

RETURN TO WORK PROGRAMS FOR TRAUMA-RELATED MENTAL HEALTH CONDITIONS

OVERVIEW

- Work helps shape our sense of identity, relationships & financial stability
- Workers like military members and public safety personnel (PSP) face higher work disruption risks from work-related trauma exposure
- Returning PSP back to work is vital for PSP & our communities



Environmental scan identified return to work (RTW) programs:

35

RTW programs were found that could assist people with trauma-related mental health conditions

13

Of the 35 programs were dedicated to PSP, military personnel, and veterans



18 RTW programs had a team of professionals including:



Psychologists



Occupational Therapists



Nurses

Next Steps

- Future research should evaluate existing RTW programs to measure their effectiveness
- Tailor RTW programs to address specific challenges of PSP, military personnel, and veterans
- Collaboration amongst therapist to deliver RTW programs

