

***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
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Westmount Oktoberfest Charity Pro-Am



Presented by:

RAYMOND JAMES

On October 5 and 6, the 52nd annual Westmount Oktoberfest Charity Pro-Am presented by Raymond James took place in support of the WRSPC at Westmount Golf and Country Club.



This long time running tournament is the oldest running tournament in Canada and has raised over one million dollars for various charities in our region. For 2017, 2018 and 2019, the Waterloo Region Suicide Prevention Council has been selected as the charity of choice. The golfing field consisted of 32 Professional and Amateur all male teams across several flights. For WRSPC, this was an opportunity to speak to 130 men, and impress upon them a few key statistics that were surprising for many of the participants. During the opening remarks,

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executive director Tana Nash shared the following: "Males account for 77% of suicide deaths in our region. And you might be surprised to learn - the biggest age group? Ages 50-59." She went on to add, "And what about this ... the mortality rate in our region for prostate cancer in this same age group are 5.3 deaths per 100,000 men compared to 21.2 deaths per 100,000 for suicide death. As fathers, spouses, grandfathers, uncles, good friends, you play

an important role in talking about emotional pain just as we talk about physical pain. I encourage you to use this tournament as a catalyst to have these important conversations."

Thanks to presenting sponsor Raymond James, the forty-four additional sponsors, prize donors and all of the players, an incredible \$50,000 was raised for suicide prevention in our community. A big thank you to the organizing committee and the staff and board of Westmount Golf and Country Club who welcomed WRSPC into the Westmount family.

Suicide to Hope

by Rob Martin

Suicide to Hope (s2H) was launched in 2015 and was created by Living Works Education. Living Works also created safeTALK and Applied Suicide Intervention Skills training (ASIST). In 2016, the first full year of s2H facilitators presented the workshop in Australia, Canada, England, Norway, and the United States, reaching over 800 participants. s2H is for clinicians and professional helpers who are, or will be, involved in ongoing suicide care for people. s2H provides a recovery and growth approach to working with persons

previously at risk and currently safe from suicide. Using a recovery and growth oriented approach offers an opportunity for helpers to be better prepared to provide effective ongoing suicide care. Professional helpers know that they will encounter suicide from time to time as a part of their work. However, many may feel that they are not adequately prepared to provide the help that is needed for those who struggle with suicide on an ongoing basis. s2H is a one-day workshop that emphasizes the collaborative relationship between the individual and the helper and provides a framework for hope and s2H assumes that participants in the workshop are familiar with suicide intervention and can provide suicide first aid. This is how safety is maintained for the individual throughout the process. In the s2H workshop hope is created by talking about how suicide experiences can be life-changing if people keep safe and choose to live. Helpers are taught how to assist people to work through their suicide experiences toward achievable recovery and growth goals. s2H can be integrated into other recovery approaches and helping strategies to mental health and wellbeing. In the workshop, participants reflect on the qualities they bring to the helping relationship, and how continuous personal growth related to helper qualities will aid them in this work. A Pathway to Hope (PaTH) model is reviewed to assist helpers to understand how to work toward recovery and growth goals that are related to the individual's suicide experience, and their "stuckness" with suicide. Feedback from over 900 participants of s2H worldwide showed that the workshop improved their hope for success with those who have experiences of suicide, and improved participant's knowledge and skills to work with people with lived experience of suicide.

If you are a clinician or a professional helper and are interested in supporting individuals who experience ongoing struggles with suicide, consider attending one of the next s2H workshops. Registration can be made through Eventbrite, and all of the workshops are organized by the Canadian Mental Health Association, at workshops@cmhaww.ca

World Suicide Prevention Day

by Elisa Brewer-Singh

September 10th, 2017 marked the 15th annual World Suicide Prevention Day. On this day we take time to reflect and pause; we honour those who we've lost to suicide, honour those whose struggle with suicidal thoughts and also celebrate



life. WSPD is about moving forward; it is about resiliency and hopefulness.

In celebrating the theme "Take a minute, change a life", over 400 individuals attending two events were invited to think about the ways in which they could make a difference; how they could find

ways, big or small, to change lives within our community and the world. "We can all play a role in suicide prevention... just think in your own world what is one small part that I can do" says Executive Director Tana Nash.

The first event featured various activities including: an

interactive information fair with local community organizations, guitar and flute performances, foam butterflies (for individuals to write messages of hope, help or healing which were then displayed for all to see), speakers and a community butterfly release. In partnership with the Waterloo Region Suicide Prevention Council, Grand River Hospital hosted two simultaneous butterfly releases for patients and care providers at their campuses.

Waterloo Region was also fortunate to welcome the Mysterious Barricades concert event for the second year as one of 15 locations participating in a Nation-wide, 21 hour concert series. The 90-minute free concert featured local artists and was hosted at Wilfrid Laurier University. On behalf of the Waterloo Region Suicide Prevention Council, thank you to the World Suicide Prevention Day Committee and the countless volunteers for their hearts, dedication and energy throughout the entire planning process and on September 10th. Thank you to everyone who joined us on this day and for those who continue to provide hope, help and healing by taking a minute to change a life.

15,000 Suicide Awareness Ribbons Distributed Across Waterloo Region

For World Suicide Prevention Day, WRSPC was able to distribute 15,000 suicide awareness ribbons across Waterloo Region! In 2016, the International Association for Suicide Prevention (IASP) chose the colours orange and yellow for the ribbon to represent suicide prevention. These standard colours are to be used around the globe represent the dawning of a new day, the hope of a new day to come.



With the help of our amazing volunteers we were able to make and distribute the ribbons to local organizations, companies, retail stores, hospitals, school boards, WRPS, Waterloo Fire, post-secondary

schools, MP and MPP's offices, people affected by suicide attempts and loss, and even Starbucks and Canada Post! WRSPC would like to say a huge thank you to our amazing volunteers for all of your help, and to everyone who wore a ribbon for World Suicide Prevention Day.

WRSPC/OASP Youth Suicide Prevention Conference

On July 19, 2017 the WRSPC in partnership with the Ontario Association for Suicide Prevention offered a half-day conference titled "Youth Suicide Prevention: Context from Ontario and the Waterloo Region". Over 92 individuals attended from all across Ontario to hear 4 unique presentations. Scott Grant presented on behalf of the Skills for Safer Living Youth and Parent team, focusing on the unique 10 week concurrent group that works with individuals between 14 and 16 who have attempted suicide or struggle with suicidal ideation and their parents. Dr. Barbara Ward, the Mental

Health Lead with the Waterloo Region District School Board, delivered a presentation on 13 Reasons Why Not as developed by her daughter and herself. The presentation included suggestions on how to implement youth-based resilience ideas in the community. Jennifer Durst, Youth Engagement Facilitator, and the WAYVE team spoke about youth engagement and shared a part of the presentation they offer within local schools on mental wellbeing. Finally, our Keynote speaker Cecilia Marie Flynn from the Ontario Centre of Excellence for Child and Youth Mental Health provided an overview of her learnings about the work of postvention and the healing process that goes beyond protocols in the workplace. One participant shared that following this conference they were “inspired to increase their youth engagement efforts and [desired] to activate their community collaboration even more fully”.

Family Physicians Training

New on-line accredited suicide prevention module for family physicians and nurses now available. The first module, titled, Suicide: “Facing the Difficult Topic Together – Empowering Physicians, Instilling Hope in Patients” has been a work in progress for over a year and is now available. WRSPC Executive Director Tana Nash, local family physicians Dr. Glenn Pearce and Dr. Neal Stretch contributed significantly to the module which was led and developed by the Mental Health Commission of Canada (MHCC) and the Canadian Association for Suicide Prevention (CASP). WRSPC board member and suicide attempt survivor Rondi McFarlane also contributed by sharing what is helpful and what is not in a video vignette which is embedded in the module. This online module for family physicians is certified by the College of Family Physicians of Canada. The module seeks to provide family physicians with the tools they need to address suicide in practice. Although the module is only available in English now, the MHCC is sponsoring the development of a French version of this module. Following the success of this module, an adapted module for nurses has also been completed and is accredited by the Canadian Nurses Association. Family physicians may access the module here:

<https://www.mdbriefcase.com/LandingPage.aspx?plD=16333&switchlanguage=en>

And nurses can access their module here:

http://www.advancingin.com/loginpage.aspx?target_url=%2fms%2fdefault.aspx%3fprogram_id%3d16422%26section%3dmp%26rcx%3d1

Please share this resource with your family physician and members of your family health team.

Light Therapy Lights – Free for Public Use

By Kalysha Feltz, BSW Intern, Interfaith C.C.

Many of us begin to feel the “Winter Blues” as autumn comes around and our chilly Canadian winter approaches. Seasonal Affective Disorder, generally referred to as SAD, is a common challenge that people, who live in the northern hemisphere, may experience. Why? Because as the days get shorter and sunlight decreases, there is a drop of serotonin and melatonin levels in the body, both of which affect mood and sleep patterns. Since Ontario is located in the northern hemisphere,

anyone in our community can be prone to the symptoms of SAD.

Those who experience SAD often report feeling fatigue and having little motivation. Other symptoms some may experience are social withdrawal, irritability, inability to concentrate, feeling sluggish, having a lack of interest in usual activities, body aches and pains, having an increased appetite, and weight gain. It is also possible for these symptoms to be brought on by other psychological factors, such as life transitions that change our routine, such as returning to school, which for some could result in less time outdoors and in natural light. It is always a good idea to consult with your doctor or health professional about any significant changes in mood and/or



behaviour.

Over the past 25 years, there has been a lot of research in to the effectiveness of light therapy in alleviating some of the symptoms of SAD. For those who suffer these season symptoms, or cannot be outside in natural light as much as they would like to for other reasons, Light Therapy has been found to be effective in improving mood and emotional wellness.

The Suicide Action of Wilmot Wellesley (SAWW), which is a committee of local volunteers and mental health professionals, have partnered with the Waterloo Region Suicide Prevention Council (WRSPC) to provide Light Therapy lamps that the public can access for use. This was made possible through the generous donations of 100 Women of Wilmot Who Care, who nominated the WRSPC as recipient in February 2017.

3 There will be 5 lamps available for use in Wilmot at the

following locations: Wilmot Family Resource Centre, Interfaith Community Counselling, and Baden, New Dundee and New Hamburg Public Libraries. The light therapy lamp, otherwise known as northern light desk, works by "resetting" the body's biological clock (circadian rhythm) and increasing levels of serotonin. Many people see improvements in their mood and behaviour within one week, though optimal results may take anywhere of up to four weeks.

Additionally, four light therapy lamps were purchased for use throughout Cambridge and are available in the four branches of the Idea Exchange (Cambridge libraries) throughout the winter months and two lights are available in the outpatient mental health and addictions program at Cambridge Memorial Hospital, and two at Grand River Hospital. These lights were made possible with funding from the Preston Chapter IODE and the Reach Out Awareness Event.

It is suggested that light therapy be used for 30 minutes to 2 hours a day, in the morning, and people are not to wear sunglasses during the therapy. In addition to using light therapy, people can further increase their wellness by including moderate exercise with light therapy, such as riding a stationary bike, walking, or doing daily chores that increase one's heart rate. To learn more about it, please visit a one of the locations mentioned above.

*Anyone using the lamps should read instructions and precautions before engaging in light therapy.

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WRSPC Summer Student

If you had an opportunity to visit the office or connect with us while we were out in the community this summer you likely had an opportunity to meet Makayla! We were excited to welcome our first summer student who joined us for 6 weeks through July and August thanks to a grant from Canada Summer Jobs. Makayla has been a longtime volunteer with the Council who is incredibly passionate and we were glad to have her join us in



this new capacity! We definitely appreciated Makayla's easy connection with her colleagues, volunteers, Council and community members as well as her keen attention to detail and organization. Thank you to the Hon. Minister of Small Business and Tourism Bardish Chagger and the Canada Summer Jobs program for this opportunity and thank you Makayla for all of your hard work. We wish you much success this year in grade 11!

14th Annual Daniel Tudisco Memorial Golf Tournament

By Louise Tudisco

Grand Valley Golf Club was the place, and August 10th was the date that over 180 people came together to enjoy the 14th annual Daniel Tudisco Memorial Golf Tournament. The rain held off this year and a great time was had by all who attended. The committee was happy to report that \$20,000.00 was raised for the Waterloo Region Suicide Prevention Council. Save the date for next year August 9, 2018.



New WRSPC Website

On September 8, 2017 WRSPC launched our new and improved website. Our website still has all of the amazing content and resources as the old website but now has a shiny new look. WRSPC would like to thank Evergreen Digital Marketing for all of their hard work in helping us launch the new design of our webpage. We would also like to thank Evergreen CDS for the new look of the beautiful butterflies that brand our website. If you haven't had a chance to yet, head to www.wrspc.ca and check it out!

Mitchell Snider Memorial Golf Tournament

By Committee member Tami Olsen

The 4th Annual Mitchell Snider Memorial Golf Tournament, was held this year on July 22nd at Grand Valley Golf & Country Club, and what a wonderful day it was! The weather was not looking too promising, but, true to form, the rain stopped and the skies cleared to ensure another successful tournament.

Together with our golfers, donators, volunteers and sponsors we raised a total of \$17,000, our best year yet! This brings our



total donation to the Waterloo Region Suicide Prevention Council up to over \$65,000 in the past 4 years! Proceeds raised provide literature, resources, suicide prevention trainings, and presentations in the community, as well as a free community family skate in Ayr, and a light therapy lamp for the Ayr library that can be accessed by all.

We are overwhelmed by the continued support from friends, family and community. It is a great day to remember a beautiful soul and raise not only funds, but awareness, so that one day, we will live in a world without suicide.

Special thanks goes out to our volunteers, many who come out to help every year. Their continued support and hard work are very much appreciated. Grand Valley will be hosting next year's tournament. Further details to come!

Ian Prong Breaking the Silence- Blue Jays Event

In July, three buses full of baseball fans and supporters of the Ian Prong breaking the Silence committee, made their way to Toronto for an afternoon Blue Jays game. On route, bus captains played suicide prevention trivia and auctioned off t-shirts and raffle prizes in support of WRSPC. Parents of Ian and organizers of the event, Paula Prong and Franz Henke could be spotted in their yellow t-shirts and fedora hats. Having important dialogue in unlikely places is a key strategy for increased public awareness for WRSPC, and we were honoured to take part.



2nd Annual Reach Out Awareness Fundraiser

The 2nd annual reach out awareness fundraiser in support of suicide prevention took place on July 15th on Spragues Road and featured a live performance from Flash Johnson. This event is in memory of Rachel Ann Sousa & Sam Vitale and all of those who have lost a loved one or are currently suffering with mental health issues. This fundraiser event brought people from the community together. In attendance was Bryan May, Member of Parliament for Cambridge and Kathryn McGarry, Member of the Provincial Parliament for Cambridge who spoke to the committee members, and attendees about the work that is being done at both the municipal and provincial level to support suicide prevention. Many people at this event had lost a loved one or were touched in some way and it was wonderful to see the compassion shared by so many that night.

The event included two guest speakers who spoke to the crowd and touched hearts of many who were listening. Kevin O'Reilly was the first speaker who is a friend and former colleague of Joanne Martin's and lives with mental health struggles. His passion and energy to keep the conversations going were demonstrated through his speech and many attendees spoke to him following his talk, sharing their own



personal stories of struggle. Tana Nash was the second speaker of the evening and shared her passion for advocacy around suicide prevention. There was over 138 supporters from local establishments and the

community. Raffle prizes were drawn through the evening and lots of bidding took place at the silent auction table, a way for people to show their compassion and support for the cause. My Life Matters T-shirts were sold and there was a lantern table set up where attendees could light a candle in honour of a loved one that struggled, just a few of the many special activities taking place that evening.

In total, over \$17,000 was raised which will go towards the WRSPC and Safe Talk Training Workshops offered to family and friends in our local community. We are committed to working with WRSPC to strengthen supports for mental health and suicide prevention at the Cambridge Memorial Hospital. With the funds raised, WRSPC was able to purchase 40 yoga mats for a new outpatient program they have started this fall in addition light therapy lamps were purchased. WRSPC will also be working with staff at Cambridge Memorial Hospital as they open the new mental health building later this fall or early in 2018. A huge thank you to our amazing sponsors and committee members; Joanne Martin, Henry Sousa, Julia Thornton, Lisa Blaney, Jessica Balesdent, Eddie Sousa, Sandy Patterson, Kaleigh Robinson, and Sandy Carreiro.



Article written by Joanne Martin, Co-Chair of the Reach out Awareness and Support Fundraiser Committee

Upcoming Events

- 3rd Annual Jacob Ranton Memorial Basketball Tournament- December 15th & 16th
- Elmira Community Family Skate- January 4, 2018
Woolwich Community Centre
- Ayr Community Family Skate- March 12, 2018
North Dumfries Community Complex
- 9th Annual Bowlathon – April 14, 2018
Frederick Bowl
- Top Home Chefs Gala- April 28, 2018
St. Georges Hall
- Unique Boutique Fashion Show- May 2, 2018
- Smitty's Fine Furniture-Skills for Safer Living Fundraiser- Month of May 2018

Thank You!

- 911 Waterloo Regional Emergency Services Baseball Tournament
- Reach Out Awareness Event
- Mitchell Snider Memorial Golf Tournament
- Ian Prong Breaking the Silence- Blue Jays Event
- Daniel Tudisco Memorial Golf Tournament
- Peace Love Awareness Yoga Event
- Pike Lake Women's Scramble
- Busy Hands Quilt Guild
- Westmount Oktoberfest Charity Pro Am

Wings of freedom dear Butterfly
Awesome designs, contrasting colours
Connecting scales, you are moving art
Beauty flutter, flutter, flap

I'm transplanted to a safer mind space
Where there's no judgment or rejection
But acceptance and peace abound
Enraptured in nature's embrace

Sunshine calls out to you dear Butterfly
Basking in its warmth and light
As you sip sweet nectar with care
Energy for your life journey ahead

Flowers do welcome your visit
Pollination occurs, come again
Busy to and fro, resting between
Healthy pattern for all don't you think

Life is fleeting dear Butterfly
I stand and watch with a smile
Where 'ere you go I follow
My eyes dance in your delight

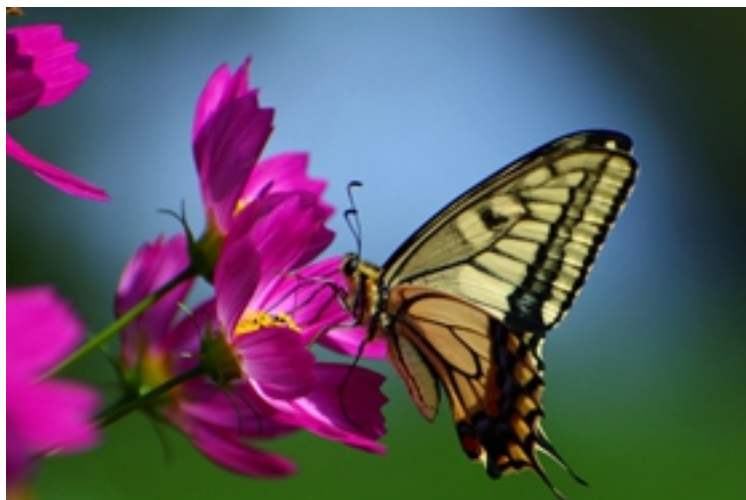
Am I still a crawling little caterpillar
Eating leaves all day, stuck in mind
Nibble, nibble, I want to transform
So to fly with wings of freedom like YOU

Mon papillon, bella farfalla, dear Butterfly
My heartbeat slows down for now
Admiring your fragility yet strength
To push into life's adventure each day

You taste with your feet, how cool
Finding a safe place to lay your eggs
Where are my safe places I wonder
To lay my soul, sensitive and exposed

Guide me to your Source dear Butterfly
Your Creator who blessed you with wings
I want to learn how to be courageous like you
Let go of fear's grip and fly high towards freedom

By WRSPC volunteer Brenda McDonald



3rd Annual Jacob Ranton Memorial Basketball Tournament

by Doug and Sandra Ranton

This year's 3rd Annual Jacob Ranton Memorial Basketball Tournament in support of the Waterloo Region Suicide Prevention Council (WRSPC) will take place on December 15th and 16th. The games will begin on the 15th at 12 p.m. at both Waterloo Collegiate and Bluevale. The opening ceremonies will be at WCI at 12:30pm. Last year's event was a



tremendous success. We not only engaged people to dialogue about Mental Health, but with the support of our family, friends, the basketball community and the citizens of Waterloo Region we were able to raise almost \$45,000 through donations and the silent auction. Jacob loved to help others and we know he would be

proud of everyone in their effort to help others ease the pain they are feeling.

This year's silent auction is off to a good start. Some of the items include: dinner for six with Dave Chilton and Greta Podleski, cottage rentals, Raptors tickets, Blue Jays Tickets, Nazim Kadri autographed Leaf jersey, fishing charter, gift certificates and much more!!!! If you have something you would like to add to the auction, please contact Doug Ranton at dsranton@rogers.com or 519-404-5181.

Please join us on the 15th and 16th to dialogue about mental health and suicide prevention, watch some great basketball, and to raise money for the Waterloo Region Suicide Prevention Council. The silent auction will close at 5 p.m. on the 16th. Please come out and help us to continue to give Jacob's life meaning and purpose!

Strategies to increase HOPE

When talking to someone with thoughts of suicide

1. Validate the person – i.e. it took a lot of courage for you to talk to me about this
3. Be a real person and connect at the human level
4. Don't dwell on the past
5. Listen to the pain and give something back
6. Build confidence
7. Don't say "I understand" – CHECK your understanding
8. Respect silence
9. Respect rhythm
11. Explore reasons for living - more focus on this
12. Assume the person has many assets and approach from that perspective
13. Help to shift the person's perceptions of the situation
14. Assess and try to meet physical needs i.e. Enough sleep, food, suffering physically – none of us make great decisions when these essentials aren't met
15. 99% of the time things go bad – tell me about the 1% that is going really well
16. How are they still alive today – find the answer and focus on this
17. Be non-judgmental in words and tone.

Adapted from presentation on Strategies to Increase Hope for crisis line volunteers delivered by Dr. Brian Mishara. Dr. Mishara is Director, Center for Research and Intervention on Suicide and Euthanasia (CRISE) and Professor, Department of Psychology, University of Quebec at Montreal and former President of the International Association for Suicide Prevention (IASP)

9th Annual Bowl-a-Thon



Let's go

The My Life Matters Minis-You are never too young to work on resilience

BOWLING

Saturday April 14, 2018

12:30pm - 4:00pm (registration 12:30pm - 1:15pm bowling starts at 1:30pm)

Brunswick Lanes - Frederick St Mall (beside Steve's TV)

\$50 / *Team of 5 people or \$10 per person

With last year's success,
lanes will go quickly
Space is limited as
there are only 32 teams

So Call Today to
register your team
519.884.1470

or e-mail
ebrewersingh@Lutherwood.ca

**Great Prizes for:
Top Pledges
Top Fundraising Teams
Best Team Costume
Trivia Prizes
and more...**



Waterloo Region
Suicide Prevention Council
www.wmpc.ca

**The more money you raise,
The more you can win!!**

All funds will go to help reduce suicide in Waterloo Region

*** each team is encouraged to raise a minimum of \$500 in pledges**





FREE

Community Family Skate

Building a connected, caring community.

Thursday, January 4th, 2018

1:30 - 3:30

Woolwich Memorial Centre, Elmira

**FREE HOT
CHOCOLATE**

**SKATE WITH PLAYERS FROM
THE ELMIRA SUGAR KINGS**

**Lutherwood**
Caring people. Strengthening lives.



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