information on the Centre of Excellence on PTSD's [website](#).

REGISTRANTS AND ATTENDEES



349
registrants



52%
of those who
registered actually
attended the event



88.3% English
speakers
11.7% French
speakers



19.8% impacted by MST
71.6% not impacted by MST
8.6% did not disclose

SPEAKERS

The event featured presentations from practitioners, researchers, people with lived experience, and sector leaders.



Dr. Alexandra Heber
Chief of Psychiatry,
Veterans Affairs Canada |
Co-Chair of Canadian
Military Sexual Trauma
Community of Practice



LCdr (ret'd) Rosemary Park
Lead Organizer,
Servicewomen's Salute



Lieutenant (ret'd) Michelle Douglas
Executive Director,
LGBT Purge Fund



Dr. Linna Tam-Seto
Research Associate,
McMaster University



Dr. Heidi Cramm
Associate Professor, School
of Rehabilitation Therapy,
Queen's University



Annalise Schamuhn
Army Captain (ret'd) |
Executive Coach and
Leadership Consultant



Laryssa Lamrock
Strategic Family Advisor,
Centre of Excellence on
PTSD



Dr. Denise Preston
Executive Director,
Department of National
Defence, Sexual Misconduct
Response Centre



Dr. Margaret McKinnon
Homewood Chair in Mental
Health and Trauma |
Associate Professor
and Associate Chair of
Research, Department of
Psychiatry and Behavioural
Neurosciences, McMaster
University | Co-Chair of
Canadian Military Sexual
Trauma Community of
Practice



Lt. Col. Dr. Andrea Tuka
Chief Psychiatrist,
Canadian Armed Forces



Maj Carra Greenhorn
Social Work Program
Development, Directorate
of Mental Health,
Canadian Armed Forces



Dr. Linda Rose
Clinical Lead, Edmonton
Operational Stress Injury
Clinic (ret'd)

KEY MESSAGES

1 Support networks play a vital role in healing

- Support networks can offer an opportunity for you to connect with others as well as share experiences in safe and trusted spaces, which can be validating and empowering.
- These support networks can include others who have experienced trauma more broadly, as well as Family members and friends.
- Support networks reinforce that you are not alone in your experience. There are people who have experienced similar trauma(s) and there are people to support you in your healing.

2 Different systems of support and reconciliation are in place to help those impacted by military sexual trauma as well as the LGBT Purge to heal.

- Some examples of ongoing work includes Servicewomen's Salute's [online community portal](#) project and the Canadian Armed Forces (CAF)-Department of National Defense [Restorative Engagement program](#), opportunities for community-based mentorship, and reconciliation and memorialization projects led by the [LGBT Purge Fund](#).
- There are also evidence-based clinical treatment options available, such as [group cognitive processing therapy](#).
- The [CAF-DND Sexual Misconduct Class Action Settlement](#) is a class action lawsuit for eligible current or former Canadian Armed Forces (CAF) members and Department of National Defence/ Staff of the Non-Public Funds (SNPF) who have experienced Sexual Misconduct.
- If you are a current CAF member, there are screening, information and mental health support services and programs offered by the Canadian Forces Health Services.

3 Like trauma itself, support needs of those impacted and their Families are complex and can be influenced by different factors.

- Life histories and social identities can influence support needs and experiences. This can include factors such as sexual orientation, gender expression, age, disability, race, and culture.
- External events also play an important role in determining your current situation. The ongoing COVID-19 pandemic, for example, can amplify certain aspects of trauma, such as isolation or sense of control. The pandemic can also affect the delivery of services and supports.

4 Together, change can happen.

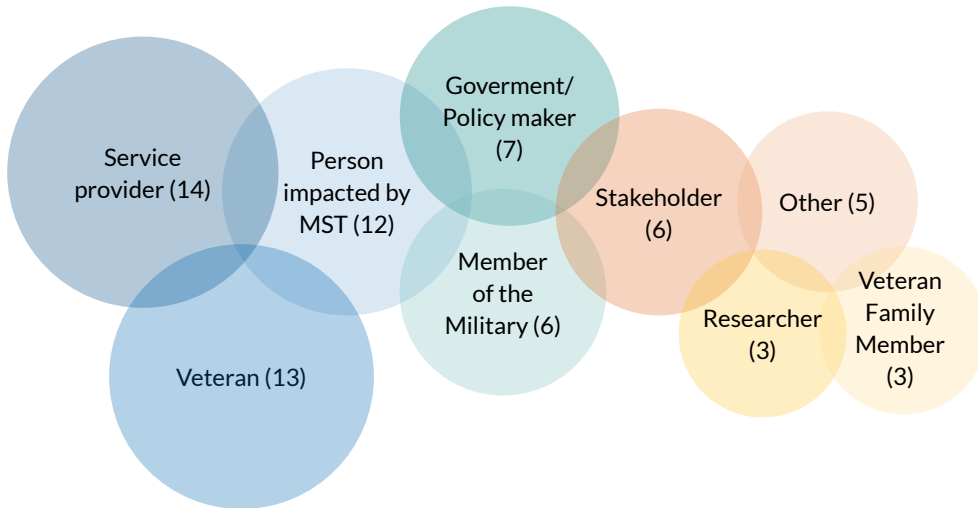
- To move forward, the broader community needs to be able to talk about trauma and its wide-reaching impacts.
- This involves amplifying the diversity of voices of those impacted by military sexual misconduct, the LGBT Purge and other sources of trauma, as well as their Family members and friends.

WHAT WE HEARD

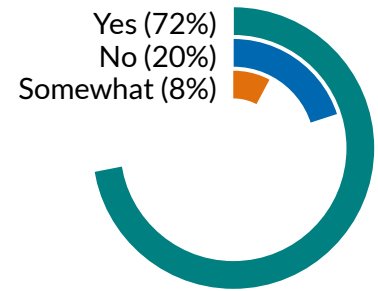
This section summarizes feedback obtained from our post-event survey. A total of 43 attendees provided feedback. Data from partially completed surveys were included where applicable.

ATTENDEE PROFILE

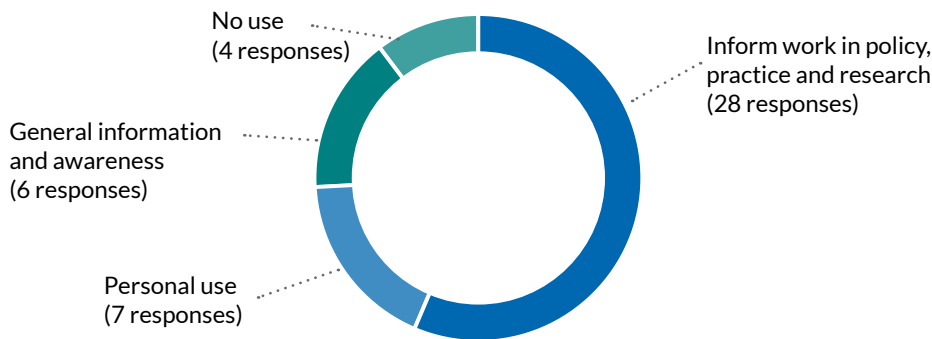
*Some attendees were part of multiple groups



DID THE SYMPOSIUM MEET YOUR EXPECTATIONS?



THE VARIOUS WAYS IN WHICH ATTENDEES PLAN TO USE INFORMATION FROM THE SESSION



AVERAGE OVERALL SATISFACTION WITH THE EVENT



4.2/5

Very Good

ATTENDEES EXPRESSED INTEREST IN LEARNING MORE ABOUT THE FOLLOWING TOPICS:

- Prevention, including culture change and any effective interventions
- Treatment options
- Accessing services and supports
- Additional populations or contexts (e.g., RCMP, men, women of colour)
- Peer support
- Moral injury and other related topics
- Wider impacts of MST (e.g., on Families, service providers)
- Procedures and processes for reporting
- Lived experience perspectives
- Best practice for service providers