



PAA & CRC's Psychological Trauma Program: FINAL Outcomes

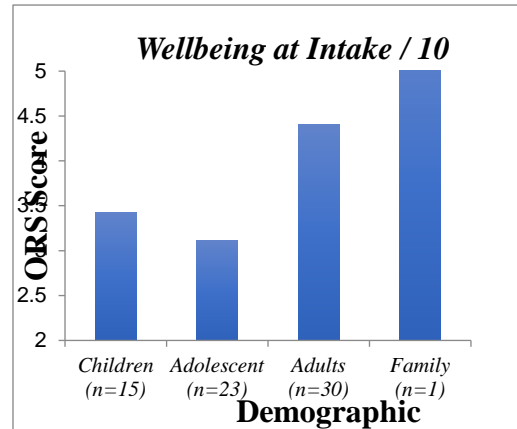


The Canadian Red Cross (CRC) approved funding to the Psychologists' Association of Alberta (PAA) on 01 April 2017 under their Alberta Wildfires 2016: Community Organization Partnership Program for a program that was completed June 2020.

Funding was used to directly resource psychological trauma assessment & trauma treatment. Outcome informed practices (OIP) were employed to empirically validate treatment response. OIP aligns with PAA's mandate of advancing the science-based profession of psychology by using the Outcome Rating Scale (ORS).

At intake, wellbeing was reported at less than 50% with the worst outcomes for adolescents & children

16 approved psychologists provided trauma-informed services to 349 clients over 3 years with the ORS completed at 5-session intervals.



Results indicates a very low level of functioning. Perceived wellbeing amongst clients at intake and, for adults, that overall average

functioning & well-being increased over the treatment period with average results indicating a 65%, 57% and a 100% reported increase in perceived well-being by the 5th, 10th, and 15th session, respectively.

Self-Report ratings indicated a 57% to 100% increase in perceived functioning & well-being after at least 5 sessions

Treatment made a significant difference for clients.

Recommendations:

- 1) Screening is required and must be trauma informed.
- 2) Children and youth have unique needs and risks to address.
- 3) Address barriers to men's access to psychological treatment.
- 4) Funding should be for 15+ sessions and barrier removal.



The Mission of the PAA is to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans.

PAA applauds the resiliency of all impacted by the 2016 Wood Buffalo Wildfires