



ALBERTA
MENTAL HEALTH AND ADDICTION

Office of the Minister
MLA, Calgary - Currie

DEC 05 2022

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AR 206648

Cathy Heron
President
Alberta Municipalities
300-8616 51 Ave NW
Edmonton AB T6E 6E6

Dear Cathy Heron:

Thank you for your letter to Honourable Jason Copping, Minister of Health, regarding the Alberta Municipalities' resolution on mental health and wellness for public safety personnel. As Minister of Mental Health and Addiction, I welcome the opportunity to respond on behalf of the Government of Alberta.

The provincial government is committed to the mental health and well-being of all Albertans. We are investing in programs and services to support our first responders, like the [Supporting Psychological Health in First Responders grant program](#), which began in 2020. Alberta's government has provided a total of \$1.48 million to four non-profit organizations and seven researchers. The grants support services for first responders and emergency health care workers who are living with, or at risk of developing, post-traumatic stress injuries. The grants also support applied research to develop and evaluate the most effective treatment programs and services.

The [Heroes in Mind, Advocacy and Research Consortium](#) (HiMARC) receives funding from Alberta's government to support the mental health of military and first responders. It expands clinical trials that use virtual reality to treat post-traumatic stress disorder (PTSD) among military members and veterans to include a sample of other first responders, such as law enforcement and health care providers. HiMARC's 3MDR project uses an immersive virtual reality system that incorporates exposure therapy, psychotherapy, virtual reality imagery and treadmill walking to treat PTSD, moral injury and other mental health conditions. The new online platform offers resources and resilience-building activities, as well as a trial of virtual group activities.

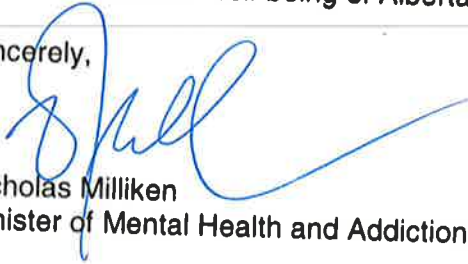
Post-traumatic stress disorder (PTSD) and traumatic experience are complex topics owing to the many types of potentially traumatic experiences, the range of resulting reactions and symptoms experienced by individuals (which do not always include PTSD), the range of services needed, and the various populations who may be impacted. As the agency that provides publicly funded health care in the province, Alberta Health Services provides a full continuum of addiction and mental health services and initiatives that target trauma broadly and encompass specific services for those diagnosed with post-traumatic stress disorder.

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Thank you again for writing. I appreciate Alberta Municipalities' continued commitment to the mental health and well-being of Albertans.

Sincerely,



Nicholas Milliken
Minister of Mental Health and Addiction

cc: Honourable Jason Copping, Minister of Health
Honourable Mike Ellis, Minister of Public Safety and Emergency Services