

## **Reading List – BC First Responders Conference**

### **Stephanie Conn:**

Emotional Survival for Law Enforcement: A Guide for Officers and their Families by: Kevin Gilmartin

Increasing Resilience in Police and Emergency Personnel: Strengthening your Mental Armor by:  
Stephanie Conn

Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart  
by: Captain Dan Willis

Honor and Commitment: Standard Life Operating Guidelines for Firefighters and their Families by: Lori  
Mercer

I Love a Fire Fighter: What the Family Needs to Know by: Ellen Kirschman

I Love a Cop: What Police Families Need to Know (3<sup>rd</sup> edition) by: Ellen Kirschman

The Fireman's Wife: A Memoir by: Susan Farren

A Marriage in Progress: Tactical Support for Law Enforcement Relationships by: Victoria Newman

### **Mark Davies:**

After the War: Surviving PTSD and Changing Mental Health Culture by: Stephanie Grenier

Restoring Sanctuary: A New Operating System for Trauma Informed Systems of Care by: Sandra L.  
Bloom and Brian Farragher

### **Glenn Landry:**

Principles and Practice of Sleep Medicine by: Kryger, Roth and Dement

Circadian Medicine by: Christopher S. Colwell

Why We Sleep: Unlocking the Power of Sleep and Dreams by: Matthew Walker

### **Greg Gauthier and Diana Vissers:**

Carlton, Afifi, Turner (2018). Mental disorder symptoms among public safety personnel in Canada.  
*Canadian Journal of Psychiatry* (63)1.

CSAGroup. Psychological health and safety in the paramedic service organization. ISBN 978-1-4883-  
1346-2 CSA Group. National standard of Canada for psychological health and safety in the workplace.  
Conference Board of Canada (2013). *Disability Management: Opportunities for Employer Action*.  
Ottawa: ON: Author, p. 25. Available online at:

[http://www.sunlife.ca/static/canada/Sponsor/About%20Group%20Benefits/Group%20benefits%20products%20and%20services/The%20Conversation/Disability/DisabilityManagement\\_SUNLIFE\\_EN.pdf](http://www.sunlife.ca/static/canada/Sponsor/About%20Group%20Benefits/Group%20benefits%20products%20and%20services/The%20Conversation/Disability/DisabilityManagement_SUNLIFE_EN.pdf)

Dewa, Trojanowski, Joosen, Bonato, (2016)

Employer Best Practice Guidelines for the return to work of workers on mental disorder-related  
disability leave: a systematic review. *Journal of Psychiatry* 61(3).

Institute for Work & Health (2007), "Seven 'Principles' for Successful Return to Work", Institute for Work & Health, Toronto at p. 2, available online at: <http://www.iwh.on.ca/seven-principles-for-rtw>. LaMontagne, T (2016, 6 October).

Work and Mental health: Developing an Integrated Approach. Webinar provided by Work Wellness and Disability Prevention Institute. [www.dpi.org](http://www.dpi.org) Memish, Martin, Bartless, Dawkins, Sanderson (2017). Workplace mental health: An international review of guidelines. *Prevention Medicine Aug (101)*. Mikkelsen, Rosholm (2018).

Systematic review and meta-analysis of interventions aimed at enhancing return to work for sick-listed workers with common mental disorders, stress-related disorders, somatoform disorders and personality disorders. *Occup Environ Med (ahead of print -doi:10.10.1136/oemed-2018-105073)*. Pomaki, Franche, Khushrushahi, Murray, Lampinene, Mah (2010).

Best practices for return-to-work/stay-at-work interventions for workers with mental health conditions. Occupational Health and Safety Agency for Healthcare in BC. (OHSAH).

Shaw, Hong, Pransky, Loisel (2008) A literature review describing the role of return-to-work coordinators in trial programs and interventions designed to prevent workplace disability. *Journal of Occupational Rehabilitation* 18 (2), 2-15.

Way, Wyatt, Shaw (2013). The knowledge, skills, and behaviours required by supervisors to facilitate a return to work after a mental disorder or musculoskeletal injury. *Institute of Safety*