

Across Canada, thousands of employees are impacted by post-traumatic stress. And those on the front line, like first responders are twice as likely to suffer. <sup>1</sup>

While post-traumatic stress (PTS) does affect the general population, for organizations and employees whose workplace or daily job involves traumatic stressors, the impact is profound.

Despite the impacts, there are few treatment and support opportunities that exist in the short-term model and community. **Until now. Shepell's Trauma Assist Program** aims to break the silence, reduce the stigma, and provide the vital resources to help those suffering with post-traumatic stress.

## Shepell's Trauma Assist Program

Shepell's Trauma Assist Program is designed to help individuals affected by post-traumatic stress by providing confidential access to specialized care to treat and build resiliency through a network of services and resources. **Focused on early intervention, our program provides an opportunity for your organization to reach employees at risk of missing work or going on disability before they reach that point.** Employees will have confidential access to specialized support without worry about stigmatization in the workplace. The program is an ideal addition to an Employee and Family Assistance Program (EFAP) when short-term counselling may not be enough and more specific post-trauma support is needed.

Trauma Assist does not provide Post-Traumatic Stress Disorder (PTSD) diagnosis. If diagnosis or long-term care for more severe symptoms is needed, the program will refer the individual to the appropriate resources and treatment with one of our partners or one of your existing partners.

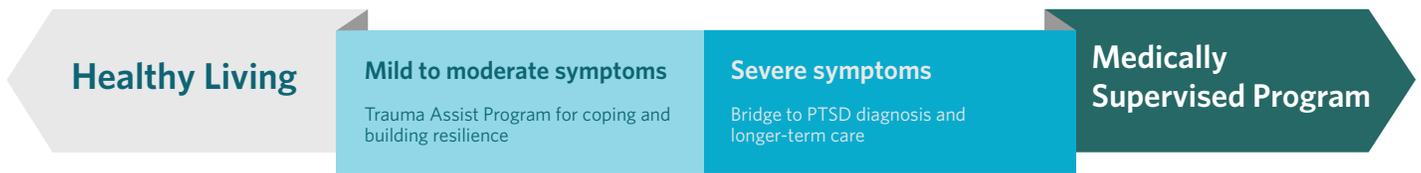
## People who experience trauma are more likely to: <sup>2</sup>

- Be absent from work
- Have challenges in the workplace
- Abuse alcohol or drugs
- Experience depression
- Use anti-depressant medication
- Commit suicide

1. <https://news.ontario.ca/mol/en/2016/04/ontario-passes-legislation-to-support-first-responders-with-ptsd.html>  
2. [http://www.cmha.ca/mental\\_health/post-traumatic-stress-disorder/#.VOck-PkrLDc](http://www.cmha.ca/mental_health/post-traumatic-stress-disorder/#.VOck-PkrLDc)

## Trauma Assist Program highlights

- Affordable and accessible early intervention to treat symptoms, and build coping skills and resilience; flexible to adapt to the specific needs of the individual
- Provides employees with multiple confidential access points to professional PTS support
- Specialized network of counsellors and supervisors that have been selected for their experience and expertise in PTS and PTSD
- Referral to one of our partners or an existing partner of your organization for PTSD diagnosis and long-term care
- Mitigates disability claims and potentially loss of life
- Reporting includes satisfaction rates, ROI



### How it works

The Trauma Assist Program is focused on early intervention for individuals with mild to moderate PTS symptoms. The goal is to provide support specific to PTS so that an individual can receive assistance before they reach the point of disability. When Trauma Assist is available to your workforce, employees will be screened for post-traumatic stress, depression, and other mental and nervous disorders using our validated and reliable screening processes. Screening is confidential and occurs during EFAP intake or during EFAP counselling sessions that the individual is already engaged in.

### Assessment and treatment plan

Trauma Assist is confidential and voluntary. When the employee accepts program participation, the Trauma Assist counsellor will conduct a thorough assessment in order to understand the employee's post-traumatic stress, anxiety, depression, or other concerns.

Over 10 to 12 sessions with a counsellor trained in PTS care, the individual will be able to better understand and recognize triggers, learn coping strategies, and implement new skills to build resilience and manage PTS, depression, and other issues so they can function more effectively in all areas of their life. Ongoing psychometric testing will take place at designated intervals to ensure

the individual's progress against their baseline results. If at any time there is a need for emergency psychiatric consultation, referrals will occur. PTSD diagnosis and long-term care can be provided via a referral to one of our partners or an existing partner of your organization.

### Case closure

Post-program, the counsellor will complete an evaluation to confirm the individual's management of PTS. The counsellor will ensure the employee feels confident about maintaining the gains they have made and using the tools and skills they have developed. Community programs will be referred to as appropriate for ongoing support.

## Workplace Support Programs

Trauma Assist is part of our Workplace Support Programs - specialized mental health and addiction prevention/intervention programs designed to support individuals struggling with these specific issues, and reduce costs for organizations with faster diagnosis, sustainable recovery and reduced incidents of short and long-term disability.

Call [1.800.461.9722](tel:1.800.461.9722) or visit [shepell.com](http://shepell.com).

**Business. Needs. People.**