

## **VOLUNTARY PATRICIA PROGRAM UPDATE**

### **2021 AGM**

2021 was a very challenging year due to the multiple On again / Off Again COVID restrictions.

We were unable to conduct Mental Health and Suicide Awareness workshops due to COVID. Efforts were made to develop a Virtual Peer Support Advocate training session in partnership with Project trauma Support and The RC Legion OSI Branch. We conducted two Virtual Peer Support Advocate sessions in 2020. The first was over three weekends and unfortunately only 50% of the participants attended all three sessions. The second session was conducted on 12 December with 11 participants. This is still a work in progress.

A trial virtual Mental Health First Aid course was conducted in early December and valuable lessons were learned. We conducted a PPCLI Association facilitated Mental Health and Suicide Awareness workshop 12 – 14 April. The workshop was well attended with 13 participants including 2 from the Cdn Special Ops Regt and 2 from RCR Association. Additional virtual workshops will be held in 2021.

Numerous Association members have continued to aid numerous veterans and families in need during the past year. A very simple example is.. On Christmas Eve we received a request to assist with an Association member who was admitted to the ICU (non-COVID related). Within four hours, there were a number of Patricias engaged and a great deal of stress was removed from the wife's shoulders. The individual is now at home after spending 76 days in the hospital. The support provided was critical to the family well-being and proves Once A Patricia, Always A Patricia.

I cannot stress enough how important is to check on your friends and fellow Patricias. The past 12 months have been extremely stressful for all.

Paul Hale  
VPP Facilitator