



WATERLOO REGION

Suicide Prevention Council

hope
help
healing

Annual Report 2023

April 1st 2022 - March 31st 2023



A Message from the Chair and the Executive Director

As we reflect back over the last year, we do so with a lens that captures community, connection and gratitude. We know that now, more than ever, true connections are needed; a collective coming together of community that focuses on building our ties through hope, help and healing.

Hope and possibility, help, and healing, are the beacons that guide us forward. By offering support, and focusing on resilience and awareness, we invest in our community and each other. When we pause to meet people where they are at, and then offer a hand to walk alongside them, we can show people they are not alone in their journey.

During the past fiscal we aspired to continue building a community where hope, help and healing is accessible to all members. We engaged with the broader community and sought greater clarity about why we are here and the work that we do. We invested in relationship building and focused on listening and reflecting.

We look forward to the next year where we will continue to build connections with equity deserving populations and will continue the building and implementation of our anti-racism, anti-oppression and inclusion practices.

To the many dedicated and passionate individuals who journey alongside us at all levels of the WRSPC, thank you for your efforts to support suicide prevention in our community. We are grateful for each one of you!



With deepest gratitude,

Melissa Strachan-Baylis and Elisa Brewer-Singh

Who We Are

Staff

Elisa Brewer-Singh
Executive Director

Karyn Kipper-Day
Program Coordinator

Chantalle Turgott
Program Coordinator

Marta Fukasawa
Development Assistant

Board Members

Melissa Strachan-Baylis, Chair
Jessica Deming, Secretary
Ed Hofstede, Treasurer
Sarah Francis, Director
Adrienne Luft, Director
Al Strong, Director
Bev Voisin, Director

Hope

Hope is the prevention work.

Community Suicide Prevention Roundtable

Waterloo Region Suicide Prevention Council hosted quarterly Community Suicide Prevention Roundtable meetings for knowledge exchange, learning and networking with community stakeholders. Over **100 hours** were given by community members and organizations represented on the Community Round Table.

Grade 8 Mental Health Promotion and Suicide Awareness Presentations

In collaboration with both the Waterloo Region District School Board and the Waterloo Catholic District School Board, WRSPC staff delivered **122** in-person presentations to **2,776 youth**. Participants learned about mental well-being and resilience, recognizing warning signs in young people, and how to have a caring and supporting conversation with friends they might be concerned about.

Suicide Awareness and Prevention educational presentations were delivered to **14** organizations for **632** adults.

"The one thing that stuck with me the most was that starting the conversation about suicide doesn't plant the idea in someone's head. It's important not to avoid these hard conversations."

a participant in a Suicide Awareness & Prevention presentation.



WRSPC hosted or participated in **10** community events, connecting with **1805** community members.

WRSPC Booth at a Community Skate held at the Woolwich Memorial Auditorium in January 2022.

Help

Help is the intervention work that occurs when individuals are struggling with thoughts of suicide.

Trainings

Waterloo Region Suicide Prevention Council partnered with several organizations to provide access to **105 START** and **69 SafeTALK** trainings for free to community members. Designed by LivingWorks, these suicide alertness trainings help to increase safety in our community by teaching how to identify someone who might be struggling, how to reach out to them, and how to connect them to help.

Resources

WRSPC distributed over **16,000 resources** throughout the community, through partnerships with the school boards, local hospitals, and community organizations. Resources such as the Adult and Youth Wallet Resource Cards encourage help-seeking and help-offering by providing information about in-person and virtual options for support.



"Collaborating with WRSPC to deliver the Safe Talk Program to our coaching staff was a terrific experience. The facilitators were extremely knowledgeable and sensitive to the needs of the participants. They seamlessly created a safe space for exploring an often-difficult topic. Coaching staff members commented throughout the year how valuable the session was and how much it had been put to use in their everyday lives. Thank you WRSPC team helping to raise awareness and build knowledge capacity within our Association"

Waterloo Minor Girls Hockey Association

558 was the total number of learning hours in suicide prevention awareness and intervention training funded by WRSPC.

Healing

Healing includes activities provided to support individuals and families after a loved one has died.

World Suicide Prevention Day

Hosted a hybrid World Suicide Prevention Day (WSPD) event on September 10, 2022, at the Kitchener Public Library. The event included guest speakers, a butterfly ceremony and an information fair featuring 10 community partners; 186 individuals joined both in-person and virtually.

“Why...?” Support After a Suicide Loss group

After attending a “Why...?” group, participants were more comfortable talking about their loss, had an increased level of hope and were more comfortable accessing resources within the community.

90% of participants agreed or strongly agreed that they “are more comfortable talking about their loss”.

86% of participants agreed/strongly agreed that they have “an increased level of hope”

95% of participants agreed/strongly agreed that they “are more comfortable accessing resources within their community”

Did you know?



All participants in the “Why...?” Support After a Suicide Loss group receive a care package with items to help provide comfort during the 9-week program. Many of these items are donated by local businesses.

“Thank you, really, what a thoughtful and kind gesture. I certainly wasn’t expecting this level of care and attention.

Really... I’m quite touched.”
a participant from the “Why...?” Suicide Bereavement Support Group, speaking about the care kits that are provided.

Spotlight: Provincial and National Reach

Ontario Suicide Prevention Roundtable (OSPR)

Following the amalgamation of the former Ontario Association for Suicide Prevention and the WRSPC, the OSPR was launched by WRSPC to ensure the provincial voice continues to be supported through the collaboration of suicide prevention organizations across the province. 11 organizations are currently engaged.

National Collaborative for Suicide Prevention (NCSP)

WRSPC actively participated as a Core member of the NCSP. Engagement at the national level allows us to leverage our unique learnings and experiences at the community level and ensures this voice is amplified on a national stage.

Conferences

WRSPC co-presented "*Insights from the Implementation and Evaluation of the Multi-Site Roots of Hope Community Suicide Prevention Project*" alongside the Mental Health Commission of Canada at several conference including:

- the American Association for Suicidology in Chicago, IL.,
- the Canadian Association for Suicide Prevention's National Conference in Montreal, QC,
- the 24th International Union for Health Promotion and Education's virtual World Conference on Health Promotion .

Financials

REVENUE

Government Grants	
Region/Ministry	\$151, 500
Community Events Revenue	168, 990
Donation Revenue	72, 878
Grants from Other Agencies	33, 213
Fees for Services	449
Miscellaneous Income	<u>2, 106</u>
Total Revenue	\$429, 136

TOTAL REVENUE **\$429, 136**

EXPENDITURES

Purchased Services	\$105, 818
Program Expenses	240, 662
Professional Services	23, 546
Advertising and Promotion	1, 523
Office Expenses	<u>10, 785</u>
Total Expenditures	\$382, 334

TOTAL EXPENDITURES **\$382, 334**

Surplus/ (Deficit) **\$46, 802**

Our Supporters



Busy Hands Quilters Guild, Mabel and Gordon McMillen Foundation, Motel Collective, National Recovery Corp., Nestig Inc., Red Pants Nation, Ross and Doris Dixon Charitable Foundation, Silver Star Society, Simpson Print, Strummerfest, The Jay Hughes Memorial Foundation

Plus the numerous individual, private and corporate sponsors

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WATERLOO REGION
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By the Numbers

