

Message from the Chair

The past year has been busy for the Waterloo Region Suicide Prevention Council. Council members, volunteers and the community have worked collaboratively on a wide range of suicide awareness and prevention initiatives. On December 10 the momentum in our Region on suicide prevention spread across the country with the passing of Bill C300 - A federal framework for suicide prevention in Canada. As Bill C300 moves forward, the council remains involved.

The list of suicide prevention and awareness initiatives over the past year is staggering. Our council continues to be active in building a suicide-safer community. Highlights of the year are many, including the Love Cakes and the Karim the Dream basketball tournament fundraisers. A grant from the Elmira Maple Syrup Festival made it possible to hold a free family skate in Elmira to raise awareness of suicide. The annual Bowlathon and Daniel Tudisco Memorial golf tournament are also highlights. And the biggest highlight of the year was the opportunity to work with other council members, volunteers and community members on suicide awareness and prevention. The council is committed to increasing community participation and awareness in suicide prevention and strives to reach as many people as possible. Thank you to everyone for your support of the council and suicide prevention in Waterloo Region.

Rob Martin



Rob Martin Tana Nash

Message from the Executive Director

With the support of the community and the strength of our volunteers, the Waterloo Region Suicide Prevention Council continues to be increasing awareness, knowledge and training pertaining to suicide prevention. Is it enough? No. But in our concerted efforts, we will continue to advocate for further, improved and greater services, identify gaps that need to be filled and continue to increase knowledge and awareness while breaking down the shame and stigma associated with suicide so that individuals can reach out for help. There is a momentum taking place across Canada to examine suicide prevention and what needs to happen to reduce the number of suicides... and we don't want it to stop. Let's keep our collective fingers on the pulse.

Tana Nash

Executive

Rob Martin - Chair, Waterloo Regional Homes for Mental Health
Eva Neufeld - Vice-Chair, University of Waterloo
Dena Moitoso - Past Chair, People Needing People Bereavement
Counselling Erb & Good Family Funeral Home
Sandra Ayerst - Secretary, Waterloo Catholic District School Board
Kelly Stewart - Treasurer, Lutherwood

Council Members

Bev Voisin - Salvation Army
Brenda Richard - Self Help Alliance
Curtis Gloade - Waterloo Regional Police Services
Debbie Emery - K-W Community Representative
Debra Hansen - Coulombe - K-W Community Representative
Jamie Zimmerman - Waterloo Fire Rescue
Joanna Sipos - Waterloo Region District School Board
Julie Deruttyer - Cambridge Memorial Hospital
Kim Hewitt - Canadian Mental Health Association of Waterloo-Wellington
Laura McShane - Suicide Awareness Wilmot Wellesley
Linda Bender - Canadian Mental Health Association of Waterloo-Wellington
Marion Mills - Grand River Hospital

Executive Director

Tana Nash - Waterloo Region Suicide Prevention Council



More Highlights ...



Members from the Maple Syrup Festival committee at the Elmira Free Skate

“The members of the WRSPC team were incredible - they encouraged dialogue that was heartfelt, informed, welcoming - and made a powerful impact within the community”
Sally Sarachman CTV

“Thank you so much for volunteering your evening. Your contribution helped create a safe space event for our LGBT youth and their straight allies.”
Cameron Heights G.S.A.



Dedicated volunteers Kim Carter and Carol Broome selling Love Cakes

“Thank you so very much for allowing people and families to benefit from your knowledge, learning and experience. Please know what you do matters so very, very much.” Father



32 teams came out to bowl and show their support at the 2012 Bowlathon

“Thank you for sharing your knowledge and expertise at our Mental Health and Wellness evening. Our communities appreciate your support.”

St. Aloysius and Our Lady of Grace Schools



Promoting Safe Talk Training



Daniel Tudisco Memorial Golf Tournament volunteers

“Your personal and professional experience have really helped our team in its efforts to enhance understanding of suicide, suicide risk and prevention.”

Saint Elizabeth Social Work Team



Waterloo Region Suicide Prevention Council



Receiving a cheque from Bell on World Suicide Prevention Day
Dr. Nolan, Dena Moitoso, Tana Nash, Lena DiMarco from Bell

Mission Statement

Believing that every person has the right to be supported in living a healthy, positive life, our mission is to reduce suicidal behaviour and its impact on individuals, family and communities.

ANNUAL REPORT 2013

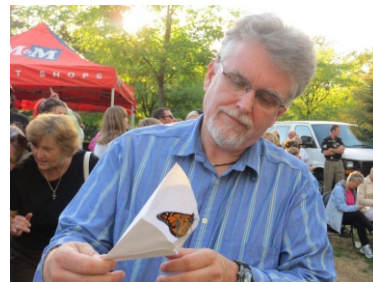
April 1, 2012 - March 31, 2013

Highlights and Accomplishments

April 2012 -
March 2013

Objective 1 Commitment to increase community participation

- World Suicide Prevention Day: over 400 people gathered in Victoria Park, enjoyed a barbeque, attended an information fair and released butterflies at this annual event. The Council also financially contributed to free community events in Elmira and six events hosted by the Suicide Awareness Council of Wellington Dufferin impacting another 800 people.
- Bowl-a-thon Fundraiser: 160 people representing 10 different organizations plus individuals came together to raise money and awareness for suicide prevention. An additional 30 people attended the Mount Forest event.



Objective 2 Increase public awareness

- Mind Matters: in collaboration with a community producer, four ½ hour episodes were created and aired on Rogers TV focusing on individuals with lived mental health experience and available local resources. Eleven community partners were highlighted.
- My Life Matters Church service: the topic of suicide was addressed at Avenue Road Baptist church during the Sunday morning service; a first in Waterloo Region. Additionally, both ministers took ASIST, a two day suicide intervention skills training and a free Safe Talk workshop was provided for 25 interested members of the congregation; building a suicide safer community within their church community.
- My Life Matters Free Community Skate in Elmira: in partnership with the Elmira Maple Syrup Festival, over 100 people attended this free community skate focusing on positive protective factors such as exercise, time with family and friends, mentors (the Elmira Sugar Kings skated with the kids) and positive mental health.
- Parents for Children's Mental Health Resource List: WRSPC paid for the printing of this comprehensive resource list.
- CTV The Pledge to End Bullying Campaign: this event featured booths at Fairview Park Mall by several community organizations and a stage featuring key presentations throughout the day.



Objective 3 Collaborate with community partners to increase prevention

- BULLY documentary: In collaboration with Lutherwood, we provided four free screenings and a panel of experts following the film highlighting prevention steps and local resources. 600 people attended these viewings.
- Youth in Crisis Conference: in partnership with Waterloo Region Police Services and Lutherwood, 150 local professionals attended this conference focusing on what each community organization can do when a youth is in crisis.
- Wellness Call: in collaboration with Grand River Hospital, steps are being taken to provide some key actions for individuals discharged from the hospital after a suicide attempt. The Wellness call, started in January 2013, provides follow up to patients that presented in the adult psychiatric unit with suicide risk within three working days of discharge.

Objective 4 Increase capacity of community training and education

- Suicide Bereavement Training: in collaboration with Safety Net - Community Partnerships, developed and facilitated a two day training to increase capacity. WRSPC paid for the training of 4 facilitators.
- Side by Side Support Group: free monthly support group started in June 2012, with the support of Interfaith Community Counselling Centre.
- Safe Talk Trainer: WRSPC paid for an additional person to be trained in facilitating Safe Talk, a three and a half hour suicide alertness workshop to increase training in the community.
- Wilfrid Laurier University Faculty of Education Training: trained all 150 Faculty of Education students in Safe Talk. The Dean of Education has made a commitment to never let a future teacher leave their Faculty without suicide prevention awareness.
- Safe Talk: 272 youth/peer leaders and 82 community members trained in Safe Talk, thanks to financial support from local service clubs.
- Bell Let's Talk Community Grant: WRSPC was awarded funding to provide training to family physicians and primary care providers to increase suicide prevention knowledge and comfort.



Objective 5 Advocacy: influence community change

- Bill C-300: A Federal Framework for Suicide Prevention: became law on December 14, 2012. Local MP Harold Albrecht tabled this private member's bill that was initiated by the WRSPC.

Our Supporters

Without these supporters there would not be an active Waterloo Region Suicide Prevention Council

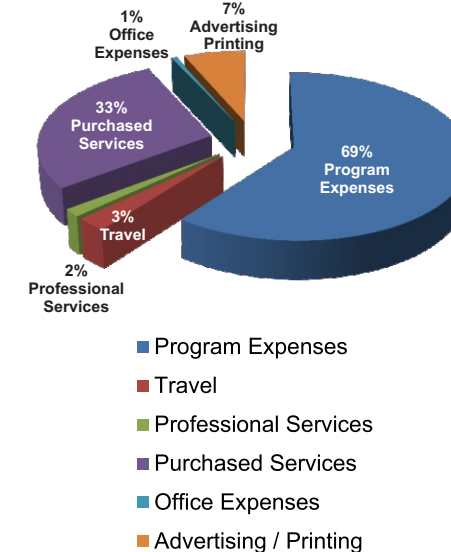


Community of Christ Church
Dawson & Associates
Elmira Maple Syrup Festival
Interfaith Community Counselling Centre
Lisa Brown Charitable Foundation
Karim the Dream
Plus the numerous corporate and private donors.

Thank you!



Expenses



By The Numbers

14,287
Pieces of literature delivered to
86
Different organizations /events
42
Presentations delivered to
2674
Community Members
305
T-Shirts sold
1850
Volunteer hours worked by
45
Amazing volunteers
44
Events attended by WRSPC providing information to over
6000
People

A big thank you to all of our volunteers and all the work they do.

Financials

REVENUE	
Region of Waterloo	12,000
T-Shirt Sales/Cup Cakes	6,960
Mariah's Mission	1,000
Donations	7,983
Self Talk Training	7,175
Bowl-a-thon	35,076
Daniel Tudisco	24,925
Miscellaneous	6
Total Revenue	95,125

TOTAL REVENUE 95,125

EXPENSES	
Purchased Services	30,976
Program Expenses	65,855
Travel	2,849
Professional Services	1,663
Advertising / Printing	7,010
Office Expenses	552
Total Expenses	108,905

TOTAL EXPENSES 108,905

VARIANCE (13,780)

This year's deficit is due to an increase in program expenses. We are proud to be giving back to the community in a great way.

Tana Nash Rob Martin



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