



Identity of Self
and Family



Family and
Community-Centric Care



Hope in Transition

2017 True Patriot Love Multinational Symposium:

The Impact of Injury on the Family

Presented by Scotiabank

Introduction

True Patriot Love Foundation (TPL) is a national charity dedicated to providing Canadian military and Veteran families with the support they need and the hope they deserve. Since 2009, TPL has provided \$25 million to fund innovative research and support 750 community-based programs across the country. By addressing the unique challenges resulting from military service including mental health, physical rehabilitation, transitioning to civilian life, and the special needs of children, TPL has helped change the lives of more than 25,000 military families.

From September 23 to 30, the Invictus Games 2017 was held in Toronto. On September 22, the eve of the Opening Ceremony, TPL held its fourth Multinational Symposium, bringing together international thought leaders, military and Veteran families, and Invictus Games competitors to discuss an important issue: the impact of service-related injury on military families. Also present was His Royal Highness Prince Henry of Wales, who founded the Invictus Games to support injured soldiers and their families.

The TPL symposia serve to address Veterans' issues on a global scale and advance the well-being of military families by:

- Increasing our understanding of the challenges military families face resulting from the unique conditions of service in times of peace and conflict
- Creating an international dialogue on best practices to improve the quality of, and accessibility to, programs and services that support military families
- Fostering engaging partnerships between and across sectors that will have meaningful impact on military families

Shaun Francis, Founder and Chair of the TPL Board of Directors, set the tone for the day. "We want to demonstrate the inspiring resiliency within military families and shine a light on the challenges they face," he said. "We want to leverage the power and passion of the Invictus Games to show the important role sport plays in the transition of our wounded warriors. We want to show military families they are not alone - they are a priority in the minds of government, military, community and corporate leaders."

The impact of injury on the family is lifelong and multifaceted. "We must remember that our freedom has been hard-earned by the courage and determination of our brave soldiers," said James O'Sullivan, Group Head of Canadian Banking for Scotiabank. "We are grateful for what all our men and women in uniform do to keep us safe and free, and we will continue to do everything we can to keep them healthy and strong."

By the numbers

According to the Department of National Defence and Veterans Affairs Canada:

65,000 Regular force military families are impacted by deployment and the day-to-day upheaval of military life

630,000 Veterans and their families currently live in Canada, many of whom are facing challenges related to transitioning to civilian life

1,000 Military personnel are medically released each year, with 700 spouses and 900 children also affected

13.5% Of Canadian Air Force personnel were diagnosed four years later with a mental disorder attributable to Afghanistan deployment

10,000 CAF members are released from military service in Canada each year, roughly half from the Regular Force and half from the Primary Reserve Force. As of December 2016, there were an estimated 670,100 CAF Veterans living in Canada.

60%

of medically released military personnel have permanent physical limitations

38%

of discharged military personnel fall between the cracks after their military service



Identity of Self and Family

Bronwen Evans, True Patriot Love's Founding Director and CEO, launched the first panel discussion with Invictus competitors and their families. "For many people, family extends to their network—their friends, their teammates. It goes beyond those we are biologically related to or married to," she stated. The importance of allowing families to self-identify their members and additional relationships which provide support and build resiliency was a strong theme throughout the day.

In March 2016, the Department of National Defence published *Impact of Military Lifestyle on Military Families: Results from the Quality of Life Survey of Canadian Armed Forces Spouses*. The survey found that spousal employment, primary health care, relocation, financial stability and childcare are the five most reported issues for CAF families.

Military spouses and families are known for their resilience; however, a concerted effort by the community, government and corporate sectors is needed to further empower families and the broader military community to develop skills, gain emotional support and better adapt to the impact of service.

When transitioning to civilian life, Veterans often face both personal and professional obstacles. They can experience a feeling of deep loss for their community and team that provided them with a strong sense of belonging during their military careers. For those who have formed their self-identity through service to country, redefining their personal relationships and their role in the world can be challenging. Sport, post-injury, offers an opportunity for Veterans to take the next step in recovery. The Invictus Games Toronto 2017 enabled Veterans to be part of a team again, to work toward a common goal and to proudly represent their home nation. It also gave Canadians a chance to rally behind these "wounded warriors"—by honouring their sacrifice and acknowledging their current challenges.

The Invictus Games can also have a profound impact on competitors' families. Spouses who see their partner go through this life-changing experience may feel excluded or lose their own self-confidence; it is therefore essential that all family members be given a role in achieving the team's "mission." Children in military families also benefit, as they proudly see their parents and other soldier and Veteran athletes as role models.

"Like any other sport or activity that you get involved with post-injury, the Invictus Games bring everyone together so that you are working again as a team, with like-minded people. You are forced into a positive environment where everyone is pushing toward the same goal."

- **David Wiseman**, Competitor, Invictus Games Toronto 2017; UK Team Captain, Invictus Games Orlando 2016





“We will continue to ensure that all Canadian Armed Forces (CAF) members end their careers with dignity and respect, regardless of how long, and in what capacity, they have served within the Forces. We are establishing a CAF transition group that will build on current best practices with a view to better serve our CAF members and their families. A key enabler for transition has been the assistance of outside partners, such as True Patriot Love, as we assist our members and their families in preparing for the next chapter of their lives.”

- Lt.-Gen. C.A. Lamarre CMM, MSC, CD, Commander Military Personnel Command

Team Trauner Canada

Mike Trauner and his wife Leah Cuffe embody the energy and spirit of teamwork. They have re-established their lives after serious combat injuries, trained for competition, and welcomed competitors, friends and family to the Invictus Games Athlete's Village.

Mike joined the CAF in January 1999. For 18.5 years he was an infantry soldier at the Third Battalion, Royal Canadian Regiment CFB Petawawa, serving in Bosnia and Afghanistan. While on deployment to Afghanistan in 2008, Mike stepped on a roadside bomb. He lost both his legs. He also suffered three fractures to his left arm, 25 breaks to his left hand, multiple burns and nerve damage.

Leah took an extended leave of absence to help Mike on his road to recovery, all the while navigating the CAF and the new Veteran's Charter and renovating their home to make it accessible. Leah's father moved in to help the couple adjust to a new post-injury reality. Mike and Leah's families continue to provide dedicated support and assistance, including help with basic logistics such as the two-hour drive to attend medical appointments.

In 2017, "Team Trauner" competed in the Invictus Games Toronto in rowing and cycling. Leah's presence and support were essential to Mike's participation - she biked alongside him, acted as his rowing spotter, helped him transfer from his chair to the equipment, and managed the equipment.

"Every time I wake up in the morning, the war is still there. I go to bed; the war is still there. It didn't disappear. I can't forget about it."

- Master Cpl. (Retired) Michael Trauner, 2017 Team Canada, Invictus Games Toronto



"We are happy to collaborate so closely with True Patriot Love on better supporting military personnel and their families. Opportunities to bring leaders together in such a forum are so valuable. This year's symposium focused attention on an important and often under-considered subject: the impact on family members of a serious injury."

- BGen. Andrew Downes, Surgeon General, Canadian Armed Forces

Service
Sacrifice Inspiration
Communication Resilience
Peers Triumph
Family Community
Creativity Leadership
Empathy Clarity of purpose
Honesty Focus

Responsibility

+ *Mentorship* + Love

Passion + *Accountability*

= **Leadership**

The George W. Bush Institute's Military Service Initiative estimates that four million American Veterans have served since 9/11. Yet according to the Institute, "71% of Americans say they do not understand the problems faced by those who have served since 9/11."

Colonel Miguel Howe is the Institute's April and Jay Graham Fellow. "For those warriors, whether wounded, ill, injured or sick, it really is a lifetime journey. It is an odyssey in which their family, their extended family, accompany them throughout their lives," he began. "This is the real imperative, not just for the military and our governments, but for all of our communities and the non-governmental sector: to be there to provide that support to these men and women."

A study by the RAND Corporation, commissioned by the Elizabeth Dole Foundation, found there are 1.1 million volunteer caregivers supporting Veterans of post-9/11 wars in Iraq and Afghanistan. Unlike older-generation Veterans and caregivers, 37% of these caregivers are age 30 or younger, 76% are employed, 40% are male, 33% are spouses, 25% are parents and almost 25% are unrelated friends and neighbours.

One organization at the forefront of supporting military families in the U.S. is the Fisher House Foundation. It provides homes for military and Veteran families to stay in while a loved one is in hospital, free of charge. Located at military and Veterans Affairs medical centres around the world, Fisher Houses have saved families an estimated \$360 million in out-of-pocket costs since the program's inception. The foundation also operates the Hero Miles Program and Hotels for Heroes, providing grants for military charities and offering scholarships for children of service men and women.

Next Steps

The panel highlighted four key areas to focus on in the future:

- 1** Encourage acknowledgment of self and caregivers: Veterans are the best advocates for themselves, their families and their caregivers.
- 2** Increase education and commitment to action: Promote discussions and activities among the public to raise awareness. Once people understand the challenges faced by Veterans and their families, they will feel obligated to act.
- 3** Promote mentorship: Military families and caregivers should prioritize themselves. Veterans can mentor other injured soldiers and Veterans.
- 4** Build non-governmental organizations on solid business models to ensure long-term support and resources to wounded warriors and their families.

"It's such a long process—that isn't yesterday, and isn't today, it is tomorrow and every day after. And we get to live that."

- Staff Sgt. Elizabeth "Ellie" Marks,
U.S. Army Wounded Warrior

Elizabeth "Ellie" Marks is a U.S. Army medic and world-class athlete who was severely wounded in Iraq in 2010.

Captain Mason Heibel, who led soldiers in Afghanistan, is her partner and caregiver. Together, Ellie and Mason embody the resilience, dedication and strength of both wounded warriors and caregivers. Learn more about their Warrior Odyssey [here](#).



Family and Community-Centric Care

A recurring theme throughout the day was the value of taking a holistic approach to address the unique needs of every family member. Dr. Barbara Van Dahlen moderated the discussion. She is the Founder and President of Give an Hour, a U.S. organization that has developed a national network of volunteers to respond to both acute and chronic mental health needs of serving military members, Veterans and their families.

Moderating the panel, Dr. Van Dahlen noted, “Our military and Veteran family members deserve our appreciation, respect and attention. By ensuring that we include them in every aspect of the healing and recovery process for our service members and Veterans, we not only improve the likelihood of improving the overall health and well-being for those who have served our countries, we also ensure that our military and Veteran family members are cared for and supported during their own healing and recovery. Innovative community-based efforts can assist in providing this care – and fill the understandable gaps in services for the families who also serve. Working with our government and philanthropic partners, we must do our part to create comprehensive and integrated systems of care that will keep our military communities healthy and strong.”

Sue Freeth, CEO of U.K.-based Combat Stress, noted that “many Veterans feel we are not recognizing and supporting their partners.” Family members often place their own needs second. Health and social health care systems therefore need to provide military families with appropriate programs as well as confidence in the system so that they seek care for themselves. As Rory Brosius, former senior advisor on Veterans and military families to Michelle Obama and current Military Families Advisor to the Biden Foundation, illustrated a strong fighting force depends on three pillars: Training, Equipment and Family.



Over the past few years, governments, the military and the non-governmental sector have done a number of things right:

- 1 Increased communication, shared language and willingness to talk about mental health
- 2 Shared ideas and collaborated with organizations in various sectors
- 3 Promoted diversity of thought and experience
- 4 Included military families in military strategy planning by governments and service providers
- 5 Increased international dialogue and sharing of best practices and successes

Located on CAF bases across Canada, the 32 Military Family Resource Centres (MFRCs) are crucial in providing parents, spouses and children of CAF members with a community of support, education and resources. Along with daycare and youth programs, MFRCs provide social workers and therapists to assist with individual and marital counselling. Weekend retreats also allow families to reconnect and discuss their challenges with people in similar circumstances. Each MFRC can tailor programs to the geography, vulnerabilities and needs of the community it serves.

“The key is to take care of spouses and partners before they start the post-transitioning life. Prepare them in advance and ensure that they feel prepared. They have to look at it as a new journey.”

- Colonel (Retired) Kerry Vance
J.D., L.L.M., Esq.
Spouse of General Jonathan Vance
Chief of the Defence Staff

Colonel Rakesh Jetly is a senior psychiatrist and mental health clinical advisor to the Canadian Forces Surgeon General. He divided barriers to care into three broad categories: attitudinal barriers (am I worthy of help?), structural barriers (do we have the resources to help?) and geographic barriers (Canada’s area spans 9.985 million km²).

In addition to spouses or caregivers being shy about seeking help, barriers to care may include financial costs, access to care complicated by geography and multiple relocations, difficulty in finding culturally competent care, and lack of knowledge about opportunities.



“Our heroes shouldn’t suffer in silence.”

- Dr. H.K. Manji, MD, FRCPC, Global Therapeutic Head for Neuroscience at Janssen Research & Development, LLC, one of the Johnson & Johnson pharmaceutical companies; visiting Professor at Duke University.



Caregiver Burnout

At some point or another, most family and friends within the extended circle of serving members and Veterans experience being caregivers. As key players in successful recovery, family members also play a vital role in juggling and navigating the health care system.

Peer-to-peer support and social connectedness have been shown to be protective factors for caregivers who may otherwise be at risk for burnout. Caregivers need to have their experience validated, be reminded of what they are doing well and be encouraged to develop a plan for times of crisis.

This panel discussion, moderated by Rachel O'Hern, Executive Director of Returning Heroes Home, highlighted how caregiver burnout comes from the stress of providing care for others while simultaneously caring for oneself, having a job and other responsibilities and/or raising children. Families need to be treated as active members in the transition, not observers, and provided with the appropriate tools to cope with the challenges of caregiving.

The Mental Health [Caregiver Guide](#) is one such tool. Author Julie Turcotte identified military caregiving as a “value-lived experience,” unique to each individual and family, depending on whether they are supporting the mental health recovery of a spouse with post-traumatic stress disorder (PTSD) or depression, caring for a child living with school- or relocation-related stress and anxiety, etc.



Guidelines for Caregiving

Communicate:

Open channels of communication internally and among external partners, nationally and internationally. Share new findings and innovative practices to broaden our thinking, promote collaboration and build our knowledge base.

Take a family-centric approach:

It is important for caregivers and family members to take time to process injury. The message to them should be: there is an entire community of caregivers to support you—you are not alone. Families need to be central to services, policies and practices. They play a critical role in the healing process and must therefore be included in the transition plan.

Encourage innovation:

Think creatively on how to engage and how to heal. There is no one-size-fits-all solution. Tear down silos and communicate with others in health care, other families and each other.

Impact of Injury on Children

A panel of leading researchers in military and Veteran health, as well as families with first-hand experience, discussed the impact of injury on children. They highlighted current research, trends among military families with children, and goals for further investigation.

“Military children under age 7 are significantly less likely to see a pediatrician than age-matched counterparts,” noted moderator Dr. Alice Aiken, Vice President of Research at Dalhousie University. “Children of military families between the ages of 7 and 14 years are significantly more likely to visit their family physician for a mental health reason.” These statistics suggest that families need to be provided with the tools and education to manage the challenges children may face due to a parent or sibling’s military service.

The study *Children in Military Families: The Impact of Military Life on Family Well-Being* (2014) by the Canadian Department of National Defence shows that parental deployment and relocation are noteworthy stressors in the lives of children in military families. The impact can be felt in the areas of family dynamics, daily activities and routines, psychological well-being (internalizing and externalizing problems), physiological well-being, academic functioning and peer relationships.

Researchers Dr. Heidi Cramm (Canadian Institute for Military and Veteran Health Research) and Dr. Nicola Fear (King’s Centre for Military Health Research at King’s College London) have been studying health system access issues and the unique experiences of trauma for every member of a military family. Like many panelists, they highlighted the importance of sharing positive stories and experiences. They also stressed that we are only in the early stages of developing a full understanding of the impact of injury on children.



Current Trends

- Military families have difficulty accessing proper treatment through the health care system, especially mental health support for children.
- Family members play an immediate role in supporting one another during the injured family member’s recovery. The spouse can mitigate, moderate, or exacerbate the situation, and this affects children’s ability to cope. It is therefore important to cultivate resiliency in military families.
- Children’s social and emotional well-being is linked to that of their parents. Findings from a study conducted by Dr. Fear suggest that a father’s PTSD also affects the children, particularly boys under 11.

Future Goals

- Enhance virtual services to remove barriers and alleviate perceived stigma.
- Address care with a comprehensive, holistic view: involve healthcare providers, teachers and others in the discussion to fully understanding the impact on the child.
- Customize care according to the child’s age and needs.



Canadian Institute for Military and Veteran Health Research (CIMVHR)

The CIMVHR TPL Research Initiative encourages researchers from relevant fields to submit project proposals for funding to accelerate research and improve the health and well-being of Canada's military, Veterans and their families. This opportunity has been made possible through the support of the True Patriot Love Fund. The True Patriot Love Fund was established in January 2015 with a commitment of \$10 million for the purposes of supporting research to discover new treatments, establishing evidence-based programs, and increasing access to programs and treatments dedicated to advancing the health and well-being of Canadian military families.

The initiative will support priority research areas including, but not limited to:

- Military family health;
- Transition throughout the military and Veteran life course;
- Mental and/or physical health research and rehabilitation in Canadian military, Veterans or families;
- The ethics of health care and the healing of moral injury as it relates to service; and
- Analysis of provincial health data, or other relevant datasets, for the purposes of advancing military, Veteran and family health research.

Strongest Families Institute

The Strongest Families Institute (SFI) removes barriers to care by using technology to deliver its services. It has already helped over 10,000 Canadian families with children coping with depression and anxiety. Families learn one skill per week through written materials, videos and structured phone calls from a culturally sensitive coach.

With an 89% success rate, the SFI program can provide mental health services when and where they're needed, at no cost to participants. The program is now offered at 25 MFRCs across Canada.

“Family members are often the strongest advocates for Veterans and their own family.”

- Marie Andree Malette, Co-Founder Caregiver's Brigade



Code Name: *Iron Soldier*

Capt. (Retired) Trevor Greene and his wife, Debbie Greene, epitomize the resiliency, dedication and fortitude of a military family united to overcome the impact of combat injury. On March 4, 2006, Trevor was meeting with local elders in the riverside village of Shinkay, near Kandahar City, when a Taliban insurgent approached from behind and drove an axe into his brain. Trevor's resolve to push boundaries and Debbie's unwavering and selfless support have allowed the Greenses to achieve remarkable milestones while raising their children, Grace (12) and Noah (5).

The couple attributes the advances in Trevor's recovery to medical technology, including MRI mapping of Trevor's brain and an exoskeleton that has allowed him to stand, walk and participate in targeted therapy to encourage his brain to rewire.

The exoskeleton had previously been an option only for those with spinal cord injury, but with the ardent support of his medical team, including doctors Ryan D'Arcy and Carolyn Sparrey, Trevor was the first exoskeleton user for a brain injury.

Debbie has been key to Trevor's remarkable recovery. She has no intention of stopping now, as Trevor sets his sights on his next goal: climbing to Mount Everest Base Camp. Trevor relies on mental imagery as a powerful tool to reach his goals, visualizing what he has to do, for motivation and focus.

The advancements made by the Greene family and their medical team will improve the quality of life for Veterans and military families for years to come. The panelists discussed the need to balance the urgency of improving quality of life with scientific rigor and safety. They agreed that the potential for others lies at the intersection of technology, investment, time and energy.

"I refuse to be affected by the Taliban. I have a fabulous wife and two beautiful children."

- Capt. (Retired) Trevor Greene

Hope in Transition: Challenges and Opportunities

Rediscovering one's identity as an individual, family member or community member is an important step in the successful transition out of active service. This experience is very personal and yet very much shared.

Discovering a new civilian workforce identity

Veterans are entrepreneurial. They have developed problem-solving and logic-based skills and are dedicated team players. In business, they show strength in developing their teams and moving forward as a cohesive unit. Yet the military and civilian environments are very different. Veterans seeking belonging, community and connectivity can experience culture shock, finding the civilian workforce isolating and unfamiliar. To embrace Veterans, civilian organizations need to build in programs that nurture Veterans' talents and promote their strengths.

Translating military skills and work experience into a language that fits civilian and corporate job descriptions can be challenging.

Stigma around injuries, in particular mental health injuries, can also impact this transition. Participants in the panel "Employment Transition and Identity" agreed that employers still have a long way to go in making workplaces adaptable, accessible and inclusive.

Veterans Bruno Guevremont, Joel Guindon and Will Reynolds offered the following advice to members of the CAF on how to prepare for work and life after the military:

- Embrace your skills and start communicating those skills early, in preparation for life after the military.
- Start planning the day you join the military. Plan to leave with an injury. Plan ahead. Get informed, look outside the military. Ask questions. Don't wait to be offered opportunities.
- Figure out how to network and advocate for yourself. Seek out coaching. Although it's often provided in the military, you'll be on your own once you get out.

"Desire, drive and determination ...these individuals have some of the best leadership training in the world, we come from a background of integrity and we are all mission oriented."

- **Vicky Gosling**, Former Director of Military Programme The Sage Foundation and current CEO, British Ski and Snowboard

"Organizations need to adapt the world of work and need to be more inclusive and flexible in the approach to work...We have to start looking at this differently because we are going to miss out on critical talent."

- **Michelle Banik**, Senior Vice President, People & Culture OMERS

Military Hiring Strategies for Employers

- 1 Build greater awareness of the qualities that Veterans bring and the leadership talent within the military.
- 2 Create a community to provide Veterans with a sense of belonging and connectivity (e.g. military employee resource groups).
- 3 Recognize that high performance comes from diversity of perspectives, discipline and a focus on delivering results.
- 4 Offer adaptive, inclusive and flexible work for Veterans.
- 5 Invest in talent retention and rotational training programs that allow Veterans to discover where they fit.



Determinants of Successful Transition and Role of the Family

Life after service is a major adjustment for both Veterans and their families. Panelists described a family in transition as chaotic, troubled, disruptive, apprehensive, overwhelming and lost. Successfully overcoming these challenges requires supportive family members, secure finances and finding a renewed purpose. Chris and Kathryn Linford spoke of how they found purpose after the CAF by founding the Wounded Warriors Canada Couples Overcoming PTSD Everyday (COPE) Program to support other military couples adjusting to life after service.

Panelists in this session identified five key factors in helping families through transition:

- 1 Care for our caregivers:**
Acknowledge and tailor programs to support caregivers as they juggle caring for ill or injured warriors with managing the household and their own careers.
- 2 Encourage families to tackle injury as a team:**
The entire family is affected by the Veteran's injury. Asking family members to shift their language from "his/her injury" to "our injury" acknowledges the entire family's need for support.
- 3 Transition as a community:**
Connect with other Veterans and their families, share experiences and recover together.
- 4 Professionalize transition services:**
Create formal transition services and include the family so they are part of the entire process.
- 5 Help prepare families for civilian life with optimism:**
Help families see life after the military as a new, exciting journey.

Terri Tanelian of the RAND Corporation stated that in the United States there are 5.5 million caregivers, including 1.1 million supporting post-9/11 Veterans. Most programs are tailored to the needs of Veterans who may experience higher levels of depression, PTSD, isolation and challenges adjusting to civilian work.

Caregivers need effective programs to learn skills and engage with a strong, supportive peer network. The Office of Veterans Experience at the U.S. Department of Veterans Affairs has developed the "Journeys of Veterans Map" which follows the recruit from the time of enlistment through service and release from service.

Percentage of military families that have difficulty transitioning, according to Sharon Squire, Office of the Veterans Ombudsman:

33% of Veterans

28% of military spouses

18% of military children





Awareness and Education

How do we close the military-civilian gap to make it easier for Veterans and families to transition?

Leading a panel discussion on caregiver burnout, Rachel O'Hern shared the importance of understanding and preparing for both the acute stage and multi-year stages involved with adjustment to transition from military to civilian life which may also include an adjustment to injury.

Increased awareness and knowledge of the distinctive needs of military families is essential for anyone who works with or engages with this segment of the population. When someone takes on the role of caregiver, formalizing their status makes it easier for them to receive the support and recognition they need. Improving access to care for military families, acknowledging the role of the caregiver and providing support to caregivers and families as an integral part of the recovery process will go a long way in improving the family healing process.

Looking Forward

To conclude, panelists were asked to complete the sentence, "Wouldn't it be great if...?" Here were some responses:

Wouldn't it be great if spouses had more information and were prepared for transition?

Wouldn't it be great if all significant resources could work together to maximize and leverage potential, decrease stigma and allow others to step forward?

Wouldn't it be great if military families felt optimized to thrive?

Wouldn't it be great if military families, Veterans, survivors and caregivers felt they had access to resources in their communities, with no barriers?

"It was impossible to walk away from the True Patriot Love symposium without a deeper appreciation and understanding of the courage and resilience of our brave soldiers, Veterans and their families. We're grateful for their bravery and proud to support them in any way we can."

- **Lori Watson**, Federal Government Leader with PwC Canada

The CAF's commitment to a comprehensive family program which takes into consideration the role and the needs of the entire military family for successful transition is a strong step forward in addressing the impact of injury on the family.

"Education is the very first step to being able to support someone with invisible wounds of war."...Invisible wounds, like PTSD, traumatic brain injury, depression and substance use disorder, can be caused by non-combat and combat military experience. Invisible wounds are just as real and just as important as physical wounds."

- **Marjorie Morrison**, Psych Armor



The symposium demonstrated how vital it is to continue our collective efforts to address the impact of injury on military families. Collaboration between the private and public sectors will lead to innovation in addressing these needs. Awareness increases knowledge of the issues to tackle, while partnerships across sectors will fund programs, provide peer support and help military families lead the discussion on how they can be best supported.



True Patriot Love kindly thanks the following sponsors for their support



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The Impact of Injury on the Family

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About TPL

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