

Alberta Study Tour



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On January 27-29, 2025, the AFWI welcomed guests Dr. Mark Rapaport from the Huntsman Mental Health Institute at the University of Utah, and Chris Chaney and James Porter from the Chelsea and Westminster Hospital National Health Service Foundation Trust (CW+) to introduce them to the work being done in Alberta using the Brain Story and Resilience Scale Framework.

Our guests gained a deep level of knowledge about the work being done in Alberta, within clinical settings, research, education, and community services. It has given us new opportunities to explore exciting ways to partner with these international groups.

We are so grateful to our many partners who contributed their time and expertise to share about their work and the audiences they are serving with this framework. We are proud of the work being done by Albertans to help transform systems and build more resilient communities.

Community Safety Knowledge Alliance & Canadian Police Knowledge Network Research Symposium



On February 26, 2025, the AFWI was invited to present at the [Community Safety Knowledge Alliance](#) (CSKA) & [Canadian Police Knowledge Network](#) (CPKN) Research Symposium: Exploring and Implementing Trauma-Informed Policing. Over 70 attendees from across the country convened to share emerging trends, discuss

lessons learned, and offer fresh insights into the challenges and opportunities confronting policymakers, police leaders, and practitioners in their pursuit of effective trauma-informed practices.

Nancy Mannix, Chair and Patron of the Palix Foundation, presented our work on the Brain Story and Resilience Scale Framework, and how it has been used to inform policy and practice in Alberta. Claire Niehaus, Scientific Associate, then led a panel discussion with special guests from four policing jurisdictions across the province.

Thank you to our panelists for joining us to showcase their experiences, training models, and successes within their departments:

- Adam Smith, Director, Recruitment and Learning, Calgary Police Service
- Anna Sinclair, Inspector, Community & Youth Response Branch, Edmonton Police Service
- Mike McCauley, Superintendent, Crime Reduction Strategies, Alberta Royal Canadian Mounted Police; and
- Shahin Mehdizadeh, Chief of Police, Lethbridge Police Service.

Thank you also to the CSKA and CPKN conference organizers for inviting us to share this work with their network.

We look forward to fostering further connections and making the Brain Story and Resilience Scale Framework available as a training option for justice and policing divisions across the country.

Resilience Scale Masterclasses in Taber



On February 24, 2025, the AFWI travelled to Taber, AB to deliver two Resilience Scale Masterclasses to the community. In attendance were all staff from the Horizon School Division, as well as members of the Taber Police Service, Taber Community Action & Prevention Society, and other community organizations. Over 250 people received the training to learn about resilience at the individual, organizational, and systems level.

We would like to thank Angela Miller from the Horizon School Division and Chief Graham Abela from the Taber Police Service for inviting us to share this knowledge with their community. We are excited to build on these relationships and explore new ways to engage with Taber and the surrounding communities.

[BOOK A RESILIENCE SCALE MASTERCLASS](#)

Victoria Meah, Scientific Director



We are thrilled to announce that Victoria Meah, PhD has joined the AFWI as Scientific Director. In this role, Victoria is responsible for the scientific direction of the AFWI and translating research into actionable strategies. During her PhD at Cardiff Metropolitan University and Postdoctoral Fellowship at the University of Alberta, Victoria explored maternal cardiovascular adaptation during pregnancy, and the role of prenatal physical activity in reducing the burden of pregnancy complications on maternal and infant health. Her research spanned systematic reviews, laboratory-, hospital- and field-based integrative physiology research, knowledge translation evaluation, and patient engagement studies. Victoria gained further expertise in health systems, policy, and knowledge mobilization at Alberta Health Services. Her work involved development, implementation, and evaluation of provincial health promotion projects to

support perinatal, infant, and early childhood health outcomes in Alberta.

We are excited by the expertise Victoria brings to this role and look forward to expanding our knowledge mobilization initiatives under her direction. Please join us in welcoming Victoria to the team!

[MEET THE ENTIRE AFWI TEAM](#)

Virtual Resilience Scale Masterclass

Join us for a virtual Resilience Scale Masterclass in March! Please register in advance using the buttons below.

Resilience can be defined as the ability to respond positively in the face of adversity. The 2.5-hour Resilience Scale Masterclass explores how adversities, positive supports, and acquired skills and abilities interact to influence resilience and impact lifelong health and mental health outcomes. It provides foundational knowledge and a common language that are accessible across populations and disciplines to communicate key concepts around resilience, track and monitor individual outcomes, and identify areas of support for children, adults, families, and communities.

You are welcome to share this invitation within your network. We look forward to having you join us!

MARCH 11, 2025
1:00PM – 3:30PM MT

MARCH 18, 2025
1:00PM – 3:30PM MT