

2018/ 2019

ANNUAL REPORT



96 teens participated in weekend retreats

90 pre-teens participated in one-day workshops

10 children participated in new one-day workshop

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.



32 Workplace Presentations with 575 participants

OUTCOMES:

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

96% would recommend the presentation to other workgroups

Crisis Calls: 48

Website: 9899 users, 33,297 page views

Social Media:

2307 followers.
Posts have reached 7,223 people.

Volunteers: 221

Network member agencies: 26

Workshops:
215 people trained



Connecting people with knowledge and tools to save lives

Bereavement Consults **36**

Special Events **82** people attended

Health Presentations: **326** adults

Head Talks: **578** youth

MEN'S SUPPORT GROUP

52 individuals attended a total of **260** times

OUTCOMES:

100% of survey respondents indicated increased ability to deal with their situation

100% of survey respondents indicated increased ability to manage stress



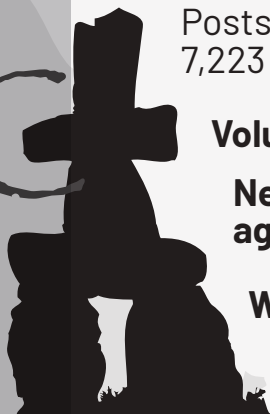
298 surveys given

338 Youth completed training before March 31

132 Youth will complete training before June 15

SPRC

Suicide Prevention
Resource Centre
www.sp-rc.ca



Total raised in community funds: \$197,594

(fundraising and donations)



Suicide Prevention Resource Centre

Charitable Organization No. 82052559RR0001

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Grande Prairie, AB T8V 3N4

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www.sp-rc.ca

Message from President and Executive Director:

This annual report represents many new beginnings, as the 2017-18 fiscal year brought several changes to our organization. Over the year, Suicide Prevention Resource Centre enjoyed strong growth in all programming due to sharply increased numbers of referrals. Staff and volunteers were very active in the community, raising a total of \$197,594 in fundraising and donations – a record amount for us, and much needed to ensure programming can continue to be delivered with the same level of competence we have grown to expect from our organization.

Speaking of change and new beginnings, this is the last annual report I will prepare for you. The time has come for me to retire from this great organization and to seek new roads to travel. I have been the Executive Director here for five years and during that time, SPRC has experienced some big changes. We relocated to Nordic Court, budgets have grown, programming has expanded and developed, and staff have increased knowledge and expertise. The future is bright for this organization, as it continues to provide valuable and needed services to the greater Grande Prairie region and beyond. Positive change happens through collective vision and hard work – two things we have in abundance at SPRC.

I sincerely thank the hard-working individuals who deliver suicide prevention programming and services to our community. Both staff and board members are listed below, and I assure you they are amazing people. The work SPRC does in our community is not easy work, and many days bring challenges. The people here never fail to rise to those challenges, to support families, workplaces and communities through hard times. Thank you, my peeps, for making my last five years so rewarding.

On July 1st, 2019, our organization will welcome Ainsley Miller to take over from me. Ainsley is very capable and talented, and our community can rest easy, knowing SPRC will be in good hands.

On a final note, Board President Tracy King says, “Reflecting on the last year, I would like to highlight the diversity and engagement that we have on our current board. The board is a group of volunteers who have proven to be dedicated to assisting SPRC to be able to serve the community and work towards the vision and mission. The board of SPRC is proud of the work of the Executive Director and Staff, and will continue to engage in oversight and support. The board would like to thank Gladys for her leadership, guidance, and vision and would like to wish her well in retirement.”

Ralph Waldo Emerson reminds us that “Life is a journey and not a destination.” It is time for me to follow a lesser road to new adventures.

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Board *(as of March 31, 2019)*

Tracy King, President	Charlotte Bierman	Connie Korpan
Tanya Ray, Vice President	Shawna Prince	Pamela Nordin
Stacy Harrison, Secretary/Treasurer	Liesa Peters	Doug Currie

Staff *(as of March 31, 2019)*

Gladys Blackmore, Executive Director
Shane Anderson, Executive Assistant
Faris Atkinson, Connect Coordinator
Maggie Barry, The Breakfast Club Coordinator
Zoë Best, The Breakfast Club Assistant Coordinator
Erin Jubb, Community Helpers Coordinator (shared position)
Raemona Smith, Community Helpers Coordinator (shared position)
Richard Nasedkin, Men’s Support Group Facilitator
Vacant, Tough Enough to Talk About It Coordinator

221 Volunteers worked more than 1700 hours

Funders *Our thanks to donors, supporters, volunteers & funders.*

Alberta Health Services	Northwest Children & Family Services
City of Grande Prairie	Community Foundation of Northwest Alberta
County of Grande Prairie	Greenview FCSS
Province of Alberta	Occupational Health & Safety



Vision

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

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. In the 2018-19 fiscal year, fundraising and donations contributed more than \$200,000 to our bottom line. This includes revenue from the Chair Extraordinaire, the Shine Your Light campaign, corporate and personal donations. Thank you so much to everyone who's contribution helped us keep the lights on over the past twelve months.

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
Seven Generations	Revolution Auto	Learn Rite Courses
SOS Graphics	Royal LePage	Paramount Resources
Canfor	GP Live Theatre	Crown & Anchor Pub
Ritchie Bros. Auctions	Parson's Printing	Just Beachy
MAJ Photography	Canadian Tire	Grande Prairie Place Enterprises
Shell Canada	Norwex	Grande Prairie River Rats
Wapiti Shooters Club	Hyer Oilfield Maintenance & Consulting	

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

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.

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

Thank you to the organizations that share our work:

Odyssey House	Pregnant & Parenting Teens	R. Work Group
PACE	HIV North	
Canadian Mental Health Association	Seniors Outreach	
Sunrise House Youth Emergency Shelter	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	Police and Crisis Team (PACT)	
Goodwill	Money Mentors	
Mountain Plains	Victim Services	
St. Pauls United Church	Cool Aid Society	

The Breakfast Club Youth Program

Helping youth build coping skills, resilience, and positive social networks.

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

96 teens participated in weekend retreats

11 Support and Friendship Nights with 156 attendances by 61 individual teens

90 preteens participated in one-day workshops

10 children participated in the new, innovative children's workshop

Quotes:

CHILDREN PARENTS:

"...is more aware of his emotions, and able to identify what causes certain feelings and how to control them. Excellent program!"

"My child came to me with thoughts of self harm due to hearing negative voices. This was one day after the workshop. She now has a first-aid kit at school to help her there as well. Amazing program!!!"

"She is more excited and willing to share her emotions/ thoughts. She wants to attend more but is sad she has to wait until she's older. Please have more sessions for this age. Thank you."

PRETEENS:

"I will be more kind to myself."

"I will solve problems different and calm myself down better."

"I'll ask for help more often."

PRETEEN PARENTS:

"I've seen my child regulate themselves better and not resort to hitting or kicking first, also they talk to me more openly."

"Much more willing to stop, breathe, and then explain what he is trying to communicate."

"...seems much more confident in dealing with any issues with her peers."

"I am (...)s step dad and I am proud to say our communication has gotten much better."

TEENS:

"I am going to be less hard on myself and not let social anxiety control me."

"Set more boundaries for myself."

"To be more comfortable talking to people for help and that I realized I do basically all of the A.T.'s" (Automatic Thoughts)

"I love this program."

"I will set solid boundaries and keep them"

Letter to future Breakfast Club kids from a teen.

Dear future breakfast club kids,
Hey, so I know its super awkward for the first bit. I have done 3 retreats so I know how uncomfortable it can be to have so many new people around you but it goes away so fast and the staff make your weekend so much fun! They plan crazy awesome games and create a space you can be open and truthful to yourself and will never be judged. This retreat has changed so many lives, including mine. You make new friends and sometimes discover new things and abilities about yourself. If you keep an open mind so will everyone else. You can always talk to the staff if you need. (they are super trustworthy)

P.S. I hope you have fun and create a brand-new experience for yourself and others.

P.S... please respect staff because they love and care for you and do nothing but try to make this fun. (obviously succeeding)

Evaluations:

91% of teens reported they would feel comfortable contacting breakfast club staff for support.

94% of preteen parents surveyed agree that their youth advocates for themselves more effectively after attending breakfast club.

100% of preteen parents identifies their youth has increased communication of their emotions/ feelings to them.

97% of teens felt they had learned ways to have safer and more positive relationships and friendships.

86% of teens reported they feel they have learned new ways to solve problems with others .

MEN'S SUPPORT GROUP

52 individuals attended a total of 260 times. Ages 21-78. Working in trades and industry 19, self-employed 8, unemployed or retired 4, other 21.

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



George:

Started attending Men's Group in June 2017 and attended 9 times total. He was temporarily separated from his wife, and decided to make a change, visiting ICAT, and a psychologist. He has identified that he is emotionally abusive to his partner. He has since stopped seeing the psychologist and feels that for where he is at, he gets better advice and more chances to properly talk about his story with the men's group. He still attends, once or twice a month.

Henry:

Is the longest attending member. He first came to the 100th street location after his wife found about the group online. He had suicide ideation at the time, and felt the group helped him get to a safer, healthier space, so he quit going . . . then he had suicide ideation again, and started coming back. He comes "because I do better day to day coming, than I do if I don't come." He is by far the best success story. He regularly comments on when he has shared insight from the group with people in his day-to-day life.



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.

32 workplace presentations with **575** participants

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

96% would recommend the presentation to other workgroups

Feedback from Workplace Presentations

"Good message for those in the trades."

"I thought it was very good. It taught me about what to do if I'm in that situation or someone I know is."



- ***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 provincewide funded program enhance the helping skills of youth who are natural helpers suicide awareness, community resources, building empathetic listening, a step by step helping skill, understanding stress, and self-care. wide funded program***

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298 surveys given.

394 Community Helpers trained or partially trained at **5** schools.

4 schools still in session until June where **132** students will complete training.

Feedback from Youth

“I liked learning about how to cope with my own problems and how to help others.” Grade 9

“I liked learning more about the way to approach others with issues, because it goes on a lot. “ Grade 9

“I liked learning more about how to help people suffering with mental health” Grade 9

“I liked that we could share our opinions and have an open conversation about the topic” Grade 9

“Community Helpers should go to younger grades too in order to help with bullying at younger ages.” Grade 9

“ I liked the training that helped me help my friends” Grade 8

“It teaches kids about what’s going on in the real world” Grade 8

“I liked learning the different resources that we have in the community” Grade 8

SPRC Core Program

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

Crisis and Consultation Services received 48 calls for support.

SPRC Website users have increased from 7,099 to 9,899 for this reporting period. Page visits have increased from 27,527 to 33,297.

Social Media The main SPRC facebook page has increased from 1,961 followers to 2,307 and posts have reached 7,223 people. Other pages include:

The Breakfast Club (818 followers),

Community Helpers (491 followers) and

Men's Support Group (334 followers) for a total of 3950, up 20% over last year.

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

People trained in Workshops 215



Connecting people with knowledge and tools to save lives

Bereavement Consultations 36

Special Events 82 people attended events such as International Survivors of Suicide and Awareness of Suicide Walk

Head Health (2-3 hours) 326 adult presentations in 2018/2019 included Bachelor of Science in Nursing Students, Victim Service Units, Teachers and Teacher Assistants, Licensed Practical Nursing students, Emergency Medical Responder students, CPHR members, Odyssey House groups, Signature Supports, Wire to Hire and Bridging the Gap participants, Pregnant and Parenting Teens, Indigenous communities and in-patients on the Psychiatric wing of the QEII Hospital.

"I was not getting help because of the stigma, but after this presentation my perception has changed."

"I learned how to just listen. That you don't need to be able to fix the problem or give advise. Just listen."

"I am not alone and it isn't my fault."

"I was not aware that there were so many resources in Grande Prairie!"

"I know now what to look for and where we can go for support."

Head Talks (60 – 90 minutes)

326 Youth ages 5 to 18

"The statistics and facts really opened my eyes to see how suicide really affects people and how severe it truly is."

"She said so many things I could relate to and that really helped me."

"Understanding I am not alone and it's ok to have depression."

"A little bit of kindness can go a long way for you and others."

"That I am loved."

Financial Information

FUNDING SOURCE	FUNDS
Alberta Health Services	\$ 260,368.00
Child & Family Services	\$ 39,000.00
City of Grande Prairie	\$ 76,553.00
County of Grande Prairie	\$ 22,400.00
Greenview FCSS	\$ 14,000.00
Other Grants	\$ 61,404.00
Fundraising and donations (net)	\$ 169,084.00
Fee for Service (net)	\$ 70,057.00

SUPPORTING THESE PROGRAMS

SPRC Core, The Breakfast Club, Community Helpers

The Breakfast Club

The Breakfast Club, Connect, Men's Support Group

SPRC Core, The Breakfast Club, Tough Enough

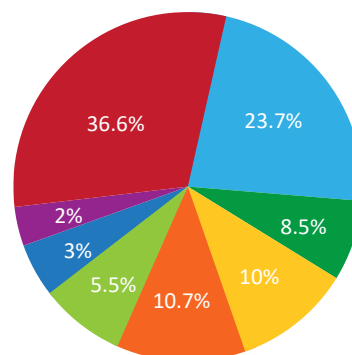
The Breakfast Club, Tough Enough

All programming

All programming

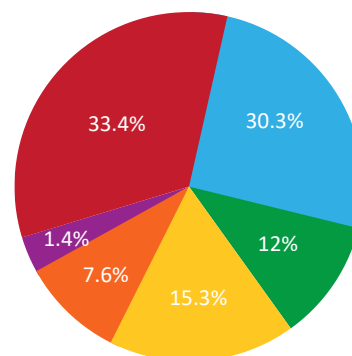
All programming

Total Revenue \$ 712,866.00



Supporting these Programs

PROGRAM	EXPENDITURE
SPRC Core	\$ 238,581.00
The Breakfast Club	\$ 216,533.00
Tough Enough to Talk About It	\$ 83,684.00
Community Helpers	\$ 109,372.00
Men's Support Group	\$ 10,095.00
Connect	\$ 54,601.00



Total Expenditures \$ 712,866.00



