

The Breakfast Club

86 teens participated in weekend retreats

86 preteens participated in one-day workshops

Outcomes:

improved relationships with parents,
better coping with stress and anger,
solving problems in new ways,
learning how to have better relationships, and
feeling more comfortable asking for help.

Connect:

Bereavement Consultations: 45

Special Events: 357 people attended

Head Health presentations: 241 adults.

Head Talks: 847 Youth

Men's Support Group

37 individuals attended a total of 214 times

Outcomes::

90% indicated increased ability to deal with their situation

85% indicated increased ability to manage stress

Tough Enough To Talk About It

67 Workplace Presentations with 1431 participants

12 Safer Workplaces Seminars with 110 participants

Outcomes:

90% of survey respondents learned what to say to a person who may be at risk.

88% were more likely to help someone who may be at risk

Community Helpers

109 surveys given

8 Adults completed training

222 Youth received training, including 100 youth whose training sessions ended between April and June 2018

Crisis calls: 32 Consultation calls: 5

Website 7,099 users, 27,527 page views

Social media 1961 followers of the main

Facebook page, 1357 of other pages, total

3318. Posts have reached 3566 people

208 Volunteers

worked more than 1620 hours

Network member agencies/partners:

20

Workshops: 210 people trained

Total raised in community funds:

\$166,911 (fundraising, donations, corporate sponsorship)



Suicide Prevention Resource Centre

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Message from President and Executive Director

2018 marks a ten-year anniversary for Suicide Prevention Resource Centre! We have been an independent registered Canadian charity since January 2008, when we outgrew the sheltering arms of PACE after 26 years. We are delighted to share our accomplishments with you in this annual report.

Our longest serving program is The Breakfast Club, which celebrated a 25 year-old history in 2017. Just this spring, The Breakfast Club partnered with the City of Grande Prairie and CIA Solutions to create a promotional video to help teens, parents and teachers better understand how the program supports youth. To learn more, take a moment to watch the video by clicking the link on the SPRC website.

Drawing from her personal experience with suicide loss, Faris Atkinson continues to increase community awareness of suicide and mental health through CONNECT (public education). Presentations cover a wide variety of audiences, from seniors right down to early school grades. As hard as it is to discuss grief with young

children, Faris has found a way with her presentation, *What Colour is Happy?*

Community Helpers was first piloted in Grande Prairie before being introduced to other communities across the province. This year, the provincial government moved Community Helpers to the operations side of their budget, meaning that Community Helpers now has solid and reliable funding – good news for local schools.

Tough Enough to Talk About It also received provincial funding for the next twenty-four months. By the end of this funding cycle, our goal is for Tough Enough to be delivered province-wide; an ideal that Alberta Health Services shares with us.

Men's Support Group is a safe place for men to discuss the issues and concerns they are experiencing. This group has met every week since the early '90s. You can tell by the stories on page 4 that MSG provides valuable support to group participants.

These are just a few highlights of the programming offered by SPRC in 2017-18. Read on to learn more.

Board (as of March 31, 2018)

Heather Gallagher-Rowe, President
Karen Rosvold, Past President
Shelley Bessie, Vice President
Jenna Rosvold, Secretary/Treasurer
Doug Currie

Tracy King
Connie Korpan
Rhonda Laviolette
Pamela Nordin
Tanya Ray

Staff (as of March 31, 2018)

Gladys Blackmore, Executive Director
Shane Anderson, Executive Assistant
Faris Atkinson, CONNECT Coordinator
Erin Jubb, Community Helpers Coordinator
Maggie Barry, The Breakfast Club Coordinator

Zoë Best, The Breakfast Club Assistant Coordinator
Tracy Golnick, Tough Enough to Talk About It Coordinator
Dennis Shinski, Tough Enough to Talk About It Program Support

208 Volunteers

 worked more than 1620 hours

Funders

Alberta Health Services
Child & Family Services
City of Grande Prairie Community Social Development/
FCSS
Community Foundation of Northwestern Alberta

County of Grande Prairie No. 1 FCSS
Green View FCSS
Province of Alberta
Government of Canada
Occupational Health & Safety

Our thanks to donors, supporters, volunteers, & funders

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 to promote open dialogue in our community about mental health issues.

To support those who have 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 suicidal thoughts and to reach out to help friends and family members find the 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 suicidal behaviour on individuals, families and communities.
- To improve awareness of services for at-risk persons.
- To advocate for better access to and availability of appropriate services for at-risk and vulnerable persons.

Fundraising and Donations

Your support matters to us. Approximately 20% of our revenue depends on fundraising and donations. We would be challenged to deliver such great programming and community support without donors like you.

The 2017 Chair Extraordinaire raised a net \$77,000. The 2nd annual Shine Your Light fundraiser brought in net \$9500. Another \$80,411 came from donations and corporate sponsorship. This brings the total raised in community funds to \$166,911. Thank you!

Thank you so much to these supporters and to all the donors who help to sustain our programming.

Donors giving \$1000 or more, in no particular order:

Curry's Jewellery	Dew-Line Enterprises
Q99 FM Radio	Rock 97.7 FM Radio
Reach 96.3 FM Radio	Mr. Mikes Steakhouse Casual
Jackpot Grill & Bar	2Day FM Radio
Big Country XX Radio	WestJet
Revolution Auto	Learn Rite Courses
SOS Graphics	Royal LePage
Encana	Canfor
GP Live Theatre	Crown & Anchor Pub
Ritchie Bros. Auctions	Parson's Printing
Just Beachy	MAJ Photography
Canadian Tire	
Grande Prairie Place Enterprises	
Hyer Oilfield Maintenance & Consulting	

Suicide Prevention Resource Network

- A collection of 20 agencies, health organizations and stakeholders with an interest in suicide prevention
- Meets three times per year to share experiences and insights and to discuss program accomplishments and shortfalls.
- Helps to identify trends in the community and to find solutions as issues arise.

Thank you to the organizations that share our work:

Odyssey House
Pregnant & Parenting Teens
PACE
HIV North
Canadian Mental Health Association
Seniors Outreach
Sunrise House Youth Emergency Shelter
Community Social Development – City of Grande Prairie
Peace Area Riding for the Disabled (PARDS)
County of Grande Prairie No. 1 FCSS

Alberta Health Services Mental Health
GP Safe Communities
YMCA
Youth Intervention Program – City of Grande Prairie
Goodwill
Money Mentors
Mountain Plains
Victim Services
St. Pauls United Church
Cool Aid Society



Helping youth build coping skills, resilience and positive social networks

- Weekend retreats for adolescents with follow-up support throughout the year
- 1-day workshops for preteens with several weekly follow-up sessions
- The name is inspired by the movie, "The Breakfast Club," by John Hughes.

86 teens participated in weekend retreats
14 teen Support & Friendship night events with 199 attendances by 58 teens (including some counted above)
86 preteens participated in one-day workshops

Quotes

Preteens:

- "I will try to talk to an adult about problems more."
- "I will try to express my feelings more."
- "... always ask for help, think to myself its okay to be different..."
- "...stop bullying other people..."

Preteen parents:

- "He is starting to understand to take a minute to calm himself before getting upset & is verbalizing his feelings a lot better."
- "...identifying feelings vs. explosion..."
- "He has been able to express his emotions more clearly."

Teen Parent:

- "He is more open to tell me what's going on... I find he is easier to talk to and we can come up with a solution together."

Teens:

- "I will talk to my therapist more about stuff."
- "...cut less and try to talk more about my problems."
- "...expressing my feelings clearly, speaking up when needed."
- "...talk to people more about how I'm feeling."
- "...to ask people to help me."

From a former participant now in her 30s:

"The retreat was my turning point. Made me realize there are so many other teens that struggle and that it's okay to open up and talk about how you feel. Depression is okay just talk about it. Accept help from others and share your experiences because you just don't know who is having the same thoughts but are too scared to admit or express it. Life is worth living. You miss so much in life when your brain is consumed by your own horrible thoughts. So many other kids felt the same way I did. That weekend I forgot about it all and just had fun. Every other gathering I went to made a huge difference, it was my get away from my own head. It feels good to be the support for others too. I am still friends with some from the group to this day. That program saved my life. Literally."

** Names and identifying details have been altered or omitted for all personal stories*

Evaluations

100% of **teen and preteen parents** identified that their relationship with their youth has improved since attending the Breakfast Club

100% of **teen parents** identified their teen has increased their ability to use healthy coping methods for stress and anger

91% of **preteen parents** identified their youth has been able to use new ways to solve problems with others

96% of **preteen parents** identified their youth has increased communication of their emotions/feelings to them and has been using healthy ways to cope better with anger and stress

89% of **teens** felt they had learned some ways to have safer and more positive relationships and friendships

81% of **teens** reported they feel more comfortable asking for help when they need it after attending a retreat weekend.

MEN'S SUPPORT GROUP

37 individuals attended a total of 214 times
Ages 23 - 73 Working in: Trades/Industry – 19,
self-employed – 4, unemployed or retired – 14

90% indicated increased ability to better deal with
their situation

85% indicated increased ability to manage stress

David (Same individual as last year): Has attended Men's Group 35 times in 2017 and 65 times total. Some nights he does not contribute much; other nights, when there are only two or three attendees, he is very animated and shares a lot. He identifies the Men's Group as his main social outing each week. He has started to use more assertive language in his relationship, and has said that the group has contributed to saving his marriage.

Fred: His wife decided to have a divorce after 9 years and two children. Fred came to the group 7 times during this time. He went to the R Work Group based on suggestions from the group, signed up for pre-employment training in Fairview at GPRC, and was able to get good legal counsel, and define custody arrangements and communication strategies with help from the group.

*a free weekly
facilitated
drop-in group
for men,
improves
social support
and coping
skills*



Presentations in workplaces and agricultural communities

Male volunteers teamed with staff members tell their own stories, promote peer intervention, destigmatize help-seeking, and increase knowledge about helpful resources.

The *video series*, "Tough Enough to Talk About It," featuring our facilitators and industry experts, is available for rural and remote areas.

A *Safer Workplaces Seminar* is also available for men and women in leadership roles. Can be delivered on location.

Locations Served: Edmonton, Fort St. John, Fort McMurray, Lloydminster, Grande Prairie, County of Grande Prairie, MD of Green View, Sturgeon Lake/Valleyview, Clairmont/Sexsmith/Wembley, Woking, Beaverlodge/Hythe, Penson, LaGlance, Eaglesham, Teepee Creek, Ridgevalley, Fairview

67 Workplace Presentations with 1431 participants

12 Safer Workplaces Seminars with 110 participants

90% of survey respondents learned what to say to a person who may be at risk.

88% were more likely to help someone who may be at risk, as a result of the presentation.

Feedback from Workplace Presentations

"Thank you for coming in...I am going through a lot of stress and depression...a tough divorce and tough times financially. I am really worried I won't be able to make rent or pay my child support. Today really helped me. Thank you...I will definitely take advantage of the Wednesday support group."

Feedback from Safer Workplaces Seminar

"This seminar exceeded my expectations. I came in hating the idea of a 7-hour session and was amazed at how much I learned and enjoyed myself. Thank you."

"Great info, awesome format and presentation. The examples, scenarios and case studies are all so valuable to real work situations."



- *Mental Health peer support training to enhance the helping skills of youth who are natural helpers*
- *Free customized training for schools and other organizations*
- *Training focuses on mental health and suicide awareness, community resources, building empathetic listening, a step by step helping skill, understanding stress, and self-care.*
- *An Alberta Health Services province-wide funded program*

109 surveys given (Peace Wapiti Academy)

8 Adults completed training (GPRC Staff Human Resources and Administration)

222 Youth completed training (Charles Spencer High School)

Additionally, Crystal Park, Peace Wapiti Academy and Tabono schools had **100** youth in training, which was completed between April and June 2018.

100% of adults trained had increased helping skills including recognizing when someone needs help, approaching someone who is struggling, and how to support them.

100% of adults trained had increased knowledge of available community resources.

Feedback from Youth

“ I was able to help my friend work through a tough problem by using the Helping Skill you showed us. It works!” - grade 11 student

“ I learned about depression, anger and anxiety. I know where to go if I need help and who to talk to.”- grade 8 student

“ I have learned how to cope and deal with someone going through depression or suicidal thoughts.”- grade 8 student

“ I learned better problem solving skills and different resources.”-grade 8 student

Survey results show the majority of youth talk to friends about their problems before anyone else; therefore, those friends should be better trained in how to help.

SPRC Core Program

Information services including website and social media, support, referral, coordination, outreach, and services after suicide.

Crisis And Consultation Services: Staff responded to 32 calls for crisis intervention. 5 people called looking for support and information.

SPRC website: Website users have decreased from 10,956 last year to **7,099** for this reporting period. Of that number, 6,994 are new users, so we aren't getting a lot of return visitors to our website. Page views have dropped from 35,654 down to **27,527**. (Not a massive drop, but still enough to think about our content.) 5,874 users were from Canada, with 2,302 being local to the Grande Prairie area. 71.7% of our website users are male, with 28.3% female. The highest age group for users is in the male 25-34 age range at 33.36%, followed by women 35-44 at 23.38%.

Workshops:

Awareness Of Self Harming behavior: 11 participants
Mental Health FirstAid – Seniors edition: 15 participants
ASIST (suicide intervention): 147 participants
ASIST Tune-up: 37 participants



Connecting people with knowledge and tools to save lives

Bereavement Consultations 45

Head Health (2 to 3 hours) **241** adults. Groups included 5 South clients, EMR students, LPN and 3rd year nursing students, seniors and other community members.

"I learned how to ask my grandson if he is thinking about suicide...This presentation really made a difference for me." "... I knew immediately that I had to call a close friend and really talk, even ask the big question because I am worried about his future plans." "My sister is dealing with severe postpartum depression right now and has verbalized suicidal thoughts. You have given me the resources to help her with her struggle. Thank you for your powerful and inspiring presentation."

Social Media: The main SPRC Facebook page has increased from 1697 followers from the last period, up to **1961** followers this year. Posts have reached **3566** people, up from 1782 people.

Other Facebook pages include:

The Breakfast Club

www.facebook.com/BreakfastClubGP/ 679 followers, Community Helpers

www.facebook.com/CommunityHelpersGP/ 453 followers, and

The Men's Support Group

www.facebook.com/MensSupportGroup/ 225 followers.

Total followers: **3318**

We are maintaining a very strong social media presence, which continues to grow.

We began using Mailchimp this year for the Shine Your Light campaign which proved useful and successful, with an audience of 3,808 people we were able to target in this campaign.

Suicide Loss Support Group

Met irregularly this year. Format is under review.

Special Events

357 people attended events such as Survivors' Self Care, Coffee Chats at Montrose Esquire, International Survivors of Suicide Day, and our annual Awareness Walk.

Head Talks (60 to 90 minutes) **847** Youth (ages 5 – 18 years)

"To see you can move on and be able to talk about it, is a great accomplishment."

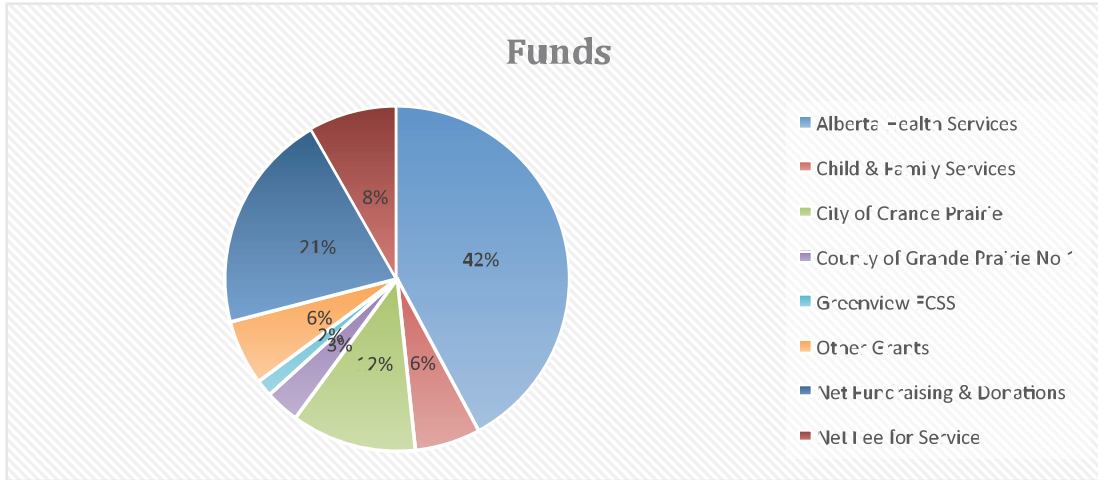
"...you talked about suicide the very week my friend had a scare and didn't know what to do, but you showed me how to cope and be there for him."

"That you can go through a loss and still be courageous and happy."

"The effects, causes and treatments for depression - it helped me decide that I may need some help."

Financial Information

Funding Source	Funds	Supporting these programs
Alberta Health Services	\$ 267,044.00	SPRC Core, The Breakfast Club, Community Helpers
Child & Family Services	\$ 39,000.00	The Breakfast Club
City of Grande Prairie	\$ 74,387.00	The Breakfast Club, CONNECT, Men's Support Group
County of Grande Prairie No 1	\$ 20,133.00	SPRC Core, The Breakfast Club, Tough Enough
Greenview FCSS	\$ 10,000.00	The Breakfast Club, Tough Enough
Other Grants	\$ 38,699.00	All programming
Net Fundraising & Donations	\$ 131,577.00	All programming
Net Fee for Service	\$ 52,326.00	All programming
Total Revenue	\$ 633,411.00	



Supporting These Programs

Program	Expenditure
SPRC Core	\$ 200,687.00
The Breakfast Club	\$ 181,816.00
Tough Enough	\$ 90,934.00
Community Helpers	\$ 81,791.00
Men's Support Group	\$ 8,150.00
CONNECT	\$ 61,035.00
Total	\$ 633,411.00

