# Table of Contents

Message from the Directors ......................................................... 5  
Research .............................................................................................. 6  
  Funding Research ............................................................................ 9  
  Awarding Excellence in Research .................................................. 11  
Education .............................................................................................. 13  
  CIMVHR Graduate Course ............................................................ 15  
  Building the Next Generation of Researchers .............................. 16  
Knowledge Translation ................................................................. 18  
  Forum 2016 .................................................................................. 20  
  Journal of Military, Veteran and Family Health .......................... 22  
  Healthcare Professionals ............................................................... 23  
  Timeline of Activities .................................................................. 24  
Partnerships ....................................................................................... 26  
  Academic Partnerships ................................................................ 29  
  Industry & Philanthropic Partnerships ........................................... 32  
  International Partnerships .............................................................. 34  
Governance ......................................................................................... 36  
Stay Tuned ......................................................................................... 37
Canada is home to a significant military population per capita: close to 70,000 Regular Force members in the Canadian Armed Forces, 27,000 Reserve Force members, 54,000 military families and more than 600,000 Veterans. These Canadians require unique standards of health protection, prevention and care.

The Canadian Institute for Military and Veteran Health Research (CIMVHR) exists to enhance the lives of Canadian military personnel, Veterans and their families by harnessing the national capacity for research.

Since 2010, CIMVHR has developed a research network of over 1000 researchers from 42 Canadian universities and 7 global affiliates who have agreed to work together in addressing the health research requirements of our troops, Veterans and their families. The Institute has been working in close relationship and has garnered continuous support from practitioners, government and industry representatives, as well as from philanthropists and other groups of caring Canadians that strengthen its foundation.

For 6 years, CIMVHR has worked to engage existing academic research resources, facilitate new research, increase research capacity and foster knowledge translation. During this time CIMVHR has completed 43 research contracts at 22 institutions and is currently administering 22 additional research contracts in various stages of completion for a total of 65 research contracts to date. CIMVHR has published 46 original research articles in 4 issues of CIMVHR’s online open-access journal, the Journal of Military, Veteran and Family Health (JMVFH). Seven annual Forums have been hosted showcasing 970 research presentations to over 3500 stakeholders that have influenced countless policies, practices and research decisions.

All of this for one reason — improving the health and wellbeing of our serving members, Veterans and their families.

CIMVHR: Serving those who serve us
Message from the Directors

Since 2010, The Canadian Institute for Military and Veteran Health Research (CIMVHR) has been the hub of Canadian research dedicated to the health needs of Canadian military personnel, Veterans and their families. In this endeavour, we serve those who serve us by informing policy makers, researchers, clinicians, program developers and our stakeholders in industry and the philanthropic world about the unique health needs of our national heroes. Here are some of the greatest impacts that CIMVHR has been making on the health of our serving members—past and present—and their families.

CIMVHR has strengthened the conduit between our network of researchers and the stakeholders who use the knowledge to impact the health of our serving members and their families. With vital support from Health Canada, CIMVHR worked to facilitate the flow of knowledge to clinicians, practitioners, policy advisors and industry. 2016 was a year of investing – we invested the time to cultivate relationships, schedule regular exchanges of information, foster new ideas and experiences and strengthen partnerships. We are beginning to see the return on these investments.

Our University Membership has now grown to 42 Canadian Universities with academic representation in every province; we now have over a thousand researchers developing the basis for evidence-informed policies, practices and programs.

Long standing industry and philanthropic partnerships with IBM Canada, True Patriot Love Foundation, General Dynamics Mission Systems-Canada and Calian Health are morphing into unparalleled research opportunities, outlined on pg. 32.

International presence for CIMVHR has steadily increased and we now have 7 Global Affiliates, as detailed on pg. 34. Each offers unique and powerful outcomes poised to benefit serving members, Veterans and their families.

And, as we have come to expect, our annual Forum was again a rich opportunity for collaboration, knowledge exchange and networking. Details on pg. 20.

Forum provided an opportunity to acknowledge Dr. Alice Aiken’s formative role in building CIMVHR. Alice stepped down from her role as Scientific Director to become Dean at Dalhousie’s Faculty of Health Professions in August 2016. To recognize her vision and tireless effort, we honoured her as the very first CIMVHR Fellow. We are grateful that in this capacity she will continue to act as an ambassador of the Institute.

We are thankful for our CIMVHR team, the researchers, and to partners like Health Canada, who are making all of this work possible. We look forward to building upon these endeavours as we continue to serve those who serve us.

Dr. Stéphanie A.H. Bélanger
Interim Co-Scientific Director
CIMVHR

Dr. Heidi Cramm
Interim Co-Scientific Director
CIMVHR
CIMVHR develops and fosters partnerships and processes to ensure the best possible understanding of the current Canadian research needs as they pertain to military, Veteran and family health research. With this insight, CIMVHR engages national and international academics to focus their research on the health needs of this unique population.

With its growing emphasis on strategic research theme working groups, CIMVHR’s research portfolio is not only gaining national interest but is also attracting research partners on a global scale. Each year, CIMVHR is better informing clinicians and practitioners by exchanging research protocols, comparing symptomatology and offering a solid, peer reviewed, academically recognized and prized publication platform through its journal, distributed by the University of Toronto Press. CIMVHR is increasing its footprint and attracting more and more funding opportunities, allowing researchers to be part of an institute that enables them to make a difference.

CIMVHR enjoys unique cooperative relations with other institutes that also focus their efforts on populations with special health requirements such as the Canadian Institute for Public Safety Research and Training (CIPSRT) at the University of Regina and the Centre for International and Defence Policy (CIDP) at Queen’s University. Together we are building momentum to achieve our shared goal of improving the health and well-being of populations with specific needs, while influencing policies and practices.

**Research Showcase**

**Dr. Deniz Fikretoglu**

Dr. Deniz Fikretoglu first connected with CIMVHR at the inaugural Forum in November 2010, where she delivered two research presentations, and since then, she has presented 13 papers. At Forum 2015, the Surgeon General recognized Dr. Fikretoglu’s presentation on Perceived Need for Mental Health Care in Canadian Military and Civilian Populations: Implications for Workplace Mental Health when he awarded her with the Major Sir Frederick Banting Award for Military Health Research. The Banting award recognizes high quality research that addresses military health issues and the recipient of the award is invited to be a keynote speaker at the following Forum. Dr. Fikretoglu delivered her keynote address at Forum 2016 in Vancouver, B.C.
To me, it was a very meaningful experience to be the keynote presenter at the Forum. When I was finishing my PhD in Clinical Psychology in 2002-2003 and getting ready to move to Canada from the U.S., I did what any researcher would do and looked into publications, funding, conferences, organizations, etc. specializing in military mental health research (especially PTSD). At the time, CIMVHR and the Forum did not exist. I could not find much in the way of established funding programs for military mental health research at other funding agencies. In fact, I am aware of only one postdoctoral fellowship offered in military mental health that year, jointly put together by Veterans Affairs Canada and McGill University, which I applied to and got. So to say that I was a bit apprehensive about what my post-PhD research career in military/veteran health research would look like when I first moved to Canada would be an understatement. I was not sure that I would be able to make a meaningful contribution! It has been a very gratifying experience to see military/veteran health research start to receive the attention it deserves in Canada and the CIMVHR and the Forum have been pivotal in helping make that happen. So to be given the podium as a keynote speaker at a Forum - and especially at the CIMVHR Forum - meant a lot to me!

Dr. Deniz Fikretoglu
Defence Scientist
Defence Research and Development Canada
Toronto

---

FUNDING RESEARCH

In 2015, CIMVHR began to operationalize its second contract of $11.25 million over 5 years from the Federal government. These directed research requests are operationalized through Public Services and Procurement Canada to serve the needs of the Canadian Forces Health Services Group, Defence Research and Development Canada and Veterans Affairs Canada.

In CIMVHR’s second year of the five-year contract, 24 research projects are currently being administered, each in various stages of completion. Individual project budgets range from $12,000 to approximately $1.4 million and the projects range in duration from 2 months to almost 5 years.

This contract funds research in the areas of mental health and PTSD, Veteran health and transition, TBI/blast injuries, personnel recruitment and training, training of civilian health professionals, specific health issues (neck pain, lower back pain), family health and well-being, healthcare administration and policy and new diagnostic and rehabilitation technologies. In 2016, researchers working with CIMVHR completed 6 contracts across Canada including:

<table>
<thead>
<tr>
<th>Principal Investigator(s)</th>
<th>Institute</th>
<th>Project Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CIMVHR provided project management support</td>
<td>Queen’s University</td>
<td>Special issue or supplement of a mental health research journal on key findings from the 2013 Canadian Armed Forces Cross-Sectional Mental Health Survey (Published in Canadian Journal of Psychiatry in April 2016)</td>
</tr>
<tr>
<td>Dr. Barto Nascimento</td>
<td>Sunnybrook Research Institute</td>
<td>A comparison of two viscoelastic testing systems for goal-guided administration of fibrinogen concentrate in severe trauma: TEG® and ROTEM®</td>
</tr>
<tr>
<td>Dr. Eric Tchouaket</td>
<td>Université du Québec en Outaouais</td>
<td>Health care inflation costs for an age and sex matched cohort of CAF personnel compared with a Canadian civilian cohort.</td>
</tr>
<tr>
<td>Dr. Elizabeth Vanderkerkhof</td>
<td>Queen’s University</td>
<td>The determinants of successful transition from military to civilian life</td>
</tr>
<tr>
<td>Dr. Deborah Norris</td>
<td>Mount St. Vincent University/Queen’s University</td>
<td>Environmental scan of administrative elements and support programs for Canadian Armed Forces (CAF) Veterans during military to civilian transition</td>
</tr>
<tr>
<td>Dr. David Kuhl</td>
<td>University of British Columbia</td>
<td>Literature review and analysis on the mental health and well-being of military Veterans during Canadian military to civilian transition</td>
</tr>
</tbody>
</table>

---

""
Awarding Excellence in Research

The Major Sir Frederick Banting MC, RCAMC Award

In honour of Major Sir Frederick Banting, a world-renowned physician, Nobel Prize winner and researcher who discovered insulin, this award, which is adjudicated by the Surgeon General and his team, is presented annually at Forum for the research presentation that is deemed to be of the greatest overall value to military health.

2016 Recipient: Dr. Christian Kastrup, University of British Columbia, for his research titled Self-Propelling Particles that Stop Severe Haemorrhage in Swine by Transporting Tranexamic Acid and Thrombin through Flowing Blood.

Via Rail Student Research Award

The Via Rail Student Research Award is presented annually for the best student research presentation at Forum.


Homewood Mental Health Treatment Award

The Homewood Mental Health Treatment Award is presented annually for the best presentation focusing on improving or innovating clinical mental health practice.

2016 Recipient: Dr. Allison Feduccia, Multidisciplinary Association for Psychedelic Studies, for her presentation titled MDMA-assisted Psychotherapy for Treatment of Chronic PTSD: Findings from MAPS-sponsored Phase 2 Clinical Research Trials.

Colonel Russell Mann, Military Family Health Research Award

In honour of Colonel Russell Mann, a recognized national leader and strong voice for military and Veteran families in Canada and a key supporter of the Military and Veteran Family Initiative. This award is presented annually at Forum for the best Canadian research presentation that increases our understanding of military and Veteran family health.

2016 Recipient: Dr. Heidi Cramm, Queen’s University, and her team, Dr. Garth Smith, Dr. Dawa Samdup, Ms. Ashley Williams and Ms. Lucia Ruhland for their work, Navigating Healthcare Systems for Military-connected Children with Autism Spectrum Disorder: A Qualitative Study of Military Families Experiencing Mandatory Relocation.

JMVFH Editors’ Choice Award

The JMVFH Editors’ Choice Award is presented annually for the best scientific poster at Forum.

2016 Recipient: Alyson Mahar, Queen’s University and King’s College London, for her presentation titled Canadian Public Opinion of the Armed Forces.

Photos, clockwise from top left:
Mr. Michael Schaub, CIMVHR, presents Ms. Alyson Mahar, Queen’s University/King’s College London, with the JMVFH Editors’ Choice Award.
Ms. Lorelei Mayes, Via Rail Canada, presents Ms. Rachael Gribble, King’s College London, with the Via Rail Student Research Award.
Dr. Margaret McKinnon, McMaster University, presents Dr. Allison Feduccia, MAPS Public Benefit Corporation, with the Homewood Mental Health Treatment Award.
Col Scott McLeod, Deputy Surgeon General, presents the Banting Award to Mr. James Baylis accepting on behalf of Dr. Christian Kastrup.
Ms. Nora Spinks and Col (Retd) Russell Mann of the Vanier Institute of the Family, present Dr. Heidi Cramm, Queen’s University, with the Colonel Russell Mann, Military Family Health Research Award.

Sponsored by:
Education

A cornerstone of CIMVHR is building the next generation of researchers to conduct relevant research that will benefit military members, Veterans and their families. To this end, CIMVHR facilitates a thriving pan-Canadian graduate course, the CIMVHR Webinar: Issues in the Health of Military Personnel, Veterans and their Families, offered through Queen’s University and the Royal Military College of Canada to students from any of CIMVHR’s university members. Additionally, CIMVHR develops sources of funding for graduate students through two annual scholarships: the Royal Canadian Legion Masters Scholarship in Veteran Health Research and the Wounded Warriors Doctoral Scholarship in Military and Veteran Health Research. CIMVHR also supports student engagement and, in the near future, hopes to offer a recognized graduate certificate.

Impact

Dr. Jacqueline Hebert, 2012 Banting Award recipient, is a long time CIMVHR researcher who has presented 6 times at 3 different Forums. Dr. Hebert is the director of the BLINC Lab (Bionic Limbs for Improved Natural Control) at the University of Alberta, where she also holds research appointments. Her research interests include using technology to quantify and improve outcomes following limb amputation.

Jacqueline Hebert MD FRCPC
Associate Research Chair in Clinical Rehabilitation,
Associate Professor,
University of Alberta

"By developing a Canadian approach to prosthesis assessment and prescription, we will ensure that individuals with limb loss can access the best technology available to improve their function and quality of life. Our standardized process to personalize prosthetic prescription will help decide what is ‘the best’ prosthesis for that individual. Partially funded by True Patriot Love, through CIMVHR, this project will allow us to be ready and able to provide the best technology and treatment in the world to our military members and veterans with limb amputation."

"
The collective energy and excitement from trainees at this year’s Forum was inspiring. We went from connecting with a few students, to over twenty graduate students and post-docs from across the country in CIMVHR’s Forum student activities. Student and post-doc interest in year-round networking and training activities was overwhelmingly positive. We were asked if we could start a Facebook page, or if we could create a student CIMVHR platform to create formal opportunities to stay connected between conferences. The next steps forward in engaging and training the next generation of military, Veteran, and family health researchers will be huge.

Ms. Alyson Mahar & Ms. Linna Tam-Seto, Co-Chairs, CIMVHR Student and Post-Doctoral Engagement Committee

CIMVHR Graduate Course
Issues in the Health of Military Personnel, Veterans, and their Families

Over the last 5 years, 60 lectures have been delivered by 40 different subject matter experts to graduate students enrolled in the CIMVHR Webinar. Started in 2012, the webinar is offered nationwide, engaging students across Canada in health related issues associated within our military, while also learning about experiences that involve Veterans and their families. This course is just one of the ways CIMVHR is taking strides in educating the next generation of researchers.

In 2016, the following 18 subject matter experts delivered 12 lectures to the 26 students enrolled in the course:

- Dr. Stéphanie Bélanger, Professor, Royal Military College of Canada; Interim Co-Scientific Director, CIMVHR
- Col Scott A. McLeod OMM, MSM, CD, MD, Deputy Surgeon General, Canadian Armed Forces
- Dr. Allan English, Associate Professor, Department of History, Queen’s University
- Dr. Celina Shirazipour, 2nd Wounded Warriors Canada Doctoral Scholarship Recipient (2014)
- Dr. J D Richardson, FRCPC, Consultant Psychiatrist, Physician Clinical Lead, Parkwood Operational Stress Injury Clinic; Associate Professor, Dept. of Psychiatry, Western University; Assistant Professor, Dept. of Psychiatry & Behavioral Neuroscience - McMaster University
- Dr. Ruth A. Lanius, Professor, Dept. of Psychiatry; Harris-Woodman Chair; Associate Scientist, Homewood Research Institute, University of Western Ontario
- Dr. Sanela Dursun, Director, Personnel and Family Support, Director General Military Personnel Research and Analysis
- Dr. Alla Skomorovsky, Defence Scientist, Personnel and Family Support, Director General Military Personnel Research and Analysis
- Dr. Deborah Norris, Associate Professor, Department of Family Studies and Gerontology, Mount Saint Vincent University
- Dr. Dianne Groll, Department of Psychology, Queen’s University, Providence Care Mental Health Services, Kingston, Ontario
- Dr. Jim Thompson, MD CCFP(EM) FCFP, Medical Advisor, VAC Research Directorate; Adjunct Associate Professor, Department of Public Health Sciences, Queen’s University
- Ms. Mary Beth MacLean, MSc (Health Economics), Health Economist, Research Directorate, Veterans Affairs Canada
- Dr. Brenda Gamble, Graduate Program Director, Assistant Professor, Faculty of Health Sciences, University of Ontario Institute of Technology
- Dr. Robert Enges, Assistant Professor, Department of History, Royal Military College of Canada
- LCol Suzanne Bailey, Canadian Forces Health Services Group
- LCol Markus Besemann, Canadian Forces Health Services Group
- Dr. Nicola Fear, Professor of Epidemiology, Academic Department of Military Mental Health, Co-Director, King’s Centre for Military Health Research, King’s College London
- Dr. Steven Fischer, Assistant Professor, Department of Kinesiology, University of Waterloo

“This was an excellent course, and I recommend just about everyone with a military background take it. The material was great, but also the exposure to high ranking officials made it very enjoyable; particularly with everyone so passionate about their work.”

Student from 2016 Webinar

“Excellent course organization and guest lecturers. Very applicable and inspiring to know that there are extremely gifted individuals working very hard to improve the health of our military and veterans.”

Student from 2016 Webinar
Building the Next Generation of Researchers

Wounded Warriors Doctoral Scholarship in Military and Veteran Health Research

In November 2016, Wounded Warriors Canada presented Linna Tam-Seto, of Queen’s University, with a doctoral scholarship for her research on Enhancing healthcare providers’ capacity to work effectively with Canadian military and Veteran families: A cultural competency model. Ms. Tam-Seto’s research project is an example of how program development for healthcare workers engaged with this unique population can lead to more positive and effective health service access and health care delivery. This study addresses a prominent research issue and has the potential to have an impact on a large cohort of military, Veterans and their families.

This annual scholarship is awarded to a PhD student who demonstrates excellence in research issues relevant to military members, Veterans and their families, while also exhibiting significant potential for a high impact research career. With a ten-year commitment to educating the next generation of researchers, Wounded Warriors Canada provides the recipient with $36,000 over a two-year period, during years 3 and 4 of their PhD program.

Royal Canadian Legion Masters Scholarship in Veteran Health Research

In 2016, Jeremiah Buhler, from the University of Manitoba, received the Royal Canadian Legion Masters Scholarship in Veteran Health Research for his research on Efficacy of Online Chronic Pain for Military, RCMP, and Veterans: A Randomized Control Trial. Mr. Buhler’s research will build upon the promising results of his pilot study by conducting a randomized control trial of this online chronic pain treatment for military and Veterans.

The Royal Canadian Legion Masters Scholarship is awarded annually to a student whose research will address the unique issues facing Veterans and their families. The Royal Canadian Legion contributes $30,000 annually, through CIMVHR, to support Canada’s best and brightest students in furthering their research.

“My research into the issues facing reservists in their transition from deployment, augmented by my volunteer work at an operational stress injury clinic, have shaped the content of my thesis by allowing me to see more broadly the issues and how to situate the research within a larger real-life framework. The Royal Canadian Legion scholarship facilitated much of this work and encouraged me to present research on the positive mental health of reservists at the 2016 CIMVHR Forum. My goal, upon completion of the MA program, is to continue research surrounding reservists’ as a Defence Scientist.”

Brigette Phinney,
Carleton University
2015 Royal Canadian Legion Masters Scholarship in Veteran Health Research recipient

“Since completing the doctorate, CIMVHR and Wounded Warriors Canada have continued to offer support, advice and the opportunity to be involved. Invitations to lecture in CIMVHR’s online course, to contribute to expert panels on transition and on identity, to serve as a member of the CIMVHR College of Peer Reviewers, and to contribute to award adjudication at the last Forum, as well as to continue in new collaborations with WWC, have all resulted in rich conversations and opportunities to make new professional and academic friends. For myself and colleague, Dr. David Kuhl, a successful bid for a CIMVHR contract to review the literature on military to civilian transition for VAC, provided a highlight in 2016 because of the opportunity to work closely with a great team in the Research Directorate at VAC and at CIMVHR. For me, this began with the Wounded Warriors Scholarship which opened doors and opportunities that I would not have had, and remains an important milestone on my research journey.”

Duncan M. Shields, Ph.D. RCC.
Adjunct Professor,
University of British Columbia
First Recipient of the Wounded Warriors Doctoral Scholarship in Military and Veteran Health Research
Knowledge Translation

Knowledge translation is a major focus in strategic discussions and includes an ever-evolving spectrum of activities. One of CIMVHR’s most significant knowledge translation activities is the annual research Forum that attracts military personnel, Veterans, government policy makers, philanthropists, industry representatives and researchers from across Canada and around the world. In addition to the annual Forum, CIMVHR’s key knowledge exchange mechanisms include publishing Forum abstract summaries, maintaining a bilingual website, facilitating networking opportunities through UNIWeb, hosting a network partners meeting, facilitating research theme working groups, maintaining an active presence on social media, and publishing a scientific journal, the Journal of Military, Veteran and Family Health (JMVFH). Published through the University of Toronto Press, JMVFH is the only online, open-access, peer-reviewed journal that focuses on research that will benefit military personnel, Veterans and their families.

CIMVHR has earned credibility as a conduit for the transfer of research knowledge on the health-related issues associated with active military personnel, Veterans and their families. Included in our knowledge translation activities are face-to-face meetings with policy advisors at the different provincial ministries of health to consult and advise on the need to provide seamless and effective continua of care for Veterans when they transition from the federal to a provincial health system, and for military families as they navigate between provincial health systems. CIMVHR also participates in various meetings, workshops and conferences with its international counterparts and is actively involved with the recently founded Veteran Research Hub, at Anglia Ruskin University (UK), to increase knowledge translation opportunities amongst its global affiliates.

Health Canada

In 2015, CIMVHR secured vital support from Health Canada to foster partnerships and collaborations and to bolster knowledge translation activities. Through the Health Care Policy Contribution Program (HCPCP), CIMVHR promotes the use of evidence from research in the development of health policy that has the potential to inform decision-making and improve health outcomes. Ultimately, relationships between those who generate research knowledge into the health and well-being of serving military members, Veterans and their families and those who might put it to use become stronger through regular exchanges of information, ideas and experience.

"The Canadian Institute for Military and Veteran Health Research carries out important work to help improve the health and well-being of Canada’s military personnel, Veterans and their families. As Minister of Health, I am honoured that the Government of Canada provides up to $5 million over five years to support work that makes a real difference in the lives of our nation’s heroes."

The Honourable Jane Philpott, P.C., M.P.
Minister of Health
FORUM 2016

In its 7th year, CIMVHR’s Forum 2016 took place in Vancouver, B.C. and was co-hosted with the University of Victoria and the University of British Columbia, two of CIMVHR’s university members.

The annual event attracted a delegation of 600 that consisted of researchers, students, philanthropists, industry, government, military and Veterans who gathered at Forum to present new research, exchange ideas, share insight, learn and collaborate.

With abstract submissions from across the country and around the world, Forum 2016 featured 64 poster presentations and 111 oral presentations over the three-day event. Forum 2016 also served as the platform for keynote speakers to present on areas such as physical health and transition, PTSD treatment and research, moral injuries, CAF mental health service use and operational stress injuries.

CIMVHR would like to recognize the commitment of Dr. Tim Black, University of Victoria, and Dr. Daniel W. Cox, University of British Columbia, for their dedication and expertise in co-hosting Forum 2016. It was a privilege working with them.


More details can be found at: www.cimvhr.ca/forum

Co-hosting the CIMVHR 2016 Vancouver Forum was the highlight of my academic and professional year and the University of Victoria was very proud to support the CIMVHR research community from the President’s Office to our intrepid student volunteers. The CIMVHR team were incredibly organized and accessible, making me feel like a part of the family right from the first meeting. As part of our agreement with CIMVHR, UVic was able to fund 14 students (graduate and undergraduate) to attend CIMVHR as volunteers and for those students it was a defining moment in their professional development. Thank you for including the University of Victoria in the CIMVHR experience. We are looking forward to Forum 2017 in Toronto, ON!

Dr. Tim Black
Associate Professor and Department Chair
University of Victoria
Journal of Military, Veteran and Family Health

The Journal of Military, Veteran and Family Health (JMVFH) is the official, peer-reviewed, scholarly journal of CIMVHR. The Journal aims to maximize the mental, physical and social health and well-being of military personnel, Veterans and their families by publishing world-class, cutting-edge, cross-disciplinary research to a broad international and multidisciplinary readership of researchers, health practitioners, administrators, and policy makers. JMVFH offers the most current evidence to inform new policies, treatments and programs. This past year issues 2.1 and 2.2 were published. In 2016, the most downloaded JMVFH article was Remediation of intrusive symptoms of PTSD in fewer than five sessions: a 30-person pre-pilot study of the RTM Protocol by Drs. Richard M. Gray and Frank Bourke of the Research and Recognition Project. This pilot study was conducted on the Reconsolidation of Traumatic Memories (RTM) Protocol. Participants in the study were all United States Veterans with a pre-existing Post-Traumatic Stress Disorder (PTSD) diagnosis. At a six-week follow up appointment after treatment, Drs. Gray and Bourke found that 25 of the 26 study participants who completed treatment were symptom-free. The full article can be found in Volume 1, Issue 2 of JMVFH.

Editorial Board
Jimmy Bourque, PhD
Ibolja Cernak, MD, PhD
Rory Cooper, PhD
Heidi Cramm, PhD
Mike Haynie, PhD
Capt (N) Ray Kao, MD
Thanos Karatzias, PhD
Ruth Lanius, MD, PhD
Maj Jacob Moran-Gilad, MD, MPH
Peter Nasveld, MD, PhD

Associate Editors
David Pedlar, PhD
Kip Pegley, PhD
Alan Pitt, PhD
Ken Reimer, PhD
Col Eric Vermetten, MD, PhD
Stefanie Von Hlatky, PhD
Christina Wolfson, PhD

Healthcare Professionals
CIMVHR has been diligently working to help civilian health care professionals understand the special needs of Veterans and military families and to recognize them as a unique health population. We are delighted to be working with the Canadian Association of Occupational Therapists (CAOT) to create and disseminate an online survey to identify the knowledge and awareness of Canadian occupational therapists on military, Veteran, and family health, along with identifying their professional development priorities. Occupational therapists can provide leadership as change agents in health-care delivery by recognizing the unique health requirements and vulnerabilities of this population, being sensitive to these potentially stigmatizing issues and using a family-centered approach that addresses the needs of the military member, Veteran or family. CIMVHR is keen to support and enhance the capacity of national health professional organizations and their clinician members to be involved, especially to inform clinical practice through research findings. One recent example is the new resource called Family Physicians Working with Military Families to enhance awareness of health care issues specific to military and Veteran families in Canada. CIMVHR joined a panel of experts drawn from civilian practice and the military and Veteran community, including the College of Family Physicians of Canada, Military Family Services, National Defence Health Services Group, Veterans Affairs Canada, and the Vanier Institute of the Family in producing this military literacy primer for family physicians in Canada.

“One occupational therapists, social workers, medical professionals, pediatric... they’ve all agreed to in some way, shape or form to enhance their capacity to deliver services to military families.”
Nora Spinks
CEO of the Vanier Institute of the Family
**Timeline of Activities**

**LEGEND**
- Speaking Engagement
- Publication
- Event/Course
- Media
- Announcement

Research to Policy Dialogue - Understanding the Health of Veterans and Military Families
Participated in the Center for Innovation and Research on Veterans and Military Families, University of Southern California
Serving those who Serve – The Naval Reserve Link
Ensuring Excellence in Operations at Sea

**January**
- National Roundtable on PTSD – Regina
- Gathering the Facts: KUDOS!
The Canadian Institute for Military and Veteran Health Research

**February**
- CFB Kingston’s International Women’s Day 2016: Moving Women Forward
- Participated in King’s College London Veterans Mental Health – The Road Ahead

**March**
- Co-hosted the Military to Civilian Transition Summit with the University of Southern California
- Dr. Bélanger was recognized in Esprit de Corps – Breaking Down the Barricades: Women in the Defence World

**April**
- Presentation: Moving Forward Connecting Military Families to Health and Mental Wellness, Kamloops, Alberta
- Presentation: Occupation & Trauma: Expanding Occupational Therapy Practice – Canadian Association of Occupational Therapists
- Presentation: RADAR OT Military/Veteran Research Networking Meeting, American Occupational Therapy Association Conference, Chicago IL
- CIMVHR BC Researcher Engagement Session

**May**
- CDFP/CIMVHR co-hosted the Future Canadian Soldier and Enhancement of Human Performance Workshop
- CIMVHR co-hosted the 90th Annual Women in International Security – Canada Workshop with Mount Saint Vincent University
- CIMVHR meets with UK Global Affiliate – King’s College London and Anglia Ruskin University
- Vanguard Magazine Game Changers: Dr. Alice Aiken of the Canadian Institute for Military and Veteran Health Research

**June**
- **Military-Civilian Transition: What Matters and Why** at Service Member to Civillian National Summit on Improving Transitions, Birmingham, Alabama
- Webinar: Issues in the health of Military Personnel, Veterans and their Families
- Dr. Stéphanie Bélanger is appointed to The Royal Society of Canada

**July**
- “Military-Civilian Transition: What Matters and Why” at Service Member to Civillian National Summit on Improving Transitions, Birmingham, Alabama
- Webinar: Champlain LHIN and Ottawa Public Health - influencers where are serving members retiring and what are they specific in health care?
- The Vanier Institute of the Family: Dr. Heidi Cramm receives Colonel Russell Mann Military Family Health Research Award

**August**
- Queen’s Gazette: A Forum for discussion
- Researchers gather to discuss health needs of military personnel, veterans, and their families.
- Inside the Games: Invictus Games Toronto 2017 to fund study assessing impact of sport on injured military personnel

**September**
- Presentation: “Building the Future Canadian Soldier” at the 2016 Tri-Nations Defence Leaders’ Forum – the Canadian Example” - Psychological Medicine
- Aiken of the Canadian Institute for Military and Veteran Health Research
- A Journal of the Canadian Institute for Military and Veteran Health Research

**October**
- Metro Vancouver: “We’re working to try to understand what military families need” - health experts
- CBC Radio One – Vancouver: Dr. Cramm discusses military and Veteran family research on CBC Radio
- Radio Canada: La santé des militaires au coeur d’une conférence à Vancouver
- Breakfast Television
- Dr. Bélanger discusses the importance of mental health research
- Dr. Alice Aiken, CIMVHR co-founder, was presented with the inaugural Certificate of Fellowship for her visionary leadership to CIMVHR and continued ambassadorship for the Institute.

**November**
- Presentation: Vanier Atlantic Military and Veteran Leadership Circle hub, St. John’s, NL
- Presentation: Newfoundland provincial health ADM meeting
- Presentation Ministry of Labour’s PTSD Summit: Making Progress on Prevention – The impact of PTSD on families for first responders
- Participated in the Adelaide 2016 Tri-Nations Defence Community Health and Wellbeing Symposium
- CBC News: MPs urge Ottawa to help first responders with PTSD

**December**
- JMVFH 2.2 is published

**Legend**
- **Announcement**
- **Media**
- **Event/Course**
- **Publication**
- **Speaking Engagement**
Partnerships

Through Health Canada’s contribution and generous industry and philanthropic support, CIMVHR continues to sustain and create long-term, committed partnerships with key stakeholders and to develop new partnerships as the Institute grows.

Committed partnerships with academia, clinicians, military, Veterans, government, industry and groups of caring Canadians make CIMVHR unique and effective. CIMVHR has built a network of academic researchers from across Canada and has become the hub for 42 Canadian Universities and 7 Global Affiliates who are joining forces in addressing the health research requirements of the military, Veterans and their families. Through these national and international partnerships, CIMVHR continues to build the capacity of research that allows the improvement of the health and well-being of this unique population.

“CIMVHR is the single most important international partner in the Veterans Research Hub project. The directors and staff have shared resources, practical support and advice, subject matter expertise, introductions to key international stakeholders and unflagging moral support throughout. The Hub will serve and link the global research community and its progress and profile are in large part due to the relationship between the Anglia Ruskin University Veterans & Families Institute and CIMVHR.”

Alex Cooper, Director
Veterans Research Hub Project
Veterans & Families Institute
Anglia Ruskin University
Academic Partnerships

CIMVHR continues to sustain and create long-term, committed partnerships with key stakeholders and develop new partnerships as the institute grows. In 2016, CIMVHR signed MOUs with two new universities, the University of Lethbridge and Simon Fraser University, bringing our university members to 42. CIMVHR acts as the hub for disseminating information and connecting researchers to develop partnerships and advance research that will benefit our troops and their families, past, present and future.

As an applied researcher and community-engaged scholar, my academic endeavours are premised on the principle of constituent engagement. This year I have been working toward establishing an Atlantic regional alliance of military and civilian service providers, researchers, and service users; with the goal of building community capacity in support of military and Veteran families. CIMVHR provided essential support to this initiative through their exemplary ability to foster research collaborations across sectors and disciplines.

Dr. Gail Wideman
Associate Professor
Memorial University

RESEARCH
CIMVHR hosted BC Researcher Engagement Session to inform researchers about CIMVHR, provided them with an opportunity to network with other researchers in their field, and educated them on CIMVHR’s annual Forum. Among attendees were representatives from UBC, UVIC, Royal Roads, Trinity Western and SFU.

PARTNERSHIPS
Simon Fraser University joined the CIMVHR network by signing an MOU to become CIMVHR’s 42nd University Member.

OUTPUT
Dr. Ryan D’Arcy, from Simon Fraser University, became the Forum 2016 gala dinner keynote speaker with Capt. Trevor Greene. During this captivating presentation Forum delegates learned of Capt. Trevor Greene’s injuries he incurred while in Afghanistan, and his determination to overcome the new challenges he faces. Dr. D’Arcy explained how he learned of Capt. Greene’s injuries and his quest to help Capt. Greene reach his goal to walk again.
<table>
<thead>
<tr>
<th>University Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queen's University</td>
</tr>
<tr>
<td>University of Calgary</td>
</tr>
<tr>
<td>Université Laval</td>
</tr>
<tr>
<td>uOttawa</td>
</tr>
<tr>
<td>Dalhousie University</td>
</tr>
<tr>
<td>UPEI University Island</td>
</tr>
<tr>
<td>University of Victoria</td>
</tr>
<tr>
<td>University of Manitoba</td>
</tr>
<tr>
<td>University of Ontario Institute of Technology</td>
</tr>
<tr>
<td>Memorial University</td>
</tr>
<tr>
<td>Mount Saint Vincent University</td>
</tr>
<tr>
<td>McGill</td>
</tr>
<tr>
<td>McMaster</td>
</tr>
<tr>
<td>York University</td>
</tr>
<tr>
<td>Simon Fraser University</td>
</tr>
<tr>
<td>University of Windsor</td>
</tr>
<tr>
<td>University of Regina</td>
</tr>
<tr>
<td>Université de Moncton</td>
</tr>
<tr>
<td>University of Calgary</td>
</tr>
<tr>
<td>Université de Montréal</td>
</tr>
<tr>
<td>University of Alberta</td>
</tr>
<tr>
<td>UQO Université du Québec en Outaouais</td>
</tr>
<tr>
<td>Lakehead University</td>
</tr>
<tr>
<td>Brock University</td>
</tr>
<tr>
<td>Université de Sherbrooke</td>
</tr>
<tr>
<td>Saint Mary's University</td>
</tr>
<tr>
<td>Western Research</td>
</tr>
<tr>
<td>University of Lethbridge</td>
</tr>
<tr>
<td>University of Saskatchewan</td>
</tr>
<tr>
<td>University of Toronto</td>
</tr>
<tr>
<td>UBC Université de Montréal</td>
</tr>
<tr>
<td>ÉTS École de Technologie Supérieure</td>
</tr>
<tr>
<td>Université de Montréal</td>
</tr>
<tr>
<td>Royal Roads University</td>
</tr>
<tr>
<td>Nipissing University</td>
</tr>
<tr>
<td>National Institute of Public Health and Health Research</td>
</tr>
</tbody>
</table>
Industry & Philanthropic Partnerships

CIMVHR considers partnerships with industry an essential element in advancing research for our military, Veterans and families. By engaging with industry and philanthropy, CIMVHR is leveraging current funding partnerships and enabling the advancement of a number of research projects. In addition to providing funding, these partners add value in the form of perspective, networking opportunities and student interaction. In 2016, such investments in CIMVHR were exceptional including:

**IBM/BABCOCK**
In 2016, CIMVHR announced the Advanced Analytics Initiative, supported by Babcock Canada and IBM Canada. This research collaboration will allow IBM to provide advanced computing capabilities and expertise to CIMVHR and their researchers in an effort to drive better-consolidated, accessible national research data and support innovative discoveries to address health care gaps relative to Canadian military, Veterans and their families.

**True Patriot Love Foundation**
The True Patriot Love Foundation pledge of $5M over a period of 10 years in 2014, supports groundbreaking research at CIMVHR to strengthen the collaboration initiatives between CIMVHR’s established network of university investigators, government partners, and other stakeholders to ensure that evidence-based research can be rapidly translated into practice, policies and programs.

**GENERAL DYNAMICS**
At Forum 2014, General Dynamics announced a $500,000 funding contribution over 3 years to CIMVHR. Over the past two years, General Dynamics has provided CIMVHR with ongoing support through this contribution towards the research of operational stress injuries (OSIs) and post-traumatic stress disorder (PTSD). General Dynamics also supports CIMVHR’s Journal of Military, Veteran and Family Health and other opportunities, such as booth space for CIMVHR at CANSEC 2016, providing the more than 11,000 conference attendees the opportunity to learn, network and engage with CIMVHR.

**CALIAN**
At Forum 2015, the Calian Technologies Ltd. Health team announced that Dr. Richard Birtwhistle was named the recipient of a Calian Research Award, a commitment of $105,000 over a 3-year period.

The CIMVHR Calian research award is being used to develop a method for understanding the health of military families in primary care. The Canadian Primary Care Sentinel Surveillance Network (CPCSSN) extracts de-identified personal health information from the electronic medical records (EMR) of over 1.5 million primary care patients in Canada for use in research and practice improvement. CPCSSN has developed a method to flag military families in the EMR and is working with Primacy Clinics in Canada to develop a cohort of families and follow their health issues. This information will fill a much needed gap in information about the health of military families.

Dr. Richard Birtwhistle
Professor
Queen’s University
Interim Executive Director
CIMVHR
International Partnerships

Over the past year, CIMVHR continued to focus on partnership development – domestically and internationally. The overarching aim of the international partnerships is to develop international standards for knowledge translation and research protocols; develop and enhance collaborative global research opportunities; and facilitate the spread of best practices.

Partnerships in the United Kingdom

Anglia Ruskin University: CIMVHR is collaborating with Anglia Ruskin University to establish a repository for up-to-date, informative and evidence-based international research on issues facing the military, Veterans and their families. It will be accessible to researchers, policy makers, journalists, Veterans and serving personnel and their families, and the public.

King’s Centre for Military Health Research at King’s College, London: The CIMVHR – King’s Centre for Military Health Research relationship has progressed beyond engagement to true collaboration. In 2011, the co-Director of King’s Centre for Military Health Research (KCMHR), Professor Sir Simon Wessely delivered a keynote address to Forum delegates. He reflected on how research on the health and well-being of Service and ex-Service personnel is becoming more internationalised, illustrating the increased international collaboration amongst a variety of countries in military operations around the world.

Throughout the ensuing period, CIMVHR researchers have worked closely with their KCMHR counterparts, especially in studying the impact of military life and experiences on the well-being of an individuals and their families.

Professor Nicola Fear (KCMHR Co-Director) is actively involved in the CIMVHR Network. She delivered a keynote address at Forum 2015 that highlighted the work KCMHR has engaged in with regards to military families. Dr. Fear hosted CIMVHR researcher Alyson Mahar during the spring/summer of 2016. Last semester Dr. Fear delivered a lecture (The health and wellbeing of military personnel, veterans and military families: the UK perspective) via video teleconference, as part of CIMVHR’s webinar series. Accompanied by PhD candidate Rachael Gribble, Dr. Fear returned to Forum in 2016 to co-host the Collaborating to Advance the Health and Well-Being of Military and Veteran Families working group.

Nicola was extremely proud that her KCMHR post-graduate student, Rachael Gribble, was awarded the VIA Rail Student Research Award for her presentation titled The Well-being of UK Military Spouses during Military Relocation: Influences on Identity, Agency and Connectedness, and that the JMVFH Editors’ Choice Award was won by Alyson Mahar (Queen’s PhD Candidate), for the work Dr. Fear supervised while Alyson was based at KCMHR titled: Canadian Public Opinion of the Armed Forces.

Collaborations such as these are examples of how CIMVHR ensures relevant and meaningful work is being delivered to the wider research community.

Over the last few years, KCMHR has developed an incredibly effective relationship with CIMVHR. Our collaboration has increased the international impact of the work of our teams and enabled us to draw on the expertise of our international colleagues. The CIMVHR team are fantastic, very supportive of our relationship, willing to challenge and provide solutions to any arising problems. We are very excited about continuing to expand our relationship with CIMVHR over the forthcoming year.

Professor Nicola Fear
Professor of Epidemiology, Co-Director, King’s Centre for Military Health Research
King’s College London
Governance

Board of Directors

Dr. Richard K. Reznick, Chair of the Board, Dean, Faculty of Health Sciences, Queen’s University
Mr. Michael Brennan, Chief Executive Officer, Canadian Physiotherapy Association
Mr. Michael Burns, Chief Executive Officer, Invictus Games Toronto 2017/Co-Founder, True Patriot Love Foundation
Hon. Myra Freeman, Former Lieutenant Governor of Nova Scotia
Dr. Pat Heffernan, Vice-Principal, Research and Dean of Graduate Studies, Royal Military College of Canada
Cmdre (Retd) Hans Jung, Former Surgeon General, Canadian Forces Health Services
Dr. William Montelpare, Professor & Margaret and Wallace McCain Chair in Human Development and Health Applied Human Sciences, University of Prince Edward Island
Mr. Tim Patriquin, Investment Advisor, RBC Dominion Securities Inc./President, Treble Victor Group
Dr. Elizabeth Taylor, Associate Dean, Professional Programs and Teaching, Faculty of Rehabilitation Medicine, University of Alberta
Dr. Vianne Timmons, President and Vice-Chancellor, University of Regina

Technical Advisory Committee

Dr. Joseph Baranski, Chief Scientist, Defence Research and Development Canada
Ms. Krissy Davidge, Senior Advisor, Canadian Institutes of Health Research
Dr. Sanela Dursun, Director, Research Personnel and Family Support, Defence Research and Development Canada
Mr. Stewart Macintosh, National Research Manager, Research Directorate - Veterans Affairs Canada
Mr. Raymond McInnis, Service Bureau Director, The Royal Canadian Legion, Dominion Command
Dr. David Pedlar, Director, Research Directorate - Veterans Affairs Canada
LCol Roger Tremblay, Senior Staff Officer, Science and Technology, Canadian Forces Health Services

Advisory Council

Mr. Bernard Butler, Assistant Deputy Minister, Strategic Policy and Commemoration, Veterans Affairs Canada
BGen H.C. MacKay, OMM, CD, QHP, Surgeon General/Commander, Canadian Forces Health Services Group
VAdm (Retd) Larry Murray, Grand President, The Royal Canadian Legion

Stay Tuned

Journal of Military, Veteran and Family Health

Issue 3.1 of the Journal of Military, Veteran and Family Health is coming soon! Submit your papers today to be published in Canada’s only online, open-access journal dedicated to our serving members and their families, past, present, and future.

Submission process now available through the platform – ScholarOne. Submit your papers with ease and efficiency through our new user-friendly system.

www.jmvfh.ca

CIMVHR’s Forum is moving to September!

The 8th annual conference hosted by CIMVHR, in Partnership with Invictus Games Toronto 2017, will take place in Toronto, Canada from September 25 - 27, 2017. Join us at the pre-eminent conference focused on research related to the health needs of military personnel, Veterans and their families.

As the official Research Partner of Invictus Games Toronto 2017, this will be an unprecedented year for the CIMVHR Forum. CIMVHR is advancing health research to serve our troops and their families and, in perfect complement, Invictus Games Toronto 2017 is celebrating and recognizing the unconquered spirt of these same men and women.

www.cimvhr.ca/forum

CIMVHR UNIWeb

Connect with researchers in the CIMVHR network with the click of a mouse. Join the CIMVHR UNIWeb today to build and engage with a pan-Canadian network of researchers. Stay tuned for our upcoming webinar on how UNIWeb can benefit you.

uniweb.cimvhr.ca

Writing the Lay Summary Basics - See CIMVHR’s new tool on how to write lay summaries. Now available through the CIMVHR website.

www.cimvhr.ca

Connect with CIMVHR

@CIMVHR_ICRSVM
CIMVHR

www.cimvhr.ca