

*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

**NEWSLETTER
ISSUE 12
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8th Annual Bowlathon Fundraiser for WRSPC



Hard to believe, but the 8th annual bowlathon in support of suicide prevention took place the end of April and again featured 32 teams. Carizon, 24/7, the school boards, Conestoga College, Specialized Mental Health, Self Help Alliance Skills for Safer Living, Youth Mobile Crisis and several teams bowling in honour of someone dear to them who had died by suicide all took part. Although this is a fundraiser for WRSPC, the event is also about a community collectively coming



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together to say this issue is important and deserves attention – we are all in this together – organizations, counsellors, schools, families and friends. KW Titans representative John Thompson along with colleagues from the Kitchener Sports Association Rotary Kitchener Westmount, the Region of Waterloo Swim Club and the Waterloo Boxing Academy were this year's ambassadors and spoke to the attendees about the importance sports and coaches can have in suicide prevention efforts.

In total, an astounding \$48,306 was raised for the WRSPC which will go towards our three key priorities we are committed to implementing this year.



8th Annual Bowlathon Raises \$48,306!!

Article written by volunteer Brenda MacDonald

I imagine the bowling alley is not the first place you would think to go to on a sunny spring Saturday afternoon in April, the birds singing and the flowers starting to open up. Walking by the Brunswick Lanes on Frederick St, you would see a brown building standing by itself next to a mall. Nothing out of the ordinary. But on Saturday, April 22, starting around noon, this location came to LIFE literally! It was the

annual fundraiser for Waterloo Region Suicide Prevention Council. Once inside, you could feel the passion, energy, compassion and support of those who want to make this community, this world, a better and safer place for those struggling. There are many reasons why we struggle, possibly with mental health issues, suicidal ideation or attempts, well just living in general. Hands up in praise to the positive power of action, getting the message out that 'my life matters, your life matters'. Many at the bowling alley that day had lost a loved one to suicide and the fundraiser touched them personally on a very deep level. Laughter, comradery, sharing and dressing up were all part of the day. Suicide is a serious subject, but hope that the clouds will clear is something to celebrate. Everyone who volunteered or participated wanted to be there, they chose to be there, and each person left feeling good inside that something positive is being done to help the theme of suicide prevention. We all need to listen to each other, without judgement. Each person has a story to tell that is important. Yes, there were prizes, food, and fun, but at the core, we were there to make a difference. The topic of suicide needs to be talked about, not kept secret.

T-shirts were sold, registrations welcomed, bowling balls rolled down the lane, money counted, speeches made and the event wrapped up around 4 pm.

Don't hide what is inside, share it with a safe person. To LIFE....!!

A huge Thank You to our amazing sponsors who donated over \$1700 in prizes!!

Social Media Event

In 2016, the WRSPC began pulling together a roundtable discussion twice a year dedicated to youth suicide prevention. The idea is to bring everyone together and talk about what is happening within their organization, discuss trends, ideas, challenges and work together as a community. At the table



WRSPC hosts free workshop on youth social media for community partners

are schools – including the post-secondary schools, youth mental health organizations, the hospitals and the LHIN. During discussions it was identified that an increased knowledge of social media would be helpful since this is the primary method of communication for youth and also their parents. Taking the lead, the WRSPC provided a free two and a half hour presentation featuring Evergreen Digital Marketing and the Communications Director of Kids Help Phone. In total, over forty people from various organizations throughout Waterloo and Wellington attended the session. 93% of attendees agreed or strongly agreed that the workshop increased skills and knowledge and 86% agreed or strongly agreed the content was applicable in their position.

Mental Health Week

The Waterloo Region Suicide Prevention Council in partnership with Lutherwood and Carizon was honoured to co-present former NHL player and mental health advocate Clint Malarchuk along with his wife Joanie during mental health awareness week. Over 300 people packed into Bingemans to hear them speak and over 100 people turned out for their

presentation in Arthur the following night. While Clint speaks about his struggles with OCD, depression, substance abuse and a suicide attempt, Joanie shares what it is like to be a caregiver. As one of our volunteers said, "Sharing one's personal struggle story is not an easy thing to do. It really tears the hidden wall down, and exposes your heart and soul. Clint and Joanie showed such profound vulnerability about subjects surrounded with stigma, in order to give of themselves to help others travelling down similar roads". If you have not heard about Clint's story, we encourage you to read his book "The Crazy Game."



Clint and Joanie Malarchuk



Gary Doyle, Tana Nash, & Chris Sellers being photobombed by Jenna Peacock & Chief Bryan Larkin



My Life Matters Day

by Elisa Brewer-Singh

The 6th Annual My Life Matters day for the youth and staff at Benjamin Road was another success! In the spirit of positive messaging and life affirmation for suicide prevention, the entire day was created to include incredible activities thanks to support of the Waterloo Region Suicide Prevention Council and The Rotary Club of Kitchener Grand River.



The youth led CMHA team WAYVE kicked off the day with an amazing presentation on 5 Steps to a Better You and the fabulous Mindful Mike engaged and encouraged us to take a moment and be present. The afternoon was all about self-care and included composing a group song, body painting, exotic animals including Jasmine the kangaroo and Larry the lemur and finally the newest addition... graffiti art using spray paint on a 30 foot 'colouring page'. A big thank you to all the staff at Benjamin Road for being so engaged- and having as much fun as the kids!

2nd Annual Jacob Ranton Tournament

by Sandra and Doug Ranton

This year's edition of the Jacob Ranton Memorial Basketball Tournament on December 16th and 17th was a tremendous success. Doug and Sandra Ranton, as well as Tana Nash, had the opportunity to speak to a full gym of students, athletes and members of our community on the importance of asking for help and taking care of our mental health. With the addition of a silent auction this year, it enabled us to mingle, dialogue, open up and share stories about each other's challenges. It helped people realize they are not alone and there are people and resources to help them take care of their mental health. The Ranton family and the WRSPC would also like to thank members of our community who made monetary



donations, provided silent auction items, purchased items and came out to show their support. Together, we were able to raise close to \$45,000 to help the WRSPC continue to provide the services that are so valuable to our community. Remember, it is OK not to be OK!

Titans

WRSPC is proud to have been selected as the social Conscious Charity of Choice for the K-W Titans 2016-2017 season. The Kitchener-Waterloo Titans Basketball Club is the newest member of the National Basketball League of Canada (NBL), Canada's only professional men's basketball league.



Founded in 2016 by the ownership group comprised of Ball Construction, Innosoft Canada and businessman, Leon Martin. This group was dedicated to bringing professional basketball to the Kitchener-Waterloo region.

In early January, all the players, coaching staff, administrative staff and four of the owners were trained in SafeTALK, to become suicide alert helpers in our community. As community ambassadors, the Titans are taking their role seriously and are true leaders in our community. The players can be found talking in schools, playing with kids on the court and making themselves available after games to sign autographs.

The Waterloo Region Suicide Prevention Council had a large presence at the second home game in early January. 150 clients, suicide attempt loss and attempt survivors, volunteers and supporters donned their "My Life Matters" t-shirts to show their support and over 50 community members gathered at centre court to sing the national anthem. When the KW Titans and their opposing team the London Lightning took to the court just minutes before the game also wearing the My Life Matters t-shirts, there was a real feeling of solidarity and a few tears of joy. These young basketball players can make a difference in the lives of impressionable boys and are doing just that.



Priorities

Three key priorities the WRSPC is working on
At the Waterloo Region Suicide Prevention Strategy meeting on November 24, 2016, the following three key priorities were determined. These three priorities have working committees attached and will guide our work during 2017 and 2018.

Priority One – Stress and Resilience Strategies

Overview

The purpose of this committee is to assemble and make available through our website resource materials assuring availability and resources that are user friendly.

Committee Members

Community – Mark Beadle
Waterloo Fire Rescue – Ryan Shubert
School Age- Waterloo Region District School Board – Barb Ward
Parents, Bereaved Families - Skills for Safer Living- Colleen Pacey
Seniors- Community Support Connections- Linda Flemming
Thresholds Homes and Supports– Rob Martin
Waterloo Region Suicide Prevention Council – Jenna Peacock

Priority Two – Research

Overview

Looking at current research to differentiate between who is dying by suicide and who is attempting suicide within our region and looking for trends that can guide us in our preventative work.

Committee Members

Peer Groups – Colleen Pacey
Youth – Bianca Prince, Sandra Ayerst
Faith community – Bev Voisin
Adult Supports – Melissa Strachan
Hospital – Susan Markides
Waterloo Region Public Health – Jessica Demming
Waterloo Region Suicide Prevention Council – Tana Nash

Priority 3 – Hospital Care Resource

Overview

The purpose of this priority committee is to research and develop a hospital care resource for those who come to the Emergency Rooms with suicidal ideation/behaviour at Grand River and Cambridge Memorial hospitals but are not admitted. The key goals include: conducting an evidence-based understanding of what people and their support circle need in keeping safe from suicide (defined in time) following presentation of suicidal thoughts at the hospital emergency room and to equip people with informed, evidence-based, sustainable package/supports to keep them safe.

Committee Members

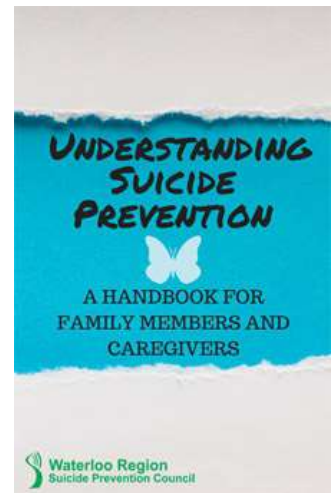
Waterloo Region Suicide Prevention Council [Co-chair] – Elisa Brewer-Singh
Grand River Hospital – Catrina Clark
Cambridge Memorial Hospital – Susan Markides
Canadian Mental Health Association Waterloo Wellington [Co-chair] – Kim Hewitt
Suicide Action Wilmot Wellesley – Laura McShane
Community – Debbie Emery

Community – Rondi McFarlane
Community – Adrienne Luft
Special Contributions by – Danielle Trecroce

Additional members from external agencies will be appointed to the committee as needed

Handbook

The WRSPC council decided to update and reissue a resource that was developed many years ago called the Caregiver's Handbook. This helpful book is now smaller in size and contains information on risk factors and warning signs, helping the person at risk, hospital admission, discharge and self care. If you or your organization would like copies, please contact jpeacock@lutherwood.ca. Thank you to Linda Bender, Reception House, Rob Martin, Threshold Homes and Colleen Pacey, Self-Help Alliance for reviewing and adding content.



Suicide Bereavement Groups

There will now be a central and continual intake for both the Why?... Support After a Suicide Loss bereavement group and the Side by Side suicide bereavement support group. The Why? group is a 9 week closed group specifically designed for individuals who are facing the unique challenges of a traumatic grief after a family member or friend has died by suicide, and is led by professional facilitators. Upcoming groups will begin this fall in the Waterloo Region. The Side by Side group is an open, peer facilitated group. This group will begin again in late summer. For more information about dates and to register please visit <http://wrspc.ca/coping-with-suicide-loss/support/> or phone Dena at 519-745-2195.

Volunteer Appreciation Night

On the evening of May 16th, the WRSPC staff and Council members had the pleasure of hosting our Volunteer Appreciation Dinner at the Fork and Cork Grill. We were joined by 25 fabulous volunteers who do the work of the heart for the Council within the community at information booths, speaking events, fundraisers, memorial tournaments, World suicide prevention day activities, bereavement groups and so much more! We are so thankful for each and every volunteer and the over 2,200 hours they dedicated to the work of hope, help and healing in our community. To all of our volunteers, our sincere thanks!



Monsignor Doyle Students Awarded \$5000 for WRSPC

As part of their Civic class to present on a social issue and a charitable organization, Grade eleven Monsignor Doyle students Madison Brown and Dianna Leonardo selected the WRSPC. They spent a great deal of time interviewing the executive director Tana Nash learning about suicide and suicide prevention efforts and delivered an informative and impactful presentation. So much so, they were awarded the top prize for Youth and Philanthropy Initiative which earned them \$5000 for the charity they spoke of. Tana, Madison and Vice Principal Lisa Mackay spent time determining how best to spend the money that would



be beneficial to their colleagues at Monsignor Doyle and leave a lasting legacy. In addition to purchasing helpful resources that can be handed out to the students, a free SafeTALK suicide alertness training was delivered to twenty students and 10 staff and more trainings will be provided in the coming year. Additionally, a 'hang out' bench for an area in the school was put in place that featured quotes on resilience and two light therapy



lamps were purchased for the library. Light therapy lights are known to bring light into your life and help individuals overcome Seasonal Affective Disorder (SAD) and other problems arising from a lack of light. Thank you Madison and Dianna Leonardo for becoming ambassadors for suicide prevention in our community.

Ontario Association for Suicide Prevention Annual General Meeting

The Ontario Association for Suicide Prevention is pleased to present a half-day conference on Youth and Suicide Prevention in partnership with Waterloo Region Suicide Prevention Council. This year's conference will be held on Wednesday, July 19th

from 8:30am-12:00pm. The morning will include several speakers from the Waterloo Region who will provide an overview of youth mental health, resiliency and suicide prevention, as well as a Provincial update. Tickets can be purchased for \$10. For more information, or to register please contact Elisa Brewer-Singh at: ebrewersingh@lutherwood.ca.

Suicide Prevention Awareness Ribbons

Last year the International Association of Suicide Prevention (IASP) launched for the first time a universal suicide prevention awareness ribbon for around the world. The wish was for the suicide prevention awareness ribbon to become globally recognizable much like other ribbons for other worthwhile causes are. Following research of ribbons and colours used to signify suicide prevention awareness around the world, yellow and



orange were the two predominant colours used. The two toned ribbon is also indicative of a candle flame. This ties in nicely with "Light a Candle", a WSPD activity, as well as the candlelit walks that many arranged around the globe. We also believe it works well with the "Out of the Darkness into the Light" walks and other activities arranged for WSPD. It is hopeful and elicits light.

Last year, Waterloo Region was instrumental in helping the national office distribute 100,000 ribbons to every province and territory across Canada. This year, WRSPC will distribute 15,000 ribbons across Waterloo Region!

If you would like suicide prevention awareness ribbons for your organization please contact Jenna Peacock at:

jpeacock@lutherwood.ca



Suicide Information and Awareness is Important.
You Are Not Alone

www.wrspc.ca

WITH SPECIAL THANKS

Rotary Club of Cambridge Sunrise



Jacob Ranton Memorial Basketball Tournament



**Kitchener Sports Association
Rotary Club of Kitchener Westmount
KW Titans**



**Unique Boutique 'I am Passion for Fashion'
Fashion Show**



Rotary Club of Kitchener Grand River



Preston Chapter IODE



WITH SPECIAL THANKS

100 Women Who Care Wilmot Wellesley



WRDSB EAA Event



May Court Club Kitchener Waterloo



Presentations/Events

WRSPC has presented in the following locations in the past 6 months. Thank you for inviting us in to learn more about suicide prevention and what you can do.

- Waterloo-Oxford Secondary School
- I am Passion... In Fashion Event
- Sunrise Rotary of Cambridge
- YouthTalk Conference
- KW Titans
- Pre-Budget Consultations at Queens Park
- St Mark's Lutheran Church
- 100 Women Who Care Wilmot
- Family Engagement Conference
- Shalom Counselling
- Cambridge Memorial Hospital Mental Health and Addictions Staff
- Monsignor Doyle
- OHL Rangers Talk Today
- Youth Talk Conference

Mitchell Snider Memorial Golf Tournament for Sponsoring a Free Public Skate in Ayr



Elmira Maple Syrup Festival for Sponsoring a Free Public Skate in Elmira



Social media

For updates on events, resources, tips and community happenings related to mental health and suicide prevention, follow us on Facebook – Waterloo Region Suicide Prevention Council or on twitter @WRSPC. And don't miss Resource



Upcoming Events

June 8, 2017

- 911 Waterloo Regional Emergency Services Baseball Tournament

July 15, 2017

- Ayr Awareness Event

July 22, 2017

- Mitchell Snider Golf Tournament

July 29, 2017

- Ian Prong Breaking the Silence -Blue Jays Event

August 10, 2017


- Daniel Tudisco Memorial Golf Tournament

September 8, 2017


- WRSPC Annual General Meeting

September 10, 2017

- World Suicide Prevention Day



WORLD SUICIDE PREVENTION DAY



TAKE A MINUTE, CHANGE A LIFE!

SUNDAY, SEPTEMBER 10, 2017
VICTORIA PARK PAVILLION • KITCHENER
FREE COMMUNITY BUTTERFLY RELEASE

INFORMATION FAIR AND PRESENTATIONS 1:00 – 4:00

CHARITY BARBEQUE 2:30 – 4:00

SPEAKERS 4:00 – 4:30

BUTTERFLY RELEASE 4:30



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