



# *Healthier Together*

## Conference Agenda

Wednesday, June 23, 2021	
8:00 a.m. – 8:45 am. Virtual Expo Open	8:45 a.m. to 6:00 p.m. <u>Eastern Daylight Time</u>
8:45 a.m.	<b>Conference Opening and Welcoming Remarks</b>
	Moment of Silence & Welcome Tony Hart, Board Chair LEOSH Association
9:00 a.m.	<b>Track 1 – Trans Canada HWY: Travis Jones, Founder, CIS Consulting – Impairment on Duty</b>
	Being able to identify and assess impairment in the workplace is a key skillset for anyone directing or supervising the work of others. We train your staff in your own environment.  Travis is a certified Drug Recognition Expert (DRE) and a certified Drug Recognition Expert Instructor, as designated by the International Association of Chiefs of Police. He is also an expert witness, as recognized by the Provincial Court of New Brunswick and is a resource for the New Brunswick Department of Public Safety as a subject matter expert in the areas of drug and alcohol impaired driving.
9:00 a.m.	<b>Track 2 – 416 HWY of Heroes: Becky Swan, Athletic Therapist, Vancouver Police Service – Load Carriage: How it can impact your body and steps you can take to move better.</b>
	This presentation will educate attendees on the impact load carriage can have on long term joint mobility and stability. Attendees will learn a few self-measurements to assess their own body's' movement and from there attendees will learn some exercises to address what they may find during their own self-assessment.
10:30 a.m.	<b>Health Break – Jennifer Butz, B.Sc.PT, Cert. MDT, CAFCI, CGIMS Physiotherapist, Courtside Sports Medicine and Rehabilitation</b>
	Jennifer is a senior Physiotherapist at Courtside Sports Medicine and Rehabilitation from Regina will lead our conference Attendees in 15 mins of stretches to encourage concentration and overall wellness.
11:00 a.m.	<b>Dr. Dirk Huyer, Chief Coroner, Government of Ontario – 2019 Report on Officer Suicides</b>
	This plenary session will discuss the 2019 Report on Officer Suicides.
12:00 p.m.	Virtual Expo Open
12:00 p.m.	<b>Track 1 – Trans Canada HWY: J D Robertson's Unkindness of Ravens – Live Music</b>
12:00 p.m.	<b>Track 2 – 416 HWY of Heroes: Non-Profit Spot – Badge of Life</b>
12:10 p.m.	<b>Track 2 – 416 HWY of Heroes: Non-Profit Spot – TBC</b>
12:20 p.m.	<b>Track 2 – 416 HWY of Heroes: Non-Profit Spot – TBC</b>
12:30 p.m.	<b>Track 1 – Trans Canada HWY: Sergeant Pete Tucker, Ontario Provincial Police – Back to Life</b>
	Pete Tucker's story of determination, perseverance and overcoming adversity after tragedy.
12:30 p.m.	<b>Track 2 – 416 HWY of Heroes: Tanya Morose, Public Services Health &amp; Safety Association Rob Duncan, Toronto Police Service – OHS Audit: Auditing your health and safety program: it's much more than plumbing and facilities issues!</b>

	<p>This session will provide an overview of the elements included in a robust health and safety program, and discussion of what’s typically done well and general opportunities for improvement in police services’ programs. We will share the rationale of why organization may choose to undertake an audit of their health and safety program.</p> <p>Toronto Police will share their experience with a health and safety program audit including the general results of the program audit compared to the results that were anticipated how to move from audit findings to implementing an action plan, and share tips for setting yourself up for success in the project planning phase.</p>
<b>1:30 p.m.</b>	<p><b>Track 1 – Trans Canada HWY: Angela Slobodian, Ottawa Police Service – Staying Visible, Staying Connected for life</b></p>
	<p>Overview of the Ontario Coroner’s report on police officer deaths by suicide.</p>
<b>1:30 p.m.</b>	<p><b>Track 2 – 416 HWY of Heroes: Laura Kloosterman, Badge of Life – Resiliency and Self-Care</b></p>
	<p>How can we help ourselves in order to help others? Building resiliency and looking after ourselves supports our overall mental well-being.</p>
<b>2:30 p.m.</b>	<p><b>Track 1 – Trans Canada HWY: John Robertson Family Counselling – Perspective is Everything!</b></p>
	<p>A two-part presentation:</p> <ol style="list-style-type: none"> <li>1. What do I bring with me when I leave at the end of my workday? Who does my family see? Who do I see in the mirror? Do I even know these things?</li> <li>2. What is my view on the difference I make on the world around me? Some stories of hope after your part ends.</li> </ol>
<b>2:30 p.m.</b>	<p><b>Track 2 – 416 HWY of Heroes: Becky Swan, Vancouver Police Department – Police Officer Injuries – Common causes and proactive steps to reduce risk</b></p>
	<p>This presentation will discuss common injuries through the career of a police officer and injury prevention strategies that can be implemented to address them.</p>
<b>3:30 p.m.</b>	<p><b>Health Break - TBC</b></p>
	<p>Sponsored Stretch break</p>
<b>3:45 p.m.</b>	<p><b>Track 1 – Trans Canada HWY: Tanya Morose, Public Services Health &amp; Safety Association Dwayne Van Eerd, Institute for Work &amp; Health – Return to Work Practices in Ontario Police Services</b></p>
	<p>Occupational injuries are common for police service members (Gray &amp; Collie, 2017). The challenging physical demands of police work along with work stress, are barriers to return to work (RTW) for police service members (Maguen, 2009).</p> <p>Working with a stakeholder committee, including chiefs of police, association members and occupational health and safety representatives, we have engaged in a research project to examine RTW practices in Ontario police services. The project includes a review of the scientific literature as well as in-depth interviews with sworn and civilian members of police services who have experienced work absences and RTW, supervisors/managers and members with OHS responsibilities.</p> <p>The project is ongoing and will be of interest to an audience with an OSH focus who have faced the challenges of RTW. We will present details about how we are collecting RTW practices. As well we will present some preliminary results from the RTW practices found in the literature review and from interviews regarding barriers and facilitators to the RTW process.</p>

3:45 p.m.	<b>Track 2 – 416 HWY of Heroes:</b> <b>Jeff Thompson, Adjunct Associate Research Scientist, Columbia University Medical Center, Department of Psychiatry – Real Resilience: The Science &amp; Practices</b>
	<p>It is an understatement to say we are in stressful times as we begin to emerge into a “new normal” with the COVID-19 pandemic professionally and personally. Additionally, and regardless of your profession or role in crisis situations, conflicts, or disputes, your work can become draining both cognitively and physically.</p> <p>Without proper coping strategies, this can lead to fractured and broken relationships, negative stress, sleep issues, and diminished mental and physical health.</p> <p>It is therefore necessary to first and foremost look after your own well-being and health. That is not selfish either, looking out for yourself is smart and the hallmark science-backed resiliency practices.</p> <p>Join us for this interactive session to get insight into neuroscience research and learn practical resilience practices you can start using today. Positive mental health is something we all deserve, so let’s work on enhancing our resiliency.</p>
4:45 p.m.	<b>Track 1 – Trans Canada HWY:</b> <b>Janelle Brehm Claude, Physiotherapist, Clinic Lead, Courtside Sports Medicine and Rehabilitation- a Lifemark Company</b> <b>Jennifer Butz, Physiotherapist, Courtside Sports Medicine and Rehabilitation- a Lifemark Company</b> <b>– Identifying Causative Factors and Prevention Strategies for Repetitive Strain Injuries within the Regina Police Service Repetitive Strain Reduction Project</b>
	<p>Through partnership with the Prevention Department of the Saskatchewan Branch of the Workers Compensation Board, the Regina Police Service Pilot Project aimed to identify key causative factors and develop prevention programming with the goal of reducing repetitive strain injuries within the member population.</p> <p>Rooted in biomechanical exams, a pair of senior functional rehabilitation physiotherapists reviewed and assessed the impact of personal equipment, the physical demands of patrol officers, and vehicle ergonomics on a sample of the membership.</p> <p>Clear biomechanical patterns and movement faults emerged from that data. Initial programming, education and ergonomic recommendations were developed to address the impact of these forces on the members with the goal of reducing of injuries, improving member’s quality of life, and assisting in achieving longevity within the force.</p>
4:45 p.m.	<b>Track 2 – 416 HWY of Heroes:</b> <b>TBC – This Session will be confirmed shortly.</b>
5:45 p.m. to 6:00 p.m.	<b>Closing Remarks</b>