



Sherry LaFaver, RSW, BSW, TCTSY-F, iRest Level 2, RYT 500 has been working within the policing environment for over 25 years beginning in the Victim Services Unit with the municipal police service of the Prince Albert Police Service (PAPS), before working over 22 years with the Royal Canadian Mounted Police (RCMP). Sherry has recently returned to the Prince Albert Police Service as the Mental Health Strategist as a co-teammate.

Sherry was a Certified Nursing Assistant (CNA, now LPN) prior to completing her Social Work degree. It was evident that Sherry wanted to assist in the psychological mental health and wellness of individuals that she was providing nursing care to and recognized the importance of the mind-body connection.

Sherry has worked with Victims of crime and critical incidents with the PAPS before completing her practicum at the RCMP. The role as Victim Services coordinate within the RCMP was to develop, promote, recruit, train, and administer community volunteer victim services units in 6 rural northern communities and 7 First Nations communities. As the coordinator of those 6 Victim Services Units Sherry attended scenes with members to calls and provided support, guidance, and referrals to victims and also to those who provided first response to the scenes. The support continued as victims were orientated to the court process and throughout the justice system. While working with the RCMP, Sherry was chosen, trained, and administered Member and Employee Assistance Peer program (MEAP) support. This allowed Sherry to assist members both within their work duties and in their personal lives, providing emotional/mental support, referrals, and information.

Sherry has now returned to PAPS to assist with the development, promotion, and presentation of Mental Wellness within the Service. This is the first time a Mental Health Wellness Strategy has been provided to the Police Service in Prince Albert.

Sherry completed her 500 hours as a Registered Yoga Alliance instructor and has been providing yoga sessions in the community. She is a Level 2 Integrative Restoration meditation (iRest) facilitator, a practice that is promoted and utilized with individuals who have experienced trauma and PTSD. Sherry successfully completed the Boston Trauma Center Trauma Sensitive Yoga (TCTSY-F) certification and is presently the only individual with that accreditation in the province of Saskatchewan and Manitoba. This practice has been recognized and is utilized as a Tier 1 treatment as an adjunctive treatment for PTSD.

Sherry has also been a guest speaker with the Nookiwin Tribal Council in Ontario for their Health and Wellness week-long seminar. Sherry also provided training as an instructor on trauma sensitive conversations/dialogue and trauma sensitive yoga for the Sublime Yoga 200-hour Teacher training.

Sherry provides private sessions to individuals, couples, or groups for Trauma Sensitive yoga (TCTSY), iRest sessions, and support while dealing with mental health. She is a co-facilitator with the Canadian Mental Health Association OSI-Can HHR team, providing various sessions and support, within the healing with horses' weekend retreat programs both in Regina and Prince Albert.

Sherry is also married 25 years to a first responder who has worked in many roles including: an Emergency Medical Technician (EMT) with Parkland Ambulance, Emergency Response Brigade with Weyerhaeuser Mill, Sheriff and Firearms Instructor with Saskatchewan Justice, and for over 20 years as an Auxiliary RCMP member.