



The Canadian Critical Incident Stress Foundation Training Hub

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About us

The Canadian Critical Incident Stress Foundation is a national organization dedicated to the mitigation of disabling stress and post-traumatic stress. We provide pre-incident education and awareness, encouraging effective coping strategies, and promoting reactive supports and services. Our goal is to improve the quality of lives by empowering individuals and their families on the road to healing and facilitate an understanding of the impact of stress, trauma, and wellness.

The CCISF is now proud to offer online courses with a focus on providing front line training in the areas of mental health, trauma related injuries, resiliency, and leadership.

The Benefits of the CCISF Online Training Hub

It is a well-known fact that using online learning can and has been immensely cost-effective and efficient for individuals and organizations. However, it is not just about how economical it is, but also about how engaging and beneficial it is to learn. The CCISF is committed to providing a solid foundation of engaging, interactive, educational, and relevant topics and training with a focus on mental health, encouraging effective coping strategies and improving family relations.

Provides access to learning content anytime, anywhere

The CCISF Training Hub is accessible from anywhere, anytime. Registrants will have access to relevant course material, information, and resources for a 1-year period, following the completion of a course. This extended period allows the opportunity to review, retrain and refresh information anytime someone is interested in doing so, or encounters a difficult situation at work.

Is adaptable to various learning styles

Not every employee learns the same way. The training is designed with a variety of learning tools and interactive activities such as drag and drop, flip cards, case-based scenarios, thought exercises, knowledge checks and more. In addition, our

online training allows learners to tackle the course at their own pace and allows them to take the training in an environment that is more favorable to their learning style.

Flexible and Convenient

Easy and accessible training, our online training program offers a comprehensive training package, reducing the loss of valuable work time, increases productivity and provides valuable training in a fraction of the time. Our training program is available on demand, anytime and enables participants the ability to complete the course and take assessments from the comfort of their own space.

Offers constructive feedback

All programs are designed to motivate participants through a variety of constructive activities and feedback, improving knowledge and competency which engages participation in the learning process. Throughout the online courses, students will participate in case-based scenarios with constructive feedback, including rationales. Students will have the opportunity to work through thought provoking exercises, periodically check their knowledge and upon completion take a cumulative knowledge-based quiz.

Current Courses Offered

Supporting Individuals Through Trauma (S.I.T.T.)

Our most popular in-person course is now offered as a 3-part series online, with interactive and engaging training that teaches us to understand how stress impacts our minds, careers, and our families. Whether you are on the front line, an aspiring or current organizational leader, or want to understand how to support your co-workers or family impacted by trauma, the SITT program will provide valuable tools and recommendations that you can easily implement, improving overall mental health and relationships.

Healthy dialogue • Healthy minds • Healthy people

SITT Level 1

Designed for all staff, SITT LEVEL 1 offers interactive, engaging, and educational online learning exploring:

- How stress affects our brain and our bodies
- Stress responses, as well as signs and symptoms of stress
- How stress impacts our families and children
- How to manage your own stress using effective coping strategies
- How to support co-workers through critical incidents
- Various resources and supports



SITT Level 2 (March 2021)

Designed for anyone in a leadership role or aspiring to be a leader, SITT level 2 will explore:

- The organizational impact of stress in the workplace
- The role of leadership in times of crisis
- Psychological health and safety in the workplace
- Effective use of communication and intervention tools
- Return to work practices and reintegration in the workplace



SITT Level 3 (Partners)

Designed for partners, spouses, or companions, this course will explore:

- Unique challenges faced by families
- How stress affects our brains and our bodies
- Signs and symptoms of stress
- How you can help
- Effective coping strategies
- Self care - managing your own stress



Future Courses

Further, the CCISF is honoured to have partnered with several course authors in the development of future educational programs, exploring current and relevant topics, such as leadership in times of crisis, building family relations, peer support, resiliency, stress management and more.

Delivery, Tracking and Reporting

The CCISF Training Hub provides the infrastructure for individuals and/or organizations to participate in an interactive and engaging platform, promoting effective skill-building and performance-enhancing training. Course completion can be tracked online by the students themselves or can be provided by us to the organization upon request.

Certificate of Completion

A printable Certificate of Completion (.pdf) will be provided upon the conclusion of a training module/course, as well as the successful completion of the cumulative knowledge-based quiz.

If organizations register employees for any online training, we can provide up-to-date reports on the progress of their employees and how many within their organization have completed training upon request. Should the employee register online on their own, we will not be able to provide reports due to privacy restrictions.

Billing/Payment Options

All courses may be purchased online at courses.ccsf.info

Individuals can pay online by:

Visa
Mastercard

American Express
PayPal

Organizations may request direct billing for bulk enrollment, pay by cheque, credit card, or e-transfer. For further information please contact ccisf@live.ca.

Privacy Statement/Terms of Service

Our privacy and terms of service agreements are provided on the online training hub found at courses.ccisf.info. Please follow the links provided in the footer of the webpage to access this information.