

2019/2020 Annual Report

Resource
Centre

FOR SUICIDE
PREVENTION



Suicide Prevention Resource Centre

Charitable Organization No. 82052559RR0001

Nordic Court

200, 10014 99St

Grande Prairie, AB T8V 3N4

780.539.6680

manager@sp-rc.ca

fax 780.539.6574

www.facebook.com/suicideprevent

www.sp-rc.ca

Table of Contents

MESSAGE FROM THE EXECUTIVE DIRECTOR	4
BOARD OF DIRECTORS (AS OF MARCH 31, 2020)	5
PROGRAM STAFF (AS OF MARCH 31, 2020)	5
SUICIDE PREVENTION RESOURCE CENTRE CORE PROGRAM	5
FUNDRAISING AND DONATIONS	6
VOLUNTEERS.....	6
SUICIDE PREVENTION RESOURCE NETWORK (SPRN).....	7
CRISIS AND CONSULTATION SERVICES	7
WORKSHOPS.....	7
THE BREAKFAST CLUB.....	8
TOUGH ENOUGH TO TALK ABOUT IT	9
MEN'S SUPPORT GROUP	10
COMMUNITY HELPERS.....	11
CONNECT	12
RESOURCE CENTRE FOR SUICIDE PREVENTION FUNDING	13
AREAS SERVED	14

Message from the Executive Director

Dear Friends and Colleagues,

This is the time of year where we take a moment to evaluate our success over the past year and identify areas where we can improve.

Thank you for making 2020 another remarkable year for the Suicide Prevention Resource Centre. This year marked a lot of changes for our organization and our dedicated staff has done an incredible job at expanding our outreach while strengthening our programs and services. You will see as you review this annual report, that in this last year we have accomplished a number of key initiatives proposed by the Board or initiated because of input from our members. We have been spending a great deal of time working on the future of SPRC, to ensure that it will be there to serve our community well in the long term.

A few program highlights include:

191 participants trained in ASIST (Suicide Prevention Training)

5352 hours of direct service delivery to youth through The Breakfast Club Youth Program

314 youth trained in Community Helpers program at four schools

1436 industry workers participated in Tough Enough To Talk About It presentations

1620 community members participated in Connect public education presentations

Our ongoing goal is to keep serving the community to the best of our abilities while increasing our service to the field of suicide prevention. The Suicide Prevention Resource Centre is stronger than ever due to our continually expanding community who comes together to donate time, resources and talent in support of our important mission. This year alone we raised over **\$100,000** and our volunteers logged over **1600** hours.

I am proud to be a part of the Suicide Prevention team and I look forward to build upon its great legacy, working alongside our board members, amazing staff and community partners, and pursuing our major goals.

Thank you wholeheartedly for being involved in our organization and we are eager to continue expanding our reach and serving the Grande Prairie area and surrounding communities.

Sincerely,

Ainsley Miller
Executive Director

Suicide Prevention Resource Centre Team

Board of Directors (As of March 31, 2020)

Tracy King, *President*

Shawna Prince, *Vice President*

Stacy Harrison, *Secretary/Treasurer*

Charlotte Bierman

Doug Currie

Connie Korpan

Pamela Nordin

Leisa Peters

Tanya Ray

Program Staff (As of March 31, 2020)

Ainsley Miller, Executive Director

Tammy Monro, Executive Assistant

Katie Harrison, Breakfast Club Coordinator

Raemona Smith, Community Helpers Coordinator

Faris Atkinson, Connect Coordinator

Richard Nasedkin, Men's Support Group Facilitator

Shane Anderson, Tough Enough Coordinator

Suicide Prevention Resource Centre Core Program

Vision To reduce suicide, suicidal behaviour, and their effects, by promoting positive alternatives and healthy coping skills.

Mission

To listen to people's stories of their struggles with depression, anxiety and other mental health issues, and help them find hope and support through increased coping skills and healthy behaviours

To raise awareness and understanding of head health and promote open dialogue in our community about mental health issues

To support those who are suffered loss to suicide, to listen to their heartbreaking stories, and to help them find understanding and strength to move forward.

To teach that it is life-saving to ask about suicide thoughts and to reach out to help friends and family members find support and resources they need to live healthy, productive lives.

To keep faith with our community, to best manage the financial resources entrusted to us, and to respect and value our dedicated and passionate employees.

Overall SPRC Goals

- To help prevent fatal and nonfatal suicidal behaviour
- To reduce the impact of fatal and nonfatal suicide behaviour on individuals, families, and communities
- To improve awareness of services for at-risk persons
- To advocate for better access to availability of appropriate services for at-risk and vulnerable persons

Fundraising and Donations

Funders

Alberta Health Services
City of Grande Prairie
Community Foundation of Northwest Alberta
County of Grande Prairie
MD of Greenview

Northwest Children & Family Services
Swan City Rotary Club of Grande Prairie
Town of Sexsmith
United Way Alberta Northwest

Generous Donors *in kind and cash donations over \$500*

97.7 ROCK
Angie Peters & John Krol - Royal LePage
Art & Soul Hair Design
Bama Furniture
Bowling Stones
Brad Lynch Band
Canadian Mental Health Association GP
Carol DeHaus
Commandeur Mechanical
Crown & Anchor Pub
Curry's Jewellers
Don Whiteford
Dunes Golf & Country Club
Fletcher Mudryk LLP
Freelance Energy
Friesen Bain LLP
Gordan Pellerin
GP River Rats
Grower Direct Flowers
Henry & Jodie Neudorf
Hyer Oilfield Maintenance & Consulting
Jim Pattison Broadcast Group
Joey Shields
Jackpot Grill & Bar

Judy Grendys
Kaidak Energy Services Inc.
Kathy Temple
Katrina Favell
Kelly Burake
Kris Glenn
Lavonne Wytrykush and Erin Jubb
Lesley Craig – Century 21
Lyle Anderson
MAJ photography
MR MIKES Steakhouse Causal
Nurses' Week Committee
Peace Draft Club
Richer Currie LLP
Scotiabank
Seven Generations
Tanya Ray
The RADlife
Tiedemann Family
Trevor Bartsch
UrbanAds
Wapiti Shooters Club
Weyerhaeuser

Volunteers

We would like to extend a massive **THANK YOU** to our volunteers who supported us by working over **1600** hours.

Suicide Prevention Resource Network (SPRN)

We held 4 SPRC quarterly meetings with a total of 22 unique agencies including:

Alberta Health Services	GPRC Student Services	Pace Centre
AHS Integrated Crisis Access Team (ICAT)	GP Volunteer Services Bureau	Pregnant and Parenting Teens
Catholic Family Services	John Howard Society	Pregnancy Care Centre
GP & District Grief Support	Northreach Society	Police & Crisis Team (PACT)
GP & District Victim Services	NW Peace FASD Network	Seniors Outreach
GP Family Education Society	Odyssey House	Stepping Stones Day Care Society
GP Friendship Centre	Oliver's Funeral Home	Sunrise House (GPYESS)

Crisis and Consultation Services

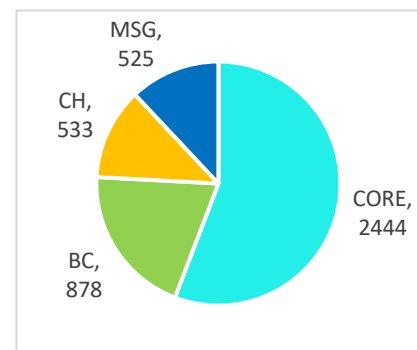
54 crisis calls and emergency resource response

Workshops

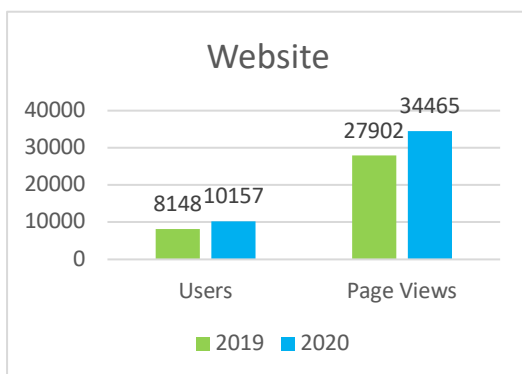
265 people were trained across **6** Applied Suicide Intervention Skills Training (ASIST) workshops, **3** HEAR workshops, **2** ASIST Tune-ups, and **1** Mental Health First Aid. One workshop was cancelled due to COVID-19 restrictions.

Social Media

We have a combined total of **4380** likes on our Facebook platform, an increase of **17%** from last year across all pages. Men's Support group saw the biggest increase of page likes, increasing to **525** up from **298** in 2018.



We have seen an increase in website traffic. More people are using search engines to find information and staying on the website longer. We are also seeing an increase of unique user visitors. The pages that have seen the biggest increase in traffic are Tough Enough to Talk about it, Men's Support Group, and Resources.



The Breakfast Club



- **3** Teen Retreats Weekends
- **3** Preteen Workshops
- **1** Children's Workshop

48 teens participated in weekend retreats,
129 teens participated in **7** friendship and support nights

70 pre-teens participated in workshops,
70 pre-teens participated in **16** follow up sessions

15 children participated in a workshop
15 children attended **2** follow up sessions

5352 hours of service delivered to youth!

Quotes

Parents:

"My youth identified emotions and talks about what others maybe experiencing. I can ask her to use other skills that she learnt when she is upset."

"My relationship with my son was already improving and this really boosted it. Thank you!"

"I feel they are able to validate the actual feeling instead of just mad/mad/happy"

"She was able to use a tool in order to deal with big emotions, the first time she lost control of her anger and was mad for a very long time. The next time she realized she was going to get very angry so she brought out her stress puzzles (coping skills) and used a skill right away. It was so awesome to see her realize her emotions and how they affect her."

Youth:

"I feel more at ease with myself and how to cope with my depression."

"I will try to talk to people more often for help."- Teen

"Thank you for teaching how to move on with hard things."- Teen

100% of preteens indicated that they learned new ways to calm themselves down when they are angry or stressed.

100% of children's parents surveyed agreed that their youth has improved their communication of emotions/feelings with me.

100% of teen parents surveyed stated that their teen has been able to cope better with situations in their life.

76% of teens reported they feel more comfortable asking for help when they need it after attending a retreat weekend.

Facilitators

Zoë Best
Kim Burgess
Danielle Callihoo
Dean Enyedy
Ashley Driedger
Daylan Driedger
Kirsten Kramer
Patty Rolinger
Dennis Shinski

Tough Enough To Talk About it



1436 participants attended **56** presentations

Our community partners held **17** presentations outside of the GP region.

87% of participants surveyed stated they learned what to say if they find someone struggling

87% of participants surveyed stated they learned the signs and warnings to watch for in themselves and others

88% of participants surveyed stated they now knew what help was available and where to find it

100% of participants surveyed said they would recommend the presentation to others.

Testimonials:

"I just wanted to say a huge "thank you" to yourself and your entourage for the presentation last night. I had many good comments after about how informative it was. You made it very personal. That goes to show that other people have tough things to talk about and it's ok to do so! Anyways just wanted to say thank you again and if you could pass on a huge thank you to the ladies that accompanied you, it would be appreciated! I felt you did a great job relating it to first responders and the messages just drive it home."

"Our topic for our monthly safety meeting was on mental wellness in the workplace. The desire was to open the door to the topic of mental health/suicide in the workplace as we recognize this to be a growing area of concern in the workplace, with men in particular. This topic also hit home for a number of the staff as our organization has had a few of our employees die by suicide in more recent years. We had 2 presentations from the Tough Enough Program focusing on recognizing the signs and symptoms of depression, how the symptoms present differently for males than females and the importance of normalizing the conversation of depression/suicide in the workplace to reduce shame and isolation for individuals who are struggling. The presentation also provided tools for us to have that difficult conversation. What made this presentation even more impactful was that the presenter shared his own story of his personal struggles which made the presentation all the more relatable for our male dominated audience. Our staff were talking about it for days and I am confident that as a result of the presentation there was a dramatic increase in our staff recognizing when a co-worker is struggling and reaching out. As a large oil & gas service company, we see the challenges people face first hand. A majority of our employees are males, who are working away from home for extended periods of time and are cycling between day and night shifts. This situation is strenuous on individuals, marriages and families. These stresses alone can lead to depression and in some circumstances leading individuals to self-medicate or to take their own lives. The losses we have experienced as a company and the rate of leave of absence to mental illness confirms everything the statistics speak and is consistently increasing. This program is extremely important in helping individuals and employers in industry begin to mitigate the contributing factors and provide education and support to those impacted. As an organization we wholeheartedly support and recommend this program and view it as an essential component to any employee wellness strategy."

Men's Support Group

2019 saw an increase in attendance, visits, and return visits. A total of **74** participants over **392** visits.

Our program provided **784** hours of support to men struggling with a loss.

100% of attendees feel less isolated and alone as a result of attending the meetings



80% of attendees felt they have more people they can rely on for help after.

75% of men who attended the group experienced a positive change in their abilities to cope with their difficulties.

Successes

Every man that walks through the door and finds a safe place to express himself, who finds a peer group with similar experiences and the resources they need and becomes aware of community assets is a success story. Retention is up, attendance is up, and to see many participants ready to move to a next stage of support where they do not require as much assistance and can be a mentor to incoming participants is a huge success of the support group.

.....

Most frequent attendance was **34** visits
27 attended one day.
13 attended twice
12 attended 3-5 times
5 attended 6-9 times
9 attended over 10 times
4 attended over 20 times

Identified Occupations:

11 work in industry
19 work in oilfield
12 were unemployed
14 were self employed
12 were professionals
6 are retired or long-term disability

Referrals:

43 were referred by other agencies
5 from online resources (2 Facebook)
6 referred by a female partner
8 referred by a past participant
2 saw the sign outside
10 brought by returning a participant

Reason for attending:

14 dealing with the death of someone close
2 dealing with the suicide of someone close
16 were actively working with an addiction
10 were dealing with unemployment
37 were dealing with relationship loss.

Community Helpers



Community Helpers Program

Community Helpers Program is a free training initiative available in schools, workplaces and community groups for youth ages 12 to 30, as well as adults who support this age group (teachers, coaches etc.).

With such a huge demand for this service the focus was narrowed down to grade 9 students in the Grande Prairie region and delivered during school health classes. This allowed us to provide consistent, high quality training without worrying about overlap or modification of the program to meet different demographics.

The schools served include:

- Charles Spencer High School
- Helen E Taylor School
- Sexsmith Secondary School
- Peace Wapiti Academy

.....

291 surveys given

314 Community Helpers trained or partially trained

16 groups of students trained

233 students completed training

81 students completed partial training due to COVID-19

Feedback from youth

"I liked this program. It helped me have stronger knowledge on mental health and resources." – Helen E. Taylor

"It's good that this program is here to help." - Charles Spencer

"This program made me very aware of how to deal with my own problems, where to get help and how to help others. I appreciate the program coming into our school and teaching us these things." - Charles Spencer

"It notifies me of something's happening in our community and that we have support systems" - Charles Spencer

"It's a great program for something that isn't usually talked about." - Sexsmith Secondary

"I like the program; it was a good learning process for me and possibly other students. The program talked about real issues in our community and showed a good lesson in the end." - Sexsmith Secondary

"Very helpful information if I ever need it." - Sexsmith Secondary

"It was very helpful, and I learned a lot" - Charles Spencer

Connect



Connect reached a Total **1620** people in 2019

8 people attended a self-harm presentation

56 people attended HeadTalks presentations

Connect presentations touched a total of **679** people

8 Community Events were held with over **540** participants.

These events include our yearly **Darkness to Light walk** with over **150** attendees.

Connect was involved in **19** Radio interviews and media releases.

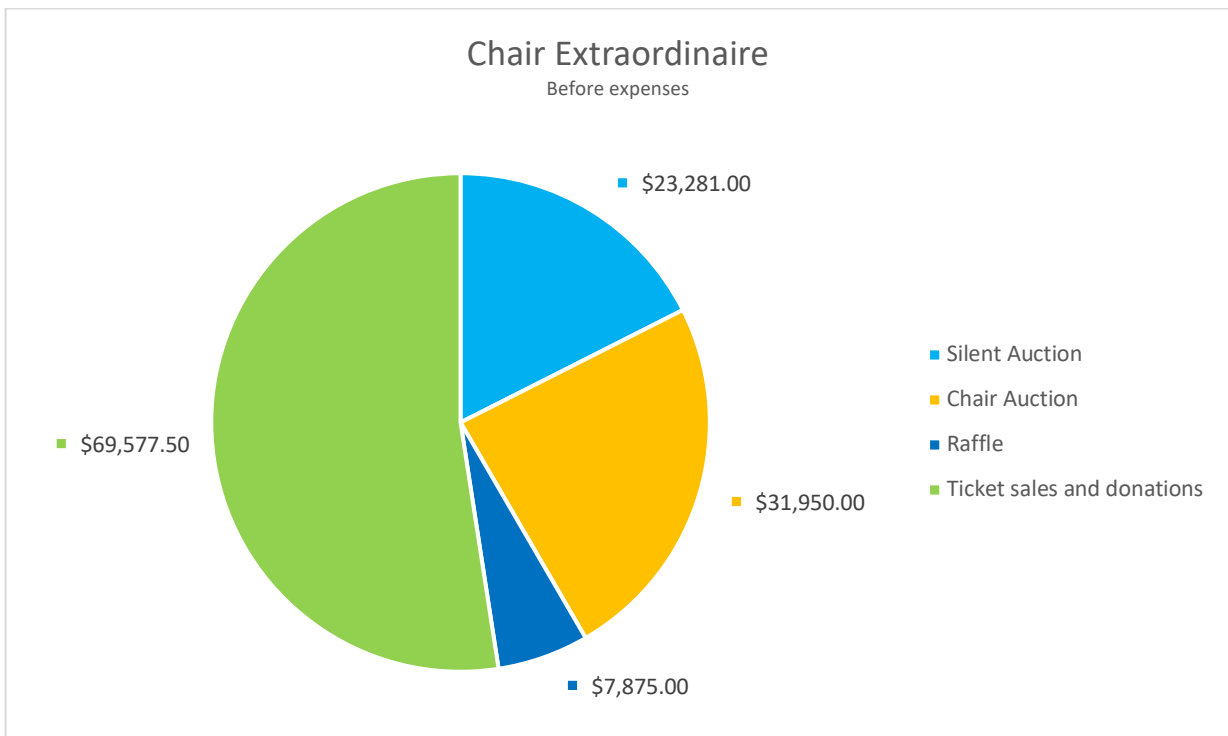
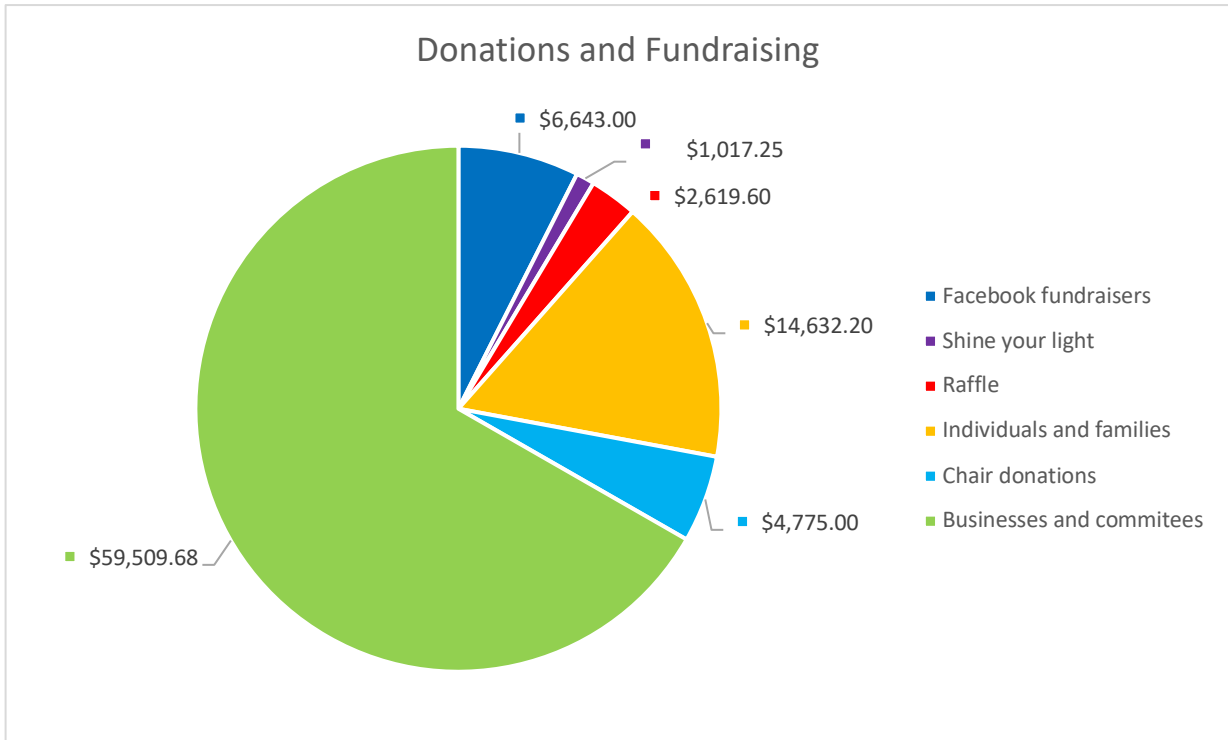
A total of **15** individuals were provided with bereavement support.

Successes

Providing a break during a presentation, a participant spoke to the presenter describing her worry about her son, especially after hearing about the information provided in the presentation about suicide and depression. She explained her concerns and what she has already done to provide emotional support to her son. The presenter asked, "When you talk to him and tell him you love him, do you also give him a list of things he needs to do to be healthy?" She said she did. She felt like she needed to call him now and say those things again. The Presenter told her to call her son now, but instead of telling him what he needs to do, just tell him you were thinking of him, you miss him, and you love him very much. Don't add any 'buts' or suggestions...just tell him you love him. She did that and upon returning to class, thanked the presenter and said it was exactly what he needed to hear just then. The participant remarked that she felt we had just saved her son's life. She was extremely grateful and appreciative of all the information in the presentation and how she was already able to implement the knowledge to her own life.

Resource Centre for Suicide Prevention Funding

This year we brought in a total of **\$238,955.62** from donations and fundraising! Of that total, **\$132,683.50** was raised during the Chair Extraordinaire.



Areas Served

	Core	Breakfast Club	Community Helpers	Connect	Men Support Group	Tough Enough to Talk About It
Grande Prairie	√	√	√	√	√	√
County of GP	√	√	√	√	√	√
Beaverlodge	√	√		√	√	√
Wembley	√	√	√	√	√	√
Sexsmith	√	√	√	√	√	√
Spirit River	√			√	√	√
Hythe	√		√	√	√	√
Horse Lake First Nation	√			√	√	√
Clairmont	√	√	√	√	√	√
Rycroft	√	√		√	√	√
Edmonton						√
Grande Cache	√	√				
Fox Creek		√				
Little Red River Cree Nation				√		

