

Base Service Spotlight: PSP Health Promotions Halifax



What are the responsibilities of the PSP Health Promotion team?

Health Promotion has been serving the CAF and DND community for over 22 years. The team is dedicated to fostering a healthier and more resilient CAF community. They always aim to:

- **Develop and deliver evidence-informed health promotion programs** by offering a wide range of courses and workshops on topics like stress management, communication skills, injury prevention, nutrition, mental fitness, and respect in the CAF. These programs are designed to empower individuals and units with the knowledge and tools needed to make positive health and wellness choices.
- **Collaborate with stakeholders:** Working closely with the CAF community, health professionals, and other organizations to identify and address barriers to health and wellness. This collaborative approach ensures that their programs and services are relevant and effective.
- **Advocate for policy and environmental changes:** Actively promote a healthy culture within the CAF by advocating for policy changes and supporting initiatives that create a positive and supportive environment for all members.

How does the PSP Health Promotion team support CAF members and/ or operations?

Their team supports CAF members and operations in several ways:

- **Enhancing individual well-being:** *Their programs equip members with the skills and knowledge to manage stress, build resilience, improve communication, and make informed choices about their health. This directly contributes to increased morale, productivity, and overall well-being.*
- **Strengthening unit cohesion:** *By offering workshops on topics like conflict resolution and respect in the CAF, they help to foster a positive and supportive unit culture. This can lead to improved teamwork, communication, and overall operational effectiveness.*
- **Reducing health risks:** *Programs on addiction awareness, injury prevention, and mental fitness aim to raise awareness about potential risks and provide strategies for prevention. This can help to reduce the incidence of health-related issues within the CAF.*

How many people work in the PSP Health Promotion team?

Health Promotion thrives on collaboration, with a small but dedicated core team of six who are supported by a network of 60 Unit Health Promotion Reps. These Reps, who embrace this role as a secondary duty, are essential to the team's success. They act as bridges between their team and individual units, fostering increased engagement in Health Promotion programs which ultimately leads to better health and operational readiness throughout the organization.

Where is the PSP Health Promotion team located and how can I contact them?

The PSP Health Promotion team in Halifax is located at Windsor Park, building WP-106, Piers Military Community Centre (6393 Home fire Crescent). You can also reach them by phone at 902-722-4956 or email at +hfxhealthpromotion@forces.gc.ca.

Join PSP Health Promotion on [Facebook](#) and [Instagram](#) for engaging content, helpful resources, and a vibrant community dedicated to healthy living.

Are there any noteworthy achievements or interesting facts to share about the PSP Health Promotion team?

In Fall 2023, they were thrilled to see record-breaking participation in their Health Promotion programs! It has been inspiring to witness CAF members of all ranks embrace the courses and workshops, engaging in conversations that foster a healthier and more resilient force.

Health Promotion has a new course offering! *Are you getting enough protein? How about fibre? Eating too much salt? Not sure? Then the Essential Nutrition Course is for you! This new 5-module CAF health promotion offering from Strengthening the Forces is designed to give you an*

understanding of the impact nutrition has on your health and performance. It will answer the above questions plus a whole lot more in an interactive and practical way. You will learn strategies and tips to integrate the science of nutrition into everyday habits to achieve better health, energy, and performance. Sign up today by contacting the Health Promotion team.

Programs:

For a list of PSP Health Promotion programs in the Halifax region, visit this website:

<https://cfmws.ca/halifax/core-programs-online-registration>