



## **AMBULANCE PARAMEDICS OF BC – CUPE LOCAL 873 MEMBERS COMPLETE WOUNDED WARRIORS CANADA TRAUMA RESILIENCY TRAINING**

### ***For Immediate Release***

### **RICHMOND, BRITISH COLUMBIA (September 19, 2023) –**

The Ambulance Paramedics of BC (APBC) CUPE Local 873 are proud to announce that selected members have completed the Wounded Warriors Canada Trauma Resiliency Training (TRT) and are now ready to deploy the training across the organization.

Developed at the University of Victoria by Dr. Tim Black and Alex Sterling, the Wounded Warriors Canada Trauma Resiliency Training is designed to teach organizations that trauma resiliency is the result of individuals and organizations working together in an ongoing effort to manage the effects of trauma exposure. Participants learn that traumatization is not an inevitable consequence of exposure to trauma but rather an ongoing risk of the job that, when managed, reduces the likelihood one will be injured.

TRT is a train-the-trainer program whereby selected members from APBC have received three days of clinically facilitated training to form a TRT Peer Team. Once trained, the peers will make an impact in many areas. This curriculum could potentially be taught at Family Nights at their local stations, Union Meetings, and virtually through a Facebook live session; it will lead to training of their colleagues across the organization. Ultimately, through members receiving TRT training, the objective is to have APBC staff receive the most recent and relevant trauma education, have opportunities to learn, practice and hone trauma-management skills, and work to ensure trauma-informed social support becomes the organizational standard.

“On behalf of the APBC we are excited to be able to offer our members this program, it is one component of our Mental Health and Wellness initiatives and strategies to build psychological awareness and member resilience, I am grateful to the members that gave their time to help us all and we look forward to continuing to deliver these services to our members” Troy Clifford, Provincial President, APBC

“Trauma-exposed professionals, such as paramedics, work under conditions where both physical and psychological injury are risks of the job. Our Trauma Resiliency Training program is designed to provide individuals in trauma-exposed organizations with knowledge, skills and tools to help mitigate the on-the-job exposure to traumatic events leading to traumatization. Simply put, exposure to trauma in these professions is inevitable but traumatization doesn’t have to be. We are extremely proud to offer this training to the members of APBC and look forward to having these vital mental health skills reach the entire membership.” – Scott Maxwell, Executive Director, Wounded Warriors Canada

## **ABOUT AMBULANCE PARAMEDICS OF BC – CUPE Local 873:**

The Ambulance Paramedics of British Columbia (APBC) is the union that represents over 4,500 Ambulance Paramedics and Emergency Dispatchers in the province of BC, Canada. Their members cover almost 1,000,000 square kilometers of land in BC, making them not only one of the largest providers of emergency medical services in the world, but one of the most versatile.

## **ABOUT WOUNDED WARRIORS CANADA:**

Wounded Warriors Canada is a national mental health service provider dedicated to serving ill and injured Trauma Exposed Professionals (TExPs) and their families. The organization offers a range of clinically facilitated programs and K-9 interventions that have been specifically developed to support the unique needs of Veterans, First Responders and their families. Their programs support individuals, couples, spouses, surviving family members, and children of those who serve or have served our country and communities.

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