



Waterloo Region  
Suicide Prevention Council  
**2010**  
**Annual Report**

September 10, 2010

## History

- 1997      *WRSPC was established*  
*Terms of Reference*
- 1998      *Presentation “Bullying”*  
*Caregiver Booklet*
- 1999      *Presentation “Suicide in First Nations”*  
*First “Why” brochure on Suicide prevention*
- 2000      *Presentation “Prevention, Intervention & Postvention”*  
*First Newsletter*
- 2001      *Presentation “Youth Suicide”*  
*Donation from St. Mary’s High School for 1<sup>st</sup> Bookmarks for distribution in the community*
- 2002      *Presentation “Personal Stories – You Can Help”*  
*Revision & reprint of Caregiver Booklet*  
*“Bike for Life”*  
*Joint Community workshop/forum “Reality of Suicide”*  
*Strategic Plan*
- 2003      *Presentation “Putting the Pieces Together”*  
*Revision Terms of Reference*
- 2004      *1<sup>st</sup> Annual Dimensions of Suicide Conference “Creating Common Understanding” and*  
*Community Forum featuring Dr. Gustavo Turecki “Neuroscience of Suicide”*  
*Design and unveiling of our new logo*  
*Article in the Record to mark World Suicide Prevention Day*  
*Support to the Waterloo Region Suicide Education Committee in organizing a meeting of*  
*community leaders and launch of a Waterloo Region Strategic Planning Group*
- 2005      *2<sup>nd</sup> Annual Dimensions of Suicide Conference “Suicide Through the Life Cycles&” & Community*  
*Forum featuring Dr Ken Doka*  
*Youth Brochure – the 2<sup>nd</sup> of our “Why” brochures*
- 2006      *3<sup>rd</sup> Annual Dimensions of Suicide Conference “Understanding and Hope” featuring Dr. Antoon A.*  
*Leenaars & Community Forum featuring Bonnie Ball*  
*Older Adult Brochure – the 3<sup>rd</sup> of our “Why” brochures*  
*1<sup>st</sup> Butterfly Release Ceremony of Remembrance*  
*Website launched [www.wrspc.ca](http://www.wrspc.ca)*  
*Stick With It Hockey Game and School Challenge*
- 2007      *Non Profit Charitable Status*  
*2<sup>nd</sup> Butterfly Release Ceremony of Remembrance*  
*1<sup>st</sup> WRSPC team to enter the 4<sup>th</sup> Annual Daniel Tudisco Memorial Golf Tournament*
- 2008      *Obtained our Charitable status number*  
*4<sup>th</sup> Annual Dimensions of Suicide Conference “Exploring Cause & Effect” featuring Richard*  
*Ramsey, Noella Taylor & a panel discussion.*  
*3<sup>rd</sup> Revision of the Caregiver Booklet*  
*Completed a general and youth PowerPoint presentation for community education*
- Sept 2009-2010      *Successful Bowl-A-Thon to support a year of funding for Coordinator’s position*  
*6<sup>th</sup> Annual Dimensions of Suicide Conference \_\_\_\_\_*  
*Partnered with Representatives from various multicultural communities for World Suicide*  
*Prevention Day \_\_\_\_\_*  
*13 displays in the community*  
*Strengthened media connections*
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**Waterloo Region Suicide Prevention Council continues to grow and have many accomplishments – with the combined passion of the following committee members and their supporting agencies:**

- *Dena Moitoso (People Needing People Erb/Good Funeral Home)*
- *Kathy Payette (Lutherwood)*
- *Dale Wombwell (KW Salvation Army C&FS)*
- *Linda Bender (Canadian Mental Health Association, Grand River Branch)*
- *Mary Denomme (Region of Waterloo Public Health)*
- *Lisa Cousineau (Community; Self Help Alliance))*
- *Cathy du Preez-Kiss (Cambridge Memorial Hospital)*
- *Sheryl Bergman-Wolfe (Community)*
- *Cathy McDonald-Reis (Waterloo Catholic District School Board)*
- *Debbie Emery (Community)*
- *Pauline Potzold (Grand River Hospital Psychiatric Program)*
- *Tom Connolly (Waterloo Region District School Board)*
- *Eva Neufeld (University of Waterloo)*
- *Kathy Kruger (Trellis)*
- *Mark Koiter (Waterloo Regional Police Services)*
- *Geoff Reekie (Canadian Mental Health Association, Grand River Branch)*
- *Pat Allan (Centre for Addiction and Mental Health)*

### **Executive**

<i>Chair</i>	<i>Linda Bender</i>
<i>Vice Chair</i>	<i>Cathy McDonald Reis</i>
<i>Past Chair</i>	<i>Dale Wombwell</i>
<i>Treasurer</i>	<i>Kathy Payette</i>
<i>Secretary</i>	<i>Kathy Kruger</i>

### **Committees**

Education & Public Awareness  
Fundraising & Special Events  
Conference Planning  
Resource Development

### **Coordinator**

Tana Nash

## **Council Highlights & Accomplishments**

- ❖ Progress made on Strategic Plan objectives –see attached summary
- ❖ Member on Canada Association for Suicide Prevention
- ❖ Member and representation on Ontario Association for Suicide Prevention
- ❖ Received funding from the Kitchener Rotary Club and the Preston Chapter IODE to train students in Safe Talk; first group of 4 students and adult mentors held in Cambridge
- ❖ Successful Trillium Grant to increase ASIST (Applied Suicide Intervention Skills Training) trainers has resulted in expanded community training team with 4 new ASIST trainers
- ❖ Discussions about support group for those struggling with suicide
- ❖ Proposal to Waterloo-Wellington LHIN for Regional Suicide Prevention Coordinator
- ❖ Proposal to Ontario Trillium Foundation
- ❖ Increased media coverage related to suicide awareness—CTV Province Wide; Rogers Daytime and Newsmakers; The Record; New Hamburg Independent; KOOL FM
- ❖ Presented to Regional Crisis System
- ❖ Maintained strong connections with Wilfred Laurier University, University of Waterloo, and Conestoga College in order to support their suicide awareness efforts on campus
- ❖ Ongoing community displays as well as distribution of updated Caregiver Booklets, updated bookmarks, the three ‘WHY’ Brochures and the new Grief after Suicide brochure

***The accomplishments of the Council could not be made possible without the support and cooperation of many individuals and organizations.***

- *Memorial donations from friends and families.*
- *Donations received from Kitchener Rotary Club and the Preston IODE Chapter*
- *A generous donation from the Daniel Tudisco Memorial Golf Tournament.*
- *Butterflies for Service of Remembrance courtesy of Daniel & Fran Brown*
- *Waterloo Public Health Department generously provides administrative support, space and sponsorship of newsletters and mailings.*
- *ErbGood Funeral Home, and People Needing People for providing space and support for committee meetings and WRSPC storage and mailings.*
- *Waterloo Region District School Board for providing a graphic artist to work on the Caregiver Booklet*
- *Grand River Branch of the Canadian Mental Health Association for providing voicemail/telephone services; “paymaster” services for Coordinator’s position*
- *Mosaic for providing office space for Coordinator*
- *Darcy Davis for maintenance of our website: [www.wrspc.ca](http://www.wrspc.ca)*
- *Lutherwood for their support; and Pam Todd for providing book keeping services*

***Our appreciation to all organizations represented on the Council and to those individuals who volunteer their time and energy as community members.***

*And we say THANK YOU to members leaving that have given generously of themselves:*

- *Mary Denome*
- *Lisa Cousineau*

### **Future Goals**

- Increase membership base and expand capability of committees
- Continue to move forward on implementing the Waterloo Region Suicide Prevention Strategy
- Recognize each donor with a personal thank you letter, and information on how funds are being spent
- Continue to work diligently to obtain annualized funding for a Suicide Prevention Coordinator
- Strengthen existing relationships and partnerships with other suicide prevention groups such as Suicide Awareness of Wilmot & Wellesley and the Wellington-Dufferin Suicide Resource Group
- Nurture Provincial and Federal relationships such as MP's, MPP's, Bill Wilkerson of the Economic Roundtable on Mental Health