

CSPA ASSISTANCE PROGRAM

IMMEDIATE AND CONFIDENTIAL HELP.



CSPA Registered Participants who have been affected by news of a recent incident or accident, may want to consider access to a confidential and voluntary counselling service.

Critical incident stress reactions are normal and expected when we are witness to or are involved in an incident or accident such as a fatality or serious injury. These reactions will range from mild to intense. Each individual reaction will vary but there will always be a reaction.

Stress reactions are usually temporary and will often subside in three to six weeks. In the meantime though, these reactions can make you feel uncomfortable, impact your concentration and focus and disrupt your sleep patterns.

It is important to externalize the feelings. Talking to someone is the best remedy. You can receive support over the telephone or in person.

Morneau Shepell, a company whose counsellors are trained to listen and offer practical advice following “sudden and unexpected” news of an incident or accident can assist.

How much will this cost? \$150 per consult to use the CSPA Assistance Program. If you need more specialized or longer-term support, your counsellor will help you select an appropriate specialist or service that can provide assistance. While fees for these additional services are your responsibility, some may be covered by your provincial or organizational health plan.





TRAUMATIC EVENT SUPPORT for MEMBERS

(Dropzones, Clubs, and PSOs)

Accidents & Injuries

A traumatic event is any situation that causes a person to experience unusually strong emotional reactions that have the potential to interfere with their ability to function normally at work or at home.

Accidents and injuries can bring about intense stress reactions. Seen as tragic and senseless, reactions can include:

- Shock
- Anger
- Fear
- Guilt

Coping with the news and aftermath of an accident or injury can be overwhelming for staff, instructors, and other skydivers. Traumatic Event Support can play a critical role in assisting your dropzone in the aftermath of this traumatic event. Our goal is to reduce and manage the impact of traumatic events by providing a range of interventions specifically tailored to provide early support, encourage self-care and re-establish normal routines for those affected by the event.

Our approach

The Traumatic Event Support Team abides by guiding principles that are considered best practice in reducing and managing the impact of traumatic events. We share neutral, credible information and expertise to assist organizational leaders in supporting their employees with the emotional aspects of a traumatic event.

The cost related to this kind of support is \$995.00 per counsellor / per block of 4 hours.

For additional information please contact reach out to us 1-800-387-4765

