2018/2019

ANNUAL REPORT
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Top Centre: Master Corporal Leonna Chaisson, Formation Imaging Services, Nova Scotia, HS2011-0430-010
Top right: Munz Media
Bottom right: Captain Josh Brighton, Combat Camera, ISX01-2019-0001-02
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A DECADE OF SERVING THOSE WHO SERVE US.
Since 2010, CIMVHR has been working to serve those who serve us by advancing research focused on the needs of Canadian military members, Veterans and their families. From the very beginning, CIMVHR has worked collaboratively with stakeholders to positively impact research, policies, programs and services that address the health needs of these unique populations.

CIMVHR is recognized as a valued and credible authority on military, Veteran and family health research. In 2018, CIMVHR was used as a model for the development of the Canadian Institute for Public Safety Research and Treatment, a like-minded research institute that extends to public safety personnel. In this way, the work that we have done to build CIMVHR is now benefiting other cohorts by being an example of how to build a successful collaborative network.

Over the past decade, CIMVHR has made a national and global impact on military, Veteran and family health research. This impact can be seen on stage at our annual research Forum, on the pages of the Journal of Military, Veteran and Family Health, in health clinics across our country, as well as in Canadian university labs and classrooms where the next generation of researchers are being taught. Our impact can be heard when governments announce policies like Strong, Secure, Engaged, and the impact can be felt by serving members, past and present, whose wellbeing is being prioritized and improved.

In March 2019, the Government of Canada recognized the decade of CIMVHR impact and recommended $25 million in funding for CIMVHR in the federal budget. With the strength of our team, and alongside our new Board Chair, Dr. Elizabeth Taylor, and our new Executive Director, Maj (Retd) Yvonne Cooper, the institute will continue to work tirelessly to impact the health and wellbeing of our military, Veterans and their families. We intend to start the next decade of CIMVHR the way we began the last, by serving those who serve us.

David Pedlar, PhD, Scientific Director

Stéphanie Bélanger, CD, PhD, Associate Scientific Director
CIMVHR: A SNAPSH(T

19
MILLION DOLLARS IN RESEARCH FUNDING

92
RESEARCH CONTRACTS

12
GLOBAL AFFILIATES

8
CIMVHR FELLOWS

2018/2019

True Patriot Love funding awards

Public Services and Procurement Canada funding awards

Global Affiliates

CIMVHR Fellow

Dr. Christian J. Kastrup, PhD
Associate Professor

Michael Smith Laboratories and Department of Biochemistry & Molecular Biology, University of British Columbia
4 PHILANTHROPIC SUPPORTERS
3 INDUSTRY SUPPORTERS
CIMVHR
Canadian Institute for Military and Veteran Health Research
ICRSMV
L’Institut canadien de recherche sur la santé des militaires et des vétérans

9 ANNUAL CIMVHR FORUMS
45 UNIVERSITY MEMBERS
7 ISSUES OF THE JMVFH
1,700 RESEARCHERS

CIMVHR Forum 2018 Co-hosted with University of Regina

2018/2019
3 University Members
UQAC Université du Québec à Chicoutimi
Laurentian University Université Laurentienne

2018/2019
30 Articles across 2 issues
1 Supplement

5 GOVERNMENT STAKEHOLDERS
Journal of Military, Veteran and Family Health
A Journal of the Canadian Institute for Military and Veteran Health Research
IMPROVING THE DIAGNOSIS AND TREATMENT OF MENTAL HEALTH CONDITIONS THROUGH THE ADVANCED ANALYTICS INITIATIVE

Over the last 10 years, interest in big data research has grown exponentially: its size and parameters present new horizons for what can be accomplished at the intersection of big data and health research. The Advanced Analytics Initiative has proven to be a fruitful partnership between CIMVHR, IBM Canada Ltd., and Babcock Canada Inc., to fund cutting-edge research focused on leveraging approaches to big data and advanced analytics in the context of military, Veteran and family health research.

One notable example of research funded through this initiative is with Drs. Ruth Lanius, J. Don Richardson and Nicholas Coupland who are the principal investigators of a project entitled “Using fMRI machine learning as a predictor of PTSD phenotype and treatment outcomes among treatment-seeking CAF members, veterans and civilians.” Through this study, their research team combined brain imaging and machine learning to classify with 92 per cent accuracy whether individuals had PTSD and whether or not it was the dissociative subtype. These preliminary results highlight the promise of brain imaging as a tool for early diagnosis of psychiatric illness, helping to predict symptom development and treatment needs. This research would not be possible without the funding and support from IBM Canada Ltd., Mitacs, True Patriot Love Foundation, and SOSCIP.
CIMVHR TRUE PATRIOT LOVE RESEARCH INITIATIVE

CIMVHR, working in partnership with True Patriot Love Foundation ("True Patriot Love" or "TPL"), launched the CIMVHR True Patriot Love Research Initiative, an annual call for proposals based on emerging research priorities. The initiative is designed to encourage researchers from relevant fields to apply for funding that will accelerate research in priority areas.

Research projects funded through this initiative are also encouraging the development of new skillsets and expertise of post-doctoral fellows, and/or graduate students, in turn supporting the next generation of researchers in military, Veteran and family health research.

The 2018 call for proposals sought applications that focused on the following research themes:

- 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 or moral injury as it relates to service
- Analysis of provincial health data, or relevant datasets, for the purposes of advancing military, Veteran and family health research

PUBLIC SERVICES AND PROCUREMENT CANADA RESEARCH

In 2012, CIMVHR entered into an agreement with Public Services and Procurement Canada (PSPC) to assist with finding specialized research teams to conduct research that would meet the needs of Defence Research and Development Canada (DRDC), Canadian Forces Health Services Group (CFHS) and Veterans Affairs Canada (VAC). CIMVHR, along with DRDC, CFHS and VAC are interested in optimizing the health and wellbeing of Canadian military personnel, Veterans and their families by harnessing and mobilizing a national capacity for high impact research, knowledge creation and knowledge exchange.

Between the period of May 1, 2018 – April 30, 2019, fifteen projects were awarded funding.

After the War: Investigating 20th Century Post-Conflict Re-Establishment and Rehabilitation Best Practices to Empower 21st Century Veterans
Pls: Lee Windsor, PhD and Cindy Brown, PhD

Broad spectrum antivirals against RNA viruses which block cellular entry
Pl: Frederick West, PhD

Evaluation Remote Ischemic Conditioning (RIC) for the Treatment of Posttraumatic Shock and Brain Injury- A Randomized Controlled Trial.
Pl: Ori Rotstein, MD

Exploring the Experiences of Adult Children of CAF Veterans: Implications for Program and Policy Development
Pl: Deborah Norris, PhD

Fibrinogen in the Initial Resuscitation of Severe Trauma (FiiRST) 2: Physiological outcomes.
Pl: Luis Da Luz, MD

LeveRaging routinEly collected heAlth data to enhanCe veteran and family Health (REACH)
Pl: Alyson Mahar, PhD

Project Trauma Support: Addressing Post-traumatic Stress Disorder and Moral Injury in Military Members at risk of Medical Release
Pl: Suzette Brémault-Phillips, PhD

Safe Harbour for Military, Veteran and Family Health Research Data
Pl: Patrick Martin, PhD

Soutien en santé mentale aux familles militaires et aux vétérans du Québec : une étude de faisabilité
Pl: Dave Blackburn, PhD
The implementation of remotely supervised home-based intensive exercise interventions to improve balance, mobility and physical activity for military who suffered a moderate or severe traumatic brain injury
PI: Heidi Sveistrup, PhD

Towards Reducing Musculoskeletal Injuries in the Canadian Armed Forces
PI: Phil Bigelow, PhD

Understanding the experience of parents caregiving for adult veterans injured through service
PI: Heidi Cramm, PhD

Using fMRI machine learning as a predictor of PTSD phenotype and treatment outcomes among treatment-seeking CAF members, veterans, and civilians
PIs: Ruth Lanius, MD, PhD; Don Richardson, MD; and Nicholas Coupland, PhD

Validation of a novel method to predict aircrew cockpit accommodation in RCAF aircraft
PI: John Kozey, PhD

Workplace Well-Being of CAF members and DND personnel
PI: Alexandre Morin, PhD

INNOVATION TO IMPACT:
TRANSLATING MILITARY FAMILY HEALTH RESEARCH INTO PRACTICE

In October 2018, Calian, Military Family Services (MFS), The Vanier Institute of the Family and CIMVHR announced the establishment of Innovation to Impact – a working group focused on translating military family research to empower primary care physicians and military families to make evidence-based decisions and advance the provision of care for military families through the Calian Military Family Doctor Network (MFDN). To operationalize this vision, the group is developing tools for primary care physicians and military families based on knowledge that has been generated through the CIMVHR network of researchers that are focused on advancing research pertaining to military families.

Since announcing this initiative, the working group has begun consolidating existing research and resources to be made available for primary care physicians as well as military families through the MFDN portal and other tools. The working group has also developed a concept model for delivering tools to primary care physicians and military families based on the research on the Military and Veteran Family Cultural Competency Model (Linna Tam-Seto, PhD, et al.). Working together, this group will close the “knowledge to practice” gap and make a tangible difference in the health care experiences of family members of Canadian Armed Forces personnel.
2018 CIMVHR FELLOW

Dr. Christian Kastrup, an Associate Professor at the University of British Columbia whose group utilizes biomedical engineering to solve problems related to hemostasis and thrombosis, joins seven others as a CIMVHR Fellow. This group of researchers encourages development through research networks that will benefit military personnel, Veterans and their families; engages with researchers and policy makers to not only extend CIMVHR’s presence in their region but also the impact of CIMVHR’s work; inspires participation and leadership in CIMVHR scientific activities; and promotes CIMVHR’s mission within communities of researchers and policy makers. CIMVHR Fellows demonstrate exceptional research advancements within the field of military, Veteran and family health.
AWARDS PRESENTED AT FORUM 2018, REGINA, SK

The Major Sir Frederick Banting MC, RCAMC Award
sponsored by True Patriot Love Foundation

Presented to: Robert Hawes, PhD Cand., Canadian Armed Forces

*Battle Injury, Non-battle Injury and Disease among Canadian Armed Forces Personnel in Afghanistan, 2004-2012: A novel program of operational and population health research* with Thériault, F., PhD (Cand); Lu, D, MD, PhD.

Mental Health Treatment Award
sponsored by Homewood Health

Presented to: LCol Suzanne Bailey, Canadian Armed Forces

*Ten years of R2MR: How the Road to Mental Readiness (R2MR) program has evolved from 2008-2018 with* Guest, K., MSW.
“Military members, Veterans and their families face unique experiences and needs that require progressive responses for physical, psychological and social care throughout military service and beyond. CIMVHR plays a unique role in addressing these needs through building research capacity and enhancing knowledge translation and engagement with stakeholders.”

Heidi Cramm, PhD, Associate Scientist, Strategic Initiatives & Forum Co-Scientific Chair
Colonel Russell Mann, Military Family Health Research Award
sponsored by The Vanier Institute of the Family

Presented to: Deborah Norris, PhD, Mount Saint Vincent University

Military Family Resilience: An environmental scan of programs and services with Cramm, H., PhD; Smith-Evans, K., MA; Hill, S., MEd; Mahar, A., PhD.

Editors’ Choice Award
sponsored by the Journal of Military, Veteran and Family Health

Presented to: Alina Protopopescu, PhD Cand. McMaster University

The Relation between Adverse Childhood Experiences and Moral Injury in the Canadian Armed Forces with Battaglia, A., BSc; Boyd, J., MSc; Lloyd, C., BA; Jetly, R., MD; O’Connor, C., MSc; Hood, H., PhD; Nazarov, A., PhD; Rhind, S., PhD; Lanius, R., MD, PhD; McKinnon, M., PhD

Student Research Award
sponsored by VIA Rail Canada

Presented to: Ryan Van Slyke, Syracuse University

Communities Serve: A Systematic Review of Need Assessments on U.S. Veteran and Military-Connected Family Populations with Armstrong, N., PhD; Huitink, Z., PhD.
Through contracting mechanisms and appearances before the Senate of Canada, CIMVHR strives to advise the Government of Canada on best practices, clinical approaches and policies. For instance, researchers from the institute contributed to the now released Senate report on *Canadian Veterans’ use of Cannabis for Medical Purposes* (published June 2019), providing direct advice on the safety and effectiveness of medical cannabis, and contributed directly to the Senate recommendation that “the Government of Canada quickly make significant investments in research on the use of cannabis for medical purposes.”

CIMVHR also had a direct impact on the number one recommendation of the May 2018 House of Commons Standing Committee on Veterans Affairs (ACVA) report, *A seamless transition to civilian life for Veterans: It’s Time for Action*, that VAC and DND collaborate “to develop a comprehensive framework, including measurable variables, that would define the determinants of a successful transition.”

CIMVHR has also demonstrated national and international leadership in a range of high priority issues including treatment of military related post-traumatic stress disorder, implementation of suicide prevention strategies, raising awareness of chronic pain as an important military and Veteran issue, and leading our sector in cutting edge methodologies such as advanced analytics.

**DEFINING THE MILITARY FAMILY**

In 2017, CIMVHR Associate Scientist, Dr. Heidi Cramm began participating in an international working group in London, UK, focused on defining military families. This collaboration resulted in a report “What does the term Military Family mean? A comparison across four countries.” Building on the initial report, the group gathered again at a summit in Los Angeles, CA in February 2019 where the members continued to look at how to respect the make-up and needs of the military family. This collaboration between government and researchers has helped ensure a greater understanding of what a military family looks like and has informed policy decisions like the inclusion of the military family in Canada’s defence policy, *Strong, Secure, Engaged*.

*CIMVHR’s wealth of knowledge, resources and body of work has contributed positively to the work done by our team at Military Family Services. It has helped better inform our programming and community service providers about the unique health challenges facing the military family constituency in Canada.*

Sean N. Cantelon, Chief Executive Officer, Canadian Forces Morale and Welfare Services
Dr. James MacKillop presents at CIMVHR Forum 2018, the day before cannabis became legal in Canada.

Critical Thinking about Cannabis and Veterans in the Era of Legalization

James MacKillop, PhD

Peter Boris Chair in Addictions Research

Director, Peter Boris Centre for Addictions Research, St. Joseph's Healthcare Hamilton

Director, Michael G. DeGroote Centre for Medicinal Cannabis Research
FIVE-EYES MENTAL HEALTH RESEARCH AND INNOVATION COLLABORATION

In December 2018, CIMVHR was invited to represent Canada in a global collaboration to advance military and Veteran mental health research. Alongside experts from Australia, the United States of America, the United Kingdom and New Zealand, CIMVHR participated in a presentation at the international Veteran’s Ministers Conference and the expert collaboration have been invited to report to Veterans’ Affairs agencies with advice and guidance that will support the development of effective mental health policies. As a result of this meeting, the attendees collaborated on a synthesis paper titled *Treatment of military-related post-traumatic stress disorder: challenges, innovations, and the way forward. International Review of Psychiatry, 1-16.*

CANADIAN INSTITUTE FOR PUBLIC SAFETY RESEARCH AND TREATMENT

The CIMVHR model is enabling military, Veteran and family health researchers to foster innovative collaborations and efficient knowledge exchange.

CIMVHR has worked closely with Dr. R. Nicholas Carleton to support the development of the Canadian Institute for Public Safety Research and Treatment (CIPSRT), a multi-university team of researchers working to help current and former public safety personnel, their leaders and their families to maintain and improve their mental health and well-being.

This collaborative undertaking will do for the mental health of public safety personnel, what CIMVHR is doing for Canada’s Military, Veterans and their families - enabling evidence-based health research.

R. Nicholas Carleton, PhD, Professor of Psychology, University of Regina; Scientific Director, CIPSRT
SUPPORTING NEW RESEARCHERS
WOUNDED WARRIORS DOCTORAL SCHOLARSHIP IN MILITARY AND VETERAN HEALTH RESEARCH

$18,000/year for two years to a doctoral level student conducting research on issues relevant to military members, Veterans and families.

One scholarship awarded annually to a PhD candidate who demonstrates excellence in their proposed research area while exhibiting significant potential for a high impact career in military, Veteran and family health research.

Stephanie Houle-Johnson, PhD Cand., University of Ottawa, was awarded the 2018 Wounded Warriors Doctoral Scholarship in Military and Veteran Health Research for her research *Moral Injury in the Canadian Armed Forces: Symptomatology, Nosology, and Clinical Utility*.

ROYAL CANADIAN LEGION MASTER’S SCHOLARSHIP IN VETERAN HEALTH RESEARCH

$15,000/year for two years to a master’s level student specializing in research related to Veterans and their families.

Canada provides our military with the best training and equipment in the world, but we must also ensure that these soldiers return home with ample supports in place as they potentially face a “new battlefield” of challenges. These challenges may include physical and mental injuries, or social challenges as Veterans reintegrate into family and community life. These support systems must be based on research evidence from the best and brightest Canada has to offer.

To this end, The Royal Canadian Legion is pleased to offer this annual entrance scholarship to a Master’s level student specializing in research related to Veterans and their families.

Massimo Cau, MA Cand., University of British Columbia, was awarded the 2018 Royal Canadian Legion Master’s Scholarship in Veteran Health Research for his research “Wearable Hemostatic Combat Protection to Prevent Mortality and Morbidity from Hemorrhage Treatment of Ballistic Injuries.”

THE CIMVHR STUDENT AND POST-DOCTORAL ENGAGEMENT COMMITTEE

A group of over 40 emerging scholars in the field of military, Veteran and family health gathered at the 3rd Annual Student and Post-Doctoral Engagement Committee (SPEC) Networking Event sponsored by Wounded Warriors Canada. The event was held in Regina, in conjunction with the annual CIMVHR Forum.
Forum is an exceptional research conference, but it can be an overwhelming few days for a student. CIMVHR has done a great job finding special and unique opportunities for emerging scholars to meet each other, to engage with more seasoned researchers, and to really begin to see the possibilities for a career researching the health of our military, Veterans and their families.

Tim Black, PhD, Associate Professor of Counselling Studies and Department Chair for Educational Psychology and Leadership Studies, University of Victoria; Clinical Advisor, Wounded Warriors Canada; CIMVHR Fellow
# 2018/2019 FINANCIALS

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<th>True Patriot Love Fund</th>
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*Total revenue for IBM project was received in FY 2017/2018.
**Military & Veteran’s Health Fund is made up of donations
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