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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



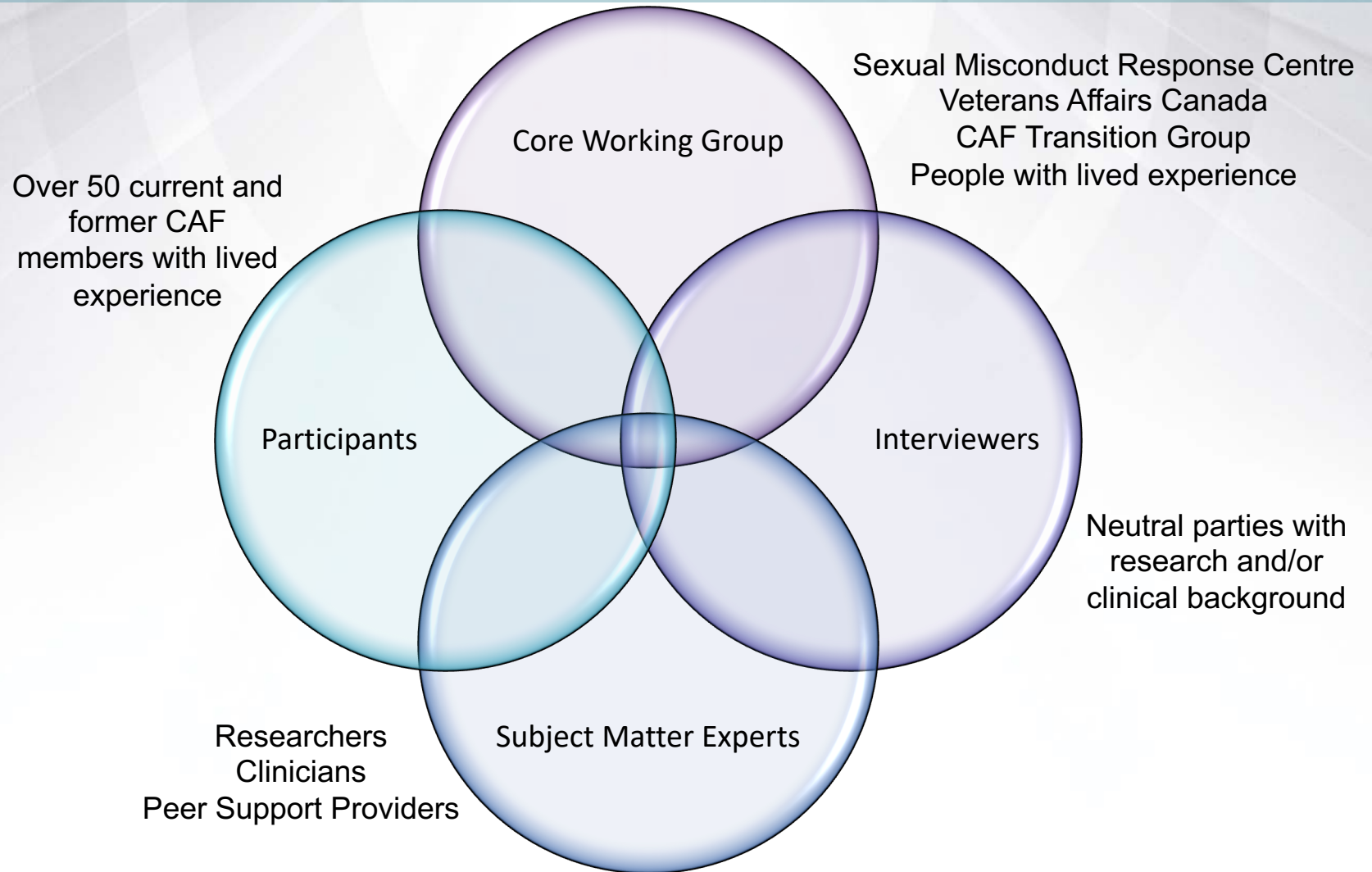
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Iterative Development Process

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



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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)