



# PASSPORT FOR LIVING



ANNUAL REPORT 2014-15

# PASSPORT FOR LIVING

Entries/Entrées

Visas

Departures/Sorties



ANNUAL REPORT 2014-15



Taking care of ourselves and building personal resiliency are key to suicide prevention - and it doesn't have to be complicated! Everyday things can contribute to positive mental health when we take a bit of time for ourselves and our relationships. CSP's Passport for Living illustrates healthy traveling through life... follow the luggage tags for activity ideas to affirm life!

"What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."

Henry David Thoreau

# THE JOURNEY STARTS HERE

A message from the CSP Board President  
and the CSP Executive Director

Suicide is a major public health crisis. More Albertans die by suicide than in fatal car collisions each year. Worldwide, more people die by suicide than by homicide and war combined and for each death, at least 12 other people are directly affected. Research estimates the total economic burden of each death to be greater than \$1m in direct and indirect costs. From a public health perspective, an economic perspective and most importantly a humanitarian perspective, it is imperative that we continue our work in suicide prevention.

People are complex and therefore suicide is complex. The path that leads a person to consider suicide is as unique as he is. The key is that the vast majority of



people who consider, attempt or die by suicide do not actually want to die: they want the pain of living to end. This is why we do the work that we do.

But how do we prevent suicide? Education is one of very few best-practices in suicide prevention. The Centre for Suicide Prevention (CSP) is an education centre, equipping people with information, knowledge and skills to respond to people at risk of suicide.

Today we are seeing unprecedented momentum in suicide prevention. We are beginning to have open conversation and dialogue in community, in workplaces and at all levels of government. Become informed about this silent killer. Join us as we work to intervene with people at risk of suicide. The Centre for Suicide Prevention educates for life.



Carmelle Hunka  
President, Board of Directors



Mara Grunau, BEd, MPA  
Executive Director

### Passport for Living

- Take a walk ☐
- Go on a picnic ☐
- Go for a bike ride ☐
- Listen to music ☐
- Play hockey ☐
- Go to yoga ☐
- Other \_\_\_\_\_

# ITINERARY

## How We Educate



CSP is an education centre: we educate people with information, knowledge and skills to respond to people at risk of suicide. We educate in many ways, including online, in print, and interactively through webinars and workshops.

### iE: infoExchange

Opinion-Editorial Columns  
**4 Published**

iE:

### Twitter

**8,500+ followers** informed by  
**over 2000 tweets**  
2,800 gained this year



## Passport for Living

- Eat veggies and fruit ☐
- Go fishing ☐
- Read a book ☐
- Paint, draw or photograph ☐
- Find a new restaurant ☐
- Other \_\_\_\_\_ ☐

## Workshops

Workshops vary by population as well as by topic:  
suicide intervention, awareness and bereavement

**452 Workshops**

**7045 Participants**

**75,748 Learning Hours**



*"Before (the workshop) I was somewhat hesitant  
(to intervene with someone at risk of suicide).  
Now I feel encouraged and competent"*

*ASIST Workshop Participant*



## Website

77,677 website visits

**60,000+ visitors**







# ITINERARY

How We Educate

## Resource Toolkits

Downloaded **10,000+** times

**3 published** and 3 updated this year



*"This (Men's Toolkit) is a wonderful document! Fantastic work of trying to get some important messages for #SuicidePrevention out."*

*@dwallacephd*



## Library Collection

**43,625 items**

Over 600 acquisitions this year





## Email Resource List

**1300+ subscribers** receive free educational resources each month



## Webinars

**5 Episodes** this year



*"The (Teacher Series) webinars provided loads of helpful resources!"*

*Webinar Participant*



### Passport for Living

- Talk to a friend ☐
- Go dancing ☐
- Go to a sports game ☐
- Send a thank you note or a card of cheer ☐
- Other \_\_\_\_\_ ☐

# FELLOW TRAVELLERS

Workshop Organizers



RCMPGleichen  
NewAgeServices  
CommunityHelpers  
PeaceParentLink  
HullServices  
LivingWorksEducation  
ChinikiNation  
GrantMacEwanUniversity  
ResidentialFamilyServices  
SafeHome  
FCSSAthabasca  
NativeCounsellingServices  
AnishinaabeChildandFamily  
PeaceRiver  
WJSalberta  
ortageCollege  
CalgaryWomensShelter  
WildRoseSch  
CalgaryTr  
AssemblyofManito  
TsuuT'inaSpiritHealingLo  
SchizophreniaSocie  
UnitedNursesofAlk  
AlbertaHealthServices  
SamsonCommunityWellne  
TownofChestermere  
YWCACityofStAlbertNorth  
WestwardGoalsSupport  
InnFromtheCold  
LloydminsterIntervalHomeSociety  
ClaresholmCentreforMentalHealth  
BlueSkyFamilyServices  
CMHNewfoundland  
ParklandClass  
SoulSistersMemorialFu  
UniversityofCal  
IndependentC  
NAYSPS  
NippisingUniversity  
Bonner  
ENVIROS  
PACE  
CARC  
FCSSHHighRiver  
ExcelAcademy  
4V  
TheMustardSeed  
Cityof  
HighPrairieSchoolEPICProgram  
Wood'sHomes  
CalgaryUrbanAboriginalInitiati  
RockyDistrictVictimServices  
Calga  
Rowa  
MountRoyalUniversity  
BlueHeronSupport  
TheLearnin  
Lakels  
SunriseSchoolDivision  
FCCS





Suicide prevention is everyone’s business, and it involves the work and coordination of many. This year, more than 100 organizations hosted CSP workshops.





# FELLOW TRAVELLERS

## Collaborators

CSP collaborates with many other organizations who work to further suicide prevention, including:

- Alberta Health
- Alberta Health Services
- Canadian Association for Suicide Prevention
- Canadian Coalition for Seniors' Mental Health
- Canadian Mental Health Association, National
- Canadian Mental Health Association, Alberta Division and all Alberta Regions
- First Nations and Inuit Health Branch, Health Canada
- Injury Prevention Centre
- LivingWorks Education Inc., International Collaborative Committee
- Mental Health Commission of Canada
- National Collaborative for Suicide Prevention Steering Committee
- Public Health Agency of Canada
- Schulich School of Medicine and Dentistry, University of Western Ontario
- Youth Summer Online Engagement Club

We also provide research support for the media, many social agencies and government departments.





# FELLOW TRAVELLERS

Donors and Sponsors



The Kayak Foundation at  
The Calgary Foundation



Max Bell Foundation



Propellus

Individual & Memorial Donors



**CSP gratefully acknowledges the support of our  
Donors and Sponsors.**



# TRAVEL COMPANIONS

Trainers, Board and Staff

240 Trainers facilitate CSP Workshops in Alberta, across Canada, and internationally

## Passport for Living

- Eat dessert ☐
- Write a poem ☐
- Try a new wine ☐
- Try a new hairstyle ☐
- Eat a different cuisine ☐
- Go for a drive ☐
- Care for someone ☐
- Other \_\_\_\_\_ ☐



## Board

Carmelle Hunka, President  
Linda Beaton, Vice-President  
David Dart, Secretary-Treasurer  
William Bone, Director  
Michael Power, Director

## Staff

Brenda Ann Taylor, BEd, MCS  
Candice Hickman  
Charleen McPhail  
Crystal Walker, BCS  
Diane Yackel, BScN, MA, FT  
George Toth  
Hilary Sirman, BA, BEd, MPA  
Karin Lavoie, BMus, MLIS  
Mara Grunau, BEd, MPA  
Miriam Groot  
Mona Meng  
Robert Olson, BA, MLIS  
Tammy Bogdane

Shivani Sachar (Volunteer)  
Andrew Bone (Volunteer)

## Favourite Destination

Windermere, BC  
Coffee Bay, South Africa  
Sayulita, Mexico  
Paris, France  
Lac des Arcs, Canada  
Rio, Brazil  
Six Mile Lake, Canada  
Provence, France  
Vernazza, Italy  
Anywhere in the Pacific  
Calgary, Canada  
Jamaica  
Greece

Hawaii  
Crane Beach, Barbados

[www.suicideinfo.ca](http://www.suicideinfo.ca)



Canadian Mental  
Health Association  
*Mental health for all*



**Copyright 2015**

Centre for Suicide Prevention

[www.suicideinfo.ca](http://www.suicideinfo.ca) Email [csp@suicideinfo.ca](mailto:csp@suicideinfo.ca) Twitter [@cspyyc](https://twitter.com/cspyyc)