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Posttraumatic Stress Disorder in Public Safety Organizations

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Posttraumatic Stress Disorder in Public Safety Organizations

The mental health of public safety personnel, including police, firefighters, and paramedics, is a growing issue, requiring new and innovative solutions. My doctoral work in the Faculty of Education's EdD Program focused on understanding the human and financial costs of trauma-related mental health conditions, including posttraumatic stress disorder (PTSD), in public safety organizations. Using adaptive and team leadership approaches, a plan for PTSD prevention, treatment, and return to work services was applied to an Ontario fire and rescue organization. The outcome of this work is a novel approach to addressing the impacts of PTSD on public safety personnel and their workplaces, with the potential to inform change initiatives municipally, provincially, and federally.