

# NIRO Knowledge Podcast Resources for Show Notes

## Amy Boudreau, B.A., ICPS (The Yoga Cop)

### 1) **First Responder Wellness & Mental Health, with a focus on Yoga and Mindfulness Meditation**

**First Responder Mindfulness Network (FRMN):** a network of officers and researchers across North America collaborating, information-sharing and pioneering to advocate, educate, and bring about change within their first-responder industries as it relates to wellness and mental health through the use of mindfulness modalities, led by the Ministry of the Solicitor General, Corporate Healthcare and Wellness Branch in Toronto, Canada. Co-leads: [sarah.easterbrook@ontario.ca](mailto:sarah.easterbrook@ontario.ca) & [Vicente.Gannam@ontario.ca](mailto:Vicente.Gannam@ontario.ca), if you're interested in joining the network email Sarah & Vicente.

**Healing Heroes Organization:** is a holistic mind/body approach to healing trauma and PTSD for first responders and military personnel through Trauma Sensitive Yoga (TSY), Meditation and Breath (pranayama). Their mission is to alleviate the mental and physical symptoms of stress and stress related conditions, including post-traumatic stress. Call: (289) 681-1356, Email: [tania@healingheroes.ca](mailto:tania@healingheroes.ca)

**Canadian Institute of Public Safety Research and Treatment (CIPSRT)** in partnership with the Canadian Institutes of Health Research (CIHR) has launched a Mental Wellness in Public Safety research project to support the development of new research evidence and tools needed to address existing and emerging gaps in post-traumatic stress injuries (PTSI) as it relates to public safety personnel (PSP) in Canada. Visit [www.cipsrt-icrtsp.ca](http://www.cipsrt-icrtsp.ca) and follow Twitter: @CIPSRT\_ICRTSP for updates, free training, free self-assessment tools, research publications and research participant opportunities.

**Fo Guang Shan Temple (Buddha's Light International Association):** Offers FREE meditation training. For Canadian locations visit: [www.english.fgs2.ca](http://www.english.fgs2.ca) OR for North American locations visit: [www.hsilai.org](http://www.hsilai.org)

**MindFit Cop by Oscar Kilo (home of the National Police Wellbeing Service):** is a FREE eight-week online mindfulness course. Oscar Kilo provides access to evidence-based research and resources that can be used to help shape wellbeing provision and encourage collaboration and innovation across not just policing, but all emergency services. Visit: <https://oscarkilo.org.uk/mindfit-cop/>

**Center for Mindfulness in Public Safety:** offers Mindfulness-Based Wellness & Resiliency professional development training for law enforcement, first responders, corrections, reentry, and treatment professionals. Visit: <https://mindfulcorrections.org/>

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**HeartMath Institute:** empowers individuals, families, groups and organizations to enhance their life experiences using tools that enable them to better recognize and access their intuitive insight and heart intelligence. HeartMath has also developed Physical, Emotional and Mental Resources For Law Enforcement and First Responders.

Visit: <https://www.heartmath.org/training/resources-for-law-enforcement-and-first-responders/>

**Center for HealthyMinds, University of Wisconsin-Madison:** conducted a research project on Exploring the Effects of Mindfulness Training on Police Officer Resilience and Well-Being. Visit: <https://centerhealthyminds.org/science/studies/exploring-the-effects-of-mindfulness-training-on-police-officer-resilience-and-well-being>

**NutritionFacts.org:** is a strictly non-commercial, science-based public service provided by Dr. Michael Greger, providing free updates on the latest in nutrition research via bite-sized videos. There are more than a thousand videos on nearly every aspect of healthy eating, with new videos and articles uploaded every day. The goal of this website is to present you and your doctor with the results of the latest in peer-reviewed nutrition and health research, presented in a way that is easy to understand.

Visit: <https://nutritionfacts.org/>

**NxtGenHealth (MeAwaken):** Dr. Mitchell Abrams, a Canadian physician focused on creating healthy minds and connected communities. Meawaken is the result of his journey to the East and his deep immersion in a philosophy and practice that shifted his perspective in understanding the gaps in our Western Healthcare System. Cst. Amy Boudreau and Dr. Mitchell Abrams are currently collaborating on bringing a conscious healthcare model and workshop training to all community sectors.

Visit: <https://meawaken.com/nexgenhealth/>

## 2) **Evidence-based policing (EBP)**

**Canadian Society of Evidence-Based Policing (CANSEBP):** is an Association of police practitioners, academic researchers, public policy-makers and others, whose mission is to foster the creation and mobilization of quality research in order to make evidence-based approaches a cornerstone of policing in Canada. Join as a member for FREE to gain access to EBP resources: <https://www.can-sebp.net/>

**Center for Evidence-Based Crime Policy (CEBCP):** Symposium June 29, 2020 Fairfax, Virginia, USA. Visit: <https://www2.gmu.edu/topic/list/all/21066>

**America Society of Evidence-Based Policing (ASEBP):** Conference June 1-2, 2020 Washington, DC, USA. Visit: <https://www.americansebp.org/>

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The Society of Evidence-Based Policing:

<https://www.sebp.police.uk/>

Australia & New Zealand Society of Evidence-Based Policing

<https://www.anzsebp.com/>

### **Research Recommendations:**

#### Wellness & Mental Health Studies

Irwin M. Cohen, Amanda V. McCormick, & Bob Rich (2019). **Creating a Culture of Police Officer Wellness**. Published by Oxford University Press. Policing, Volume 13, Number 2, pp. 213–229.

[https://www.researchgate.net/publication/331024292\\_Creating\\_a\\_Culture\\_of\\_Police\\_Officer\\_Wellness](https://www.researchgate.net/publication/331024292_Creating_a_Culture_of_Police_Officer_Wellness)

Linda Duxbury & Christopher Higgins (2012). **Caring for and about those who serve: Work-life conflict and employee well-being within Canada`s Police Departments**. [https://sprott.carleton.ca/wp-content/files/Duxbury-Higgins-Police2012\\_fullreport.pdf](https://sprott.carleton.ca/wp-content/files/Duxbury-Higgins-Police2012_fullreport.pdf)

R. Nicholas Carleton, Stephanie Korol, Julia E. Mason, Kadie Hozempa, Gregory S. Anderson, Nicholas A. Jones, Keith S. Dobson, Andrew Szeto & Suzanne Bailey (2018). **A longitudinal assessment of the road to mental readiness training among municipal police**. Cognitive Behaviour Therapy.

<https://doi.org/10.1080/16506073.2018.1475504>

R. Nicholas Carleton, Tracie O. Afifi, Tamara Taillieu, Sarah Turner, Julia E. Mason, Rosemary Ricciardelli, Donald R. McCreary, Adam D. Vaughan, Gregory S. Anderson, Rachel L. Krakauer, Elizabeth A. Donnelly, Ronald D. Camp II, Dianne Groll, Heidi A. Cramm, Renée S. MacPhee and Curt T. Griffiths (2020). **Assessing the Relative Impact of Diverse Stressors among Public Safety Personnel**. International Journal of Environmental Research and Public Health. <https://www.mdpi.com/1660-4601/17/4/1234>

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Elizabeth Linos, PhD; Krista Ruffini, MPP, MA; Stephanie Wilcoxon, MPA (2019).

**Belonging Affirmation Reduces Employee Burnout and Resignations in Front Line Workers.** Goldman School of Public Policy, University of California, Berkeley, Behavioral Insights Team, Brooklyn, NY.

[https://www.researchgate.net/publication/336830004\\_Belonging\\_Affirmation\\_Reduces\\_Employee\\_Burnout\\_and\\_Resignations\\_in\\_Front\\_Line\\_Workers](https://www.researchgate.net/publication/336830004_Belonging_Affirmation_Reduces_Employee_Burnout_and_Resignations_in_Front_Line_Workers)

R. Nicholas Carleton, Tracie O. Afifi, Sarah Turner, Tamara Taillieu, Adam D.

Vaughan, Gregory S. Anderson, Rosemary Ricciardelli, Renée S. MacPhee,

Heidi A. Cramm, Stephen Czarnuch, Kadie Hozempa & Ronald D. Camp (2019). **Mental health training, attitudes toward support, and screening positive for mental disorders.** Cognitive Behaviour Therapy.

<https://www.ncbi.nlm.nih.gov/pubmed/30794073>

Stephen A Bishoppa, Nicole Leeper Piquero, John L Worrallb, and Alex R Piquero (2019).

**Negative Affective Responses to Stress among Urban Police Officers: A General Strain Theory Approach.** Routledge DEVIANT BEHAVIOR 2019, VOL. 40, NO. 6, 635–

654. <https://www.tandfonline.com/doi/abs/10.1080/01639625.2018.1436568>