

## PASSPORT FOR LIVING



ANNUAL REPORT 2014-15

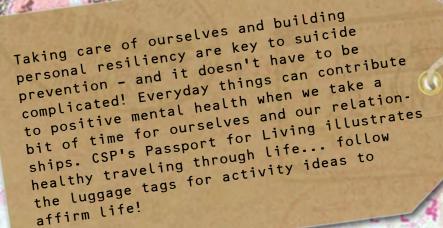
## PASSPORT FOR LIVING

Entries/Entrées

Visas

Departures / Sorties





2000 OCT 28

"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 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 E: Twitter 8,500+ followers informed by over 2000 tweets 2,800 gained this year © 2015, Centre for Suicide Prevention

## Passport for Living

- Eat veggies and fruit  $\square$
- 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



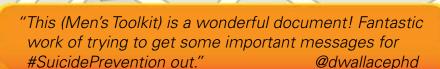


## **ITINERARY**

How We Educate

### **Resource Toolkits**

Downloaded 10,000+ times
3 published and 3 updated this year



## Library Collection 43,625 items

Over 600 acquisitions this year





1300+ subscribers receive free educational resources each month



"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\_

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# FELLOW TRAVELLERS Workshop Organizers CalgaryWomensShelber Independents

HullServices
LivingWorksEducation
GrantMacEwartUniversity

Assembly

CommunityHelpers
PeaceParentLink

WildRoseSch

Calgary Tr

ChinikiNation
GrantMacEwartUniversity

Assembly

CommunityHelpers
PeaceParentLink

WildRoseSch

Calgary Tr

GrantMacEwanUniversity Assembly of Manito

SafeHome TsuuT'inaSpiritHealingLo
FCSSAthabasca
NatilveCounsellingServices
AnishinaableChildandFamily SchizophreniaSocie

WJSAlberta UnitedNursesofAllertageCollege UnitedNurses NippisingUniversity Bonn

AlbertaHealthServices Page SamsonCommunityWellne

TownofChestermere Excellacedemy 4

WestwardGoalsSupport TheMustardSeed Cil

InnFromtheCold HighPrairieSchoolEPICProgram

LloydministerIntervalHomeSociety Wood'sHomes CalgaryUrbanAboriginalInitiati

ClaresholmCentreforMentialHealth Floci BlueSkyFamilyServices CMHINewfoundland

RockyDistrictVictimServices Calg

d MountRoyalUniversity BlueHeronSupport Thel.

SunriseSchoolDivision Lake



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

NapiFriendshipCentre BowValleuCollege FamilyConnections/ParentLink algaryandAreaChildandFamilySer NorthernLakesCollege ProvostAdultLeaming

aryBoardofEducationLeamingServices nHouseEmergencyShelber

BoysandGirlsClubofCalgary KasohkowewChildWellness

fitionalHealing



#### 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























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

#### **Favourite Destination**

Brenda Ann Taylor, BEd, MCS Windermere, BC Candice Hickman Coffee Bay, South Africa Charleen McPhail Sayulita, Mexico Crystal Walker, BCS Paris, France Diane Yackel, BScN, MA, FT Lac des Arcs, Canada **George Toth** Rio, Brazil Six Mile Lake, Canada Hilary Sirman, BA, BEd, MPA Karin Lavoie, BMus, MLIS Provence, France Mara Grunau, BEd, MPA Vernazza, Italy Anywhere in the Pacific Miriam Groot Mona Meng Calgary, Canada Robert Olson, BA, MLIS Jamaica Tammy Bogdane Greece

Shivani Sachar (Volunteer) Andrew Bone (Volunteer) Hawaii Crane Beach<u>, Barbados</u>

