

# A PATH FORWARD

SEPTEMBER 23, 2021

## MILITARY SEXUAL MISCONDUCT AND MILITARY SEXUAL TRAUMA IN CANADA: A PATHWAY TO UNDERSTANDING AND ACTION



BGen (Retd) Sheila Anne Hellstrom

January 15, 1935 - December 7, 2020

## PURPOSE OF THE SYMPOSIUM SERIES

- To convene organizations and individuals working to improve the well-being of currently-serving military members and Veterans impacted by MST;
- To increase understanding of MST;
- To share knowledge from research findings, emerging clinical best practices, policy learnings and priorities, and lived experience expertise; and
- To influence practice and policy action to improve outcomes for those impacted by MST.

Co-hosted by:



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Centre of Excellence – PTSD  
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# CANADIAN MILITARY SEXUAL TRAUMA COMMUNITY OF PRACTICE – MEMBER ORGANIZATIONS



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Public Health  
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**SEXUAL MISCONDUCT**  
Response Centre (SMRC)



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## ACRONYMS

MST = Military Sexual Trauma

MSM = Military Sexual Misconduct

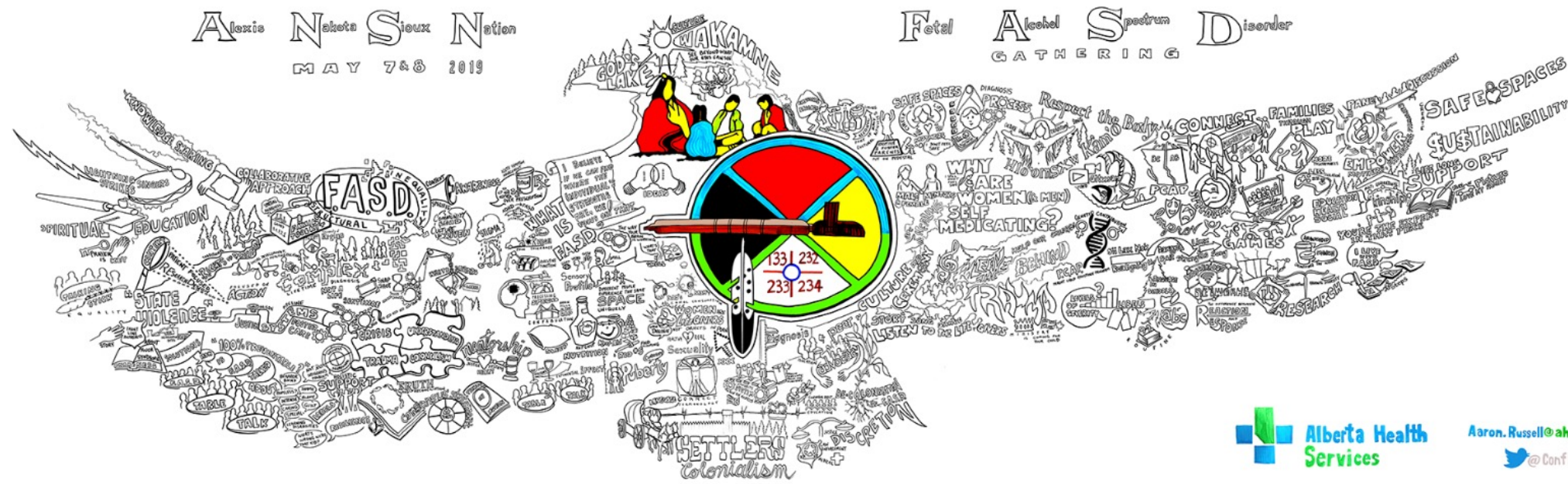
## TODAY'S SESSION

**OBJECTIVE:** To explore a variety of issues including hearing perspectives from those affected by MST, what sorts of cultural changes are needed, as well as thoughts about what moving forward together might look like.

**INTENDED AUDIENCE:** Individuals impacted by MST, healthcare and other service providers, sector leaders, and researchers.

- Over 250 registrations, from across Canada and abroad!

# GRAPHIC RECORDING



## BRIEF HOUSEKEEPING INFORMATION

- We received your questions from registration and the presenters will try to incorporate the answers within their presentations as best as possible.
- We will do our best to answer as many questions as we can during the Q&A session at the end.
- Explore event website for additional information (speaker bios, downloadable documents): <https://veteransmentalhealth.ca/about-us/events/mst-symposium/>

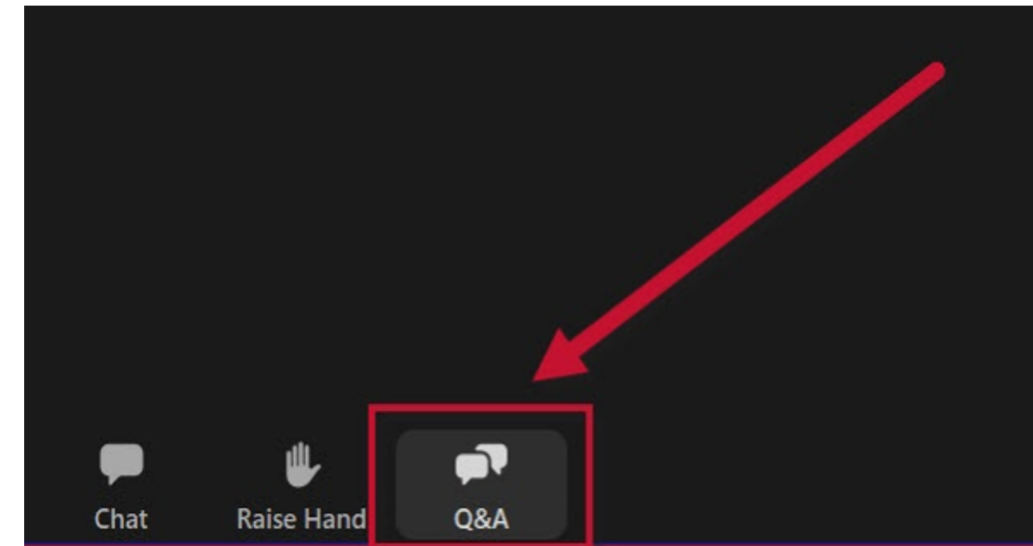




# QUESTIONS & ANSWERS

Your chat is disabled, but you may ask questions in both French and English through the Q&A feature.

- Click on Q&A
- Type your question
- Click Send
- You may close the Question and Answer box when you are done
- A flag will appear beside the Q&A button when a question has been answered

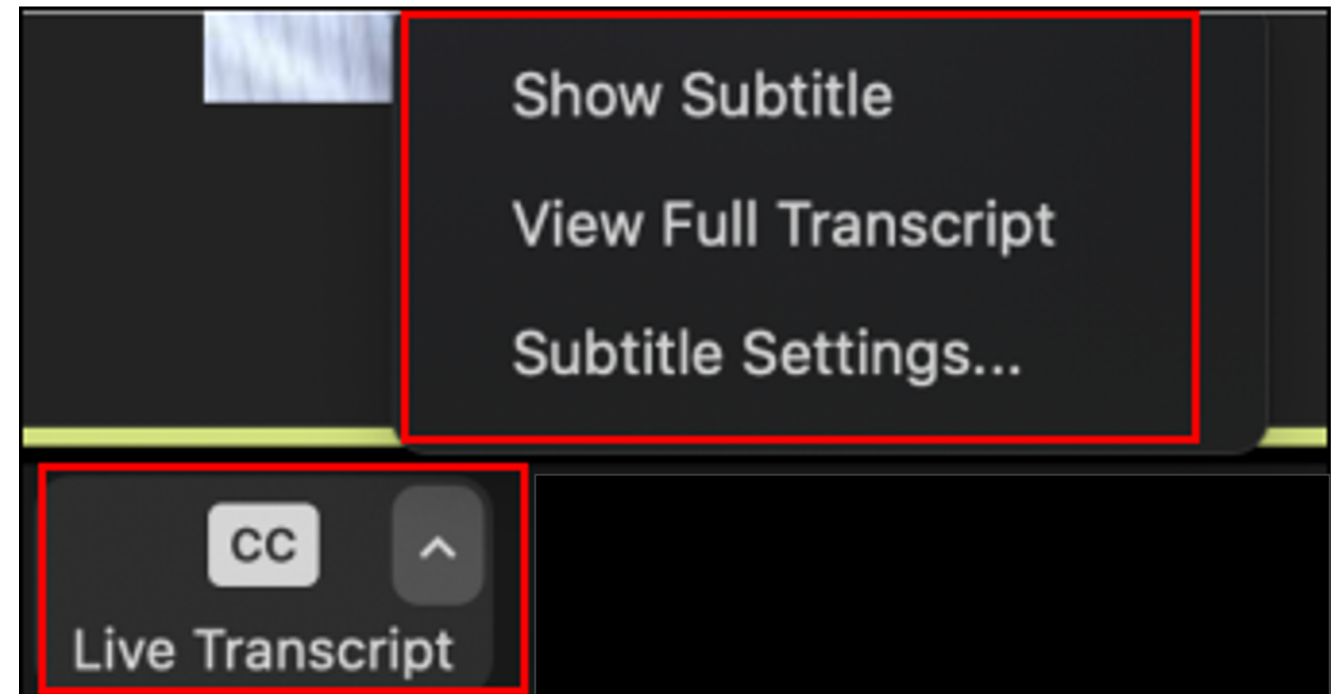


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# CLOSED CAPTIONING

Closed Captioning is available in English.

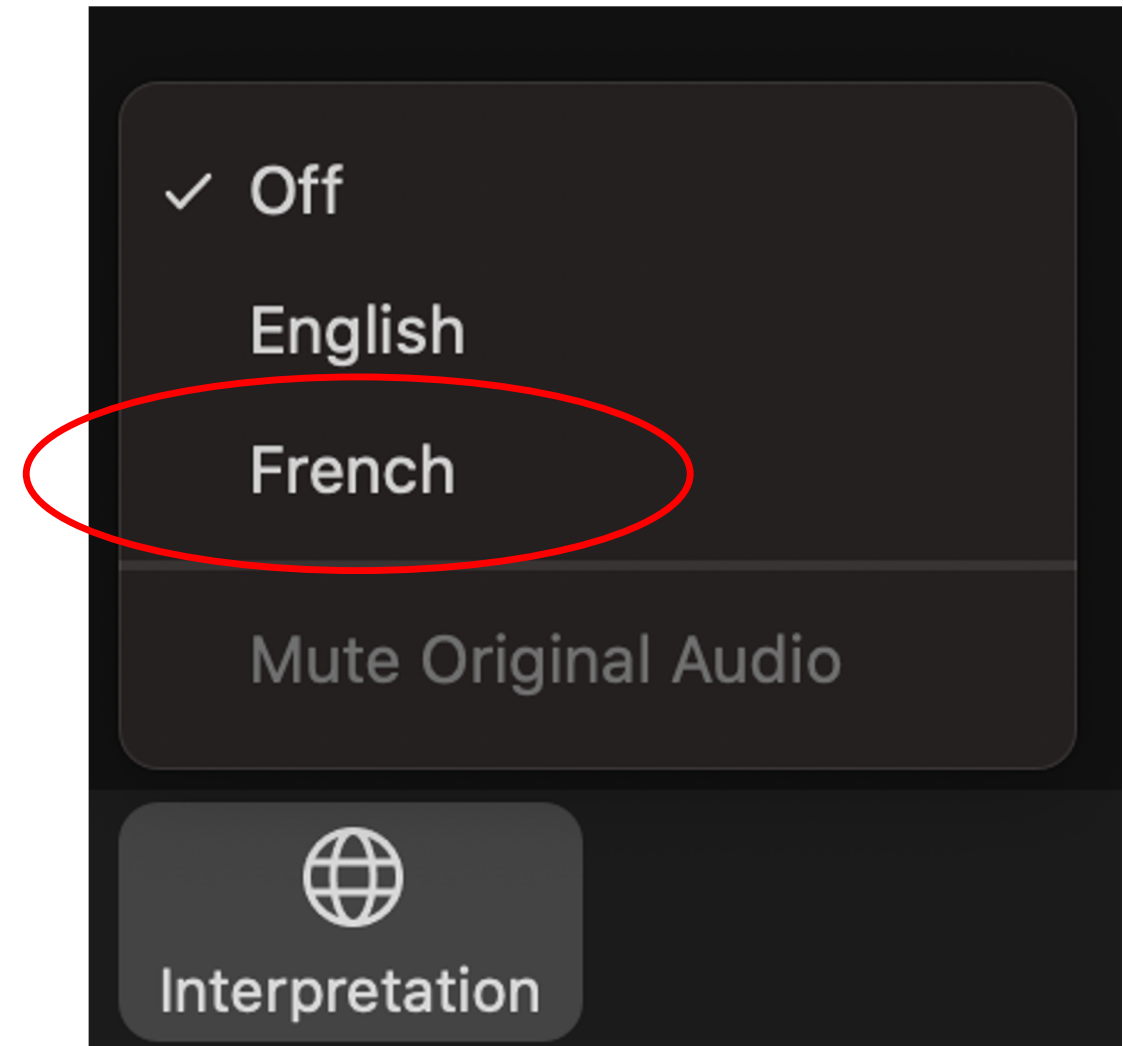
- Please click “CC Live Transcript” button
- Select “Show Subtitle”



# FRENCH INTERPRETATION & MATERIALS

There is live simultaneous translation available in audio format.

- Please click “Interpretation” and select “French”





## TRIGGER WARNING & SUPPORT LINE INFORMATION

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**Dr. Alan C. Okros**  
Royal Military College

*Expanding Considerations for Culture Change*

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TRAUMA IN CANADA: A PATHWAY TO UNDERSTANDING  
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0:00 / 2:27:31

MST CoP  
McMaster University  
Centre of Excellence - PTSD  
Centre d'excellence - TSPT



Shoba Ranganathan, LLM, MHSA, MSc

Director of Operations, Sexual Misconduct Response Centre

*Co-designing the Military Sexual Trauma Peer Support Program*



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# Co-designing the Military Sexual Trauma Peer Support Program



**DND-VAC JOINT INITIATIVE**

Sexual Misconduct Response Centre, Veterans Affairs Canada, and CAF Transition Group

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# What Does MST Peer Support Look Like?





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- DND/CAF-VAC joint initiative
- For current and former CAF members who have experienced Military Sexual Trauma (MST) while serving
- Online and face-to-face peer support program
- Multiple modalities
- Co-facilitated peer support groups





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What should the model look like?



Co-Developed



*“Nothing about us, without us”*



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## Human-Centred Design Approach

- Stakeholder consultations
- Engaging those with lived experience, researchers, and other key stakeholders
- Develop the program and the application based on the needs of the community
- Evidence informed practices and research



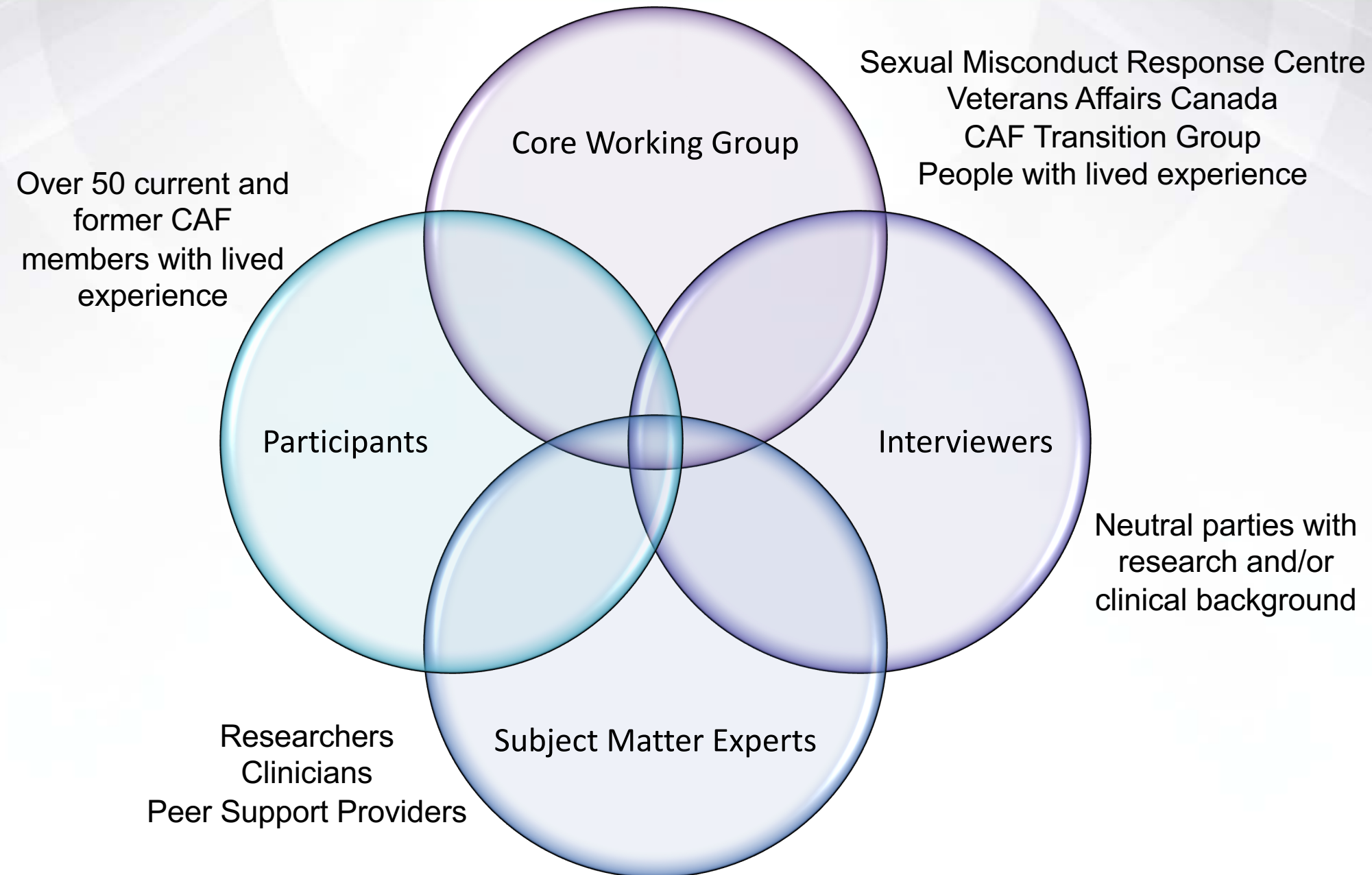
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# Iterative Development Process

<b>1</b>	<b>Initial Consultations</b> <ul style="list-style-type: none"><li>• One-on-one, small group or written submissions</li><li>• Broad questions on desired services and features</li></ul>
<b>2</b>	<b>Subject Matter Expert Review</b> <ul style="list-style-type: none"><li>• Develop prototype(s) for program</li></ul>
<b>3</b>	<b>Re-Engage with Initial Consultation Group</b> <ul style="list-style-type: none"><li>• Seek feedback on prototype(s) to see if it meets the needs of the community</li></ul>
<b>4</b>	<b>Repeat as Required</b>



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Fall 2021



Design consultation

Begin Fall 2021



Peer support program development

Begin Winter 2022



Recruit and train peer support coordinators

Begin Spring 2022



Pilot online peer support (one-on-one and group)

Begin Spring 2022



Pilot in-person peer support (one-on-one and group)



## PANELISTS



Colten Skibinsky

It's Not Just 700



Mcpl Van Tassell Ret'd CD

LGBTQ Purge & MST Survivor

Smiling Through Our Tears - A Pathway to Recovery

## MODERATORS



**Dr. Margaret McKinnon, PhD, CPsych**

Homewood Chair in Mental Health and Trauma

Professor and Associate Chair of Research  
McMaster University Department of Psychiatry  
and Behavioural Neurosciences

Co-Chair, Canadian Military Sexual Trauma  
Community of Practice



**LCol (ret'd) Alexandra Heber MD**

**FRCPC CCPE**

Chief of Psychiatry, Veterans Affairs Canada

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# HEALTH BREAK



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**Dr. Lori Buechart**  
Chair, It's Not Just 700



**Vice-Admiral C.A. Baines,**  
**CMM, MSC, CD**  
Royal Canadian Navy

*One Conversation at a Time: A Path Forward to Culture Change in the Royal Canadian Navy*

## MODERATORS



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Professor and Associate Chair of Research,  
McMaster University Department of Psychiatry  
and Behavioural Neurosciences  
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# Q&A SESSION



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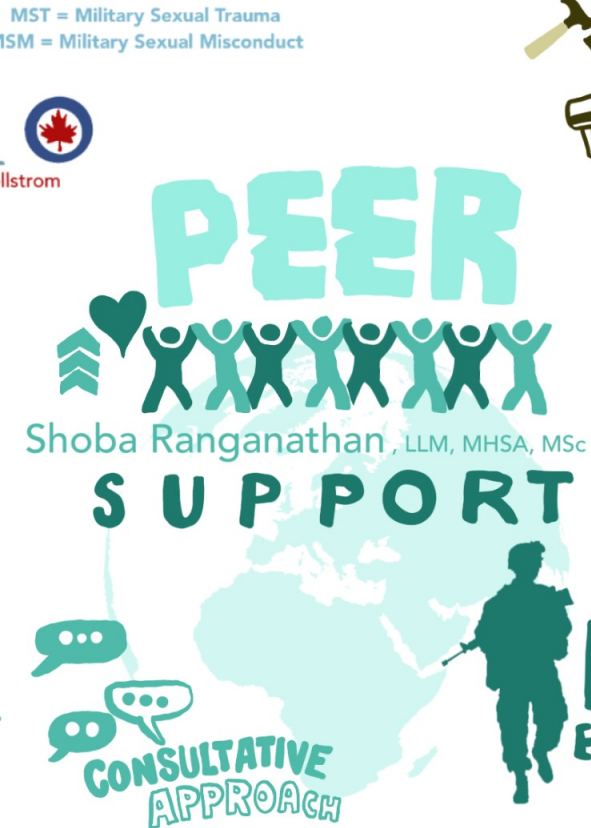




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## BEFORE YOU GO

- Link to feedback survey in chat
- Session summary to be sent following the event

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# THANK YOU



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