



NATIONAL REINTEGRATION PROGRAM

Built for you... Led by you.



WHAT IT IS

Reintegration is an interactive program that focuses on building your confidence to support you in a respectful and safe return to operational duties after:

- a member involved shooting or other traumatic or critical incident
- administrative duties
- gradual return to work
- return from extended leave

IT IS

- ✓ confidential
- ✓ member-led
- ✓ peer-driven
- ✓ customized
- ✓ self-paced
- ✓ safe/controlled
- ✓ confidence-building

“ I have come back to work several times (Maternity leave and long term ODS). Reintegration training was an excellent way to transition back into uniform and get comfortable with wearing the uniform, intervention options and scenarios that may be faced returning to general duties. This training was very helpful and should be implemented for all members who are returning to active duty after being off for an extended period of time. ”

IT IS NOT



- a test
- remedial
- documented

HOW IT WORKS

You are paired with two trained Facilitators:

- peers (Regular Members)
- selected based on your specific needs
- with relevant operational experience

YOU MAY DISCUSS

- the incident
- the impact it had on you
- any activities that you could do together to help build your confidence and competence, both physically and mentally

With support from your Facilitators, **YOU** set the pace, scope, depth and goals of the Reintegration process.



This program is absolutely amazing and instrumental in bridging the return to work process. The facilitators are well versed and excellent listeners. They made the entire program about me to empower me to get back to a level of confidence that allowed me to get back to work and feel safe doing so. They allowed me to control the tempo and direction and worked at my pace to ensure I could feel comfortable. They followed up with me and checked in periodically to make sure my return was smooth. ”



HOW TO GET INVOLVED

You can discuss your interest in the Program with your:

- Reintegration Divisional Coordinator
- Divisional Psychologist
- Health Services Officer
- Disability Management Advisor
- Primary care provider (i.e., psychologist or family physician)
- Supervisor/Commander/Manager

LET'S CONNECT

ReintegrationProgram-ProgrammeDeReintegration
[@rcmp-grc.gc.ca](https://www.rcmp-grc.gc.ca)



“ Excellent process. Helped me get back to work almost immediately and have not missed another day of work since because of the incident. Should be offered to every member across the country involved in a shooting. ”