



Atlas Institute for Veterans and Families

A Resource for Service Providers

BACKGROUND

The Centre of Excellence on Post-traumatic Stress Disorder (PTSD) and Related Mental Health Conditions was first established in 2018. The Centre of Excellence conducts research, generates and disseminates knowledge, and develops tools to support the assessment and treatment of mental health conditions affecting veterans and Canadian Forces (CF) members.

In March 2022, the Centre became the [Atlas Institute for Veterans and Families](#). Its purpose and work remain unchanged—to create, gather and share knowledge on veterans' and their families' mental health.

MANDATE

The Atlas Institute brings veterans, families, service providers and research partners together to create, gather and **share knowledge on veterans and their families' mental health**. They help translate this knowledge into practice to improve treatment and support for this community.

KEY MESSAGES

- The Institute recognizes the commitment of service providers to provide the best possible care and support to veterans and their families.
- The Institute can help you update your knowledge and skills, network with peers, and get expert advice.
- The Institute aims to support practitioners and organizations with a variety of evidence-based implementation resources and training opportunities.

RESOURCES

Support for your practice

The Atlas Institute [provides training](#) based on the latest data for service providers to improve the well-being of veterans and their families, including cognitive processing therapy, extended exposure therapy, etc.

Conducting research

The Atlas Institute undertakes and supports [research](#) to improve the well-being of veterans and their families. For example, in 2021-2022, the Atlas Institute and its research partners launched 11 new studies on PTSD, research on military-service-related sexual trauma, domestic violence among military personnel and veterans, etc.

Developing resources

The Atlas Institute develops tools and provides information for you and your clients. For example:

[Directory of Services](#) for veterans and their families

[Knowledge Hub](#) for veterans, their families and peer caregivers; coping with post-traumatic stress injuries, thoughts on cannabis and mental health; and more.

[Mindkit](#): MindKit is a place for youth to explore things related to mental health

Atlas also partnered with **Wounded Warriors** to develop training for professionals. For example:

[Introduction to Trauma Exposed Professionals \(warriorhealth.ca by Wounded Warriors\)](#) – Training for professionals

Wounded Warriors is a digital platform offering healthcare providers with Veteran and First Responder-specific Occupational Awareness Training while serving as a centralized platform to connect injured members and their families with occupationally aware clinicians and specialized educational resources.

CONCLUSION

We encourage you to visit this site and sign up for the mailing list in order to receive new resources and updates. The site is available in French and English. www.atlasveterans.ca