

# Support for Operational Stress Injury Program

What is an OSI?

- Operational Stress Injury (OSI) is best described as any persistent psychological difficulty resulting from operational duties performed while serving in the Canadian Forces or as a member of the RCMP.
- These psychological difficulties can include post traumatic stress disorder (PTSD), depression, anxiety, and addictions.

## **Support for Operational Stress Injury Program**

- An OSI can occur as a result of a variety of stresses including exposure to a traumatic incident, cumulative exposure to human atrocities, or simply the sustained exposure to an intense police operation.

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What does an OSI look like?

- While each individual can experience different signs and symptoms, to different degrees.
- Some individuals can experience changes in emotions, including increase sadness, depression, anger and possibly a sense of numbness.

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- Some may experience heightened arousal and awareness, anxiety, isolation, difficulty sleeping, nightmares, insomnia.
- Exhaustion, lack of patience.
- Suicidal ideation or intent.
- Lashing out at family, friends, co-workers.

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- Can result in overcorrection of behaviors, increased risk taking.
- Substance abuse and addictions.
- Loss or increase in appetite.

## **Support for Operational Stress Injury Program**

- SOSI Coordinators are located throughout Canada.
- SOSI program supports Veterans and current members of the RCMP having difficulty functioning as a result of their service.
- The program provides peer support for all categories of employees within the RCMP (RMs, Reserve, Auxiliary, CMs, and PSEs and RCMP Veterans), who have or may have an OSI.

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- Consists of one-on-one meetings with coordinators and group sessions. (Note: With group sessions, peers are only invited to groups once they are deemed suitable and ready by the Coordinators).
- SOSI works because it provides a safe, healthy, and confidential environment that focuses on re-establishing social networks

## **Support for Operational Stress Injury Program**

- Coordinators are knowledgeable about the effects of an OSI.
- Focus is dealing with Operational Stress Injury, not organizational stress.
- Awareness that Organizational Stress may compound an OSI.



## **Support for Operational Stress Injury Program**

- SOSI Support Coordinators neither replace nor act as health professionals. Instead, as peers, they offer non-clinical assistance, and support based on shared experience and the training that they have received.
- Some of the training includes: Road To Mental Readiness (R2MR), Mental Health First Aid, and Applied Suicide Intervention Skills Training (ASIST).

# Support for Operational Stress Injury Program

## Confidentiality

- SOSI Coordinators and Volunteers are exempt from reporting under the Code of Conduct, with exceptions to the rule:

If a Coordinator or Volunteer determines that the Peer poses an imminent threat to harm oneself or others.

# **Support for Operational Stress Injury Program**

## Confidentiality

If Coordinator or Volunteer has a suspicion of, or knows about child abuse or neglect as a result of speaking with the Peer;  
and

Coordinator or Volunteer is bound to disclose by law,  
including under a court order and/or subpoena.

# **Support for Operational Stress Injury Program**

To be put in touch with a SOSI Coordinator email

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QUESTIONS?

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