

January 30, 2022

RE: Letter of Support for the Newly Institute



To whom it may concern,

I am a spouse of a Calgary Police officer and President of Calgary Beyond the Blue. This organization provides a safe place for community, education and resources for our Calgary Police families. It is an honour to write this letter of support for the Newly Institute.

In my time on the board and my years as a police spouse, I have encountered and tried to support many police families that have walked through OSI's, addictions, and PTSD. One of the challenges that we have seen is that the officer is receiving treatment and help while the families struggle to navigate the impacts these have on their daily lives. OSI's, addictions and PTSD affect the family as a whole, not just the individual.

When the Newly Institute approached me, I first asked about their approach on how they support the families. I was so pleased to see that they have an entire Partner Education program that teaches and helps the spouse and family understand what is happening with their officer. This program is a crucial step in ensuring that the families receive tools and resources that increase the officers' recovery and also maintain their own mental health.

The Newly Institutes' innovative approach to mental health, addiction and chronic pain has come at a time of necessity. Calgary Beyond the Blue supports and will encourage our families and members to reach out and utilize the Newly Institute so they can return to work and create resiliency within their family unit.

Thank You,

A handwritten signature in blue ink that reads "Tara Ernst".

Tara Ernst - President

Calgary Beyond the Blue

Executive@calgarybeyondtheblue.com