



Waterloo Region Suicide Prevention Council

Our mission Statement

We believe 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, families and communities

2011 Annual Report

September 10, 2011

"Building Healthy and Supportive Communities"

Council Members

Our multi-agency collaboration has ensured a broad based source of knowledge and resources. We are grateful for the commitment, passion and energy of our members and their supportive employers:

- *Dena Moitoso (People Needing People, Erb & Good Family Funeral Home)*
- *Kathy Payette (Lutherwood)*
- *Linda Bender (Canadian Mental Health Association, Grand River Branch)*
- *Eva Neufeld (University of Waterloo)*
- *Cathy McDonald-Reis & Sandra Ayerst (Waterloo Catholic District School Board)*
- *Tom Connolly & Joanna Sipos (Waterloo Region District School Board)*
- *Debbie Emery (K-W Community Representative)*
- *Marion Mills (Grand River Hospital Psychiatric Program)*
- *Cathy Du Preez-Kiss & Julie Deruytter (Cambridge Memorial Hospital)*
- *Rob Martin (Waterloo Region Homes for Mental Health Inc)*
- *Mark Koiter (Waterloo Regional Police Services)*
- *Kim Hewitt (Trellis)*
- *Pat Allan (Centre for Addictions & Mental Health)*
- *Dwight Syms (Addictions and Mental Health Network)*

EXECUTIVE

Chair	Dena Moitoso
Vice Chair	Vacant
Past Chair	Linda Bender
Secretary	Eva Neufeld
Treasurer	Kathy Payette
Bookkeeper	Pam Todd

COORDINATOR

Tana Nash

COMMITTEES

Education
Public Awareness
Communication
Fundraising

Message from the Chair

Never in the history of the Waterloo Region Suicide Prevention Council has there ever been as much attention to the issue of Suicide Prevention. From the print media to radio and television, the stories and articles regarding the importance of mental health and suicide prevention are prevalent. Education and awareness are part of school curriculums, 'brown bag lunch' seminars in the workplace and community group presentations. There is a momentum in Waterloo Region, and our council has been there to support and enhance what our community is asking for.

This multi-agency collaboration has ensured the continuation of action plans to meet the objectives of our Regional Strategy for Suicide Prevention. Action plans and endorsements for this strategic plan, have been lead by our part time co-ordinator Tana Nash who not only encourages and directs our council, but has also helped to engage community agencies and businesses. Conferences, seminars and the distribution of thousands of articles and brochures have kept our community aware and engaged in suicide prevention efforts. Our council supports and has played a significant role in advocating for crises services and expanding the training team for 'Applied Suicide Intervention Skills Training'(ASIST). One of our greatest achievements this year has been to bring the program, 'Skills for Safe Living' in collaboration with our local Canadian Mental Health Association, Self Help Alliance and St. Michael's Hospital in Toronto. Our political partners and our affiliation with the Provincial and National organizations for Suicide Prevention have ensured a voice for Waterloo Region. The remarkable fundraising campaigns have helped to secure our part-time coordinator who has been indispensable in the coordination of a multi-prong strategy that is administered by our volunteer council.

We have done a lot with very little. We are seeing the reduction of a stigma that was once the greatest road block. People are learning to identify the problem, now we need sustainable programs to help those in need. Our current road block is access to services. Think how far we can go with a bit more support.

On behalf of our council, I want to thank you for your continued support. We remain committed to a stigma free society where everyone has the potential to live a healthy and productive life.



Dena Moitoso
Chair

April 2010 to March 2011 Council Highlights & Accomplishments

Coordinator's Report – Tana Nash

- Numerous media coverage including 570 News, SNAP, The Record, Cambridge Times
- 115 students trained in Safe Talk, a suicide alertness workshop. Thanks to the financial contributions of Rotary Club of Kitchener Grand River, the Preston Chapter IODE and the Waterloo Catholic District School Board
- U of W Run for Mental Health, final run with President David Johnston, raising awareness for suicide prevention
- Successful bowlathon fundraiser with 32 community and personal teams participating. Over \$20,000 raised.
- 17 different presentations given to various groups including high school students, Ministers, churches, service clubs, WLU Masters Grief Class, the Family Members, Peer Helpers and Peer Help Line volunteers
- Over 100 people attended 2010's World Suicide Prevention Day activities and fifteen Community Partnership awards were presented.
- Breakfast presentation with Scott Chisholm: The Collateral Damage Project. Mr. Chisholm also presented to Conestoga's Pre-Firefighter program and to Wilfrid Laurier's peer help line volunteers.
- Poster presentation at the annual Canadian Association for Suicide Prevention (CASP) in Halifax showcasing the Council's work in partnership with the Daniel Tudisco Memorial Golf Tournament
- Joint Presentation with Lutherwood, "Navigating the system when a teen has suicidal thoughts"
- MP Harold Albrecht partners with Your Life Counts to host a lunch for WAYVE (Working Against Youth Violence Everywhere) student volunteers
- Volunteer Laura Barker hosts Love Cakes, a cupcake fundraiser in honour of her son Josh
- Joint effort to start the Skills for Safer Living program in our Region with CMHA, Self Help Alliance and St Michael's Hospital in Toronto. This 20 week psychosocial/psychoeducational program is for individuals in our community that had two or more suicide attempts.
- Continued presence on the Ontario Association for Suicide Prevention Board.
- Continued relationships with local MP's, Waterloo Region Crime Prevention Council, Suicide Prevention Councils at the University of Waterloo and Wilfrid Laurier University, Partners for Safe & Caring Schools and Bill Wilkerson and Michael Wilson, co-authors of the Global Business and Economic Roundtable on Addiction and Mental Health

Our Supporters

The Waterloo Region Suicide Prevention Council is a registered charity. As such, we abide by the laws and regulations of the Registered Charities Act as set by Revenue Canada. It has been the generosity of individuals, agencies and organizations that has sustained the valuable work of this council. The valuable time and commitment from each of our council members is endorsed by their respective employers. Although these contributions do not have a dollar sign attached, we as a community are richer because of the wealth of time and resources.

The following have held major campaigns in support of the Waterloo Region Suicide Prevention Council:

Daniel Tudisco Memorial Golf Tournament
Mariah's Mission
Love Cakes
Rotary Club of Kitchener Grand River
Preston Chapter IODE
David Chilton
Dawson & Associates Marketing Services
Schindler Abroyd Inc.
Lisa Brown Charitable Foundation
Gemini Models
CMHA Grand River Branch
Custom Leather
RBC Foundation
Numerous Bowlathon Donations
Scotia Bank – Saginaw Parkway, Cambridge

Fundraising campaigns help with the financial needs of our organization, but they also serve to bring awareness and investment in our community.

Individual donations and memorial donations have also contributed to our sustainability. Your confidence and your trust are held with deep appreciation and respect.

Thank you for your continued support.

Charitable Registration # 87159 3117 RR0001

Financial Report

WRSPC
Income Statement 04/01/2010 to
03/31/2011

REVENUE

Revenue	
Donations	2,534.75
Charitable (Receipted)	2,763.30
Donations	
Golf Tournament Revenue	14,000.00
Registration-Conference	2,138.00
Donations-Conference	0.00
Total Conference Revenue	2,138.00
Candle & Other Sales	0.00
Cupcake Sales	1,601.54
Bowlathon Revenue	23,748.45
Training Revenue	5,000.00
Interest Revenue	3.79
Miscellaneous Revenue	300.00
Total Revenue	52,089.83

TOTAL REVENUE 52,089.83

EXPENSE

Payroll Expenses	0.00
Total Payroll Expense	0.00
General & Administrative Expenses	
Conference Costs-Speaker	2,545.76
Total Conference Costs	2,545.76
General Printing Costs	1,285.95
Advertising & Promotions	500.00
Brochure Costs	747.85
Advertising and Promotion Costs	2,533.80
Daniel Tudisco Golf Tournament Exp	861.82
Bowlathon Expenses	2,643.31
Safe Talk Workshop Expenses	2,997.65
Council Coordinator Expenses	22,700.00
Insurance	934.20
Interest & Bank Charges	35.53
Office Supplies	151.97
Miscellaneous	67.55
Travel Costs-gas, bus fares	0.00
Training & Conference Costs-Council	405.11
Meeting & Forum Costs-Council	1,733.46
Council Memberships	0.00
Total Council Costs	2,138.57
Total Expenses	37,610.16

TOTAL EXPENSE 37,610.16

NET INCOME 14,479.67

WRSPC
Balance Sheet As at 03/31/2011

ASSETS

Current Assets	
BMO Chequing Bank Account	42,661.02
Total Cash	42,661.02
Total Credit Cards Receivable	0.00
Total Receivable	0.00
Total Current Assets	42,661.02

Capital Assets	
Net - Furniture & Equipment	0.00
Total Capital Assets	0.00

Other Non-Current Assets	
Total Other Non-Current Assets	0.00

TOTAL ASSETS 42,661.02
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LIABILITIES

Current Liabilities	
Accounts Payable	0.00
Accrued Liability	625.80
Total Receiver General	0.00

GST Paid on Purchases	(47.28)
CVAT paid on purchases	(137.03)
PVAT paid on purchases	(359.45)
GST Owing (Refund)	(543.76)
Total Current liabilities	82.04

Long Term liabilities	
Total Long Term liabilities	0.00

TOTAL LIABILITIES 82.04

EQUITY

Share Capital	
Total Share Capital	0.00

Retained Earnings	
Retained Earnings - Previous Year	28,099.31
Current Earnings	14,479.67
Total Retained Earnings	42,578.98

TOTAL EQUITY 42,578.98

LIABILITIES AND EQUITY 42,661.02
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A message from our Coordinator

I have now spent two years as the part time Coordinator for the Council. What has become abundantly clear is the need for this role to continue and grow. As more connections are made and more presentations are given, there is an increased demand for more. This is a good thing. It indicates there is a thirst for more dialogue, more discussion and more awareness and knowledge. The Waterloo Region Suicide Prevention Council will continue to provide this. We will continue to foster the relationships we have developed so that we can reach out into our community and share risk factors, invitations for help, and continue to talk so that we can chip away at the stigma that still stands in the way. Many community and media partners, family members and friends have been helping to spread the message that the issue of suicide needs to be discussed. There is momentum taking place in our Region; let's work together to keep it going. Suicidal behaviour can be reduced.

Tana Nash

Last but not least... Our most valuable volunteers!

Our volunteers are the engine behind the Waterloo Region Suicide Prevention Council, and they also serve as our greatest ambassadors. Thank you for the countless hours and continued dedication in support of Suicide Prevention.

Alex Cook	Doug Swaniga	Laura Barker
Alexx Barker	Fran Brown	Laura McCormack
Alicia Raimundo	Gail Swaniga	Laura McShane
Allan Strong	Geoffrey Cole	Lee Henderson
Ashley Larsen	Jason Shim	Lisa Marie Cousineau
Barbara Sullivan	Jeanna Dawson	Louise Tudisco
Bev Hitchman	Jim Fox	Mariah's Mission
Bob Leguerrie	Joan Cole	Fundraisers
Bob Valens	Josie Tudisco-Maximino	Murray Mills
Carol Broome	Judi Hopkin	Pam Wright
Carolyn Galvin	Judy Hart	Rob Dawson
Cathy Read-Wilson	Julie Sheppard	Robert E. U. Walsh
Chelsea Old	Kayla Barker	Rod Kennedy
Cheryl Fox	Keely Phillips	Sandra Forwell
Dale Wombwell	Ken Moyes	Sarah Thompson
Debbie Tudisco	Kim Carter	Stephanie Hayes
Diane Moyes	Kody Eckert	Wayne Brabazon