



MACDONALD  
FRANKLIN  
OSI RESEARCH  
CENTRE

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LAWSON HEALTH RESEARCH INSTITUTE



# Annual Report

2022

# A COMMITMENT TO CANADA'S HEROES

*Mrs. Kyle MacDonald and Mr. John Franklin grew up in proud Canadian military families. Inspired by their fathers who bravely served our country, Kyle and John have honoured these decorated men – their heroes – by making a commitment to the ongoing care of Canada's Veterans and members of the Canadian Armed Forces.*

*Their gift of \$1 million will support both the unique needs of Veterans who make their home at Parkwood Institute and fund research critical to advancing treatments for men and women who have experienced operational stress injuries, such as post-traumatic stress disorder, as a result of their military service.*

*Kyle and John's generosity will touch the lives of those heroes who serve Canada, and their families, supporting their wellness and recovery.*

*In recognition of their gift, St. Joseph's has proudly named this space the **MacDonald/Franklin Operational Stress Injury Research Centre.***



## CAPTAIN SAMUEL A. MACDONALD

Captain Samuel A. MacDonald began his military service in London, Ontario. He was a Captain in the local Royal Canadian Regiment and served Canada in the Korean War.



## COLONEL WILLIAM J. FRANKLIN

Colonel William J. Franklin's military career spanned 45 years, including service in both World War I and II. From 1945-1960 he was the Sergeant-in-Arms of the House of Commons and also served as Honorary Colonel of his Regiment.

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# List of Abbreviations

APA	American Psychological Association	IDEaS	Innovation for Defence Excellence and Security
ARCN	Academic, Research, and Clinical Network	IMHR	Institute for Mental Health Research
ASCN	Australasian Services Care Network	LCol	Lieutenant Colonel
CAFVMHS	Canadian Armed Forces Members and Veterans Mental Health Follow-up Survey	Maj	Major
CAF	Canadian Armed Forces	MEG	magnetoencephalography
CAMH	Centre for Addiction and Mental Health	NATO	North Atlantic Treaty Organization
CBD	cannabidiol	NIDA	National Institute on Drug Abuse
CIFAR	Canadian Institute for Advanced Research	NSERC	Natural Sciences and Engineering Research Council of Canada
CIHR	Canadian Institutes of Health Research	OSISS	Operational Stress Injury Social Support
CIMVHR	Canadian Institute for Military and Veteran Health Research	OSI	operational stress injury
CIPSRT	Canadian Institute for Public Safety Research and Treatment	PET	positron emission tomography
CMHA	Canadian Mental Health Association	PTSD	posttraumatic stress disorder
Col	Colonel	R2MR	Road to Mental Readiness
COVID-19	coronavirus disease	RCMP	Royal Canadian Mounted Police
DCIEM	Defence & Civil Institute of Environmental Medicine	REDCap	Research Electronic Data Capture
DND	Department of National Defence	Retd	retired
DRDC	Defence Research and Development Canada	ROI	return on investment
FAAH	fatty acid amide hydrolase	RTG	Research Task Group
fMRI	functional magnetic resonance imaging	Sgt	Sergeant
FTE	full-time equivalent	UN-CN	United Nations Committee on Narcotic Drugs
FY	fiscal year	USARIEM	US Army Research Institute of Environmental Medicine
Gen	General	VAC	Veterans Affairs Canada
HCWs	health care workers	VECTOR	Veterans Cannabis Therapy Outcomes Registry
HiMARC	Heroes in Mind, Advocacy and Research Consortium	VRWM	Virtual Reality Wellbeing and Mastery
iCBT	internet-based cognitive behavioural therapy		

# Welcome

## MacDonald Franklin OSI Research Centre

In 2022, with the engagement of the advisory council, we updated the statements our vision, mission, and core activities to better reflect our values and activities.

### VISION

Working together to be a national and global leader in mental health research to promote the well-being of Veterans and their families.

### MISSION

We conduct collaborative, innovative, and actionable research to solve emerging challenges in military and Veteran mental health.

### CORE ACTIVITIES

Through mental health research, training, and knowledge sharing, we are committed to improving the well-being of Veterans and their families.

# Director's Statement

As we move towards the post-pandemic world, the MacDonald Franklin OSI Research Centre has been able to resume in-person meetings and conferences, providing our researchers with the opportunity to present our Veteran research on both national and international platforms. We have been actively participating in various meetings and forums, such as the Canadian Institute for Military and Veteran Health Forum and the International Society for Traumatic Stress, to maintain our vision of becoming a national and international leader in military and Veteran mental health research.

Furthermore, we have adapted to a hybrid workplace, utilizing technology to enable our researchers to maximize their potential. With the enhancement of our data science team, we aim to prioritize advanced analytics and machine learning in our next year of operations. This technology will help us develop algorithms to better predict treatment outcomes and understand suicide risk in treatment-seeking Veterans. Additionally, we have concluded our COVID longitudinal Veteran Well-Being study data collection and are currently analyzing the results to better understand the impact of the pandemic on Veterans and their spouses.



Our healthcare well-being initiative will also assist our network of National Operational Stress Injury Clinic clinicians to support healthcare workers who are helping Veterans. We are proud to have delved deeper into knowledge synthesis activities by conducting numerous systematic reviews and meta-analyses, which have led to the identification of next steps and best practices for mental health care in the military and Veteran community.

I would like to express my heartfelt gratitude to Kyle MacDonald and John Franklin for their generous support of our Research Centre through the St. Joseph's Health Care Foundation. Their gift is making an impact in the lives of Veterans and their families, and we remain committed to providing them with the best possible mental health care.

Sincerely,

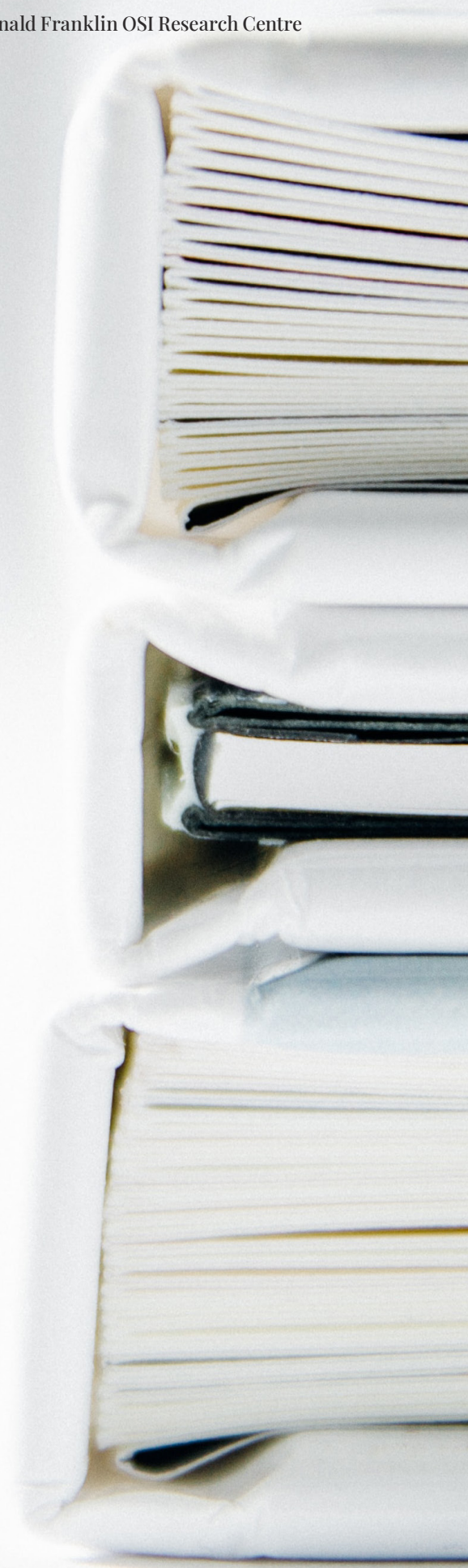
A handwritten signature in black ink, reading "J. Don Richardson, MD, FRCPC". The signature is written in a cursive style.

J Don Richardson, MD, FRCPC

Scientific Director of the MacDonald Franklin OSI Research Centre

# Research Portfolio Updates for 2022

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Project	Problem to Solve	Intended Outcome
<b>Utility of ketamine in the management of chronic pain and mental health in Veterans</b> New for 2022	Ketamine is an emerging new treatment for chronic pain and depression, however, research is still lacking in its utility to treat these conditions in Veterans.	A systematic review that synthesizes our current understanding on the use of ketamine to treat chronic pain and mental health conditions in military populations. A guidance document to identify optimal treatment delivery protocols for ketamine.  Analysis is underway
<b>Disaster relief operations</b> New for 2022	Natural disasters, including floods, earthquakes, and hurricanes result in some of the most devastating consequences at the individual and community levels. A closer examination is required to identify exactly the types of consequences and challenges they face.	A systematic review that identifies the challenges faced by military and public safety and security personnel supporting disaster relief operations. A summary document based current evidence and findings reflecting challenges faced and positive outcomes experienced by military and public safety and security personnel following deployment to natural disasters.  One manuscript published.
<b>INSPIRE Project</b> New for 2022	Transitioning from military service to civilian life involves more than a change in status - it requires Veterans to take on new roles and identities. Supporting Veterans during their transition requires a close examination of their experiences and use of services from an intersectional lens.	A comprehensive scan of the needs and challenges of Veterans transitioning out of service, with emphasis on their different domains of wellbeing, resilience, and service use. These needs will guide ongoing collaborations with Veteran Affairs Canada in the development and co-creation of supports to better address the needs of Veterans.  Co-design complete Ethics approval obtained
<b>Longitudinal cannabis use in Veterans</b> New for 2022	Despite the prevalent use of medicinal cannabis among Veterans, the impact of cannabis use on mental health is unclear. Factors associated with potential therapeutic effects are also unknown.	This study aims to track cannabis use over time in treatment-seeking Veterans and identify factors related unique symptom trajectories.  Ethics approval in progress
<b>The mental health impact of exposure to child soldiers during deployments</b> New for 2022	Encountering children recruited and used as soldiers during deployments is likely to be a highly stressful experience, one that could potentially lead to moral injury. The mental health impacts of such encounters, however, are currently unknown.	To understand the lived experiences of military personnel who encounter child soldiers during the course of their military service by collecting qualitative data focusing on the mental health impacts of these potentially morally injurious encounters.  One manuscript published Data collection in progress



Project	Problem to Solve	Intended Outcome
<p><b>Supporting those who support our Veterans: Promoting resilience and mental health in Canadian health care workers</b></p> <p>New for 2022</p>	<p>Health care workers need better supports to mitigate burnout and tools to improve workplace well-being.</p>	<p>Build upon Canada's Department of Defence resilience program (R2MR) and provide a framework of supports and tools that improve workplace well-being at the organizational, leadership, team, and individual level. A related project focuses specifically on physician well-being.</p> <p>Project underway</p>
<p><b>Measuring moral injury</b></p> <p>New for 2022</p>	<p>Measuring moral injury in a clinical or research setting is a challenging task due the lack of guidance on recommended scales/assessments that can be used. Additionally, many scales that purport to measure moral injury may not be appropriately developed or applied.</p>	<p>Through a comprehensive search, synthesis, and psychometric evaluation of all moral injury scales that are available, our intentions are to provide recommendations and guidance for the clinical and research community in terms of which scales should be used in order to measure moral injury with confidence and conceptual precision.</p> <p>Manuscript in preparation</p>
<p><b>Personalized pharmacotherapy using pharmacogenetics in Veterans seeking treatment for mental health</b></p>	<p>Examine how an individual's genes will affect the body's response to different medications including those used in PTSD.</p>	<p>Improve the treatment outcomes of CAF members and Veterans with symptoms of PTSD using a multidisciplinary approach with pharmacogenetics treatment, clinical assessments, and biomarker analysis to determine treatment pathways.</p> <p>Ethics approvals in progress</p>
<p><b>Effects of cannabidiol on PTSD</b></p>	<p>Currently, the evidence is poor on whether cannabidiol (CBD) (active ingredient in cannabis) can reduce symptoms of PTSD (and associated anxiety and depression) in Veterans with PTSD.</p>	<p>A systematic review identifying value of CBD is the treatment of PTSD.</p> <p>Manuscript in preparation</p>
<p><b>Improving the Road to Mental Readiness (R2MR) program in operational contexts</b></p> <p>New sub-projects for 2022</p>	<p>Currently, little is known about CAF members' perceptions of and satisfaction with mental health and resilience training.</p>	<p>Findings from our analysis will identify key themes and areas of enhancement for the R2MR program, as perceived from the perspective of a CAF member. This will allow the CAF to further tailor its resilience program to strive towards optimizing intended outcomes and improving trainee satisfaction.</p> <p>Data collection completed</p>

Project	Problem to Solve	Intended Outcome
<b>Prescribing patterns of OSI psychiatrists</b>	Currently, the overall prescribing patterns of psychiatrists treating PTSD at OSI clinics are unknown.	This will provide information on common and unique patterns of prescriptions intended to treat PTSD across OSI Clinics in Canada. This will facilitate the adoption of standardized practices and further consensus-building among psychiatrists treating CAF Veterans.  Data collection in progress
<b>Standards of reporting in PTSD psychotherapy clinical trials</b>	Clinical trials where a medication is investigated for PTSD typically have comprehensive details about their methodology. Clinical trials where psychotherapy is investigated may not uphold the same degree of detail in their published methodology. This makes it challenging to understand whether the effectiveness or ineffectiveness is due to the intervention or due to the methodology employed.	This systematic review will report on how well all previously published psychotherapy clinical trials for PTSD describe their methodology. This will have implications on how much confidence we should have in previously published findings and will provide recommendations for future trials.  Additional analysis underway
<b>Understanding moral injury using Statistics Canada datasets</b>	We do not know how common and severe moral injury is in active and released CAF personnel. The risk and protective factors for moral injury are largely unknown.	Understand how common moral injury is on a population level that is generalizable to the entire CAF. Understand risk factors, protective factors, and capture the magnitude of other adverse mental health outcomes following moral injury.  Two manuscripts published Additional analysis underway
<b>Understanding predictors: Recovery from military-related PTSD from both an individual and family perspective using qualitative and quantitative analysis</b>	Current conceptions of recovery from military-related PTSD rely on quantitative tools or clinician surveys, often categorizing PTSD diagnoses as present or not. There is a need to more comprehensively define recovery from PTSD in a manner that provides realistic expectations for treatment trajectory and prognosis.	A deeper, more nuanced definition of recovery from military-related PTSD.  Manuscript in preparation

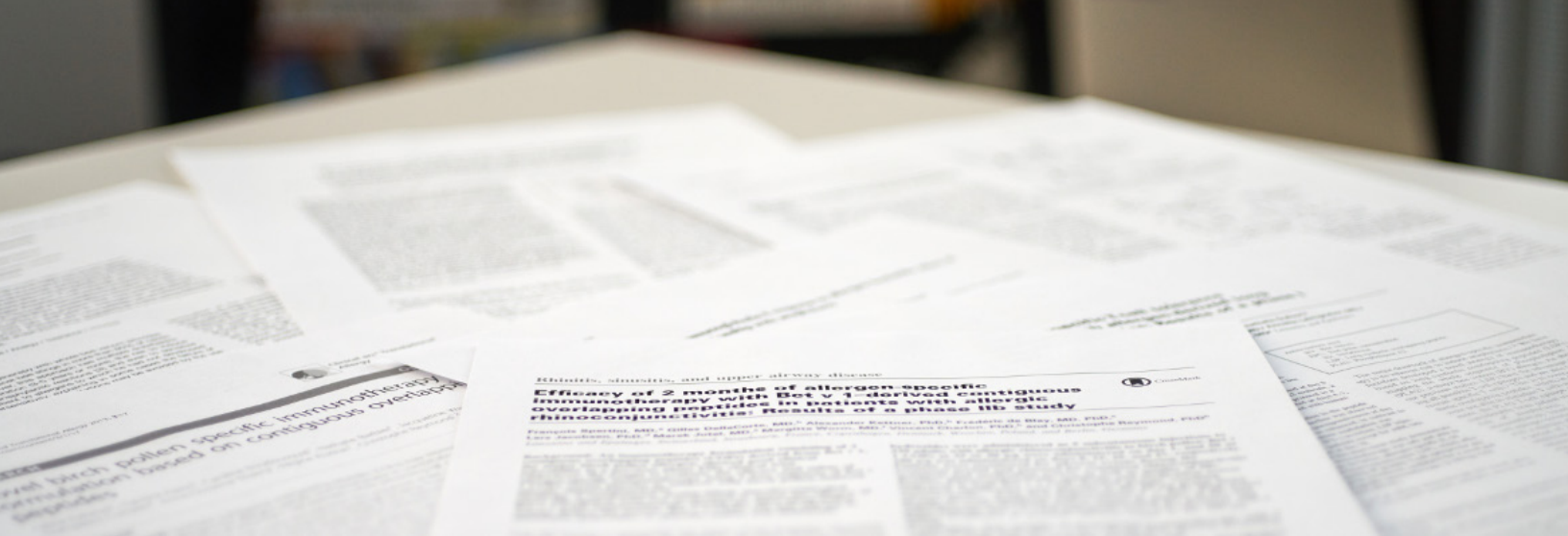
Project	Problem to Solve	Intended Outcome
<b>Meta-analysis comparing pharmacotherapy and psychotherapy for military-related PTSD</b>	It is currently challenging to identify the right treatment for an individual with PTSD. Additionally, outcomes of different types of treatment (e.g., pharmacotherapy, psychotherapy) on PTSD outcomes have not been systematically synthesized and analyzed over the past decade.	Identify relative efficacy of pharmacotherapy and psychotherapy approaches to military-related PTSD. Also identify factors that may related to either increased or decreased efficacy. <b>One manuscript published</b> Analysis in progress
<b>Treatment Outcomes Dataset</b>	Long-term symptom and functional outcomes in Veterans undergoing psychiatric care for PTSD are unknown.	Assess co-morbidity, symptom severity, and treatment outcomes using longitudinal clinical data that spans two years of treatment. This will contribute to our understanding of long-term outcomes and predictors of recovery in military-related PTSD.  Ongoing Initiative
<b>Moral distress and well-being in health care workers during the COVID-19 pandemic</b>	The COVID-19 pandemic may have imparted significant moral injury and moral distress onto health care workers, particularly those who experienced moral-ethical challenges at work. The impact, long-term outcomes, and mechanisms of symptom trajectories related to moral injury and distress are currently unknown.	By understanding the impact and predictors of moral injury in health care workers, we may be able to better recognize, treat, and prevent moral injury across different occupations, including military personnel, health care workers, and first responders.  <b>Two manuscripts published</b> Two manuscript in progress Analysis in progress
<b>Well-being of Veterans and Veteran spouses during the COVID-19 pandemic</b>	It is currently unknown how the COVID-19 pandemic has impacted the well-being of Veterans and their families.	Elucidate the psychological effects of the pandemic on Veterans and their spouses. Results can be used to ensure Veterans and their spouses are well-supported during this difficult time to best prepare for similar emergencies should they occur in the future.  <b>2 manuscripts published</b> Further analysis underway
<b>VECTOR Project</b>	To track and monitor the outcome of Veteran's use of therapeutic cannabis.	This study is a 3-phase approach that will inform the development and implementation of the Veterans Cannabis Therapy Outcomes Registry (VECTOR).  Study underway

Project	Problem to Solve	Intended Outcome
<b>The impact of loneliness and moral injury on suicide in treatment-seeking Veterans</b>	It is possible that Veterans who experience moral injury are more at risk of experiencing loneliness and suicide than Veterans without moral injury. However, the link is still unclear.	Provide evidence as to whether loneliness and suicide are exacerbated in those who have moral injuries. May have implications for early interventions and treatment. <b>Analysis in progress</b>
<b>Expert consensus building for psychiatric treatment of treatment-resistant PTSD</b>	Prescribing patterns for treatment-resistant PTSD are currently unknown. There is a lack of standard practice and consensus on the treatment provisions for treatment-resistant PTSD.	Clinicians will have prescribing guidelines for most effective pharmacotherapies for treating treatment-resistant PTSD. <b>Study design in progress</b>
<b>Using advanced analytics to identify features of suicide ideation, moral injury, patterns of comorbidity, and predictors of treatment outcomes</b>	Clinician notes hold rich data on patient status and treatment outcomes, however, manually reviewing clinician notes for nuanced patterns of data is labour intensive and challenging.	Determine if machine learning can be used to identify suicidal ideation, moral injury, patterns of comorbidity, and predict treatment trajectories amongst a cohort of treatment-seeking CAF members and Veterans. <b>Analysis in progress</b>
<b>Beliefs about confidentiality and attitudes toward disclosure of moral injuries</b>	Veteran's beliefs about confidentiality in mental health treatment settings and their tendencies to disclose moral injury are currently unknown. Given evidence that many military members and Veterans do not seek mental health treatment when it is needed, it is important to identify the extent to which confidentiality beliefs serve as barriers to treatment-seeking.	Experimental and observational studies will identify and characterize CAF Veterans' beliefs about confidentiality within a mental health treatment context. Findings will elucidate the extent to which perceived confidentiality may influence decisions on whether to seek mental health treatment, and on whether to disclose traumatic details of perceived moral transgressions to mental health professionals. <b>Two manuscripts in preparation</b>
<b>Internet-based CBT: Systematic review &amp; meta-analysis</b>	Virtual psychotherapy, including internet-based cognitive behavioural therapy (iCBT) is an emerging model of treatment delivery; however, evidence for the effectiveness and efficacy of such treatment is weak.	Provide a review of iCBT for Veteran and military populations, with particular emphasis on PTSD. <b>Manuscript submitted</b>

Project	Problem to Solve	Intended Outcome
<b>Link between deployment experiences, moral injury, PTSD, and depression</b>	The association between deployment experiences and PTSD and depression is not always clear. We hypothesize that moral injury may mediate the relation between certain types of deployment exposures and PTSD/depression symptoms.	Confirm whether moral injury influences the relation between stressful deployment experiences and PTSD/depression. <b>Project Completed</b>
<b>Moral Injury Outcome Scale Development</b>	Existing assessments that measure moral injury have been poorly designed. This makes it challenging to measure the presence and severity of moral injury accurately.	Development of a scale that can be used in research and clinical settings that accurately measures moral injury. <b>Two manuscripts published</b> <b>Project Completed</b>
<b>The roles of personality and resiliency in Veteran mental health</b>	It is unknown whether personality differences may be predictive of the severity of PTSD, depression, and anxiety in Veterans with an OSI.	Predicting that adaptive or “positive” personality traits will result in higher levels of resiliency, which will in turn lead to reduced symptoms of depression, anxiety, and PTSD. We will test whether the exposure to combat experiences will lead to increased PTSD, but only for those who are higher in maladaptive traits and lower in adaptive traits. <b>One manuscript published</b> <b>Project Completed</b>
<b>Understanding recovery: An examination of functional and health-related quality of life in military-related PTSD in recovery</b>	There is a need for an objective definition of recovery based on client’s treatment stage, with input from a social support sources in recovery.	Understand the progression of PTSD throughout the treatment process. Its physiological, affective, behavioural, and cognitive manifestations will serve to benefit the development of treatment plans. Critically, it will provide an informed theoretical basis regarding the difficult decisions surrounding the move from active treatment to maintenance and from maintenance to discharge. <b>One manuscript published</b> <b>Project Completed</b>

# Research Excellence. Project Highlights

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### **Mental Health Impacts of Encountering Children during Military Deployments: Systematic Review**

To date, the consequences of encountering children in military deployment settings are unclear and anecdotal evidence underscoring the severity of consequences following these encounters has been noted in news media. However, there is a lack of research documenting challenges military personnel experience in response to these encounters. Though evidence remains limited, preliminary research findings support the notion that encounters with children in military settings can have particularly adverse consequences. Our team conducted a systematic review and meta-analysis which aimed to report the state of evidence on this topic by identifying incidences of deployment-related encounters with children and documenting the consequences of these encounters in an effort to support policy and training initiatives. Based upon the available literature and gaps identified in our review, we have generated a number of research, knowledge transfer, policy, and training-related recommendations on this topic. Notably, these include the need to engage with relevant agencies in the documentation of encounters with children in armed conflict/deployment settings, integrate knowledge translation practices to increase the awareness associated with these encounters, and provide explicit training on rules of engagement if encountering children in the deployment context.

### **Considerations for Ketamine in the Effective Management of Chronic Pain for Veterans**

Ketamine has emerged as a promising alternative treatment for the management of chronic pain and recent reviews have found evidence for the effectiveness of ketamine in perioperative pain reduction and reductions in opioid requirements. Further, research has demonstrated ketamine can be an effective treatment for treatment-resistant posttraumatic stress disorder (PTSD) and major depressive disorder (MDD). Despite these promising findings, considerable variability in the routes of administration, length of treatments, dosages, pain conditions, and population groups treated exists within the literature. Furthermore, the applicability of ketamine to treat pain and mental health issues in Veteran populations has not adequately been determined. Our team is synthesizing evidence on the effectiveness, tolerability, and feasibility of ketamine in the management of chronic pain and mental health conditions in Veterans. Further are implementing these findings in the development of a research protocol to evaluate the use of ketamine in treating chronic pain and related mental health conditions among Canadian Veterans.



### Measuring Moral Injury

Moral injury and moral distress are two related constructs used in the occupational health literature to refer to the consequences of experiences that violate a person's moral beliefs. Moral injury (i.e., the lasting bio-psycho-social-spiritual impact of perpetrating, failing to prevent, or bearing witness to acts that transgress deeply held moral beliefs and expectations) is a term derived from the military mental health literature. Moral distress (i.e., the perceived violation of professional integrity and the concurrent feeling of being constrained from taking the ethically appropriate action), is a term derived from the health care literature. Due to the proliferation of research in the area of moral stressors and their consequences across many occupations, these constructs are becoming increasingly confounded, impacting the development and quality of scales purporting to measure these phenomena. Given the pressing need to address moral injury and distress in occupational settings, clarity with regards to the use and proper measurement of these constructs is urgently needed. There are three objectives to this project: 1) we are examining the quality and theoretical basis of existing measures of moral injury and distress, 2) providing clarity as to specific outcomes being measured by each instrument, and 3) providing recommendations for measuring moral injury in clinical, research, and occupational settings.

### Supporting those who support our Veterans

Canadian healthcare workers (HCW) have faced unprecedented challenges during the COVID-19 pandemic. Numerous programs and interventions have been designed to promote resilience and mental health, although most are not relevant to the healthcare context and are rarely evidence-based or evidence-informed. Moreover, these programs and interventions are rarely implemented with considerations for organizational frameworks of employee support and fluctuating needs of employees. As such, to effectively promote mental health and build resilience capacities among HCWs, our team is adapting and optimizing Canada's Department of National Defence (DND) resilience and mental health training program – Road to Mental Readiness (R2MR) – for application in Canadian healthcare organizational contexts. This project uses a multi-systems approach to program development and implementation that targets change at four levels - organization, leadership, team, and individual.



# Overview of New Research Grants

(as of December 31, 2022)

## Principal Investigator Role



## Collaborator & Co-Investigator Role



**Principal Investigator Role***New for 2022***Ketamine Systematic Review**

Considerations for Ketamine in the Effective Management of Chronic Pain for Veterans: A Proposal for Systematic Review and Study Protocol. Funding Source: Chronic Pain Centre of Excellence (CPCoE). Principal Investigator. **\$119,726.**

**Disaster Relief Operations**

Task 63 - Literature Review on “Challenges faced by military and public safety and security personnel supporting disaster relief operations.” Funding Source: Canadian Institute for Military and Veteran Health Research (CIMVHR). Principal Investigator. **\$66,866.**

**R2MR Preferences in CAF**

Task 61 - Improving Canadian Armed Forces mental health and resilience training: Understanding trainee preferences for the Road to Mental Readiness (R2MR) program. Funding Source: Canadian Institute for Military and Veteran Health Research (CIMVHR). Principal Investigator. **\$60,802.**

**PTSD Treatment Algorithm**

Developing a Treatment Algorithm for Treatment-Resistant PTSD. Funding Source: Atlas Institute for Veterans and Families. Principal Investigator. **\$70,004.**

**Canadian Health Care Workers Workplace Well-being**

Promoting Resilience and Mental Health: Adapting Canada’s Department of National Defense Road to Mental Readiness (R2MR) Program to Support Canadian Health Care Workers. Funding Source: Public Health Agency of Canada (PHAC). Principal Investigator. **\$2,832,732.**

**Physician Burnout**

Supporting Physicians: A Multi-Systems Investigation to Understand Burnout, Resilience, Moral Injury, and Institutional Trust. Funding Source: Academic Medical Organization of Southwestern Ontario (AMOSO). Principal Investigator. **\$299,545.**

*Existing Grants***Psychological Safety**

Literature Review and Scale Development on Psychological

Safety in the Military. Funding Source: Canadian Institute for Military and Veteran Health Research (CIMVHR). Principal Investigator. **\$58,695.**

**Pharmacogenetics**

Personalized pharmacotherapy using pharmacogenetics in Veterans seeking treatment for mental illness. Funding Source: Department of Psychiatry Seed Fund, Western University. Principal Investigator. **\$24,835.**

**Personality and Resilience**

The roles of personality and resiliency in Veteran mental health. Funding Source: Veteran and Family Well-being Fund, Veterans Affairs Canada. Principal Investigator. **\$42,250.**

**Improving Resilience Programs**

Delivery of the Road to Mental Readiness Program - Recommendations on how to complement the current Road to Mental Readiness Program in operational contexts. Funding Source: Canadian Institute for Military and Veteran Health Research (CIMVHR). Principal Investigator. **\$102,260.**

**Understanding Recovery: Part 2**

Understanding recovery: An examination of functional and health-related quality of life in military-related PTSD in recovery. Funding Source: Innovation for Defence Excellence and Security (IDEaS) Program, Department of National Defence. Principal Investigator. **\$701,335.**

**Understanding Recovery: Part 1**

Understanding predictors: recovery of military-related PTSD from both an individual and family perspective using qualitative and quantitative analysis. Funding Source: IDEaS Program, Department of National Defence. Principal Investigator. **\$47,260.**

**Confidentiality of Moral Injury**

Beliefs about Confidentiality and Attitudes toward Disclosure of Moral Injuries. Funding Source: Veteran and Family Well-Being Fund, Veterans Affairs Canada. Principal Investigator. **\$59,104.**

**Loneliness**

The impact of loneliness and moral injury on suicide in treatment-seeking Veterans. Funding Source: Western University. Principal Investigator. **\$5,000.**

**Value of Internet-based Psychotherapy**

Evaluation of the suitability and acceptability of internet-delivered cognitive behaviour therapy for Canadian veterans with OSIs. Funding Source: St. Joseph's Health Care Foundation. Principal Investigator. **\$30,000.**

**Artificial Intelligence and Clinical Data**

Using advanced analytics to identify features of suicide ideation, moral injury, patterns of comorbidity, and predictors of treatment outcomes amongst treatment-seeking CAF members and Veterans. Funding Source: CIMVHR Advanced Analytics Initiative. Principal Investigator. **\$200,000.**

*Co-Investigator Role*

*New for 2022*

**Longitudinal Cannabis Use in Veterans**

Longitudinal health trajectories related to patterns of cannabis use in Veterans with posttraumatic stress disorder. Funding Source: Canadian Institute for Health Research (CIHR). Co-Investigator: \$1,166,915.

**Impact of Encountering Child Soldiers**

The Mental Health Impact of Exposure to Child Soldiers. Funding Source: Veterans Affairs Canada (VAC). Co-Investigator: \$1,060,000.

*Existing Grants***Child Soldiers and Moral Injury Pilot**

The Mental Health Impact of Exposure to Child Soldiers Pilot. Funding Source: Centre for Addiction and Mental Health (CAMH) Foundation. Co-Investigator. **\$130,000.**

**Monitoring Outcomes of Cannabis Use**

Veterans Cannabis Therapy Outcomes Registry (VECTOR). Funding Source: Veteran Affairs Canada. Co-Investigator. **\$188,616.**

**Cannabis as Treatment for PTSD**

Effects of Cannabidiol (CBD) on Post Traumatic Stress Disorder Among Veterans. Funding Source: Canadian Institutes of Health Research (CIHR) Catalyst Grant. Co-Investigator. **\$114,850.**

**Cognitive Training for PTSD**

A randomized control trial of a novel approach to cognitive

training in public safety personnel with post traumatic stress injuries. Funding Source: CIHR. Co-Investigator. **\$990,000.**

**Magnetoencephalography and PTSD**

Utilizing magnetoencephalography (MEG) data to examining connectivity profile in PTSD. Funding Source: IDEaS Program, Department of National Defence. Co-Investigator. **\$850,000.**

**Magnetoencephalography Follow-on Study**

Utilizing magnetoencephalography to examine brain function in posttraumatic stress disorder. Funding Source: CIMVHR. Co-investigator. **\$131,900.**

**Magnetoencephalography Pilot Study**

Application of non-invasive magnetoencephalography for objective assessment of Posttraumatic Stress Disorder: A pilot study. Funding Source: IDEaS Program, Department of National Defence. Co-Investigator. **\$70,000.**

**Yoga for PTSD**

The SKIP study: Sudarshan Kriya Yoga In Posttraumatic stress injury, a Randomized Controlled Trial for Public Safety Personnel. Funding Source: CIHR. Co-investigator. **\$133,000.**

**Reconsolidation Therapy**

Comparing Standard Vs. Enhanced Reconsolidation Therapy for the Treatment of Psychological Trauma: A Randomized Controlled Trial. Funding Source: CIHR. Co-Investigator. **\$545,015.**

**Virtual Reality**

Virtual Reality Wellbeing and Mastery (VRWM) for Canadian Veterans and their Families. Funding Source: Veteran and Family Well-Being Fund, Veterans Affairs Canada. Co-Investigator. **\$63,000.**

**Diagnostic Brain Imaging**

Imaging the invisible: Teasing apart trauma using advanced neural imaging and artificial intelligence to differentially diagnose mental health challenges. Funding Source: IBM/ CIMVHR. Co-investigator. **\$218,000.**

**Meta-Analysis of Treatments**

Management of posttraumatic stress disorder: a multiple

treatment comparison meta-analysis of randomized controlled trials. Funding Source: Workers Compensation Board of Manitoba. Co-Investigator. **\$158,243.**

#### **Group Cognitive Processing Therapy**

Increasing Access to Evidence-Based Treatment for PTSD in Canadian Veterans and Soldiers: A Pilot Study of Group Cognitive Processing Therapy. Funding Source: St. Joseph's Health Care Foundation. Co-investigator. **\$10,000.**

#### **Machine Learning**

Enhancing the Management of Military PTSD using Machine Learning, Funding Source: The Interdisciplinary Research Fund. Co-Investigator. **\$25,000.**

#### **Cannabinoid Metabolism**

Endocannabinoid metabolism in PTSD neuroimaging studies with the novel fatty acid amide hydrolase probe. Funding Source: CIHR. Co-Investigator. **\$1,230,000.**

#### **Neuroimaging of PTSD**

Neural, cognitive and biological correlates of the dissociative subtype of PTSD among military members. Funding Source: CIHR. Co-Investigator. **\$608,000.**

#### **Epidemiology of PTSD**

Defining the longitudinal course, outcomes, and treatment needs of vulnerable Canadians with posttraumatic stress disorder. Creation of a longitudinal dataset with Statistics Canada. Funding Source: CIHR. Co-Investigator. **\$1,888,760.**

#### **Sexual Misconduct in the Military**

Impact of Military Sexual Trauma with Canadian female-identifying military members and Veterans. Funding Source: CIMVHR True Patriot Love Research Initiative. Co-Investigator. **\$100,000.**

# Publications, Presentations, and Dissemination

## Peer-Reviewed Journal Articles

### *New for 2022*

Plouffe, R. A., Ein, N., Liu, J. J. W., St. Cyr, K., Baker, C., Nazarov, A., & Richardson, J. D. (submitted). **Feeling safe at work: Development and validation of the Psychological Safety Inventory.** International Journal of Selection and Assessment.

Walker, D.L., Nouri, M.S., Plouffe, R.A., Liu, J.J.W., Le, T., Forchuk, C.A., Gargala, D., St. Cyr, K., Nazarov, A., & Richardson, J.D. (submitted). **Telehealth Experiences in Veterans: Associations, Strengths, and Barriers to Care During the COVID-19 Pandemic.** BMJ Military Health.

Liu, J.J.W., Ein, N., Plouffe, R.A., Gervasio, J., St. Cyr, K., Nazarov, A., & Richardson, J.D. (submitted). **Meta-analysis and systematic review of the measures of psychological safety.** Journal of Organizational Behavior.

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Ein, N., Liu, J.J.W., Houle, S.A., Easterbrook, B., Turner, R.B., MacDonald, C., Reeves, K., Deda, E., Hoffer, K., Baillie Abidi, C., Nazarov, A., & Richardson, J.D. (2022). **The effects of child encounters during military deployments on the well-being of military**

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Litz, B.T., Plouffe, R.A., Nazarov, A., Murphy, D., Phelps, A., Coady, A., Houle, S.A., Dell, L., Frankfurt, S., Zerach, G., Levi-Belz, Y., & The Moral Injury Outcome Scale Consortium. (2022). **Defining and Assessing the Syndrome of Moral Injury: Initial Findings of the Moral Injury Outcome Scale Consortium.** Front. Psychiatry 13:923928.

Plouffe, R.A., Liu, A., Richardson, J.D., & Nazarov, A. (2022). **Validation of the Mental Health Continuum – Short Form among Canadian Armed Forces personnel.** Health Reports – Statistics Canada.

Vaithianathan, T., Blair, M., Soares, V., Rybak, Y.E., Palaniyappan, L., Richardson, J.D., Burhan, A.M. (2022). **Bilateral sequential theta burst stimulation**

**in depressed veterans with service related posttraumatic stress disorder: a feasibility study.** BMC Psychiatry.

Forchuk, C.A., Nazarov, A., Plouffe, R.A., Liu, J.J.W., Deda, E., Le, T., Gargala, D., Soares, V., Bourret-Gheysen, J., St. Cyr, K., Nouri, M.S., Hosseiny, F., Smith, P., Dupuis, G., Roth, M., Marlborough, M., Jetly, R., Heber, A., Lanius, R., & Richardson, J.D. (2022). **Well-being of Canadian Armed Forces Veterans and Spouses of Veterans during the COVID-19 Pandemic: Protocol for a Prospective Longitudinal Survey.** JMIR Research Protocols.

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Richardson, J.D., St. Cyr, K., Forchuk, C.A., Liu, J., Plouffe, R.A., Le, T., Gargala, D., Deda, E., Soares, V., Hosseiny, F., Smith, P., Dupuis, G., Roth, M., Bridgen, A., Marlborough, M., Jetly, R., Heber, A., Lanius, R., & Nazarov, A. (2022). **Well-being of Canadian Veterans during the COVID-19 pandemic: Cross-sectional results from the COVID-19 Veteran well-being study.** European Journal of Psychotraumatology, 13(1).

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### Abstracts

Green, D., Watling, S., Gaudette, E., Hawco, C., Richardson, J.D., Rhind, S., Tyndale, R.F., McCluskey, T., Warsh, J., Boileau, I. (2022). **Fatty Acid Amide Hydrolase and Threat Related Amygdala Activity in Individuals With PTSD.** Biological Psychiatry.

Richardson, J.D., St. Cyr, K., Le T., Nouri, M.S., Soares, V., & Nazarov, A. (November 2022). **Prevalence and correlates of cannabis use among mental health treatment-seeking Canadian Armed Forces members and Veterans.** Podium presentation. ISTSS 38th Annual Meeting, Atlanta, GA.

Liu, J.J.W., Nazarov, A., Easterbrook, B., & Richardson, J.D. (November 2022). **Treatment approaches and efficacy for posttraumatic stress disorder in military population: a meta-analysis.** Podium presentation. ISTSS 38th Annual Meeting, Atlanta, GA.

Houle, S.A., Ein, N., Liu, J.J.W., Easterbrook, B., MacDonald, C., Reeves, K., Turner, B., Deda, E., Hoffer, K., Nazarov, A., & Richardson, J.D. (November 2022). **Encountering children and child soldiers in the context of military deployments: A systematic review of effects on well-being.** Poster presentation. ISTSS 38th Annual Meeting, Atlanta, GA.

Plouffe, R.A., Nazarov, A., Forchuk, C.A., Gervasio, J., Le, T., Liu, J.J.W., Nouri, M.S., Trahair, C., Walker, D.L., & Richardson, J.D. (November 2022). **The roles of personality and resilience in associations between combat experiences and posttraumatic stress disorder among Canadian Armed Forces Veterans.** Podium presentation. ISTSS 38th Annual Meeting, Atlanta, GA.

Plouffe, R.A., Nazarov, A., Houle, S., Richardson, J.D., Thompson, M., & Litz, B. (November 2022). **Validation of the Moral Injury Outcome Scale Among Canadian Armed Forces Personnel and Health Care Workers.** Symposium presentation. ISTSS 38th Annual Meeting, Atlanta, GA.

Richardson, J.D., St. Cyr, K., Le, T., Nouri, M.S., Forchuk, C., King, L., Soares, V., Nazarov, A. (October 2022). **Prevalence and Correlates of Cannabis Use Among Mental Health Treatment-Seeking Canadian Armed Forces and Royal Canadian Mounted Police Members and Veterans.** Poster presentation. Canadian Psychiatric Association’s 72st Annual Conference. Toronto, ON.

Liu, J.J.W., Nazarov, A., Ein, N., Plouffe, R.A., Hansen, K.T., Richardson, J.D. (October 2022). **Posttraumatic Stress in the Military: Development of a Treatment Algorithm.** Workshop presentation. Canadian Psychiatric Association’s 72st Annual Conference. Toronto, ON.

Richardson, J.D., St. Cyr, K., Le, T., Nouri, M.S., Forchuk, C.A., King, L., Soares, V., & Nazarov, A. (October 2022). **Prevalence and correlates of cannabis use among mental health treatment-seeking Canadian Armed Forces members and Veterans.** Podium presentation.

CIMVHR Forum 2022, Halifax, NS.

St. Cyr, K., Liu, A., Plouffe, R.A., Nouri, M.S., Wanklyn, S.G., Bird, B., Forchuk, C.A., Nazarov, A., & Richardson, J.D. (October 2022). **Differences in mental health services use between Canadian Armed Forces members and Veterans: data from the 2018 CAF Members and Veterans Mental Health Follow-Up Survey (CAFMVHS)**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Trahair, C., Forchuk, C.A., Plouffe, R.A., Le, T., Richardson, J.D., Saklofske, D., Tremblay, P.F., & Nazarov, A. (October 2022). **An Interview Study of Beliefs About Confidentiality and Attitudes Towards Disclosure of Moral Injury**. Poster presentation. CIMVHR Forum 2022, Halifax, NS.

Forchuk, C.A., Kocha, I., Granek, J., Richardson, J.D., & Nazarov, A. (October 2022). **Improving Canadian Armed Forces mental health and resilience training: understanding trainee preferences for the Road to Mental Readiness (R2MR) Program**. Poster presentation. CIMVHR Forum 2022, Halifax, NS.

Liu, J.J.W., Ein, N., Plouffe, R.A., St. Cyr, K., Gervasio, J., Nazarov, A., & Richardson, J.D. (October 2022). **Measuring psychological safety: A meta-analysis and systematic review**. Poster presentation. CIMVHR Forum 2022, Halifax, NS.

Liu, J.J.W., Nazarov, A., Easterbrook, B., Plouffe, R.A., Le, T., Jackson, B., St. Cyr, K., Kocha, I., Khan, E., Gervasio, J., Forchuk, C.A., Auger, E., Balderson, K., Bilodeau, M., Burhan, A.M., Enns, M., Roth, M., Mota, N., Lavoie, V., Wanklyn, S.G., Hosseiny, F., Dupuis, G., & Richardson, J.D. (October 2022). **Towards treatment algorithms for posttraumatic stress disorder in military populations**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Ein, N., Liu, J.J.W., Easterbrook, B., Houle, S., MacDonald, C., Reeves, K., Turner, B., Deda, E., Hoffer, K., Nazarov, A., & Richardson, J.D. (October 2022). **The effects of encountering children recruited and used as soldiers on the well-being of military personnel: A systematic review**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Plouffe, R.A., Nazarov, A., Forchuk, C.A., Gervasio, J., Le, T., Liu, J.J.W., Nouri, M.S., Trahair, C., Walker, D.L., & Richardson, J.D. (October 2022). **The roles of personality**

**and resilience in associations between combat experiences and posttraumatic stress disorder among Canadian Armed Forces Veterans**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Plouffe, R.A., Nazarov, A., Ein, N., Liu, J.J.W., St. Cyr, K., & Richardson, J.D. (October 2022). **Feeling psychologically safe in the military: Development and validation of the Psychological Safety Inventory**. Symposium presentation. CIMVHR Forum 2022, Halifax, NS.

Davis, B.D., Nouri, M.S., Gargala, D., & Richardson, J.D. (October 2022). **Network analysis of posttraumatic stress disorder symptoms and correlates in Canadian military veterans**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Davis, B.D., Nouri, M.S., Gargala, D., Nazarov, A., & Richardson, J.D. (October 2022). **Piloting advanced document representations for the prediction of 1 year treatment outcome from initial clinician assessment notes**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Nazarov, A., & Thompson, M. (October 2022). **Moral Distress and Moral Injury among CAF personnel following deployment to Op LASER**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Wells, S., Nazarov, A., Houle, S., Bernards, S., Baillie Abidi, C., Hoffer, K., Conradi, C., & Belanger, S. (October 2022). **The Mental Health Effects of Exposure to Children Recruited and Used as Soldiers During Military Service**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Patten, S., Hoffer, K., Baillie Abidi, C., Wells, S., Nazarov, A., Fuertes, M., & Bernards, S. (October 2022). **Moral Injury Due to Exposure to Children in Armed Violence During Military Service: A Participatory Action Research Project**. Podium presentation. CIMVHR Forum 2022, Halifax, NS.

Liu, J.J.W., Nazarov, A., Easterbrook, B., Plouffe, R.A., Le, T., Jackson, B., St. Cyr, K., Kocha, I., Khan, E., Gervasio, J., Forchuk, C.A., Auger, E., Balderson, K., Bilodeau, M., Burhan, A.M., Enns, M., Roth, M., Mota, N., Lavoie, V., Wanklyn, S.G., Hosseiny, F., Dupuis, G., & Richardson, J.D. (October 2022). **Treatment approaches and efficacy for**

**posttraumatic stress disorder in military population: a meta-analysis.** Paper presentation. Joint Mental Health and Research Innovation Day 2022, London, ON (Virtual).

Nazarov, A. (August 2022). **Beliefs about confidentiality and implications for moral injury treatment and research.** Symposium presentation. American Psychological Association 2022 Conference, Minneapolis, MN.

Liu, J.J.W., Ein, N., Forchuk, C.A., Nazarov, A., & Richardson, J.D. (June 2022). **A meta-analysis of the effectiveness of internet-based Cognitive Behavioural Therapy (iCBT) for military and veteran populations.** Oral presentation. American Psychiatric Association 2022 Conference, New Orleans, LA (Virtual).

Plouffe, R.A. (June 2022). **Risk Factors for Moral Injury: The Light Triad of Personality.** Abstract presentation. Postdoctoral Research Forum 2022, London, ON (Virtual).

Liu, J.J.W. (June 2022). **The effectiveness of psychotherapy and pharmacotherapy for posttraumatic stress disorder in military populations: A meta-analysis & systematic review. Abstract presentation.** Postdoctoral Research Forum 2022, London, ON (Virtual).

Plouffe, R.A., Nazarov, A., Forchuk, C.A., Gervasio, J., Le, T., Liu, J.J.W., Nouri, M.S., Trahair, C., Walker, D.L., & Richardson, J.D. (May 2022). **The roles of personality and resilience in associations between combat experiences and posttraumatic stress disorder among Canadian Armed Forces Veterans.** Poster presentation. London Health Research Day 2022, London, ON (Virtual).

Liu, J.J.W., Ein, N., Forchuk, C.A., Nazarov, A., Wanklyn, S., & Richardson, J.D. (May 2022). **A meta-analysis of the effectiveness of internet-based Cognitive Behavioural Therapy (iCBT) for military and veteran population.** Poster presentation. London Health Research Day 2022, London, ON (Virtual).

Liu, J.J.W., Ein, N., Forchuk, C.A., Nazarov, A., Wanklyn, S.G., Ragu, S., Saroya, S., & Richardson, J.D. (April 2022). **A meta-analysis of the effectiveness of internet-based Cognitive Behavioural Therapy (iCBT) for military and veteran populations.** Abstract presentation. PIR Research Day 2022. London, ON (Virtual).



# Knowledge Mobilization and Education



## List of Events for Education and Knowledge Sharing

### New for 2022

April 21	Parkwood Institute Research (PIR) Day	London, ON (virtual)
May 31	London Health Research Day	London, ON (virtual)
October 17-19	Canadian Institutes for Military and Veteran Health Research (CIMVHR) Forum	Halifax, NS
October 20	Joint Mental Health and Research Innovation Day	London, ON (virtual)
November 9-12	International Society for Traumatic Stress Studies (ISTSS) - 38th Annual Meeting	Atlanta, GA
November 13-14	Five Eyes Mental Health Research Innovation Collaborative Meeting	Atlanta, GA
November 23	Royal Military College of Canada Guest Lecture	Kingston, ON

## Representation and Community Involvement

Dr. Richardson	Member, Five Eyes Centres of Excellence in Military and Veteran Mental Health Group Chair, CANIUK Collaborative Consortium Member, Mental Health Advisory Group, Veterans Affairs Canada Member, Academic, Research, and Clinical Network (ARCN) of the Canadian Institute for Public Safety Research and Treatment (CIPSRT)
Dr. Nazarov	Member, Health Sciences Research Ethics Board, Western University Co-Chair, Moral Injury Community of Practice, Centre of Excellence for PTSD Member, ARCN, CIPSRT
<b>New</b>	Member, Five Eyes Centres of Excellence in Military and Veteran Mental Health Group

### Trainee Development

We continued to provide research opportunities to graduate and undergraduate students, as well as to medical residents. This year, we welcomed students from Western University and University of Waterloo

<b>PhD Students</b>	Brian Bird	Western University
<b>Undergraduate Students</b>	Natalie Campbell	Western University
	Evelyn MacDonald	Western University
	Valerie Kulakowski	Western University
	Jessica Zhang	Western University
	Hung Nguyen	Western University
	Neha Raina	Western University
	Emily Zhang	Western University
	Janissha Pushpaharan	Western University
	Joan Omar	Western University
	Bailey Wolfs	Western University
	Suriya Ragu	Western University
	Samdarsh Saroya	Western University
	Chayanika Tyagi	Western University
	Jasper Crockford	Western University
	Karmen Tse	Western University
	Lucy Kim	Western University
	Nancy Liu	Western University
	Priyonto Saha	University of Waterloo
	Isaac Baker	University of Waterloo



# Strategic Partnerships

Building new strategic partnerships, while maintaining robust connections with our existing partners has been a high priority for the Research Centre. Our partnerships foster collaboration and innovative thinking - allowing us to deliver high-quality, multidisciplinary research findings to the Veteran community.

## Partners and collaborators:

- Boston University
- Calian Health
- CAMH
- Canadian Institute for Military and Veteran Health Research (CIMVHR)
- Centre of Excellence for Chronic Pain
- Atlas Institute for Veterans and Families
- Combat Stress UK
- Dallaire Institute
- Defence Research & Development Canada
- Department of National Defence
- Edgewood Health Network
- Heroes in Mind, Advocacy and Research Consortium (HiMARC)
- Homewood Health
- IBM Canada
- McMaster University
- Operational Stress Injury Social Support (OSISS) Program
- St. Joseph's Health Care OSI Clinic
- Phoenix Centre, Australian Centre for Posttraumatic Mental Health
- Queen's University
- Queen's University Belfast
- Toronto Metropolitan University
- University of Toronto
- Veterans Affairs Canada
- Western University

# Celebrating Success. Awards & Achievements



## 2022

**Dr. J Don Richardson** was promoted to **Full Professor** in the Department of Psychiatry, Western University.

**Dr. Jenny Liu** received the **CIHR Fellowship - INSPIRE: Increasing Students' Pathways to Information, Resilience, and Empowerment**. This program seeks to address the worsening mental health impacted by the pandemic by building resilience capacity in individuals and communities. It will be piloted with students and adapted for other populations, including Veterans, first responders, and front-line healthcare.

**Dr. Rachel Plouffe** received the **Robert S. & Mary Gay, Donald, James and Helen (Taylor) Gay Endowed Research Fellowship Award**.

**Dr. Natalie Ein** received the **Western Postdoctoral Fellowship**.

**Dr. Jenny Liu** and **Dr. Rachel Plouffe** were awarded the **Parkwood Institute Research Mental Health Travel Award**.

**Dr. Rachel Plouffe** received the **London Health Research Day Gold Postdoctoral Award for Scientific Excellence and Potential Impact on the Field**.

**Dr. Rachel Plouffe** and **Dr. Jenny Liu** and were in the top 10 for the **3MT Competition**.

# The Research Team



**J Don Richardson, MD, FRCPC**

*Scientific Director*

Dr. Richardson is the Scientific Director of the MacDonald Franklin OSI Research Centre and Medical Director of St. Joseph's OSI Clinic. He is a Full Professor in the Department of Psychiatry, Schulich School of Medicine and Dentistry at Western University and Assistant Clinical Professor (adjunct) in Psychiatry and Behavioural Neurosciences at McMaster University. He also holds the distinguished title of Research Fellow with the Canadian Institute for Military and Veteran Health Research (CIMVHR). Dr. Richardson is one of the foremost experts on military-related PTSD and has more than two decades of experience in the assessment and treatment of CAF members and Veterans with PTSD and other OSIs. Resulting in over 50 published peer-reviewed articles and book chapters, Dr. Richardson has conducted research in multiple areas of military and Veteran mental health, including risk factors for PTSD and suicidal ideation, health care utilization, treatment outcomes, and the impact of PTSD on quality of life.



**Anthony Nazarov, PhD, PMP**

*Associate Scientific Director*

Dr. Anthony Nazarov is a clinical neuroscientist with a research focus on PTSD, moral injury, and social cognition. Dr. Nazarov has extensive expertise in conducting military and Veteran mental health research, and has received funding from Veterans Affairs Canada, Department of National Defence, and CIHR. Prior to joining the Lawson Health Research Institute, Dr. Nazarov was a Defence Scientist at Defence Research and Development Canada, Department of National Defence, investigating psychological resilience and mental health in Canadian Armed Forces personnel. Dr. Nazarov is interested in using experimental and survey methodologies to explore the interplay between psychological trauma, moral transgressions, and well-being. Specifically, he is interested in understanding how we can better identify, treat, and prevent moral injury and related OSIs.

**New Role in 2022**



**Brent Davis, PhD**

*Head of Advanced Analytics*

Brent is passionate about using data to push the frontier of research forward. With his full-time role at the OSI, he is excited to take that expertise into mental health research. He is a longtime member of the Western community, with a PhD in Computer Science and HBSc in Biochemistry, both from Western. His research includes novel applications of machine learning, natural language processing and information retrieval; his dissertation established a trio of algorithms useful for searching entire social networks more deeply. Outside of work, Brent is a technology enthusiast, keeping on top of the latest and greatest across the landscape of computational devices.



**Luciana Brown, MBA**

*Research Coordinator*

Luciana Brown joined the team in October 2019 as the Research Coordinator with Lawson Health Research Institute for the MacDonald Franklin OSI Research Centre. Luciana completed her executive MBA in 2015 and holds a post-baccalaureate diploma in Management, both from Athabasca University, Faculty of Business. She completed her Bachelor of Administrative Studies degree at York University in 2003. Luciana has many years of senior administrative and project management experience in Canada and the Middle East, and has worked in varied environments, including teaching and community hospitals, government organizations and research settings.



### Rachel Plouffe, MSc, PhD

*Postdoctoral Associate*

Dr. Rachel Plouffe is currently a Postdoctoral Associate with the MacDonald Franklin OSI Research Centre and Western University. Rachel completed her Master of Science and PhD degrees at Western University in the Personality and Measurement Psychology program. Her PhD research examined the impact of personality traits and exposure to violence in childhood on partner and participant levels of physical and psychological intimate partner violence. As a Postdoctoral Associate at the MacDonald Franklin OSI Research Centre, Rachel is interested in developing valid and reliable psychometric measures to assess levels of moral injury in Veterans and military members, as well as identifying contributing factors and outcomes associated with moral injury.



### Jenny Liu, PhD

*Postdoctoral Associate*

Dr. Jenny Liu is a Postdoctoral Associate with the MacDonald Franklin OSI Research Centre and Western University. Jenny completed both her Masters and PhD in psychology at Ryerson University. She also holds appointments with the Toronto Western Hospital-Krembil Research Institute and the Daphne Cockwell School of Nursing, Ryerson University. Jenny's background is in psychological science, and her scholarship activities bridge research in stress and resilience with community-based applications. In her work, Jenny explores the intersecting biopsychological, psychological, and socio-cultural determinants of health and resilience using mixed methods approaches and quantitative modelling.



### Natalie Ein, PhD

*Research Associate*

Dr. Natalie Ein is a Research Associate with the MacDonald Franklin OSI Research Centre. Natalie completed her Masters and PhD at Ryerson University in the Psychological Science program. Natalie's background is in stress-related intervention research, including methodological reviews (meta-analyses, systematic reviews), mixed method designs, and psychophysiology.

#### New Member in 2022



### Kevin Hansen, PhD

*Postdoctoral Associate*

Dr. Kevin Hansen is a Postdoctoral Associate with the MacDonald Franklin OSI Research Centre and Western University. Kevin completed his doctoral studies at Western University under the mentorship of Drs. Ken Kirkwood and Charles Nelson, exploring the association between exposure to potentially morally injurious events and mental health in a military sample. He has also completed two Masters degrees in Psychology, one in Counselling Psychology from the University of Toronto, the other in Brain, Behaviour and Cognitive Science from York University. Kevin has researched a variety of topics over his career including forensic psychology, specialist medicine/nursing, rehabilitation, and most recently military mental health and trauma. Kevin enjoys being out in nature (and away from the city), and carpentry.

#### New Member in 2022



### Kylie Dempster, PhD

*Research Associate*

Kylie has a PhD in Health Biosciences from Brock University, where she also completed her Master's degree; where she has also held roles as Research Coordinator and Instructor for several undergraduate Health Sciences courses. Kylie's doctoral research examined the effects of adverse childhood experiences (ACEs) on cardiovascular and autonomic development from childhood to young adulthood as well as the potential mediating roles of inflammation and lifestyle factors on these changes. She is passionate about interdisciplinary research involving social determinants of health on long-term disease risk and early identification of changes that precede adverse health outcomes.



**New Member in 2022**

**Stephanie Houle, PhD**

*Research Associate*

Stephanie completed her PhD in Clinical Psychology at the University of Ottawa. Her primary research interest is the psychological impact of morally injurious military experiences, with a particular focus on understanding the nosology and clinical utility of the moral injury construct. Stephanie's clinical specializations include the assessment, diagnosis and treatment of operational stress injuries, as well as the delivery of mental health services in the context of comorbid medical problems. In her spare time, Stephanie enjoys traveling, reading, walking, social events and doing yoga!



**New Member in 2022**

**Danny Du, MSc**

*Research Associate and Data Scientist*

Danny completed his master's in computer science at Western University in 2021. His research focus on applying natural language processing techniques with deep learning to improve, accelerate, and automate the text analytics functions and NLP features in healthcare. Outside of work, Yuan enjoys travelling and video games, and he loves animals.



**Kate St. Cyr, MSc, PhD Candidate**

*Research Associate*

Kate St. Cyr has been with St. Joseph's OSI Clinic team since 2009, working as a researcher and program evaluation support officer. After completing a BA in Anthropology at McMaster University and an MSc in Public and Population Health in 2008 at Simon Fraser University, she relocated from BC to London, ON, where she found work with the Middlesex London Health Unit and, ultimately, the OSI Clinic at the Parkwood Institute. Once the MacDonald Franklin Research Centre was opened in 2018, Kate migrated from the OSI Clinic to begin her role as a research associate with the Research Centre. In her current role, Kate is involved in all stages of the research process, from the development of research studies to data analysis to writing and the dissemination of final products. Kate's research interests include treatment outcomes and determinants of health, particularly as they relate to military personnel and Veterans; and vicarious trauma.



**New Member in 2022**

**Zahra Shirazi, MA, PhD Candidate**

*Research Associate and Data Scientist*

Zahra Shirazi is a Data analyst and currently PhD candidate in Statistical Science at Western University. She also completed her master's in Statistics at York University in 2017. Her current research focus is on unsupervised machine learning techniques to cluster Single-cell RNA-Sequencing data based on their transcriptome profiles using mixture models. She worked as a Statistical Consultant at Western Data Science Solution. She is currently a research Associate/Data Analyst at MacDonald Franklin OSI Research Centre. In her work she uses statistical inference, predictive models and machine learning algorithms for different purposes including data visualization, analysis, and predictions. Outside work, she enjoys fitness, reading book, and dance.



**Julia Gervasio, MA, PhD Candidate**

*Research Assistant*

Julia is a current PhD student in the Department of Psychology at Ryerson University. She received her MA in Psychological Science from Ryerson University and BSc. (Hons.) from the University of Toronto. Julia's areas of research include resilience, disordered eating, and investigating individual differences in stress physiology.



### Tri Le

*Research Assistant*

Tri Le was a volunteer at the MacDonald Franklin OSI Research Centre at the Parkwood Institute in 2019 and in 2020, he joined the team as Research Assistant. He holds a BHSc in Health Sciences from Western University and a Post-Graduate Certificate in Gerontology from Fanshawe College. Tri has experience conducting various research projects in London, ON, for organizations, such as the McCormick Dementia Services – Day Program, Ontario Telemedicine Network, and Rise Asset Development. He is passionate about research concerning the mental health and well-being of the elderly. Currently, he is assisting the team with examining the longitudinal impact of the COVID-19 pandemic on Veteran and spouse well-being, and on moral distress in health care workers.



### Ilyana Kocha

*Research Assistant*

Ilyana Kocha started volunteering with the MacDonald Franklin OSI Research Centre in May 2021 before joining our team as a Research Assistant. She holds a BA in Anthropology and Psychology from Western University, and a BPR in Public Relations from Humber College. She's interested in studying and promoting outreach and access to mental health services.



**New Member in 2022**

### William (Liam) Younger

*Research Assistant*

Liam completed his undergraduate degree at Acadia University, majoring in both Psychology and Biology. He has a keen interest in a wide variety of topics in the domains of clinical psychology and neuroscience. In his free time, he enjoys hobbies such as hiking/exploring, cooking, and playing kendama. He also loves engaging with music in different ways, including attending live events, playing instruments, and producing and mixing EDM.



### Callista Forchuk, MSc

*Research Assistant*

Callista Forchuk has been working at the MacDonald Franklin OSI Research Centre at Parkwood Institute since 2018. She holds a BA in psychology, and MSc in Personality and Measurement from Western University. Callista has published on the relation between PTSD and depression comorbidity with quality of life, and the relations between PTSD symptoms and sexual dysfunction. Currently, Callista is involved in research examining the longitudinal impact of the COVID-19 pandemic on Veteran and spouse well-being, and on moral distress in health care workers, as well as research examining the role of confidentiality in mental health help-seeking and disclosure of morally injurious events.



**New Member in 2022**

### Eliza Khan

*Research Assistant*

Eliza has a Forensic Psychology Specialization undergraduate degree from Wilfrid Laurier University, as well as an undergraduate degree in English, Theatre, Drama and Performance Studies from the University of Toronto: Mississauga. She has volunteer experience in community outreach programs such as Food4Kids, and has participated in various not-for-profit charity festivals. At the MacDonald Franklin OSI Research Centre, Eliza hopes to gain experience in various areas such as report writing, data analysis, and generating hypotheses.





### Dominic Gargala

*Research Assistant and Data Scientist*

Dominic Gargala initially joined the MacDonald Franklin OSI Research Centre in August 2020 as a computer science intern and now remains as a research assistant. He holds a BSc in Medical Science & Biology and a BSc in Computer Science from Western University. Dominic has experience working in research as a web application developer through the department of biology at Western University. With a strong foundation in computer science and a passion for data science and machine learning, Dominic is excited about the potential to use data-driven insights to tackle research problems and assist in the collection and transformation of various datasets at the research centre.

**New Member in 2022**



### Priyonto Saha

*Research Assistant and Data Scientist*

Priyonto Saha is a fourth-year undergraduate student at the University of Waterloo. He is triple majoring in Biostatistics, Computational Mathematics, and Combinatorics and Optimization. His research interests are longitudinal data analysis, missingness, and supervised classification. Some of the roles Priyonto has held in the past include uWaterloo Mathematics Society Vice President of Operations, Board Games Director, and Cheese Club President.



### Vanessa Soares, MD

*Research Assistant*

Vanessa Soares joined the team in February 2020. She completed her HBSc in Biology at the University of Toronto and her Medical Degree from the Medical University of the Americas in the Caribbean. Vanessa has spent most of her clinical experience focused on psychiatry in various hospitals in both the US and Canada. She previously worked at McMaster University through the Offord Centre as a Research Assistant in pediatric psychiatry.

**New Member in 2022**



### Isaac Baker

*Research Assistant and Data Scientist*

Isaac is a fourth year Data Science undergraduate student at Western University. He is very passionate about mental health research and advocacy. He is looking forward to helping the team with any computing or statistical needs. Outside of work Isaac enjoys practicing both piano and water-skiing while leaving time for rock climbing and hiking in the outdoors.

**New Member in 2022**



### Clara Baker

*Research Assistant*

Clara is a fourth year student at Western University working towards an Honours Specialization in Psychology. She is passionate about health and research and hopes to become a Clinical Health Psychologist. Clara looks forward to making new connections in the field and gaining practical experience at the Macdonald Franklin OSI Research Centre.

**New Member in 2022**



### Jenna Dias

*Administrative Assistant*

Jenna is a 2009 graduate of Western University with a BA in political science and a diploma in Human Resources Management from Sault College. Jenna is using her experience and skillset to support the OSI Research Centre Team.



**New Member in 2022**

**Kelly Schluter**

*Administrative Assistant*

Kelly has worked internationally in various industries. She has experience in Government Contract Administration and looks forward to assisting the team in attaining their objectives. Outside of work, she loves history, travel and learning about new cultures.

## Affiliated Scientists



**New Member in 2022**

**Maya Roth, PhD, CPsych**

*Affiliated Scientist, Clinical Psychologist*

Dr. Maya Roth is a clinical psychologist and clinician researcher with over a decade of experience in the assessment and treatment of military and Veteran mental health. Dr. Roth has immersed herself in the dissemination and facilitation of evidence-based treatment for PTSD, and in the advancement of military/Veteran mental health research, resulting in numerous peer-reviewed publications. Dr. Roth has also contributed to knowledge translation, and advocacy for military/Veteran mental health research at the provincial and national levels. Her research interest include innovation in evidence-based treatment of PTSD, treatment outcome, the relationship between mental health and chronic pain, and moral injury. In 2022, Dr. Roth was inducted as a Canadian Institute for Military and Veteran Health Research Fellow for her dedication and commitment to research and promoting evidence-based treatment for veterans seeking mental health care.



**New Member in 2022**

**Sonya Wanklyn, PhD, CPsych**

*Affiliated Scientist, Clinical Psychologist*

Dr. Sonya Wanklyn is a Clinical Psychologist and Clinical Lead at the St. Joseph's Operational Stress Injury Clinic – Greater Toronto Site. She is also an Adjunct Professor in the Department of Psychology at Western University, and an Assistant Scientist with the Lawson Health Research Institute. Dr. Wanklyn's research is primarily focused on the etiology of co-occurring mental health conditions subsequent to traumatic events, and the psychosocial risk and resilience factors for comorbid psychopathology, with a particular focus on understanding and treating PTSD and substance use disorders.

## Visiting Scientists



**Bethany Easterbrook, MSc, PhD Student**

*Clinical Psychology PhD Student and Visiting Scholar*

Bethany Easterbrook is entering her second year as a Ph.D. student in the Psychology Research & Clinical Training at McMaster University, supervised by Drs. Margaret McKinnon and Anthony Nazarov. She obtained an undergraduate degree in Kinesiology from University of Toronto and a Master's degree in Health Research Methodology from McMaster University. She has previous research experience in a variety of settings, including military mental health, pediatric surgery, manual therapy, disability policy, and schizophrenia. Bethany's current research focuses on moral injury and PTSD in military, Veteran, and public safety personnel populations. Specifically, she is interested in examining which military experiences and mental health outcomes independently increase the risk of developing a moral injury within the military and Veteran population.

**Deanna Walker, PhD Candidate***Psychology PhD Candidate and Visiting Scholar*

Deanna Walker is a fourth-year doctoral candidate in Clinical Science and Psychopathology at Western University. She completed her Master of Arts degree at Carleton University in 2017. Her research interests at the MacDonald Franklin OSI Research Centre are focused on the intersection between psychological trauma and well-being, including factors impacting mental health outcomes associated with PTSD. In addition to her research interests, she has extensive experience in providing psychological services within trauma-focused populations, including working with first responders, Veterans, and trauma-related disorders.

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## Medical Residents

**Thomas Wasiuta, MD***Psychiatry Resident and Visiting Scholar*

Dr. Wasiuta is a resident psychiatrist with the Schulich School of Medicine. He has an undergraduate degree in neuroscience from the University of Toronto and completed his medical doctorate training at Western University. He has experience working with first responders, Veterans, and Canadian Armed Forces members with PTSD and other OSIs. Dr. Wasiuta has a research interest in studying novel therapeutic approaches to PTSD treatment. He continues his training with the Schulich Psychiatry program in London, Ontario.

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## Graduate Students

**Cassidy Trahair***MSc Student*

Cassidy acquired her undergraduate degree in psychology in 2019 at Western University. She is currently obtaining her MSc at Western University and is completing her thesis at the MacDonald Franklin OSI Research Centre. Her thesis investigates beliefs about confidentiality and attitudes towards disclosure of moral injury in individuals with experience in the Canadian Armed Forces. Cassidy has previous research experience in the personality and developmental domain. Her research interests also include help-seeking behaviours and issues related to the underutilization of mental health care.

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## Volunteers and Undergraduate Trainees

Jessica Zhang	Bailey Wolfs	Samdarsh Saroya
Juwon (Joan) Omar	Chayanika Tyagi	Valerie Kulakouski
Karmen Tse	Dac Hung Nguyen	
Neha Raina	Jay Ding	
Suriya Ragu		

## Acknowledgments

We would like to acknowledge [Heather Tales \(Former Director of Veteran Care\)](#), [Sherry Frizzell \(Director of Veteran Care\)](#) and [Bev van der Heide \(Coordinator of London OSI Clinic\)](#), and [Omer Vandevyvere \(Coordinator of Greater Toronto Area OSI Satellite Clinic\)](#) for their support of research, and the ongoing commitment and contribution of OSI Clinic staff collaborators:

<a href="#">Lisa King</a>	<a href="#">Ken Balderson</a>
<a href="#">Felicia Ketcheson</a>	<a href="#">Tania Oakley</a>
<a href="#">Erisa Deda</a>	<a href="#">Jennifer Safadi</a>
<a href="#">Craig Stewart</a>	<a href="#">Nicole Elliott</a>
<a href="#">Michelle Marlborough</a>	

Thank you to the many Veterans, Veteran family members, and other members of the public who have participated in our research initiatives. Your altruistic contribution is greatly appreciated.

## Departures

We would like to acknowledge the contribution of the following team members and trainees who have left the Research Centre in 2022. We wish you the best in your future research and clinical endeavours.

[Maede Nouri, MSc](#)  
*Research Associate and Data Scientist*

[Kristine Tauschek](#)  
*Administrative Assistant*

# Advisory Council

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## Current Members



**New Member in 2022**

### Catherine Baillie Abidi, PhD

*Director of Research & Learning, Dallaire Institute  
Adjunct Professor, Department of International Development Studies, Dalhousie University  
Adjunct Professor, Department of International Development Studies, Saint Mary's University*

Dr. Catherine Baillie Abidi joined Dalhousie University's Dallaire Institute for Children, Peace and Security in 2018 and has extensive experience researching, publishing and teaching in the areas of peace and conflict, children affected by armed conflict, and international humanitarian law. As the Director of Research & Learning, Catherine oversees multiple research projects exploring the interconnections between peacekeeping, gender, child protection and moral injury, with the primary focus of protecting children affected by conflict and the security sector actors who engage with them. Catherine is also an Adjunct Professor in the Departments of International Development Studies at both Dalhousie and Saint Mary's University.



### Ken Balderson, MD, CM, FRCPC

*Psychiatrist, St. Joseph's OSI Clinic, Greater Toronto Site  
Adjunct Professor, Department of Psychiatry, Western University*

Dr. Ken Balderson is a psychiatrist working full-time at the Greater Toronto Site of St. Joseph's OSI Clinic, where he has worked since January 2018. Previously he worked at St. Michael's Hospital with an acute care focus, and was part of the leadership team in the Department of Psychiatry. He also has extensive experience in psychiatric outreach. His research involvement has included a role as co-investigator of studies exploring the risk of suicide after hospital discharge and looking at the impact of SARS on health care personnel.



### Rod Balsom, PhD

*Clinical Lead, St. Joseph's OSI Clinic*

Dr. Balsom obtained his PhD in clinical psychology from Western University. He is registered with specialization in Adult Clinical, Behavioural Medicine and Forensic Psychology. Over his career, he has worked in the Crisis Intervention and Forensic area. Currently, he is Clinical Lead of the OSI Clinic at Parkwood Hospital site of St. Joseph's Health Centre in London, Ontario. As part of a multi-disciplinary team, he specializes in the treatment of individuals and their families suffering from PTSD and/or other difficulties arising from military service. Current research interests include the impact of moral injury on recovery from PTSD and the relationship between personality and the onset of, and recovery from, PTSD in military and first-responder populations.



### **Colette Currin, CCAC**

*National Director, Military, Veterans and First Responders for the Edgewood Health Network*

Colette Currin is the National Director of Military, Veterans and First Responders for the Edgewood Health Network, Canada's largest provider of Mental Health, Addiction and Trauma treatment. Colette's focus is on building relations and facilitating dialogue regarding the specific challenges and treatment needs of these segments by working in partnership with healthcare professionals and referents to support clients struggling with mood, anxiety, trauma, addiction and concurrent disorders. Colette is also a Certified Mental Health and Addiction Counsellor working as a clinician at Bellwood Health Services in Toronto delivering inpatient, outpatient, family and online programs and counselling services. A determined advocate for change at the individual, family and social level, Colette believes that recovery is a return to the true potential inherent in each and every one of us. As a nature lover and outdoor enthusiast, Colette hopes to one day to complete the Bruce Trail together with her partner Bill and their dog Finn.



### **Mark Daley, PhD**

*Vice-President, Research at the Canadian Institute for Advanced Research (CIFAR)*

*Faculty member, Vector Institute*

*Chief Digital Officer, Western University*

*Professor, Departments of Computer Science; Biology; Epidemiology & Biostatistics; Electrical & Computer Engineering; Mathematics; and Statistics & Actuarial Science, Western University*

Mark Daley is the Vice-President, Research at the Canadian Institute for Advanced Research (CIFAR) and a Professor in six departments at Western University (Computer Science; Biology; Epidemiology & Biostatistics; Electrical & Computer Engineering; Mathematics; and Statistics & Actuarial Science). He is also appointed as a faculty affiliate at The Vector Institute for Artificial Intelligence and an associate scientist at the Lawson Health Research Institute. Daley chairs the board of Compute Ontario and serves on the Ontario Research Fund Advisory Board and the board of directors of IC/ES. He is also co-founder of CanCOVID, an expert network of Canadian COVID-19 researchers, clinical collaborators, and health-care professionals. He was Associate Vice-President (Research) of Western University from 2015–2019 and in 2019 was appointed Western University's Special Advisor to the President on Data Strategy.



### **Marco Di Cola**

*Director, Harbour Grace Holdings Inc*

With a passion for business, politics and history Marco is graduate of the University of Western Ontario and holds an Honours B.A. As someone who thrives on challenges, Marco has welcomed several career changes over the past 25 years that have pushed him outside of his comfort zone and challenged him to reinvent himself. Marco began his career in the banking sector and held multiple Sales and Service roles for Canada Trust and later TD Canada Trust (TSX:TD), where he was recognized with Top Performance awards. While working with TD Canada Trust, he coached and mentored dozens of professionals who have gone on to lead outstanding careers and have reached executive level positions. Marco's outstanding track record in banking opened the door in the mid-2000's to an exciting career in the technology industry. He enthusiastically accepted the challenge of working for Phoenix-Interactive Design Inc., a progressive software company in London, Ontario who was making a big push on a global scale in self-service software solutions for the banking industry. A few years after accepting a role as Sales & Account Manager for some of the world's leading banks, he was promoted to Vice President, Global Software Business Development. At Phoenix, who was later acquired by Diebold Nixdorf (NYSE: DBD), Marco was responsible for acquiring some of their largest bank clients and was recognized with Outstanding Achievement Awards. A few years after his mentor Kyle MacDonald sold Phoenix to Diebold Nixdorf, he accepted his greatest and most fulfilling challenge yet in her newest endeavour, Harbour Grace Holdings Inc. As Director of Programs & Partnerships, Marco works with the executive management team and has multiple responsibilities including IT services, charter yacht sales management, and pursuing the philanthropic goals of the corporation's owners which includes building partnerships with leading charitable organizations such as the David Foster Foundation, the St. Joseph's Foundation and academic institutions such as Ivey Business School.



### **LCol (Retd) Stéphane Grenier**

*Mental Health Innovator*

When it comes to mental health, Stéphane Grenier walks the talk. He was recently appointed to the Order of Canada and awarded an honorary Doctor of Laws degree by the University of Guelph and Humber College for his contributions to the field of workplace mental health. Stéphane's riveting keynotes are not only thought-provoking, but also lead to tangible action and sustainable change for those leaders who are prepared to rethink how they support their people. His autobiography, *After the War: Surviving PTSD and Changing Mental Health Culture*, tells his story from the day he landed in the midst of the Rwandan genocide, through his journey of changing mental health culture in the Canadian military, developing national Guidelines for Peer Support with the Mental Health Commission of Canada, all the way to creating Mental Health Innovations (MHI); a consultancy that leads innovative and sustainable change in organizations to enhance the mental health of their people. Today, he and his business partners develop non-clinical mental health interventions as a complement to traditional clinical care for private and public sector organizations, as well as for provincial health care systems. Stéphane's vision is a world where people no longer face barriers to good mental health.



### **LCol (Retd) Alexandra Heber, MD, FRCPC, CCPE**

*Chief Psychiatrist, Veterans Affairs Canada*

She has over 30 years of experience in mental health, first as a nurse, then as a psychiatrist. After a decade in Toronto coordinating the Women's Program in the Clinic for HIV-Related Concerns at Mount Sinai Hospital, and working on an Assertive Community Treatment Team, Dr. Heber started working as a civilian psychiatrist for the Canadian Forces in 2003, then enrolled in the military in 2006. She deployed to Afghanistan as the Psychiatrist in Charge of the Canadian Forces Mental Health Services for Task Force Afghanistan in 2009. After retiring from the military, she accepted the position of inaugural Chief of Psychiatry for Veterans Affairs Canada (VAC), where she became the VAC lead author on the 2017 CAF-VAC Joint Suicide Prevention Strategy. She has published and presented nationally and internationally on PTSD in the military and veteran population, and has designed two online courses on PTSD for health care professionals. Her current research interests include: suicide prevention, the military-civilian transition experience, effects of cannabis on mental health, outcome measurement in mental health treatment, and the effects of military sexual trauma.



### **Fardous Hosseiny**

*CEO, Atlas Institute*

Fardous Hosseiny is the President and CEO at the Atlas Institute for Veterans and Families (formerly known as the Centre of Excellence on Post Traumatic Stress Disorder (PTSD) and Related Mental Health Conditions) located at the Royal Ottawa Mental Health Centre in Ottawa. Before coming to the Atlas Institute, Fardous was most recently the interim National Chief Executive Officer and the National Director of Research and Public Policy, at the Canadian Mental Health Association. His research focuses on strategic policy issues related to mental health system transformation, parity legislation, substance use and addiction and mental health for newcomers and underrepresented groups. Fardous is also a frequent commentator on these issues for Global News, CBC, CTV News, The Globe and Mail, The Toronto Star, among others. Fardous was a part of the Canadian delegation to the 73rd Session of the United Nations General Assembly and played a role in the development of the first ever United Nations event dedicated to mental health. Fardous also serves on many national and international committees, including as an executive advisor on the Global Alliance for Mental Health Advocates (GAMHA) and past co-chair for the Canadian Alliance for Mental Illness and Mental Health (CAMIMH) and Canadians for Equitable Access to Depression Medication (CEADM).



### **Col (Retd) Rakesh Jetly, MD, FRCPC**

*Former Chief Psychiatrist, Canadian Armed Forces*

Dr. Rakesh Jetly is the former chief psychiatrist for the Canadian Armed Forces. In addition, he has been selected as the inaugural chair in military mental health at the IMHR (Institute for Mental Health Research). He began his military career as a general duty medical officer and flight surgeon and deployed to the middle east and Rwanda. After his post graduate training at the University of Toronto in psychiatry he deployed twice to Kandahar, Afghanistan. Col (Retd) Jetly has an interest in operational mental health with a focus on PTSD and has worked within Canada and with allies (NATO) to advance the field. Occupational and workplace mental health are also specific areas of interest. Research and academic interests are varied and include suicide prevention, nabilone as a treatment for PTSD-related nightmares, neurofeedback and pharmacogenomics. Current international collaborations include a lecture series on Morality and Mental Health as well as chairing Research Task Groups (RTG) Leveraging Technology in Mental Health and Personalized Medicine.



### **Maj Gen (Retd) Glynne Hines**

*Former Director of Consultation, Command and Control, NATO, Brussels  
OSI Special Section of the Royal Canadian Legion  
Veteran co-chairman of the Minister of Veterans Affairs Mental Health Advisory Group*

Glynne Hines enjoyed a 41-year career in the Canadian Armed Forces. He initially joined the Army Reserve in 1970 as a gunner in Brantford, Ontario. Upon transfer to the regular forces, he underwent training as naval officer, serving onboard destroyers, supply ships and submarines. In 1982, he transferred to the air force as a communications engineer, ultimately serving in Kingston Ontario, Anchorage Alaska, Winnipeg Manitoba, Baden Germany, Goose Bay Labrador, and of course, Ottawa. He deployed in the first Gulf War as communications commander, Canadian Air Task Group Middle East and to Sarajevo as Chief, Combined and Joint Communications for the NATO Stabilization Force. Prior to his retirement, his final posting was as the Director of Consultation, Command and Control at NATO Headquarters in Brussels. He remained in Brussels as the civilian director of NATO's battlefield intelligence sharing enterprise until 2014. Upon return to Canada, he joined other, like-minded Veterans, to try to help fellow-Veterans of his era and younger, and their families, particularly those suffering from mental health issues. He is a member of the founding executive of the OSIs Special Section of the Royal Canadian Legion and since 2016 has served as the Veteran co-chairman of the Minister of Veterans Affairs Mental Health Advisory Group.



### **Lisa King, MSc**

*Program Evaluation and Research Officer, St. Joseph's OSI Clinic, Parkwood Institute*

Lisa King has worked as a Researcher/Program Evaluation and Support Officer (PESO) at St. Joseph's OSI Clinic since 2014. She holds a B.A. in Psychology and a MSc in Neuroscience from the University of Western Ontario. Her published research primarily examines how factors such as gender, sleep disturbance, social support, deployment experiences, and comorbidity relate to PTSD, depression, and anxiety among military personnel and Veterans. She's currently interested in better understanding the breadth of trauma experienced by non-deployed Veterans, and the effectiveness of novel group therapies for treating military-related mental health conditions.



### **Laryssa Lamrock**

*Family Peer Support Coordinator, Operational Stress Injury Social Support (OSISS) Program*

Laryssa Lamrock is the Strategic Advisor, Families, for the Centre of Excellence on PTSD and also has extensive experience in the field of family peer support with OSIs, such as anxiety, PTSD and depression. She has had numerous speaking engagements involving mental health awareness specific to OSIs, peer support and her lived personal experiences. A few of the most noteworthy have been the National Conference on PTSD, an appearance before the House of Commons Standing Committee on Veterans Affairs and the Healing the Family Forum at the Canadian Embassy in Washington D.C. She has also participated on a number of Committees including the National DND-VAC-RCMP Mental Health Advisory Committee and the National OSI Family Ad Hoc working group. Laryssa strongly believes in the importance of education and support for families of military members, Veterans and first responders living with OSI. Along with her professional experiences, Laryssa is truly a military family member as she is the daughter, spouse and mother of formerly or currently serving Canadian Armed Forces members. Her personal experiences in supporting a loved one with OSI and her own journey with depression drives her passion for representing and advocating for families of those with OSI in hopes of helping make their journey a little easier.



### **Polliann Maher**

*Family Peer Support Coordinator, Operational Stress Injury Social Support (OSISS) Program*

Polliann Maher is a Family Peer Support Coordinator with OSISS. She started volunteering with the program in 2009 and was employed with the program since 2011. Polliann took part in the Vocational Rehabilitation program through Veterans Affairs Canada in 2009 and went back to school to successfully complete her Community Service worker diploma. She has been part of the development and facilitation of the Psycho-education workshops for Family members in collaboration with the OSI Clinic at Parkwood Hospital. The research from these workshops was presented in a poster presentation at CIMVHR in 2018 in collaboration with the staff from the OSI Clinic. Polliann is passionate about promoting Mental Well-being within the Military and Veteran community and was part of the Military Family Resource Centre Board of Directors for 6 years. Polliann is the spouse of a retired Veteran that has been diagnosed with PTSD since 1999, mother to two adult sons and brings several years of lived experience as a caregiver, spouse, mother and peer support coordinator.




**Candice M. Monson, PhD**

*Professor, Ryerson University  
Director of Clinical Training at Ryerson University*

Candice M. Monson, Ph.D., is a Professor of Psychology at Ryerson University in Toronto, ON. Dr. Monson is one of the foremost experts on traumatic stress and the use of individual and conjoint therapies to treat PTSD. She has published extensively on the development, evaluation, and dissemination of PTSD treatments more generally. She has been funded by the U.S. Department of Veterans' Affairs, U.S. National Institute of Mental Health, U.S. Centers for Disease Control and Prevention, U.S. Department of Defense, and the Canadian Institutes of Health for her research on interpersonal factors in traumatization and individual- and conjoint-based interventions for PTSD. Recognizing her distinguished contributions as a clinical psychologist and educator, she is a Fellow of both the American and Canadian Psychological Associations, a Beck Institute Scholar, received the Canadian Psychological Association Trauma Psychologist of the Year Award in 2013, was named the Outstanding Mentor by the International Society of Traumatic Stress Studies in 2014, and was inducted into the Royal Society of Canada in 2016. She has co-authored 7 books, including *Cognitive Processing Therapy: A Comprehensive Manual and Cognitive-Behavioural Conjoint Therapy for PTSD*, and has published over 150 publications. Dr. Monson is well-known for her efforts in training clinicians in evidence-based assessments and interventions for PTSD.


**LCdr (Retd) Ken Osborne**

*Director, Licensing and Accreditation, Law Society of Ontario  
Commissioner, Ontario Soldier's Aid Commission*

Kenneth Osborne served in the Canadian Forces for 24 years. Enrolling initially as a Training Development Officer, he was selected for the Military Legal Training Program in 1999. Attending Queen's University, Faculty of Law, Mr. Osborne articulated with the firms Cassels, Brock and Blackwell and Greenspan, White in Toronto. He was called to the Bar in Ontario in 2004. As a lawyer with the Office of the Judge Advocate General, his key posts included roles with NATO, the Canadian Forces Legal Advisor, the Strategic Joint Staff, and as a Deputy Judge Advocate at various bases across Canada. He is a Veteran of peacekeeping operations in Bosnia-Herzegovina and combat operations in Afghanistan. Deploying to Afghanistan on two occasions, he served as the lawyer to Canada's Special Operations Task Force, and subsequently deployed as a legal mentor in a rule of law capacity with the US Forces. For service as a legal mentor in Afghanistan, and notably in regard to his dedication in supporting rule of law capacity initiatives at the Dawood National Military Hospital in Kabul in 2010, he was awarded the United States Meritorious Service Medal. Released from the Canadian Forces in 2016, he is employed with the Law Society of Ontario as the Director, Licensing and Accreditation, responsible for the licensing and accreditation activities that support the legal professions in Ontario. In 2017, Mr. Osborne was appointed by the Lieutenant Governor of Ontario as a Commissioner in the province's Soldiers' Aid Commission. Mr. Osborne resides in Niagara Falls, Ontario with his spouse Alison.


**David Pedlar, PhD**

*Scientific Director, Canadian Institute for Military and Veteran Health Research (CIMVHR)*

Dr. David Pedlar is the scientific director of the Canadian Institute of Military and Veteran Health Research and professor in the School of Rehabilitation Therapy at Queens University. He has dedicated his career to advancing the care and well being of Canadian Armed Forces (CAF) Veterans. After working as a clinician, he spent fifteen years as the national director of research for Veterans Affairs Canada. He has held the positions of adjunct professor at the Faculty of Nursing at the University of Prince Edward Island and the Faculty of Medicine at Dalhousie University. In 2015, he received his second Fulbright Scholar Award as the visiting research chair in military social work at the University of Southern California where he continues as an international affiliated faculty at the Center for Innovation and Research on Veterans & Military Families. For his work in military and Veteran health, Dr. Pedlar has received a number of honours and awards. His research interests include improving military to civilian transition and enhancing Veteran well-being in the life after military service.



### Shawn Rhind, PhD

*Defence Scientist, Defence Research and Development Canada (DRDC)  
Associate Professor, University of Toronto*

Dr. Shawn Rhind earned his doctorate in Immunobiology from the University of Toronto. He completed an NSERC Postdoctoral Fellowship with the Defence & Civil Institute of Environmental Medicine (DCIEM) and US Army Research Institute of Environmental Medicine (USARIEM), examining bio-molecular interactions between neuro-endocrine-immune systems under severe physiological stress and environmental extremes and their impact on health and performance. Today, Dr. Rhind is a senior Defense Scientist in the military Operational Health Group at DRDC Toronto and an Associate Professor at the University of Toronto, where he leads an integrative – molecular to systemic – translational research team. His research spans basic laboratory science to human clinical trials, and is currently focused on elucidating the biological basis and therapeutic interventions for combat-related psychological and physical trauma, including PTSD and battlefield care after traumatic shock and brain injury.



### Maya Roth, CPsych

*Psychologist, St. Joseph's OSI Clinic, Greater Toronto Site  
Affiliated Scientist, MacDonald Franklin OSI Research Centre  
Associate Member of the Yeates School of Graduate Studies, Ryerson University  
Associate Scientist, Lawson Health Research Institute*

Dr. Maya Roth is a Clinical Psychologist at the St. Joseph's OSI Clinic – Greater Toronto Site. She is also an Associate Member of the Yeates School of Graduate Studies at Ryerson University, and an Associate Scientist with the Lawson Health Research Institute. Dr. Roth is a passionate advocate for evidence-based treatment of military-related PTSD and OSIs. She has presented and published in this area, and has also provided evidence-based treatment for PTSD workshops to clinicians.



### New Member in 2022

### Sonya Wanklyn, PhD, CPsych

*Psychologist, St. Joseph's OSI Clinic, Greater Toronto Site  
Affiliated Scientist, MacDonald Franklin OSI Research Centre  
Allied Scientist, Lawson Health Research Institute*

Dr. Sonya Wanklyn is a Clinical Psychologist and Clinical Lead at the St. Joseph's Operational Stress Injury Clinic – Greater Toronto Site. She is also an Adjunct Professor in the Department of Psychology at Western University, and an Assistant Scientist with the Lawson Health Research Institute. Dr. Wanklyn's research is primarily focused on the etiology of co-occurring mental health conditions subsequent to traumatic events, and the psychosocial risk and resilience factors for comorbid psychopathology, with a particular focus on understanding and treating PTSD and substance use disorders.

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### Former Members

Christine Basnett, MSW, RSW

Jason Carr, PhD

\*Ruth Lanius, MD, PhD

Michelle Marlborough, MD, FRCPC

\*Margaret McKinnon, PhD. CPsych

\*Patrick Smith, PhD

Sgt (Retd) Edith St-Jean, CD

Clinical Social Worker, St. Joseph's OSI Clinic, Parkwood Institute

Psychologist, St. Joseph's OSI Clinic, Parkwood Institute

Psychiatrist, Western University

Psychiatrist, St. Joseph's OSI Clinic, Parkwood Institute

Associate Chair of Research, Psychiatry, McMaster University

Former CEO, Atlas Institute

Coordinator, OSI Social Support (OSISS) Program

\* Change occurred in 2022

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### Advisory Council Meetings

May 16, 2022      London, ON (virtual)

December 22, 2022      London, ON (virtual)

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LAWSON HEALTH RESEARCH INSTITUTE



**MACDONALD  
FRANKLIN  
OSI RESEARCH  
CENTRE**

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**LAWSON HEALTH RESEARCH INSTITUTE**

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