



Build, strengthen, improve and share

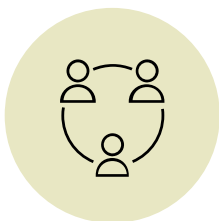
A five-year strategy for Veteran and
Family well-being

Before exploring our plan for creating tangible change for Veterans and Families, let's be sure that we understand who it is we are talking about.



When we refer to Veterans, we mean:

- Former Canadian Armed Forces (Royal Canadian Navy, Canadian Army, Royal Canadian Air Force) personnel who completed basic training and were honourably discharged
- Those who served in the regular or reserve force, full time or part time
- Former members of the Royal Canadian Mounted Police (RCMP)



When we talk about Families, we mean:

- Parents, siblings, partners, spouses, dependent and adult children, aunts, uncles and cousins of the Veteran
- Carers, peers and friends – essentially anyone considered by the Veteran to be significant in their lives or to their well-being
- Those who are no longer connected directly to a Veteran but who remain impacted by the relationship

ATLAS INSTITUTE FOR VETERANS AND FAMILIES

FOUR ZONES OF FOCUS – 2022-2027



We've got your back.

We believe all Canadian Armed Forces and Royal Canadian Mounted Police Veterans and Families should have access to safe, meaningful resources and supports that protect dignity and identity, create foundations for hope, connection and community, and improve health and well-being.

PREVENT AND PREPARE

Work with partners to strengthen upstream prevention and support for Veteran and Family health and well-being.



IMPROVE CARE AND SUPPORT

Increase capacity across Canada for more accessible, culturally competent, trauma-informed care and support.



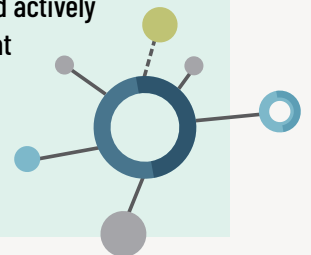
ENGAGE AND INFORM

Build trusted relationships with Veterans and Families, engage them in all key Atlas Institute projects and processes, and empower them with curated, trustworthy information that supports their health and well-being journey.



EXPAND WHAT WE KNOW

Partner with Veterans, their Families, and leading researchers to explore new horizons for care and support, and actively mobilize that information widely.



PREVENT AND PREPARE

VISION Veterans and their Families are prepared for the complexities of the transition from CAF or the RCMP to post-service life. Health and well-being needs are identified and addressed before, during and throughout the transition process. CAF, RCMP, DND and VAC have robust evidence- and trauma-informed programs, units and other transition supports that promote dignity and a sense of hope, purpose, meaning and belonging, and support all facets of the Veteran Well-being Framework. Canadians from coast to coast to coast have an appreciation and respect for the service and sacrifice of Veterans of the military and RCMP.

Work with partners to strengthen upstream prevention and support for Veteran and Family health and well-being.



OBJECTIVES

1. Engage with Veterans and their Families to build knowledge and evidence around upstream prevention and best practices to support healthy transition from service to retirement.
2. Build collaborative relationships with DND, CAF, RCMP, VAC and relevant partners to explore and plan for the development of guidelines, recommendations, educational tools, and programs that can normalize responses to, or the symptoms of, traumatic stress. Address all aspects of the Veteran Well-being Framework and support a healthy transition process by growing a trauma-informed culture. Encourage community development of trauma-informed practices and resources. Ensure the prioritization of programs that support active CAF, Reserve, and RCMP members, and their Families.
3. Create easily accessible plain language resources and tools for Veterans and their Families that enable them to recognize and respond to signs and symptoms of traumatic stress, and to locate the range of accredited support services available.
4. Work with existing peer transition support groups to develop a set of best practice guidelines for peer support groups, and develop training and certification programs for peer leaders.

IMPROVE CARE AND SUPPORT

VISION Veterans and their Families have greater awareness of, and simplified access to, trustworthy, tailored resources and information about relevant supports and services available in their communities and online. Registered/licensed service providers and peer supporters have greater awareness of military and RCMP culture and applicable services. They are trained in evidence-based treatment practices to support diverse forms of traumatic stress.

Increase capacity across Canada for more accessible, culturally competent, trauma-informed care and support.



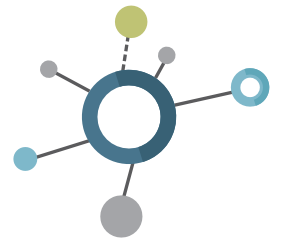
OBJECTIVES

1. Develop and promote trainings and resources for service providers on trauma-informed care, military and RCMP culture, and priority areas impacting the mental health and well-being of Veterans and their Families, contributing to greater consistency of care across Canada.
2. Build strong communities of practice and learning programs for peers and service providers in support of greater consistency of care across the country, equip them with tools and skills, and signal safe spaces for Veterans and their Families to receive care.
3. Grow and mobilize knowledge related to cutting-edge evidence and emerging practices for PTSD and related mental health conditions.

EXPAND WHAT WE KNOW

VISION Develop and share evidence on key knowledge gaps and questions that matter in all corners of the Veteran and Family community. Veterans and their Families are active partners in all research and related processes. Research is seen by all Veterans and their Families as meaningful and useful, built around trustworthy and authentic relationships.

Partner with Veterans, their Families, and leading researchers to explore new horizons for care and support, and actively mobilize that information widely.



OBJECTIVES

1. Establish the Atlas Institute as a nationally and internationally recognized thought leader on PTSD and related mental health conditions.
2. Build trusted relationships and grow collaborations with researchers and Veteran and Family groups across Canada to continually explore and advance key research questions related to health and well-being, the reconceptualization of trauma and traumatic stress, including those related to minorities among military and Veterans, and novel and holistic complementary therapies.
3. Empower Veterans and their Families by engaging them as key partners, co-investigators, and co-authors of research, including a process for their participation in reviewing research outcomes from a lived expertise perspective.
4. Develop guidelines for all research conducted to acknowledge and plan for the complexity of the project and potentially triggering impacts. Ensure ethics and consent are translated in ways that are transparent, in plain language, and that clearly outline the purpose of the research.

ENGAGE AND INFORM

VISION Veterans and Families across Canada have a sense of ownership of the work of the Atlas Institute where everything is built from a “nothing about us without us” perspective. Veterans and Families have access to meaningful trustworthy information, tools and resources that support their journey to health and well-being.

Build trusted relationships with Veterans and Families, engage them in all key Atlas Institute projects and processes, and empower them with curated, trustworthy information that supports their health and well-being journey.



OBJECTIVES

1. Build strong, trusted relationships by engaging with diverse groups of Veterans and Families across Canada using best practices to identify intersectional needs and focus areas for the Atlas Institute through partnership, advisory roles, early engagement, and consultation.
2. Intentionally expand recruitment to have Veteran and Family members embedded throughout the organization to inform the Atlas Institute’s work.
3. Generate and offer resources and training to build awareness and capacity among our stakeholders (Veterans, Veteran Families, service providers, researchers and members of the general public).
4. Create a unique and recognizable brand, through demonstrated leadership, embedding lived experience and making concrete actions to support greater equity, diversity and inclusion in our workplace.
5. Create tools that build public awareness about the role and value of service in the military and the RCMP to encourage and support public engagement.



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