Mental Health Best Practice Group Fall Meeting

Saskatoon Inn & Conference Centre
2002 Airport Drive, Saskatoon, SK
10:00am – 3:15pm, October 15, 2025

9:30am: Networking

10:00am: Meeting Begins

- Member Share
- Reporting and Supporting Psychological Injuries (Shikara Dyck, Service Hospitality)
- Lunch & Networking
- Reintegration Program & Reframing Interactive Demonstration (Courtney Killaby, Senior Analyst, CanOps)

3:15pm: Meeting Ends

Reporting & Supporting Psychological Injuries

This session pulls pieces from Service Hospitality's Claims Management Training that focus specifically on the reporting and supporting psychological injuries. In many cases, modified duties and a gradual return to full duties can be managed by the employer and the employee's health care provider(s). In the case of a traumatic workplace incident, further support may be required, which is discussed in our next session…

Reintegration Program & Reframing Interactive Demonstration

The Reintegration Program is a peer-driven program for public safety personnel who have experienced critical incidents and require additional support to return to work. Many of these principals can be applied more broadly to other industries and should be considered as options for psychological support following critical incidents in the workplace.

This session will then demonstrate a supportive exercise (Up/Down Exercise) designed for individuals returning to the workplace after experiencing or witnessing a traumatic event. Courtney will demonstrate the process of recounting the situation and identifying emotional reactions—positive, neutral, or negative—to specific words or aspects of the situation. She will then model how to reframe negative responses into neutral or positive ones, highlighting changes in body language and emotional tone. Group involvement includes providing feedback, observations, and the ability to ask questions throughout.