MST PEER SUPPORT PROGRAM CONSULTATIONS

PARTICIPANT FEEDBACK AT A GLANCE

Consultations were held to create a peer support program that is representative of the needs of current and former CAF members who have experienced Military Sexual Trauma (MST). While the engagement process began with 55 participants who initially volunteered, 26 were not in a place to participate due to their trauma or due to timing.

CO-FACILITATION

SITUATIONAL FLEXIBILITY

Views on the need for co-facilitators for group sessions was divided. Some indicated a need for mental health profes sionals to assist and others indicated preferring no professional support.

COMMUNICATION

BROAD COMMUNICATIONS EFFORTS ABOUT THE PROGRAMMING

Many were not aware of available resources after their traumatic event and hope to prevent this from happening to others.

SCREENING PROCESS

SAFE AND INCLUSIVE INTAKE PROCESS WITH THOROUGH PEER SUPPORTER SCREENING

Flexibility was viewed as essential and participants want the choice to engage in a process that best meets their needs.

PROGRAM DELIVERY

CHOICE OF FORMAT

Interest in various formats included in-person and virtual engagements for one-on-one meetings and small group sessions.

SAFETY

CONFIDENTIAL, DISCREET, AND INDEPENDENT OF THE CHAIN OF COMMAND AND THE CAF RANK STRUCTURE

Importance of safety from further institutional harm and perpetrators that inflicted trauma was emphasized.

TRAINING/EXPERIENCE

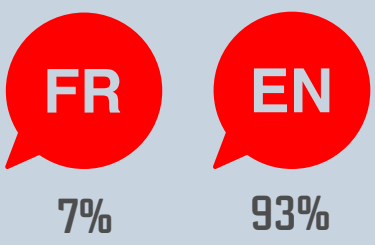
PEER SUPPORTERS TRAINED IN MENTAL HEALTH, TRAUMA, BOUNDARIES AND ETHICS

Many indicated they would prefer to speak to a peer supporter with lived experience of MST.

DEMOGRAPHICS

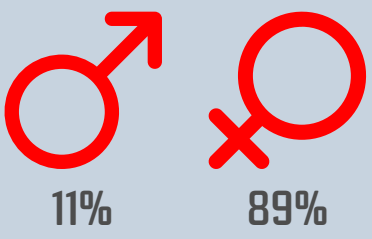
Respondents had the option of responding to all or some of the questions and in the format of their choice such as: a written submission, a one-on-one interview, or a small group format.

LANGUAGE
27 Respondents

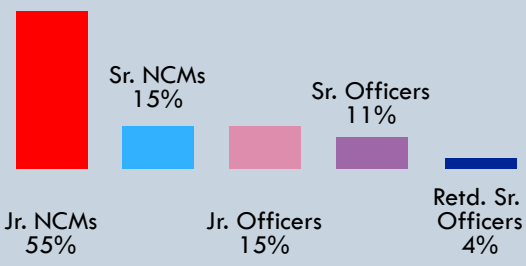


SEXUAL ORIENTATION
27 Respondents

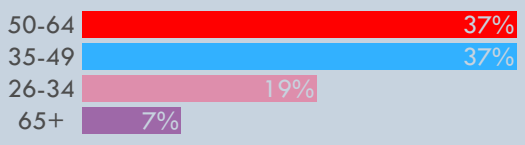
GENDER
27 Respondents



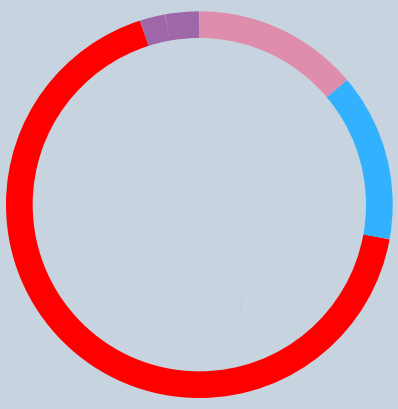
RANK
27 Respondents



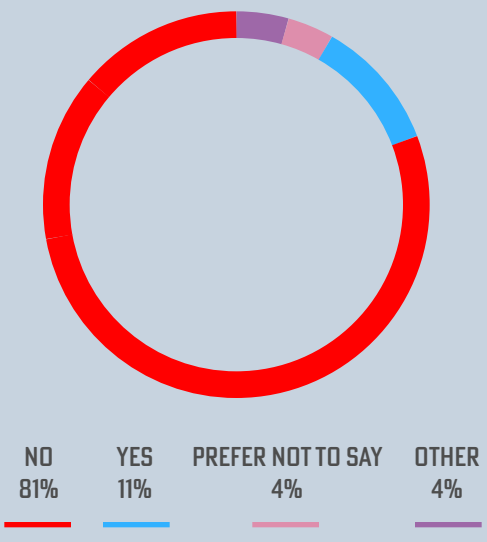
AGE
27 Respondents



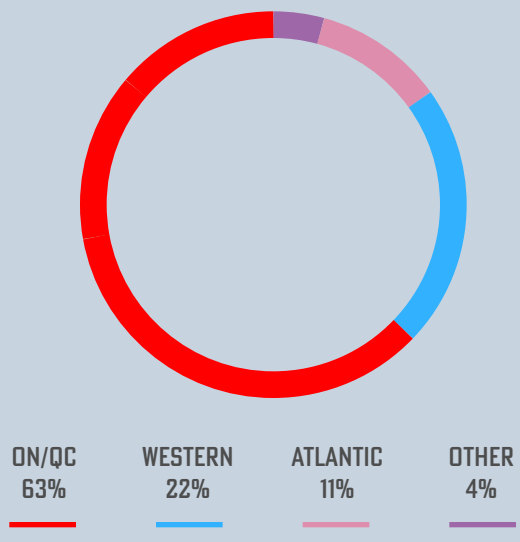
ELEMENT*
28 Respondents



VISIBLE MINORITY
27 Respondents



LOCATION
27 Respondents



*Total CAF Population Breakdown (eff. Dec 2019)

Royal Canadian Air Force 27%
Canadian Army 57%
Royal Canadian Navy 16%

Canada