Road to Mental Readiness References

Course Background and Overview References

Canadian Institute for Public Safety Research and Treatment. (2020). Public safety personnel (PSP). In *Glossary of Terms Version 2.1*. https://www.cipsrt-icrtsp.ca/en/resources/glossary-of-terms#669

Canadian Institute for Public Safety Research and Treatment. (n.d.). *R2MR*. Retrieved March 31, 2021 from https://www.cipsrt-icrtsp.ca/en/training/r2mr

Gorski, P. (2020). Guide for setting ground

rules. http://www.edchange.org/multicultural/activities/groundrules.html

Kossick, E., Carleton, R. N., Martin, R., & Camp, R. (2019). *R2MR: 2019 review*. Canadian Institute of Public Safety Research and Treatment.

https://moodle.uregina.ca/r2mr/pluginfile.php/389/mod_book/chapter/1448/r2mr-2019-review-en-1.pdf

Module 1 References

Clark, T. (2011). *Nerve: Poise under pressure, serenity under stress, and the brave new science of fear and cool.* Little, Brown.

Driskell , J. E., & Salas, E. (1996). Stress and human performance. Lawrence Erlbaum Associates.

Hancock, P. A., & Szalama, J. L., (2008). Performance under stress. Ashgate Publishing.

Miller, L. (2008). METTLE: Mental toughness training for law enforcement. Looseleaf Law Publications.

Paris, C. (2016). The what and how of PTSD: Understanding and moving beyond. FriesenPress.

Sweeney, M. S. (2009). Brain: The complete mind. National Geographic.

Yerkes R. M., & Dodson, J. D. (1908). The relation of strength of stimulus to rapidity of habit-formation. Journal of Comparative Neurology & Psychology. 18(5), 459-482. https://doi.org/10.1002/cne.920180503

Module 2 References

Canadian Armed Forces & Veterans Affairs Canada. (2017). *Joint suicide prevention strategy*. https://www.canada.ca/content/dam/dnd-mdn/documents/reports/2017/caf-vac-joint-suicide-prevention-strategy.pdf

Carleton, R. N., Afifi, T. O., Taillieu, T., Turner, S., Mason, J. E., Ricciardelli, R., McCreary, D. R., Vaughan, A. D., Anderson, G. S., Krakauer, R. L., Donnelly, E. A., Camp, R. D., II, Groll, D., Cramm, H. A., MacPhee, R. S., & Griffiths, C. T. (2020). Assessing the relative impact of diverse stressors among public safety personnel. *International Journal of Environmental Research & Public Health, 17*(4), Article 1234. https://doi.org/10.3390/ijerph17041234

Carleton, R. N., Afifi, T. O., Turner, S., Taillieu, T., Duranceau, S., LeBouthillier, D. M., Sareen, J., Ricciardelli, R., MacPhee, R. S., Groll, D., Hozempa, K., Brunet, A., Weekes, J. R., Griffiths, C. T., Abrams, K. J., Jones, N. A., Beshai, S., Cramm, H. A., Dobson, K. S., ... Asmundson, G. J. G. (2018). Mental Disorder Symptoms among Public Safety Personnel in Canada. *Canadian Journal of Psychiatry*, *63*(1), 54–64. https://doi.org/10.1177/0706743717723825

Carver, C. S. (1997). You want to measure coping but your protocol's too long: Consider the brief COPE. *International Journal of Behavioral Medicine*, *4*(1), 92 100. https://doi.org/10.1207/s15327558ijbm0401 6

Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality & Social Psychology*, *56*(2), 267-283. https://doi.org/10.1037/0022-3514.56.2.267

Christmann, C. A., Hoffman, A., & Bleser, G. (2017). Stress management apps with regard to emotion-focused coping and behavior change techniques: A content analysis. *JMIR Mhealth & Uhealth*, *5*(2), e22. https://doi.org/10.2196/mhealth.6471

Garber, B. G., & Zamorski, M. A. (2009). *Operational mental health assessment (OMHA) - I: Task force Afghanistan*. Canadian Forces Health Services Group. https://sghrp.ca/reports/open-report.php?id=31

Goffman, E. (1986). Stigma: Notes on the management of spoiled identity. Touchstone.

Government of Canada (2020, August, 13). *Preventing suicide: Warning signs and how to help*. https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html

Jones, G., & Moorhouse, A. (2008). *Developing mental toughness: Gold medal strategies for transforming your business performance*. Spring Hill.

Raypole, C. (2020, April 21). *7 emotion-focused coping techniques for uncertain times*. HealthLine. https://www.healthline.com/health/emotion-focused-coping

Reivich, K., & Shatté, A. (2002). The resilience factor: 7 essential skills for overcoming life's inevitable obstacles. Broadway Books.

Routhier, C. (2006, March 2). Military resilience training program: Survey of the literature and existing programs [Unpublished manuscript]. 5 Field Ambulance, Canadian Forces Base Valcartier.

Suicide Prevention Resource Center (2010). *Army ACE suicide intervention program*. https://www.sprc.org/resources-programs/army-ace-suicide-intervention-program

Selk. J. (2008). *10-minute toughness: The mental exercise program for winning before the game begins*. McGraw-Hill.

U.S. Department of Human and Health Services. (n.d.). What does "suicide contagion" mean, and what can be done to prevent it? https://www.hhs.gov/answers/mental-health-and-substance-abuse/what-does-suicide-contagion-mean/index.html

Module 3 References

Adler, A. B., Bliese, P. D., & Castro, A. C. (2011). *Deployment psychology: Evidenced-based strategies to promote mental health in the military*. American Psychological Association.

Barwood, M. J., Dalzell, J., Datta, A. K., Thelwell, R. C., & Tipton, M. J. (2006). Breath-hold performance during cold water immersion: Effects of psychological skills training. *Aviation, Space & Environmental Medicine*, 77(11), 1136-1142. https://pubmed.ncbi.nlm.nih.gov/17086766/

Barwood, M. J., Thelwell, R. C., & Tipton, M. J. (2008). Psychological skills training improves exercise performance in the heat. *Medicine & Science in Sports & Exercise*, 40(2), 387-396. https://doi.org/10.1249/mss.0b013e31815adf31

Beck, J. S. (1995). Cognitive therapy: Basics & beyond. Guilford Press.

Burns, D. D. (1999). The feeling good handbook. Plume.

Davies, D. R., Matthews, G., Stammers, R. B., & Westerman, S. J. (2000). *Human performance: Cognition, stress & individual differences*. Psychology Press. https://doi.org/10.4324/9781315812809

Driskell, J. E., Copper, C., & Moran, A. (1994). Does mental practice enhance performance? *Journal of Applied Psychology, 79*(4), 481–492. https://doi.org/10.1037/0021-9010.79.4.481

Ellis, A. The revised ABC's of rational-emotive therapy (RET). *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, *9*(3), 139-172. https://doi.org/10.1007/BF01061227

Loehr, J. E. (1995). New toughness training for sports. Plume.

Miller, L. (2008). METTLE: Mental toughness training for law enforcement. Looseleaf Law Publications.

Siddle, B. K. (2005). *Sharpening the warrior's edge: The psychology & science of training*. PPCT Research Publications.

Stillwell, A. (2006). *Elite forces manual of mental & physical endurance: How to reach your physical & mental peak*. St. Martin's Publishing Group.

Module 4 References

Abbe, A., & Brandon, S.E. (2014) Building and maintaining rapport in investigative interviews, *Police Practice & Research*, 15(3), 207-220. https://doi.org/10.1080/15614263.2013.827835

American Psychological Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). https://doi.org/10.1176/appi.books.9780890425596

Arkowitz, H., Miller, W. R., & Rollnick S. (Eds.). (2017). *Motivational interviewing in the treatment of psychological problems* (2nd ed.). Guilford Press.

Britton, P., Williams G., & Conner K. (2008). Self-determination theory, motivational interviewing, and the treatment of clients with acute suicidal ideation. *Journal of Clinical Psychology*, *64*(1), 52-66. https://doi.org/10.1002/jclp.20430

Burnette, C., Ramchand, R., & Ayer, L. (2015). Gatekeeper training for suicide prevention. *Rand Health Quarterly*, *5*(1), 16. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5158249/

Canadian Association for Suicide Prevention. (2016). *Resource directory*. http://suicideprevention.ca/need-help/im-concerned-about-someone/

Centers for Disease Control and Prevention. (2016). Injury prevention and control: Division of violence prevention. http://www.cdc.gov/violenceprevention/suicide/definitions.html

Centers for Disease Control and Prevention. (2021). *Preventing suicide*. https://www.cdc.gov/suicide/pdf/preventing-suicide-factsheet-2021-508.pdf

Coleman, T., & Cotton, D. (2014). TEMPO: A contemporary model for police education and training about mental illness *International Journal of Law Psychiatry*, *37*(4), 325-333. doi: https://doi.org/10.1016/j.ijlp.2014.02.002

Coleman, T., & Cotton, D. (2014). TEMPO: Police interactions . A report towards improving interactions between police and people living with mental health problems.

http://www.mentalhealthcommission.ca/sites/default/files/TEMPO%252520Police%252520Interactions %252520082014 0.pdf

Dubé, P. (2016). *A matter of life and death*. Ombudsman of Ontario. https://www.ombudsman.on.ca/Files/sitemedia/Documents/OntarioOmbudsmanDeescalationEN_1.pdf

Goleman, D. (2005). Emotional intelligence: Why it can matter more than IQ. Bantam.

Government of Canada (2021, March 10). *Criminal code* (R.S.C., 1985, c. C-46). https://laws-lois.justice.gc.ca/PDF/C-46.pdf

Government of Canada. (2021, March 10). *Firearms act* (S.C. 1995, c. 39). https://laws-lois.justice.gc.ca/PDF/F-11.6.pdf

Hogan, M., & Goldstein Grumet, J. (2016). Suicide prevention: An emerging priority for health care. *Health Affairs*, 35(6), 1084-1090. https://doi.org/10.1377/hlthaff.2015.1672

Hutson, H.R., Anglin, D., Yarbrough, J., Hardaway, K., Russell, M., Strote, J., Canter, M., & Blum, B. (1998). Suicide by cop. *Annals of Emergency Medicine*, *32*(6), 665-669. https://doi.org/10.1016/S0196-0644(98)70064-2

Isaac, M., Elias, B., Katz, L. Y., Belik, S.-L., Deane, F. P., Enns, M. W., Sareen, J., & Swampy Cree Suicide Prevention Team. (2009). Gatekeeper training as a preventative intervention for suicide: A systematic review. *Canadian Journal of Psychiatry*, *54*(4), 260-268. https://doi.org/10.1177/070674370905400407

Joiner, T., Kalafat, J., Draper, J., Stokes, H., Knudson, M., Berman, A. L., & McKeon, R. (2007). Establishing standards for the assessment of suicide risk among callers to the national suicide prevention lifeline. Suicide & Life-Threatening Behaviour, 37(3). https://doi.org/10.1521/suli.2007.37.3.353

Lacobucci, F. (2014) Police encounters with people in crisis.

https://www.torontopolice.on.ca/publications/files/reports/police_encounters_with_people_in_crisis_ 2014.pdf

Merriam-Webster. (n.d). Rapport. In *Merriam-Webster.com dictionary*. Retrieved March 31, 2021, from https://www.merriam-webster.com/

Ministry of Health (2016, April 4). *Preventing suicide: Guidance for emergency departments*. New Zealand Government. https://www.health.govt.nz/publication/preventing-suicide-guidance-emergency-departments

National Institute of Mental Health. (n.d.). *Warning signs of suicide* (NIMH Identifier No. OM 19-4316). https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/om-19-4316-warningsignsofsuicide-508 158950.pdf

National Institute of Mental Health. (2016). *Suicide prevention*. Retrieved March 31, 2021 from http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml

Navaneelan, T. (2017, June, 16). *Suicide rates: An overview* (Health at a Glance Series, 82-624-X). Statistics Canada. http://www.statcan.gc.ca/pub/82-624-x/2012001/article/11696-eng.htm

Nock, M. K., Borges, G., Bromet, E. J., Cha, C. B., Kessler, R. C., & Lee, S. (2008). Suicide and suicidal behaviour. *Epidemiologic Reviews*, *30*(1), 133-154. https://doi.org/10.1093/epirev/mxn002

Ouellet, L., Blackburn, M., Chassé, F., & Cummings, J. (2012). Notions de base sur les maladies mentales: Guide pratique d'intervention. Institut universitaire en santé mentale de Québec. https://laressource.ca/images/ressources/guide-notions-bases-maladies-mentales.pdf

Pearson, C., Janz, T., & Ali, J. (2013, September 18). *Mental and substance use disorders in Canada* (Health at a Glance Series, 82-624-X201300111855). Statistics Canada. https://www150.statcan.gc.ca/n1/pub/82-624-x/2013001/article/11855-eng.htm

Price, O., & Baker, J. (2012). Key components of de-escalation techniques: A thematic synthesis. *International Journal of Mental Health Nursing*, *21*(4), 310-319. https://doi.org/10.1111/j.1447-0349.2011.00793.x

Rahr, S., Diaz, J., & Hawe, J. (n.d.). *The four pillars of justice based policing: Listen and explain with equity and dignity*. https://www.rampagelaw.com/wp-content/uploads/sites/1500041/2020/02/05-Justice-Based-Policing-LEED.pdf

Rolland-Harris, E., Whitehead, J., Matheson, H., & Zamorski, M. A. (2015). *Report on suicide mortality in the Canadian Armed Forces: 1995 to 2014* (SGR-2015-005). Department of National Defence, Government of Canada. https://www.canada.ca/en/department-national-

<u>defence/corporate/reports-publications/health/2015-report-on-suicide-mortality-in-the-caf-1995-</u>2014.html

Rudd, M. D., Berman, A. L., Joiner, T. E., Jr., Nock, M. K., Silverman, M. M., Mandrusiak, M., Van Orden, K., & Witte, T. (2006). Warning signs for suicide: Theory, research, and clinical applications. *Suicide & Life-Threatening Behavior*, *36*(3), 255-262. https://doi.org/10.1521/suli.2006.36.3.255

Séguin, M., Brunet, A., & LeBlanc, L. (2012). Intervention en situation de crise et en context traumatique (2nd éd.). Gaëtan Morin.

Statistics Canada. (n.d.). *Deaths and age-specific mortality rates, by selected grouped causes* (Table 13-10-0392-01). https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310039201

Suicide Prevention Resource Center. (2012). *QPR gatekeeper training for suicide prevention*. https://www.sprc.org/resources-programs/qpr-gatekeeper-training-suicide-prevention

Suicide Prevention Resource Center. (2013). *The role of law enforcement officers in preventing suicide*. http://www.sprc.org/sites/default/files/resource-program/LawEnforcement.pdf

Suicide Prevention Resource Center. (2016). About suicide. http://www.sprc.org/about-suicide

Swanke, J. R., & Buila, S. M. D. (2010). Gatekeeper training for caregivers and professionals: A variation on suicide prevention. *Advances in Mental Health*, *9*(1), 98–104. https://doi.org/10.5172/jamh.9.1.98

Van Orden, K. A., Witte, T. K., Cukrowicz, K. C., Braithwaite, S. R., Selby, E. A., & Joiner, T. E., Jr. (2010). The interpersonal theory of suicide. *Psychological Review*, 117(2), 575-600. https://doi.org/10.1037/a0018697

Vecchi, G. M., Van Hasselt, V. B., & Romano, S. J. (2005). Crisis (hostage) negotiation: Current strategies and issues in high-risk conflict resolution. *Aggression & Violent Behavior*, *10*(5), 533-551. https://psycnet.apa.org/doi/10.1016/j.avb.2004.10.001

World Health Organization (2018). *Age-standardized suicide rates (per 100 000 population), both sexes, 2016.* Retrieved March 31, 2021 from https://www.who.int/images/default-source/maps/global_as_suicide_rates_bothsexes_2016.png?sfvrsn=c2fe6dc2_0

World Health Organization (n.d.). *Mental health and substance abuse*. Retrieved March 31, 2021 from http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/

World Health Organization (2019). *International statistical classification of diseases and related health problems* (11th ed.). https://icd.who.int/

Zamorski, M. A., Rolland-Harris, E., Jetly, R., Downes, A., Whitehead, J., Thompson, J., & Pedlar, D. (2015). Military deployments, posttraumatic stress disorder, and suicide risk in Canadian Armed Forces personnel and veterans. *Canadian Journal of Psychiatry*, *60*(4), 200. https://doi.org/10.1177/070674371506000407

Module 5 References

Hays, K. F. (2009). *Performance psychology in action: A casebook for working with athletes, performing artists, business leaders, and professionals in high-risk occupations*. American Psychological Association.

Taylor, J., & Wilson, G. (2005). Applying sport psychology: Four perspectives. Human Kinetics.

Tod, D., Hardy, J., & Oliver, E. (2011). Effects of self-talk: A systematic review. *Journal of Sport & Exercise Psychology*, 33(5), 666-687. https://doi.org/10.1123/jsep.33.5.666

Orlick, T. (2015). *In pursuit of excellence: How to win in sport & life through mental training* (5th ed.). Human Kinetics.

Ungerleider, S. (2005). *Mental training for peak performance: Top athletes reveal the mind exercises they use to excel*. Rodale Books.

Module 6 References

American Psychological Association (2020, May 27). *Stress management for leaders responding to a crisis*. https://www.apa.org/topics/covid-19/stress-management

English, A. D. (2000). Leadership and operational stress in the armed forces. *Canadian Military Journal*, 1(3), 33-38. http://www.journal.forces.gc.ca/vo1/no3/doc/33-38-eng.pdf

Friend, T. (2003, October 13). Jumpers: The fatal grandeur of the Golden Gate Bridge. *The New Yorker*. https://www.newyorker.com/magazine/2003/10/13/jumpers

Mehrabian, A. (1971). Silent messages. Wadsworth Publishing Company.

Routhier, C. (2006, March 2). Military resilience training program: Survey of the literature and existing programs [Unpublished manuscript]. 5 Field Ambulance, Canadian Forces Base Valcartier.

Southwick, S. M., & Charney, D. S. (Eds.). (2012). *Resilience: The science of mastering life's greatest challenges*. Cambridge University Press.