

***Committed to the Reduction of  
Suicidal Behaviour and its  
Impact on Individuals, Families  
and Communities***

# Waterloo Region Suicide Prevention Council



Waterloo Region  
Suicide Prevention Council  
[www.wrspc.ca](http://www.wrspc.ca)

**NEWSLETTER  
ISSUE 8  
JULY 2015**

## **WRSPC Becomes The Home Of The National Suicide Prevention Office!**



WRSPC is excited to be the new home for the Canadian Association for Suicide Prevention! As of the end of June, the CASP office has relocated to the WRSPC home in Lutherwood. Tana Nash will continue to devote time to Waterloo Region with the assistance of a new program coordinator, while working to advance suicide prevention efforts nationally. The full press release is printed below:

We are excited to welcome Tana Nash to the CASP board as our new Executive Director and to re-locate the national office to Waterloo Region. Tana brings a wealth of experience from her role as Executive Director for the Waterloo Region Suicide Prevention Council (WRSPC) and President of the Ontario Association for Suicide Prevention. In the past year, Tana was awarded the CASP's President Award for advancing the work of suicide prevention nationally. We look forward to her contributions in helping CASP reach our objectives in reducing suicide across Canada.

*"Tana has a proven track record in successful advocacy at all levels of government. In addition, she is already actively involved with the Mental Health Commission, the Public Health Agency, and the National Collaborative for Suicide Prevention. Tana's significant efforts in the past have been the reason she was awarded the CASP President's Award. All of us at CASP are excited to work with Tana and are appreciative of her significant expertise and energy."*

**Renée Ouimet, CASP President**

Tana will continue to devote time to Waterloo Region in addition to her new role with CASP, and WRSPC has generously offered to host CASP's headquarters within their

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facility.

*"As Chair of the Waterloo Region Suicide Prevention Council we are thrilled to collaborate with CASP. This community has been on a journey of hope and healing with many important steps along the way. This partnership is the next step to making our community at large suicide safer."*

**Kim Hewitt, WRSPC Chair**

For over 30 years CASP has been dedicated to reducing suicide rates and the devastating impact on society by supporting Canadians with important information about suicide prevention, intervention and postvention. We have also developed the CASP BluePrint for the Canadian National Suicide Prevention Strategy, created a stronger digital presence and many resource materials and are working on implementing a national suicide crisis line network. We will continue to lobby the Canadian government to initiate the implementation of the strategy with cooperation across all levels of government and integration with Health Canada's Healthy Living Strategy with Tana Nash at the helm. We would like to thank Tim Wall who has served as CASP's Executive Director for over seven years. His tireless efforts and passion in suicide prevention has had a profound impact and was made possible by the generous support of Klinik in Winnipeg, Manitoba where he held the role of Director of Counselling Services until his retirement. Klinik was also kind enough to host our headquarters for the past eight years. Thank-you Tim and Klinik.

The World Health Organization (WHO) challenged all member states, including Canada and the United States, to reduce their suicide rates by 10% before 2020 in their Comprehensive Mental Health Action Plan 2013-2020, a challenge we are actively pursuing.

If you would like to help CASP in reducing suicide rates across Canada, please consider becoming a member or supporting us through a cash donation.

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

## Training



*Renison BSW students after completing ASIST training*

### ASIST

We were very excited to train a total of 60 bachelor of social work students from Renison College, University of Waterloo in January and another 60 students – this time in masters of social work from Laurier School of Social Work in ASIST, Applied Suicide Intervention Skills Training during the month of May. This training prepares students to identify people with thoughts of suicide and be given the opportunity to learn and practice skills to equip them in delivering competent suicide interventions. With both schools of social work having this training and seriously examining how these essential skills can be delivered to students each year, they are leading the way across Canada. Our hope is for this training to be built into curriculum of social work programs right across Canada to ensure sustainability.

### SafeTALK Trainings

For the third year, WRSPC provided all 120 Faculty of Education students from Wilfrid Laurier the SafeTALK training, a suicide alertness workshop. These future teachers now have an increased knowledge of what to look for and what to say. The council was also able to provide two free Safe Talk Trainings to the community. In January, a workshop was offered in the community of Ayr thanks to the Mitchell Snider Memorial Golf Tournament and a second was offered at Steinmann Mennonite Church in May. This suicide alertness workshop is for anyone in the community ages fifteen and older. The workshop helps attendees identify persons with thoughts of suicide and connect them to suicide intervention resources. People attending the workshop need no previous experience or training in order to become more ready, willing and able to be suicide prevention helpers.

*For more information on upcoming trainings, visit our website <http://wrspc.ca/training-resources/trainings/> or contact the workshop coordinator through CMHA WWD, at [workshops@cmhawwd.ca](mailto:workshops@cmhawwd.ca).*

### Suicide to Hope

Suicide to Hope is a new training that has been developed by Living Works, the same designers of the ASIST and SafeTALK workshops. This new one day workshop is primarily designed for clinicians and other professional caregivers who work with persons at risk but are currently safe from suicide. It provides tools to help these caregivers and persons with experiences of

suicide to work together to develop achievable and significant recovery and growth goals. WRSPC was very excited to bring this training opportunity to our community for free, thanks to donations from our community, in partnership with CMHA WWD. In total, we offered this practical workshop to forty-eight professionals in our community. We also conducted a feedback survey to see if this workshop was worthwhile. 90% of participants said they would recommend the workshop to fellow colleagues, 97% said yes, this workshop should be added to the suicide prevention menu of trainings in our community and 93% said they could see using these skills learned in their everyday work. We also received some excellent constructive feedback which we shared with Living Works so we could improve upon the delivery of the day.

As a follow up to this training, Living Works is beginning to train trainers across North America who can then offer the workshop in their community. We are honoured that Waterloo Region has been recognized as a leader in suicide prevention and intervention training and has been selected to attend the first Train the Trainer workshop for North America being held in Denver this fall. A round of applause out to our well respected and revered community training team and to our community - who recognize the value in this training and increased knowledge.

## 6th Annual Bowlathon



*1st place fundraising team "Gail's Gang"*



*Allan Strong proudly showing off his newly shaved head with MSW student Christy Kent and Tana Nash after raising over \$4000*

### \$50,899 Raised!

Wow! What an incredible day of conversations, connecting and laughter. And what an incredible amount of money! Soooo amazing. We are feeling very grateful and overwhelmed with the support and feedback from the event.

The 6th annual bowlathon could not have been possible without the 160 bowlers, all of the incredible donations they each received, the 28 volunteers, and the over \$12,000 in prizes donated from our generous



community. A special thanks to MSW student Christy Kent who did an exceptional job of organizing the event. Hope to see you next year!

## Elmira Skate



*Getting an autograph from the Elmira Sugar Kings*

talking to mentors and being exposed to positive messaging. Everyone left with the new My Life matters nylon bag.

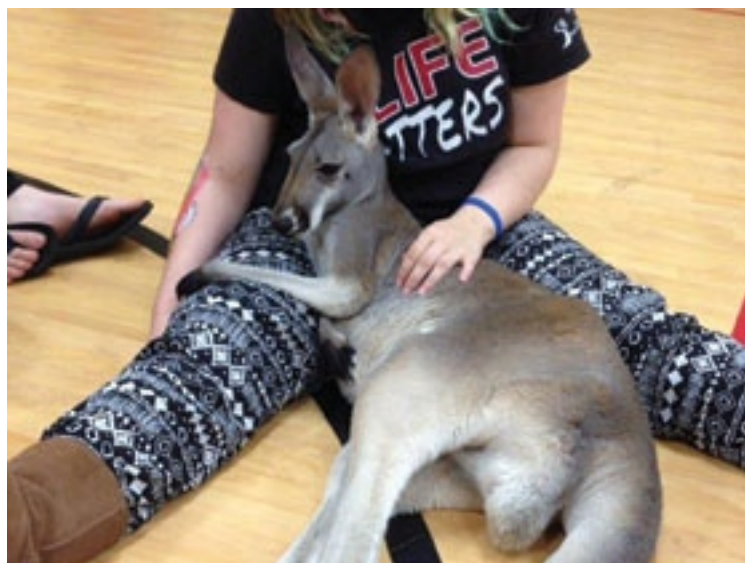


*Enjoying a day out at the Elmira skate*

## My Life Matters Day

For the 4th year, WRSPC has partnered with Lutherwood to provide the youth in care an entire day dedicated to them – a “My Life Matter’s Day”. This day is filled with education and self care stations that relate to the Dialectical Behavioural Treatment (DBT) they receive daily. We were fortunate to have a fabulous guest speaker from Hamilton join us, Nick Petrella. Nick shared his journey of realizing he suffered with depression and anxiety and the coping skills he now has in place. The youth led team, WAYVE, also presented which is always inspiring. Hearing youth teach youth and share

WRSPC has been honoured to partner with the Maple Syrup Festival committee and the Elmira Sugar Kings to provide a free community skate during the Christmas break. Once again the event had well over 100 skaters enjoying the event. This is a very positive day focused on resilience and protective factors: exercise is good for your mental health, spending time with friends and family in a positive way,



*One of the Lutherwood youth cuddling with Jasmine*

personal stories is very relatable. The four self care stations the youth rotated to in the afternoon were all enjoyed: Zen doodling, music therapy where the kids wrote and sang a song, body painting and the highlight for everyone, exotic animals including a kangaroo. Huge thank you to the Rotary Club of Grand River for providing financial support to make this day happen.



## Suicide Training in Primary Care

With a Bell community grant, the WRSPC was able to provide two accredited trainings for family physicians and primary care providers during 2013. We know that the primary care sector is an opportune venue for the early detection and intervention of suicide. However, primary care providers may not be well equipped to discuss suicide with their patients. Building on this finding from the research, we provided the trainings to increase primary care physician capacity for suicide risk assessment and provided helpful tools and resources. Following the trainings, we conducted follow up surveys during 2014 to assess whether the new tools were being used. To help other communities in their trainings, the findings were assimilated into a helpful report. You can access the full 16 page report on our website at the following link:

<http://wrspc.ca/wp-content/uploads/2015/05/Suicide-Prevention-in-Primary-Care-rev-Apr-30-2015.pdf>



## Volunteer Appreciation Night

WRSPC is very grateful for the time and heart our volunteers dedicate to suicide prevention in our community. The majority of our volunteers have lost a loved one to the devastation of suicide and want to help others in our community not feel that same heartache. In the spirit of that sense of community, we gathered together on an evening in May to enjoy a lighthearted evening of connection, learning and celebration at the Old Marina Restaurant in



*Volunteer Wayne Brabazon wrapped in a homemade quilt made by another volunteer*



*Enjoying a night out with the volunteers*



*Total number of hours donated by WRSPC volunteers in fiscal 2015*

Cambridge. Thank you to all our volunteers for contributing to this meaningful work and to the 1420 hours you donated to our community.

## MCYS Funding for Youth Suicide Prevention

Along with other communities across Ontario, for the second year in a row, the WRSPC received \$28,500 from the Ministry of Child and Youth Services for youth suicide prevention efforts in our community. We once again partnered with many organizations to make the money stretch as far as possible.

Waterloo Region District School Board, French Catholic and Public Boards– purchased SafeTALK and ASIST materials (suicide prevention and intervention) to assist with the training of staff.

Waterloo Catholic District School Board – contributed to the Resiliency Initiatives, a foundational framework that will be the base for all teaching and interaction with students K-12.

Self Help Alliance – This organization is the leader for the Skills for Safer Living groups, twenty week groups for individuals who have attempted suicide or continue to experience suicidal thoughts. Money has been earmarked to help with the pilot of these groups for adolescents to begin this fall.

Lutherwood – In partnership with the Child and Adolescent Psychiatric Unit (CAIP) at Grand River Hospital, the mobile crisis team at Lutherwood will be providing calls to youth discharged from the CAIP unit to ensure they are connected into the community without waiting for a crisis to happen. These wellness calls will begin this summer.

White Owl/Carizon – Partnering with our aboriginal and multicultural communities to provide support for the individuals they support is a key priority. We were able to provide additional training for staff in suicide prevention and intervention workshops including a specific training for



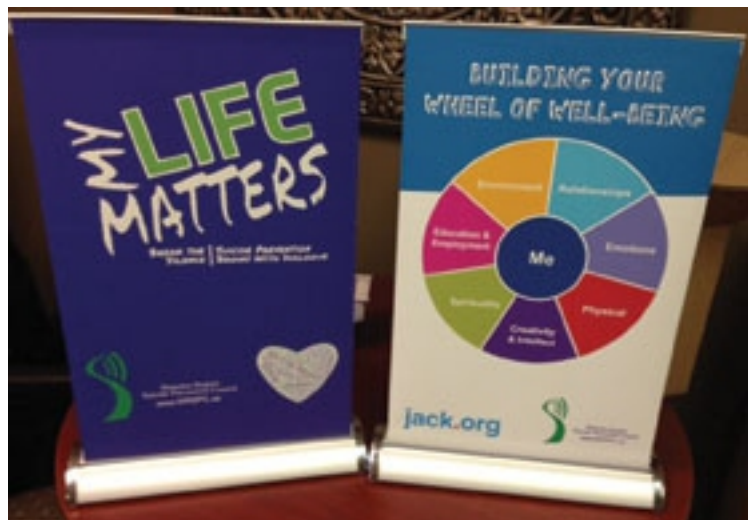
professionals supporting aboriginal individuals affected by suicide.

WRSPC is also providing identified multicultural communities that work with Carizon the My Life Matters t-shirt translated into five languages: Spanish, Arabic, Urdu, Amharic and Somali. While the spirit of the messaging will remain the same, Carizon has worked with community leaders within these cultures to ensure the messaging is appropriate.

Great website for Suicide Attempt Survivors:

<http://lifelineforattemptsurvivors.org/>

Although American based, there are lots of tips for the individual, family and clinicians, stories and videos from attempt survivors on turning points.

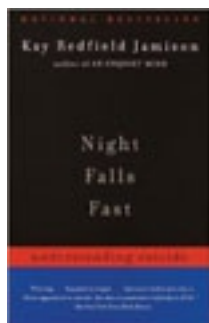


WRSPC continues to attend numerous events in the community to speak or to be present with literature and information. The past six months, you may have seen WRSPC at the following events:

Waterloo Collegiate Institute – Mental Health Fair  
 WAYVE/Youth Talk conference  
 Minds in Motion Expo  
 Youth Mental Health Awareness Week – Expo in Kitchener City Hall Rotunda  
 Huron Heights' Mental Health Fair  
 St. Benedict's Mental Health Fair  
 Resurrection High School – Youth Mental Health Awareness week

Or heard us speak at the following locations:

Community Christian Reformed Church  
 New Apostolic Church  
 Rotary Club of Kitchener Conestoga  
 Webinar presentation for youth mental health professionals across Canada with WAYVE youth Kailey Ellingwood  
 Doon Presbyterian Church  
 Waterloo Wellington Integrated Program for Mental Health and Addictions Program Council  
 Cameron Height's mental health evening for parents  
 University of Waterloo health and counselling centre  
 Ontario Centre for Child and Youth Mental Health – Life Promotion Forums in Ottawa and London



"Dr. Jamison has known suicide firsthand: after years of struggling with manic-depression (now known as bi-polar), she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but all of their knowledge and research to bear

on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk and to comprehend the profound effects on those left behind."



A new smaller youth brochure has been developed by youth from Bluevale Collegiate and their social workers focusing on positive messaging. The resource fits into wallets, pockets or the back of phone cases and provides steps if they are struggling, where to call and a QR code which links to resources on the WRSPC website. For copies, please connect with Jenna Merrick, [jmerrick@lutherwood.ca](mailto:jmerrick@lutherwood.ca)

### Huron Heights' Mental Health Fair



*Deb Emery, Kiki Barker and Brenda McDonald, Huron Heights*

On May 6th 2015, Debbie E. and Brenda McDonald represented WRSPC at a Mental Health Fair located at Huron Heights High School in Kitchener. It was well received by 60-80 students during their lunch hour. The display showed when students recognize that each characteristic of The Wheel of Well Being was present in their lives, being a well rounded person includes all the pieces of this pie. These characteristics include environment, relationships, emotions, physical education and employment, spirituality, creativity and intellect.



## Community Partner Award from WCDSB

The students, staff and trustees of Waterloo Region's Catholic Schools proudly congratulate the Waterloo Region Suicide Prevention Council – 2015 recipient of the WCDSB Community Partner Award. The award has been presented since 2001 at the WCDSB's annual Appreciation Night in recognition of outstanding contributions made to Waterloo Region's Catholic Schools by a community partner or agency serving the students, staff and greater community of Waterloo Region. Thank you to WRSPC member Laura McShane for accepting the award.

## Welcome to the team Kate!



WRSPC would like to welcome to the team Kate Penner in the role of program coordinator. This is a newly created role for WRSPC and we are thrilled to be expanding the team. Kate recently completed her Masters in Social Work from the Laurier School of Social Work and brings to the team clinical experience combined with fundraising and event planning experience. Kate will be assisting in the delivery of presentations, fundraising efforts, working with the volunteer team and helping to assist in the advancement of suicide prevention efforts throughout the region. Kate is looking forward to meeting WRSPC partners and volunteers throughout the summer. Come up and say hi when you see Kate at one of our events.

## WRSPC at International Association for Suicide Prevention

Tana Nash had the opportunity to attend the IASP conference in Montreal the at the end of June along with over eight hundred delegates from sixty countries. This was a great opportunity to both learn and network. Tana attended twenty-seven sessions on various aspects of suicide prevention that are relevant to the work Waterloo Region has identified as top priorities including reaching males to reduce suicide rates and promoting mental health in the workplace. The notes taken will be shared with WRSPC council members to advance the work and keep members current on new research and promising practices. Tana also had the opportunity to join in the Mental Health Commission of Canada's presentation on 308 conversations and provide a local perspective on the event hosted in partnership with all four MP's and the President of Conestoga College last summer.



*Former WRSPC secretary Dr. Eva Neufeld with Tana Nash in Montreal*

## Why? Support After a Suicide Loss

This nine week group closed group is specifically designed for individuals who are facing the unique challenges of traumatic grief after a family member or friend has died by suicide. A loss after suicide is considered complicated grief, and as such, it is more severe and longer lasting. The group not only provides a cathartic experience, but it also provides an opportunity for individuals to connect with others in an intimate manner.

Created by Dena Moitoso, one of the founders of the WRSPC, the "Why" group has been helping those bereaved by suicide in our community since 1997. With funding from the local LHIN, and partnerships with Shalom Counselling Services, Lutherwood Counselling Services, Woolwich Counselling Centre and Interfaith Community Counselling Centre, we are now able to offer four groups in Waterloo Wellington region each year. Groups in Waterloo Region will take place:

### Elmira

Next group begins September 16  
Wednesdays, 6:30 - 8:30

### Waterloo

Next group begins October 20  
Tuesdays, 7:00 - 9:00

### Cambridge

Next group begins January 20  
Wednesdays, 6:30 - 8:30

### Fergus

Next group begins March 22  
Tuesdays, 6:30 - 8:30

**Register on line at [www.wrspc.ca](http://www.wrspc.ca)  
Or call Dena Moitoso 519-745-2195**



When I see nothing ahead,  
I am reminded to look in to  
my past.  
What do you see, when you  
look me?  
My dreams, my fears, and my  
choices;  
How will I ask?

I see nothing new,  
And many consequences to  
questions that have stumped  
many men.  
Trying different options,  
Counting back from 1 to 10.

Deep breathing and burning  
lavender candles,  
Focusing on calming thoughts.  
Medication may be Step1,  
I can not be a robot.

What can you see,  
When you look in to my soul?  
My eyes are truly teary,  
My words are sometimes scary.

My true feelings are often  
hidden.  
No one wants to see.  
Unless you ask me questions?  
You may never meet the  
real me.

Debbie Emery

### Resources:

As a reminder, you can find many resources, videos and stories on our website for those struggling with suicide and individuals bereaved. If you or someone you know is struggling, take a look for ideas.

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

WRSPC also uses social media platforms facebook and twitter to list events, community resources, changes to services, helpful tips and what we are doing in the community.



Waterloo Region  
Suicide Prevention Council.



@WRSPC



What an incredible event took place at Smitty's in support of suicide prevention over a weekend the end of May. A Smitty's employee was presented with a My Life Matters t-shirt after losing her brother to suicide last year and that became the catalyst for having some kind of event. That small seed has spurred on a three day event "My home matters, My life matters" at both the Kitchener and Hanover locations, featuring over \$10,000 in draw prizes, a barbeque, and resources for the community from WRSPC and Self Help Alliance. The \$5000 plus proceeds from the sale in Kitchener were donated to the Skills for Safer Living program, a twenty week support groups for individuals who have attempted suicide. It was a tremendous weekend with very meaningful and helpful conversations taking place. Thank you so much Smitty's for being a leader in our community.



*Smitty's President Bob Gray with Self Help Alliance ED Kathy Bazinet, WRSPC ED Tana Nash and Skills for Safer Living Team Lead Allan Strong*

**"...this wee little idea has blossomed. I am so proud that my employees, support team, our suppliers and the members of the Waterloo Mental Health are all on board."**

**Smitty's Employee**



# Why???

## Suicide Let's Talk About It

### Thank You For Your Generous Support

A huge thank you to the generous donations from organizations, events and personal donations made to the council.



*Tana Nash with Kirk's Crew*

- Kirk's Crew – (Grade 6), Country Hills Public School
- Preston Chapter IODE
- Rotary Club of Grand River
- Rotary Club of Cambridge Sunrise
- Greer Family
- Unity Church
- May Court Club of Kitchener Waterloo
- 1096 bowlathon supporters
- Numerous personal donations

- Sherrie Kirby and the event at her home in Wellesley
- Karim the Dream



*Tana Nash receiving a cheque from Sherrie Kirby*



*Receiving the cheque from the Karim the Dream basketball tournament*

### Coming Events

#### August 13

11th Annual Daniel Tudisco Memorial Golf Tournament  
Grand Valley Golf Course.  
For Information: [dtmgolftourny2@gmail.com](mailto:dtmgolftourny2@gmail.com)

#### September 10

World Suicide Prevention Day. Kitchener City Hall. Event times will be located on our website, social media and published in the Record.

#### September 10

Annual General Meeting, WRSPC. Kitchener City Hall