

# CIMVHR June 2015 • ISSUE 11



Canadian Institute for Military and Veteran Health Research • Newsletter

# Researcher Brief: Dr. Duncan Shields — 1st Graduate of CIMVHR's Wounded Warrior Doctoral Scholarship in Military and Veteran Health

In May of 2013, CIMVHR and Wounded Warriors Canada (WWC) made a ten year commitment to a Canadian scholarship that will ensure a lasting legacy for military and Veteran health research in Canada by training a future generation of researchers. Both parties agreed that more Canadian research was needed over the life course of those who serve or have served our nation, and their families. This resulted in a scholarship that will be awarded each year to a PhD student who demonstrates excellence in its proposed research and exhibits significant potential for a high impact research career in a relevant area.

Duncan Shields from the University of British Columbia, was the first recipient of this prestigious scholarship. Dr. Shields was presented with the scholarship at our 4th annual Forum in 2013. His research focuses on improving the mental health and well-being of military and Veteran populations by increasing access to and engagement in services through "culturally" appropriate practice. Dr. Shields developed his passion for this area of research, before beginning his academic career, when he served with the Governor Generals Foot Guards. He describes the impact his short time as a reservist had as, "a life long appreciation for the service and sacrifice of those in our military".

When updating CIMVHR and WWC on the impact of the scholarship Duncan wrote:

"What is more important to me is that Wounded Warriors Canada and CIMVHR see and understand what this scholarship produces on the ground. As a direct result of this funding, instead of attending one conference per year over the past two years, the scholarship has facilitated me presenting peer-reviewed research at nine conferences and publishing four articles - That is productive for a doctoral student but it's only possible due to the scholarship. It more than quadrupled the output and therefore the reach of one military mental health researcher." He further explained, "The work also garnered a Counsellor Educator Doctoral Dissemination award from the Canadian Counselling and Psychotherapy Association that gained both WWC and the research some national attention. So it's been good for me but I think a big part of the Kudos go to you for establishing the scholarship. I think we made a case that it delivered what it was intended to."

As the recipient of CIMVHR's Wounded Warrior Doctoral Scholarship in Military and Veteran Health, Dr. Shields was accepted to present his research at Forum 2014. One of his presentations from Forum 2014, titled Military Masculinity, Movies and the DSM: A Narrative Exploration of a Veterans Institutionally (En)Gendered Trauma, will be published in the Journal of the Psychology of Men and Masculinity in August of this year.

Dr. Shields successfully defended his dissertation this past February and is currently conducting research which he hopes will assist us in understanding the tipping point between suicidal thoughts and a suicide attempts for Veterans.

Dr. Shields, we wish you all the best in your future endeavors and welcome you to the network of CIMVHR Researchers.

## Message from the Directors

With the summer months ahead, the Canadian Institute for Military and Veteran Health Research (CIMVHR) will be busy planning Forum 2015, CIMVHR's 6th annual military and Veteran health research Forum. We are absolutely thrilled to announce that we have received over 200 research abstract submissions for Forum 2015, the most ever received to date! We would like to extend our deepest appreciation and gratitude to everyone who submitted an abstract. All abstracts have been sent out for peer review and invitations will be sent to potential presenters by the end of July.

As most of you are aware, we recently launched our online open-access journal — The Journal of Military, Veteran and Family Health (JMVFH). If you haven't had the opportunity to read through this impressive research please visit http://jmvfh.utpjournals.press.

In this issue of the newsletter, we will be highlighting Dr. Duncan Shields, CIMVHR's first recipient of the Wounded Warriors Doctoral Scholarship for Military and Veteran Health Research. He has finished his PhD and has done some amazing research.

We will also provide you with the details on how the success of CIMVHR was recognized by Brigadier-General Bernier, former Surgeon General and Commander of the Canadian Forces Health Service Group.

Finally, we would like to draw your attention to our *Did you Know* section for how to submit research for JMVFH, discounted VIA Rail tickets for Forum 2015, the deadline for applications for this year's Wounded Warriors Scholarship and information on CIMVHR's next webinar — *Issues in the Health of Military Personnel, Veterans and their Families.* 

Alice B. Aiken, CD, PhD, *Director* and Stéphanie A.H. Bélanger, PhD, *Associate Director* 

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### CIMVHR Director Appointed as Honorary Commander

Since CIMVHR was founded in 2010, we have developed a network of more than 1,000 researchers from 37 universities across Canada: hosted five highly successful annual Forums dedicated to health research that will serve those who serve us; developed a pan-Canadian graduate webinar in an effort to develop the next generation of researchers; and most recently published the Journal of Military, Veteran and Family Health (JMVFH). The JMVFH is the first on-line, open-access, scholarly journal dedicated solely to the research of the health of Canadian military personnel, Veterans, and their families.



CIMVHR has taken the lead

for Canadian research in military, Veteran, and family health, and has made this research accessible through knowledge translation efforts through related publications, education opportunities, speaking engagements, media coverage, and our annual Forum.

On May 8, Brigadier-General J.J-R.S. Bernier, Surgeon General and Commander of the Canadian Forces Health Services Group, installed Dr. Alice Aiken, Director of CIMVHR, as the first Honorary Commander of 33 Canadian Forces Health Services Kingston. With this appointment, Brigadier-General Bernier has honoured CIMVHR's dedication to improving the health of Canada's military, Veterans and their families, under the leadership of Dr. Aiken.

"As a national health research leader, clinician, scholar, and veteran, Dr Aiken has always embraced our societal responsibility to support those who risk their lives to protect Canadians. The Royal Canadian Medical Service is honoured to have an Honorary Commander who is so accomplished and who has been so nobly devoted to the health and welfare of serving and retired military personnel and their families." Said Brigadier-General Bernier.

Dr. Aiken began her career in 1984 in the Naval Reserve. In 1991, she joined the Regular Force and began studying physiotherapy at Dalhousie University. Following graduation in 1994, Dr. Aiken was posted to CFB Kingston serving as a physiotherapist until she released in 1998. She then continued her career in physiotherapy at Queen's University working full time clinically while she earned her Master's and PhD degrees part time, and later became a faculty member in the School of Rehabilitation Therapy, where she now serves as an the Associate Director and an associate professor. Through her work with CIMHVR, Dr. Aiken continues her passion for serving Canadians.

At CIMVHR, we strive to protect and improve the health of the Canadian men and women who serve and have served, as well as their families. We would like to thank Brigadier-General Bernier, Major Lefebvre, and the entire Canadian Forces Health Service Group for their recognition of our achievements and for their continuous support of the Canadian Institute of Military and Veteran Health Research.

### **CIMVHR PARTICIPATES IN CANSEC 2015**

Last month, CIMVHR had the opportunity to participate in CANSEC 2015 as a result of the generosity of General Dynamics Canada, who dedicated a portion of their booth to highlight CIMVHR. The two day tradeshow, that showcased Canada's leaders in the Defence industry, was of great value to CIMVHR. We would like to thank General Dynamics for their continuous support.

#### **DID YOU KNOW?**

Applications for the Wounded Warriors Doctoral Scholarship in Military and Veteran Health Research will be accepted from July 1 to August 15, 2015. Visit https://cimvhr.ca/cimvhr-scholarships

VIA Rail has sponsored Forum 2015. All attendees traveling by train to Forum 2015 will receive a 20% discount on their travel between November 18 and 29, 2015. Visit https://cimvhr.ca/forum/location for details.

This Fall CIMVHR will once again be offering the webinar Issues in the Health of Military Personnel, Veterans and their Families. Visit https://cimvhr.ca/currentwebinar to register today!

Early bird registration for Forum 2015 ends on September 1, 2015. Register to-day at https://cimvhr.ca/forum/register.

You can submit your research for JMVFH by visiting http://jmvfh.utpjournals. press/call-for-papers

