



Centre for Suicide Prevention **ANNUAL REPORT 2010-11**



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WHAT'S YOUR

The Centre for Suicide Prevention, Calgary, is offering the *River of Life*, a workshop or online course, for those working with the aboriginal community to help prevent suicide.

*In the beginning turtle carried the soil to form our land
We walked on the land in peace and fullness, all we needed was here
Today we walk in fear and isolation.
Some see no way out...*

STORY?

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changing the landscape of suicide

A month ago a colleague called to tell me that three children aged eleven had attempted suicide. Two died and one survived. As I reflect over the past year, I find myself asking the question: “Did we make a difference?” My eyes shift to our slogan “We teach prevention because prevention is the only solution”, and the events of the past year come flooding back.

Heidegger tells us that “The philosophers have only interpreted the world, in various ways; the point is to change it.” Paulo Freire talks about praxis, the idea that thought is only authentic when it is generated by action upon the world. His Highness the Aga Khan strongly believes that education is key to social change.

This past year has been a testament to these sentiments. If we are to change the landscape of suicide, we must first become aware that it exists and then we must interpret why it exists. To truly change the landscape, however, we need to generate action and the action begins with you and me.



So did we make a difference?

- In total we were able to deliver 342 workshops teaching suicide prevention to 5,521 participants. This equates to 62,235 learning hours on this critical subject matter.
- 89 ASIST trainers brought their knowledge, skills and passion to 3,944 participants across Alberta. Organizers or hosts engaged with their local communities and organized 211 ASIST workshops, making it

possible for the participants to recognize and respond to warning signs and prevent immediate risk of suicide.

- We added over 1000 items to our library collection. The Alert publication reached 673 subscribers in all Canadian provinces and territories, 34 out of 50 American States, as well as Australia, Italy, Mexico, Norway, Scotland, Finland, India, England, Sweden, South Africa, and Singapore. The Alert was also distributed to 313 e-subscribers.
- More importantly, we engaged with communities to strategize actions to respond to the issue of suicide. We facilitated dialogue within and across communities; took risks to think outside of the box; consulted with our funders and made the appropriate funding applications to obtain the resources needed to reach a wider community.
- We worked with our trainers to evaluate the quality of training and discussed professional development and networking opportunities for our trainers. Through these dialogues we implemented new ideas.

Was it enough? Did we make a difference? I hear my colleague’s voice again: “Three children tried to kill themselves”. At my silence, she burst out, ‘but for the first time the community feels empowered!’ One of the community members told her that she had registered for the River of Life online course and as a result she was not feeling helpless or hopeless.”

I take a deep breath. There is so much to do, but each thought adds to the dialogue and together -- well together, we can change the landscape of suicide.

Rani Murji, BA, MPhil
 Director of Education

Alberta Workshops	Total AB Workshops	Alberta Participants	AB Learning Hours	# of Trainers in Alberta
ASIST	211	3944	55216	89
ASIST Tune Up	62	487	1948	13
safeTALK	20	378	1323	4
Tattered Teddies	17	231	924	8
Straight Talk	6	121	847	9
River of Life	7	75	525	12
Total	323	5236	60783	123

our mentors in alberta

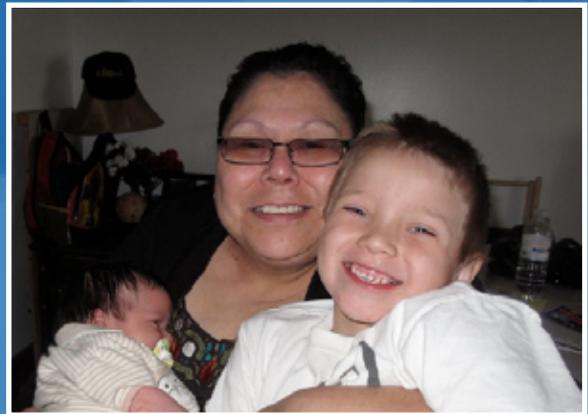
“Mentor. Someone whose hindsight can become your foresight...” (Anon)

The Centre for Suicide Prevention has been honoured to work with a number of passionate individuals over the years that have consistently gone over and beyond the call of duty to help us promote the message that suicide can be prevented.

While tipping our hats to the current network of 100+ trainers located throughout Alberta, we would like to take this opportunity to acknowledge the dedication and guidance afforded to us through a special group of ten individuals; Our Consulting Trainers/Mentors.

By graciously sharing their time, expertise and insight with both the Centre and new candidate trainers over the past 20 years, these individuals continue to help shape our training programs and the quality of workshops being offered to our communities. Whether they are walking a “newbie” through the process of preparing to deliver their first workshop or collaborating with the training department to better meet the needs of the trainer base and community, these individuals are in fact our unsung heroes.

Bev, Joan, Dave, Kevin, Linda, Rick, Dwayne, Scott, Pat and Priscilla... Thank you!



Priscilla Lalonde - 1996, 267 Workshops



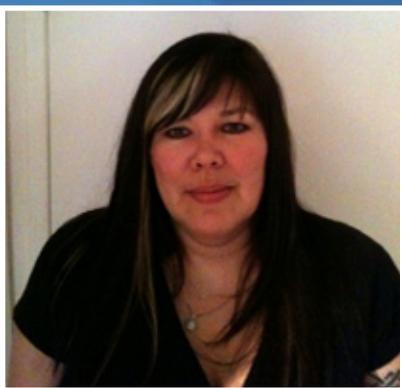
Scott Rodda -1996, 125 Workshops
Pat Conrad - 1996, 81 Workshops
Dwayne Heinsen -1997, 160 Workshops



Scott Rodda - 1996, 125 Workshops
Linda Scurr - 1996, 195 Workshops



Joan Roy - 2006,
52 Workshops



Bev Renaud - 2004,
69 Workshops

Rick Dennis - 1999,
104 Workshops



Dave MacLeod - 1996,
75 Workshops



Kevin Hodgson - 2000, 72 Workshops

library buzz

We aren't yet ready for Library 2.0, but we are being led by user requests and participant needs. Those who traditionally use our services will be asked for input as to how we may serve them better. In turn we will address the user needs and open our collection to an expanded audience with particular focus on the general public's need for suicide prevention materials.

Historically we have served the academic and professional populations well, but an increased demand for up to date material for the general public, parents, spouses, caregivers and even for personal use by individuals in areas of more general mental health suicide prevention issues, will be addressed.

Our dream for service to the public would be the re-packaging and re-grouping of our information directly related to personal, contemporary usage. We are working in a new way with Alberta Health Services to accomplish this goal.

As we respond to public feedback and direction, we will also move in the areas of multi-cultural concerns.

Our research for the River of Life Online Course gave us a methodology and a successful approach to view the literature dealing with the aboriginal Canadian experience. The sources are readily available.

From this contemporary vision we simply will offer the opportunity for the community at large to respond to our service, voice their needs and concerns, and slowly implement change in usage and service. We look forward to your feedback.

Thank You to Myra Marrant for 19 years of faithful service. We wish her well in her new ventures.

cyber world

As Bob Dylan so wisely sang, “The times they are a’ changing,” and the Centre for Suicide Prevention has been adamant about keeping up with technological advances in both social networking and website capabilities. For the past few years, staff at the Centre acknowledged the need for a website redesign and restructuring, but work on other projects constantly overshadowed that need. After realizing the success of our online course launched in September 2010, and attributing hundreds of fundraising event ticket sales to the use of Twitter alone, staff at CSP recognized that a new website was essential to the progress of our organization, and have been working since November 2010 to reach that goal.

Most importantly, though, the new website will allow visitors to access suicide prevention information more easily and quickly than they ever were able to before. Our priority when structuring and designing the new website was usability, and visitors will find whatever they are looking for quite easily, which will encourage extensive usage and return visits. We are also working on new content which will give visitors even quicker access to tons of great suicide prevention resources. The possibilities of the web are endless, and CSP is so excited to take advantage of this amazing information delivery system!

We’re very excited to announce the launch of our new website, which is up now (suicideinfo.ca)! The new website offers tons of new features including online workshop registration, an image gallery, and updates of all our recent activities. CSP will be updating the new website constantly, offering visitors a glimpse of our fresh, dynamic, and tireless organization.

csp honours community advocates

The Centre for Suicide Prevention Honours Those Who Have Made Significant Commitments and Contributions to Suicide Prevention and to the Centre for Suicide Prevention in 2010-11

Cynthia Patterson

Cynthia Patterson made contact with the Centre for Suicide Prevention the beginning of 2010 on behalf of the Anglican Council of the North. Her goal was to begin a journey on behalf of her organization to address the rampant rate of suicide in the north, as an effort to save the lives of the northern people they all love.

The communities which they serve were the Inuit, Métis and First Nations in the far north. The land encompassed the Northwest Territories, Nunavut, as well as northern Alberta, Saskatchewan, Manitoba, Ontario, Quebec, and Labrador.

One of the first encounters of CSP and the Northern Council was May 12, 2010 when Rani Murji, CSP's Director of Education and Priscilla Lalonde, CSP Trainer headed north to Yellowknife. There, the staff experienced first hand the dedication, desire, and drive behind this outstanding group of council men and women who are dauntless in their efforts to save lives.



Anglican Council of the North, Cynthia Patterson, Centre.

Subsequent meetings of the northern council saw plans develop and finances put in place to begin training and implementation of CSP's new course, River of Life, an online training program for aboriginal groups.

Cynthia's experience could doubtless fill volumes, but her inner dedication and personal commitment to the cause of suicide prevention is honourable.

We at the Centre for Suicide Prevention thank her for her tenacious efforts, warm collegiality, professionalism, and loving spirit. Her people, her council, and her position are well served.



Andrea Carlucci

The Centre for Suicide Prevention tips its hat to this Mental Health Clinical Educator from Winnipeg, MB. Andrea is a Trainer/Organizer/Entrepreneur who has been part of our team since September 2009, when she did her first workshop. Since then she has matched 29 workshops with Training for Trainers (T4T's), Youth, and Tattered Teddies. Her efforts are moving out into parts of north-western Ontario, and there is no stopping this motivated woman.

John Medeiros, New Tribe Editor

It takes vision, courage, and hard work to chart a course for the aboriginal community in an urban setting to have their voices heard. It takes creative energy and a good listener to hear the concerns of young people who have left a comfort zone and come to the city for a different shot at life. There are many challenges and road blocks to be addressed and made public in a style that young aboriginal men and women accept. One person attempting the task is John Medeiros of New Tribe Magazine. This glossy contemporary publication speaks to new ways, new ideas, and honest efforts to blend the traditions of the past with the art and technology of the future. And into this, John carried our ad for our River of Life online course on suicide prevention. We honour him as a thinking, creative editor, a fine young talented man and new friend to us at the Centre for Suicide Prevention.



University of Calgary Students

Fifteen students from a communications class at the University of Calgary were challenged by their professor to think “outside the box, challenge themselves, do something positive, make life better and don’t just accept the status quo.” So in response, they met, brainstormed, contacted the PostSecret guru Frank Warren in Germantown, MD and brought him to Calgary for a speaking engagement. The proceeds were given to the Centre for Suicide Prevention. In Warren’s books and within the student group, individuals talked about their suicidal ideation. This group took up the challenge and did something positive. We at the Centre thank them for this.



Frank Warren Fundraiser Silent Auction

Diane Yackel, Executive Director, CSP; Katie Waroway; Taylor Peterson; Amanda Ho; Tammy Rousseau; Kait Bohan, Trevor Williams, Janet Cheung, Oscar Cruz, Tamra Dearin, Crystal Demeter, Geoffrey Fey, Igor Gvozdenovic, Tom Ho, Jess Johnson, and Felix Lau.

Dr. Sharon Moore and Dr. Rodney Truax

Dr. Sharon Moore and Dr. Rodney Truax were two academics working with Rani Murji on the feedback, evaluation, and content scrutiny for our online course *River of Life*. Their time, expertise and personal volunteer investment to the project was remarkable. Each one of them was committed to helping us deliver the best content available in the area of suicide prevention for the aboriginal communities and their supporters. For their friendship, expertise and support, we say a profound thank you.



change is in the wind...

The Centre for Suicide Prevention (CSP) has reached maturity; we are thirty years old this year! We have grown from an organization with two distinct programs of focus, namely library services and training services, to a cohesive organization responding to needs from across our country.

Delivery of service now includes online education. Programs and workshops developed and begun by CSP have been followed up by targeted programming geared to respond to specific populations and communities. CSP is now engaging with many levels of government and with many organizations and First Nations communities, both provincially and nationally.

Information that was collected and disseminated in a traditional library mode is now being re-packaged and delivered in many dynamic forms. Our library and training services are blending to support development needs and are responding to a wide range of requests presented to CSP almost daily. The focus of availability is to all levels of need and not just an academic, community-driven need.

When Sheila Fraser, the outgoing Auditor General, was interviewed on CBC TV a short while ago, she shared her concerns regarding the ability to address the ongoing difficulties of First Nations communities. CSP continues to search for answers with these communities and our River of Life: Aboriginal Youth Suicide Prevention Online Course is a testament to this. Our work in the north is another attempt to supply programs and work with Inuit groups as they adapt generic information to their specific needs.

Alberta Health Services has shown leadership in approving the Centre's expansion of vision and continues to support this organization. Educational presentations have been requested by Canadian Mental Health Association (CMHA) and Canadian Association of Suicide Prevention (CASP) as well as by post-secondary institutions here in Calgary. Communities in Labrador and Newfoundland have asked for our help and many other communities are requesting assistance with their own development responses to specific community situations.

With increased demands, staffing needs are changing and traditional methods are giving way to "new world" operations utilizing many new technologies. Who would have believed that a fundraising event initiated by University of Calgary students would lead the Centre to fill 650 seats at a function in only two weeks? The students, guest speaker, and all in

attendance confronted the issue of suicide as it impacts our society today. This cross-section of public would never have done this previously. Our organization responded to a need and was a grateful recipient of donations towards our efforts.

CSP will continue to re-frame our position based on the resources and needs of the Alberta communities, primarily. We will seek wisdom and advice from partners and donors and will always hold the dignity of each person as our sole measuring stick. People of all communities; young and old, male and female, will continue to struggle with mental health and we will welcome and work with them.

In this report we highlight a few of our community advocates in an effort to honour those with the courage to step-up and take action against suicide. The individuals selected represent the many others who working in the trenches every day, combating the societal ills of suicide.

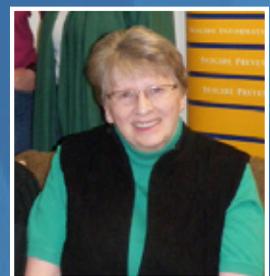
In closing, we would like to thank in particular Alberta Health Services, Manitoba Health, the Health Canada First Nations and Inuit Health Branch, the Anglican Church Council of the North, the Alberta Community Spirit Program and all our supporters. Enjoy our new website. It was designed with you in mind.

Yours very sincerely,

Carmelle Hunka,
President of the Board of Directors



Diane Yackel, BScN, MA, FT,
Executive Director



mission



governance

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Executive Assistant - Brenda Vanderwal

Director of Education - Rani Murji, BA, MPhil

Training and Development Manager - Tracy Wrubleski

Workshop Coordinator - Lyndsay Grier

Registrar - Abi Harker

Librarian - Myra Marrant, BA

Communications Director - Brenda Ann Taylor, BEd, MCS

Marketing Assistant - Crystal Walker

“This workshop has given me the open door I needed in seeking help and supporting someone struggling with the topic of suicide in children.”

- Anonymous, Tattered Teddies: A workshop about suicide in children Participant



**CENTRE FOR
SUICIDE
PREVENTION**

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