

TRI-FACTOR MODEL OF PUBLIC SAFETY PERSONNEL MENTAL HEALTH

OVERVIEW

- **Public safety personnel (PSP)/First Responders** frequently face **unique work stressors** placing their mental health at risk
- The **COVID-19 pandemic** added additional stress
- Research reveals that 3 types of factors impact PSP mental health: **Operational, Organizational & Personal**

TRi-Operational-Organizational- Personal Factor Model (TROOP)

Organizational Factors
Context of the work

Operational Factors
Content of the work



Personal Factors
The individual, their family, and community

Organizational Factors are the most modifiable



ORGANIZATIONS CAN MODIFY:

- Supervisor support
- Leadership style
- Shift work models
- Staffing levels
- Mental health stigma
- Workplace culture

NEXT STEPS

- Encourage researchers and employers to **adopt** the **TROOP Model** when exploring & addressing PSP mental health
- Explore **relationships** between operational, organizational & personal factors
- **Conduct** ongoing research to **support PSP mental health**

