



### Member Profiles p.2

This month we recognize Council members from Waterloo Fire Rescue and the Waterloo Catholic District School Board

### Upcoming Events p.3

Mark your calendar and consider volunteering for upcoming events with the Waterloo Region Suicide Prevention Council

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



## Support for Bill C-300 for a Federal Suicide Prevention Framework

World Bill C-300, a Private Member's Bill introduced by Kitchener-Conestoga MP Harold Albrecht in the fall of 2011, calls for a federal framework for suicide prevention. "The bill would establish the requirement for the Government of Canada to develop a federal framework for suicide prevention in consultation with the relevant non-governmental organizations, the relevant entity in each province and territory, as well as the relevant federal departments."

The Bill has now passed first, second and third readings in the House, has moved through the Standing Committee on Health for amendment, and has seen politicians from all corners of the House of Commons come together. Many organizations and individuals attended hearings, including the Waterloo Region Suicide Prevention Association and CASP, proposing

improvements to strengthen the Bill. Albrecht has been working for several years to create a greater awareness for the need for the federal government to take a larger role in the prevention of suicide. MP Albrecht said this of the Bill in the House of Commons: "At the heart of this bill is a clear call for national leadership, a coordination of the great efforts of many community groups across Canada, suicide prevention groups already doing all they can to bring hope. Bill C-300 acknowledges the complex nature of suicide and suicide prevention."

During the 3<sup>rd</sup> Reading in the House, MP Albrecht stated that the Bill "is not a magic wand ... but it is the first step on this journey." In Waterloo Region, we are grateful to MP Harold Albrecht for making this issue a national one and for

stimulating conversation in Ottawa for suicide prevention.



Tana Nash speaking in Ottawa on February 15, 2012 at MP Harold Albrecht's press conference to support Bill C-300, an Act respecting a Framework for Suicide Prevention, along with Scott Chisholm from the Collateral Damage project and Rory Butler from Your Life Counts.

# WRSPC Member Profile



To recognize the many local organizations that contribute to the ongoing effort of suicide awareness and prevention, the WRSPC would like to profile its dedicated Members.

Read on to learn more about Waterloo Fire Rescue and Waterloo Catholic District School Board!

## Waterloo Fire Rescue

“Waterloo Fire Rescue came on board as a member of the WRSPC in 2010 because of the direct and traumatic affect suicides have on our first responders”, says Larry Brassard, Deputy Fire Chief of the Waterloo department. “Our firefighters are often the first to arrive when 9-1-1 is called and though they perform their duties as the professionals that we expect them to be, our firefighters are not immune from the secondary trauma that accompanies these events. From a critical incident stress perspective, we need to do more. From a community service perspective, we need to do more. Becoming involved in the WRSPC is one of the ways we can work to achieve both goals”.

Waterloo Fire Rescue is a fully career fire department comprised of 130 trained professionals who staff 4 fire stations in the City, 24 hours a day, 365 days a year. Providing a full range of fire protection services, the department responded to over 4400 incidents in 2011, more than 2000 of these are life threatening emergency medical calls. Though the department

does not specifically track suicides (or attempts), firefighters respond to many such calls along side police and EMS first responders annually.

“We introduced the QPR program to a limited number of staff in 2011 and will be expanding training to all our front line staff this year,” said Brassard. “We are promoting awareness on the topic of suicide within the department in an attempt to provide opportunity’s for discussion and as a means for our firefighters to better serve our community. The WRSPC is the perfect community partner to collaborate with because we want to do our part to build a healthy and supportive community as well.”

*Submitted by Larry Brassard*

## Waterloo Catholic District School Board

“The WCDSB is committed to ensuring that our Catholic Schools are at the heart of the community, providing success for each and a place for all. As part of their commitment to ensuring that students are successful in their education and feel a sense of belonging

within their community, the WCDSB has been implementing suicide prevention policies and procedures for 30 years. “These policies ensure that students in crisis are identified early, assessed for risk and linked with community supports”, says Sandra Ayerst, Registered Social Worker with the Catholic School Board. “In 1996 we joined efforts with the WRSPC to reduce mental health stigma and increase awareness about the reality of suicide and need for suicide prevention”.

Each family of schools, which includes the high school and elementary feeder schools, has a School Social Worker. School Social Workers support schools and students in many ways including staff training around mental health and risk factors important in suicide prevention; consultation and direct clinical support to families/individuals. We work as part of a larger collaborative that is made up of Teachers, Guidance Counsellors, Administrators, Special Education and Learning Services supports.

*Submitted by Sandra Ayerst*

## Coming Events

**August 9, 2012**

### **The 9th Annual Daniel Tudisco Family Golf Tournament**

Join us for great golf, fun games, food, prizes and a silent auction. Register early, so you are not disappointed.

[DTMgolftourney@hotmail.com](mailto:DTMgolftourney@hotmail.com)

**September 10, 2012**

### **World Suicide Prevention Day**

The WRSPC will hold its annual Butterfly Release in recognition of World Suicide Prevention Day at the Victoria Park Pavilion in Kitchener. All are welcome.

Community BBQ from 5-6 PM

Butterfly Release and Program at 6 PM

## Raise Awareness at your Workplace



### **'Life Matters' T-shirts, \$10.00**

To purchase contact Tana Nash  
[tnash@lutherwood.ca](mailto:tnash@lutherwood.ca)

Group orders available

## Media Reporting Guidelines

News stories, articles, and presentations in the media on suicide carry risk. Encourage responsible reporting by following the media guidelines, available on our website.

## Inspiring Young Teen from Waterloo Region



Thank You Tyler and friend Noah!

Meet Tyler Colquhoun. He is an inspiring young teen in our Region, who, for his 12th birthday party, decided to ask for donations to Mariah's Mission and for suicide prevention.

Tyler never met Mariah, but he did attend the event Mariah's Mission had last summer for what would have been Mariah's 16th birthday and was moved to take action. Tyler invited over 30 friends to his paintball birthday party and together they raised \$2105.50 for Mariah's Mission and in turn, the Waterloo Region Suicide Prevention Council.

### Correction Notice

Apologies to Debbie Emery

In her poem **Who Am I?**

Published in Issue 2, December 2011

"Walking up slowly  
From my second birth."

### **Should read**

"Waking up slowly  
From my second birth"

## Community Threat Risk Assessment Protocol

Waterloo Region Suicide Prevention Council is proud to be a signing partner for the Community Threat Risk Assessment Protocol, a collaborative community response to student threat making behavior. These partners came together in December, 2011 for the signing and a one day workshop presented by Kevin Cameron, the Director of the Canadian Centre for Threat Assessment and Trauma Response.



## Community Resources

**Distress Line for supportive listening**  
519-745-1166 (24/7)

**Crisis Services for crisis intervention**  
519-744-1813 (24/7)  
1-866-366-4566 (toll free)

**Self-Help Alliance**  
K-W: 519-570-4595  
Cambridge: 519-623-6024

**CMHA Centre for Mental Health**  
KW: 519-744-7645  
Cambridge: 519-740-7782

**Support groups for individuals who are bereaved by suicide.**

No fee. Spaces are limited.

**The Coping Centre – Blair.**  
For registration call: 519-650-0852.

**People Needing People - Waterloo**  
For registration call: 519-745-2195



# Love Cakes Event

## A Sweet Success



A special thank you to everyone that came together to make Love Cakes February 17<sup>th</sup> event a tremendous success. To the numerous volunteers that donated their time to bake, ice and wrap over 2000 cupcakes, the volunteers that collected prizes, those that donated their time, the media that helped us promote the event and to the three FreshCo stores, Grand River Hospital and Country Hill Public elementary school that so generously donated space and partnered with Love Cakes, it couldn't have happened without you.



Stephanie Meyer and her daughter Mackenzie

This tremendous accomplishment raised awareness for suicide prevention in unlikely places such as the supermarket and created conversations that would never have taken place. A total of \$3120 was raised for the Waterloo Region Suicide Prevention Council.

Sometimes a dark place moves us to do so much. I would like to thank Laura Barker for allowing us to come along her personal journey. By opening her heart and sharing her love with so many, she is taking such profound grief and turning it into something hopeful for others in our community.



(L to R) Laura Barker, Kayla Barker, Todd Dougall (Owner, Westmount FreshCo), Lori McIntosh, Todd Barker



# Skills for Safer Living: An intervention for those with recurrent suicide attempts

**A 20-Week Skills Development Group to reduce the potential  
risk factors for suicide-related behaviours**

Some fundamental criteria for the group are:

- 1 or more self reported attempts
- involvement with community support
- stable housing
- transportation to attend the weekly group



Once the 20 weeks are complete, individuals will be invited to continue with an ongoing Skills for Safer Living Peer Support Group.

To view videos about *The Skills for Safer Living Group*, visit our website at:  
**[www.self-help-alliance.ca](http://www.self-help-alliance.ca)**

If you are interested in the application process, and for future group dates, contact Cambridge Centre for Mental Health at 519-740-7782, ext. 0; or Guelph Centre for Mental Health at 519-836-6220, ext. 0.

If you have any questions about the group or if you require more information please contact Allan Strong, Team Lead at 519-570-4595, ext. 289

Many thanks to St. Michael's Hospital and the Waterloo Wellington Local Health Integration Network for their ongoing support

## **Thank You to Our Generous Funders**

Preston Chapter IODE	\$1,675 for further Safe Talk and ASIST training
Rotary Club of Kitchener Grand River	\$2,500 for further Safe Talk training for youth
May Court Club of Kitchener	\$3,030 for Safe Talk training
The Rotary Club of Cambridge Sunrise	\$3,500 for Safe Talk training

## **We Also Thank**

Tom Connolly-in lieu of retirement gifts, asked that donations be made to the WRSPC  
Mariah's Mission—Tyler Colquhoun's 12<sup>th</sup> birthday party raised \$2,100  
LoveCakes—over \$3,000 raised

# WRSPC Appreciation Night

## April 18, 2012

On Wednesday April 18, twenty-five volunteers joined members of the Council for the first ever volunteer workshop and appreciation night. It was great to have so many of our volunteers in one place, meeting one another. An overview of the Council, goals for the next five years and a brainstorming session took place with a break for some wonderful food catered by Luther Village on the Park. We also had the opportunity to honour long time Council members Lisa Cousineau and Cathy Du-Preez Kiss.

It was a wonderful evening of sharing and celebrating our dedicated volunteers and each person's ongoing commitment to suicide prevention.

## Third Annual Bowlathon Over the Top!

Our 160 bowlers and 40 volunteers all pitched in on Saturday April 28 to make this year's bowlathon a huge success. There were amazing costumes, great trivia questions, over \$8,000 in donated prizes given away and over \$27,000.00 raised in just four short hours. The WRSPC would like to extend a huge thank you to the organizations and individuals who brought teams to the event and to everyone who pledged.



Don't miss out next year!  
Saturday April 27, 2013.  
Register your team at  
[tnash@lutherwood.ca](mailto:tnash@lutherwood.ca)  
(\$50/team).

Congratulations to the  
'Cartoons With a Cause' (Left)  
from CMHA GRB. Proud  
winners of the Best Costume  
award.



## Left Behind by Suicide?

Come to our  
open support group  
focused on learning  
to live with the loss

4th Wednesday  
of each Month  
7:00 pm - 8:30 pm

This is a mutual support group with  
other community members also bereaved  
by suicide. It is not professional  
counselling.

Separate bereavement counselling  
is strongly recommended.

To Register  
Please call  
519.662.3092  
or e-mail  
Interfaith@golden.net

Sponsored by

  
Interfaith  
Community Counselling Centre  
www.interfaithcounselling.ca

  
Waterloo Region  
Suicide Prevention Council  
www.WRSPC.ca

  
Side by Side  
Support Group  
Helping each other  
After a loss to suicide

Suicide Information &  
Awareness is Important –  
You Are Not Alone

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

## Contact Us

If you would like to  
contribute to our  
newsletter, contact us at  
519-744-7645, ext. 310  
(voicemail box)  
Or  
tnash@lutherwood.ca

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