

Suicide Prevention Resource Centre Annual Report 2014-2015

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| 57 | People called for crisis intervention, support and information |
| 141 | Youth attended a Breakfast Club teen retreat, a 9-12 year old workshop, or a teen one-day workshop |
| 763 | People attended Men at Risk presentations |
| 19 | Men participated in the Men's Support Group |
| 148 | Youth natural helpers were trained with the Community Helpers program |
| 55 | Adult natural helpers were trained with the Community Helpers program |
| 267 | People were trained in workshops |
| 211 | Adults attended Connect presentations |
| 776 | Youth attended Connect presentations |
| 86 | People attended special events (not including fundraising) |
| 2 | Families received bereavement support |
| 8 | Individuals received bereavement support |
| 6 | People attended the Survivors' Group |
| 2539 | People were served |



Table of Contents

| | |
|--|-----------|
| Message from the Board President and the Executive Director | 1 |
| Suicide Prevention Resource Centre Team | 2 |
| Board of Directors | 2 |
| Program Staff and Contractors | 2 |
| Programs and services | 3 |
| Suicide Prevention Resource Centre Core Program | 3 |
| Crisis and Consultation Services | 3 |
| Suicide Prevention Resource Network (SPRN) | 4 |
| SPRC Satisfaction Survey | 4 |
| Volunteers | 5 |
| Fundraising and Donations | 5 |
| The Breakfast Club | 6 |
| Teen Weekend Retreats: | 6 |
| Teen Support and Friendship Nights | 6 |
| 9 to 12 Year Old One-Day Workshops: | 7 |
| Men at Risk | 8 |
| New Men at Risk Videos | 8 |
| Impact | 8 |
| Men's Support Group | 11 |
| Community Helpers | 12 |
| Connect | 14 |
| Training & Workshops | 14 |
| Adult Presentations (Connect) | 15 |
| Events/Displays and Public Awareness | 15 |
| Teen/Youth Presentations (Breakfast Club) | 15 |
| Bereavement and Support | 15 |
| Bereavement Support Group | 15 |
| Suicide Prevention Resource Centre Funding | 16 |
| Areas Served | 17 |

We have listened to people's stories of their struggles and have helped them to find hope and supports.

We have supported people who have lost loved ones and listened to their heartbreaking stories and showed them that it is possible to survive.

We have shown teenagers ways of coping and forming positive friendships to build their resilience and have changed attitudes about suicide and bullying for many people.

We have helped men who have lost relationships or jobs rebuild their lives.

We have taught that it is life saving to ask about suicidal thoughts and to reach out to help friends and family members find the help and resources they need.

We have trained hundreds of people every year to safely intervene in crisis situations.

We are the Suicide Prevention Resource Centre.

Message from the Board President and the Executive Director

The 2014/15 business year has been very busy and productive at Suicide Prevention Resource Centre for both board and staff.

Board and staff welcomed Gladys Blackmore as Executive Director on April 1st, starting our fiscal year off with new vigor and direction. The first few months were spent introducing Gladys to our staff and programming and acquainting her with our funders and their reporting requirements.

In June 2014, Gladys led the co-workers through a visioning process to help define our upcoming year, identify potential areas of expansion, and reinforce the impact of our organization on the community of northwest Alberta. The concepts and processes captured during that exercise has guided the organization through the following months.

Like staff, the Board also had an opportunity to discuss strategy and direction. A full day was set aside in February, and Cheryl King from Greenleaf Consulting was invited to facilitate a lengthy discussion on our vision for SPRC.

A new mission statement was developed to better capture the work we do at Suicide Prevention Resource Centre.

Our Mission

The mission of the Suicide Prevention Resource Centre is to reduce suicide, suicidal behaviour and their effects by promoting positive alternatives and healthy coping skills.

Five goals were identified for the next three to five years.

1. Increase communication, both internal and external: We have strengthened our commitment to using social media and technology to tell our story. Funding was set aside to rebuild our website, including a financial gateway, by the fall of 2015. This project is on schedule.
2. Move to a new location by year-end, 2015: Our second floor walk-up offices have served us well, but we have outgrown them. The lack of access for people who are mobility-challenged is increasingly troublesome, and our training space can no longer accommodate requests for programming. We are on schedule to be in new offices when our lease expires in November.
3. Strengthen Board Capacity and Competencies: The Board recognizes this is an opportune time to review our Bylaws and Policies (by year end 2015/16) and to commit to ongoing strategic planning opportunities. Board orientation needs to be strengthened.
4. Grow financial capacity: SPRC is a growing organization and new funding sources need to be identified to continue to meet community needs and to respond to the challenges of new opportunities.
5. Grow our Programming: Dependent on Goal 4, SPRC can see there are gaps in the programming we provide to the community.

The staff at SPRC really are the tungsten in our steel. We are very fortunate to have retained a number of employees for several years. This year, we celebrated twenty-five years at Suicide Prevention Resource Centre with Barb Campbell and Carol Bromley Meeres. Thank you, Barb and Carol, for your dedicated commitment in this often-difficult service we offer.

And just as we celebrate long-term employees, we sometimes need to say goodbye to others. Program Assistant Danielle Callihoo left in August to pursue a degree in social work. In her place we welcomed Brenda McIntyre. Ray O'Toole retired from his position as facilitator of Men's Support Group just before Christmas and the group began meeting in the New Year under the guidance of Richard Nasedkin.

As a final note, Gladys states, "I cannot tell you how much I appreciate the drive and dedication of both Staff and Board at SPRC. Because of their support and enthusiasm, my transition into the organization has been a joyful experience. Thank you, everyone."



Gladys Blackmore, Executive Director



Marianne Hartman, President

Suicide Prevention Resource Centre Team

Board of Directors

Marianne Hartman, President
Karen Rosvold, Vice President
Rhonda Laviolette, Secretary
Brent Huber, Treasurer
Jean Reston, Director
Sue Sears, Director*
Tammy Routley*
Debi Tomniuk, Director**

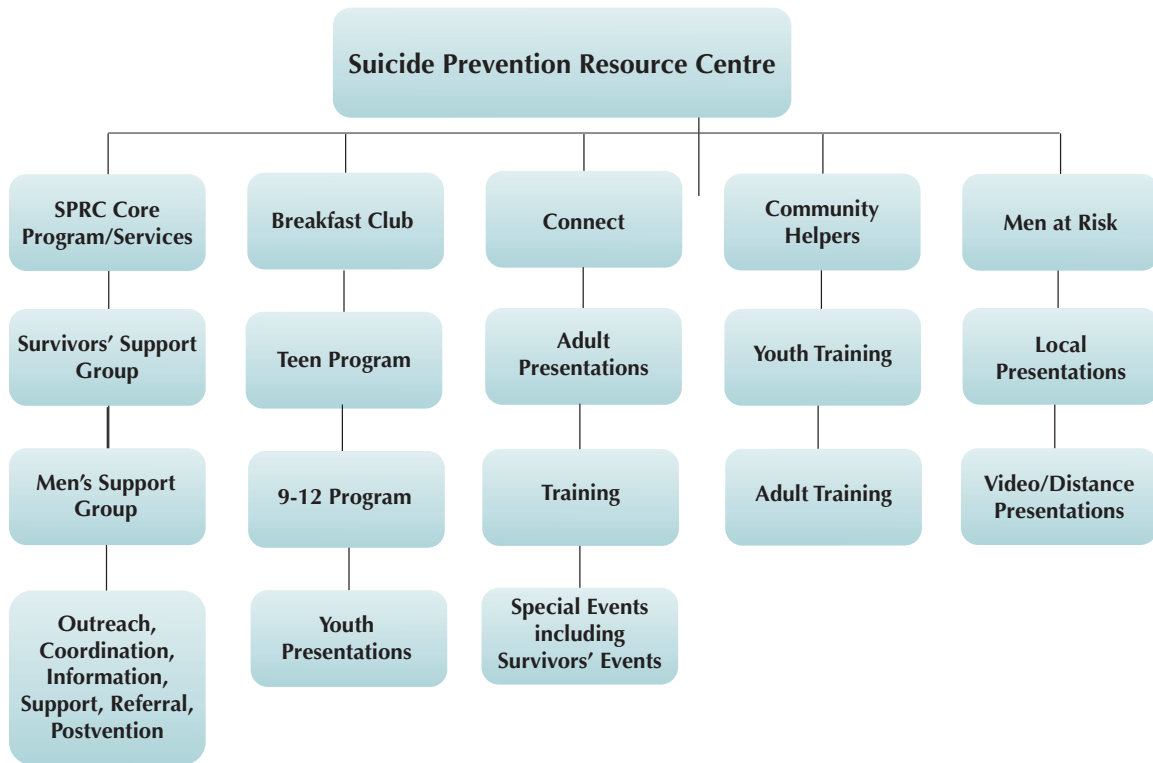
* *Departing member 2014*

** *Departing member 2015*

Program Staff and Contractors

Gladys Blackmore, Executive Director
Carol Bromley Meeres, Resource Coordinator
Barbara Campbell, Men at Risk Coordinator
Crystal Gilbertson, Breakfast Club Coordinator
Ashley Driedger, Community Helpers Coordinator
Maggie Barry, Breakfast Club Assistant Coordinator
Faris Atkinson, Connect Coordinator, Men at Risk Assistant, Breakfast Club presenter
Brenda McIntyre, Program Assistant
Carol Thomson, Bookkeeper
Ray O'Toole, Men's Support Group Facilitator (to December 2014)
Richard Nasedkin, Men's Support Group Facilitator (January 2015 to present)

Programs and services



Suicide Prevention Resource Centre Core Program

The CORE program is the foundation for all of SPRC's activities. CORE provides administrative support and leadership to our programs and reaches out to the community to establish capacity and partnerships through coordination and collaboration. CORE also distributes research and information related to mental health promotion, suicide prevention, intervention and bereavement support.

Crisis and Consultation Services

As a resource centre, SPRC provides supports and information to people who may be experiencing a mental health crisis, or who may be supporting someone in crisis. Our staff are all certified in Applied Suicide Intervention Skills Training (ASIST) and are equipped to help individuals to develop a safety plan and to connect to additional resources for further support. CORE also provides information and consultation with other helping agencies, health services and businesses. In this fiscal year, CORE responded to 57 calls for crisis intervention, support and information.

Overall Program 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.

Suicide Prevention Resource Network (SPRN)

SPRN is a collection of agencies, health organizations and stakeholders with an interest in suicide prevention. The group meets quarterly to share experiences and insights and to discuss program accomplishments and shortfalls. SPRN works to identify trends in the community, and to find solutions as issues arise. Thank you to the following organizations that share our work:

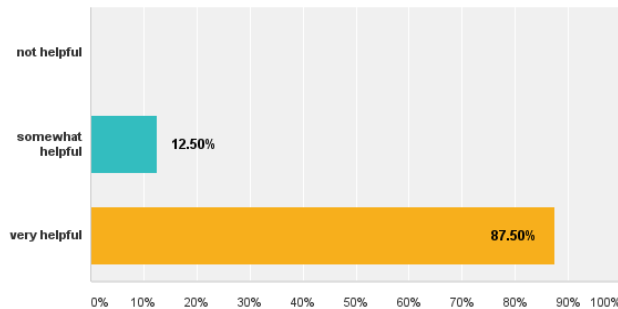
- Cool Aid Society
- Grande Prairie Victim Services Unit
- PACE
- Seniors Outreach Program
- Sunrise House Youth Emergency Shelter
- Odyssey House
- Community Social Development – City Of Grande Prairie
- Alberta Health Services
- FCSS County of Grande Prairie No. 1
- Canadian Mental Health Association
- HIV North Society
- P.A.C.T. Team
- Pregnant & Parenting Teens
- Crime Prevention
- Catholic Family Services
- Grande Prairie Ministerial Association
- Queen Elizabeth II Hospital
- Grande Prairie Centre for Newcomers
- Community Foundation of Northwestern Alberta
- St. Paul's United Church
- Grande Prairie Public School District
- Addictions and Mental Health
- Parent Link Centre
- Mountain Plains Community Services

SPRC Satisfaction Survey

Each year the Suicide Prevention Resource Centre distributes a survey to Network members, program participants, and people who have received services or supports of some kind or were given a package of resources. The information collected helps determine program development and is used in grant applications to show community support.

Q1 How would you rate the helpfulness of Suicide Prevention Resource Centre staff?

Answered: 16 Skipped: 0

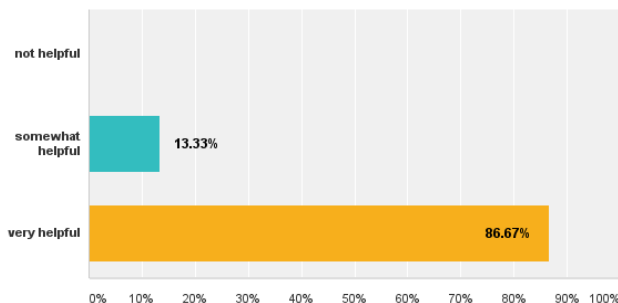


"There aren't enough words to say to the ladies of SPRC. They've been there in my darkest moments as a husband, parent, and grandparent, and the abundant resources given were so helpful to read through once I got home. The short time speaking with two of the staff allowed me to really feel grounded and confident in helping my loved one through a hard time."

"Good Job!"

Q2 How helpful did you find the training/workshops or info sessions you attended?

Answered: 15 Skipped: 1

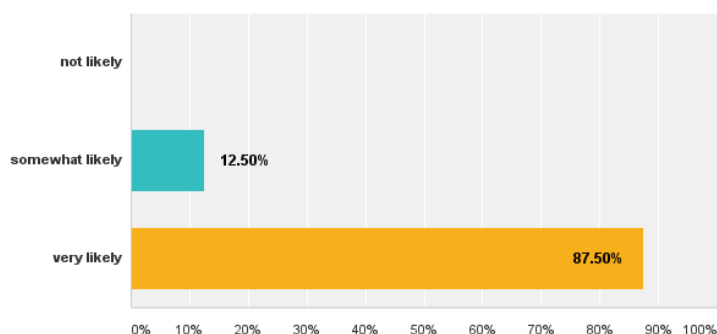


"An important service contributor in our community for adults and youth!"

"Great staff and wonderful resources! I look forward to working further with this lovely organization."

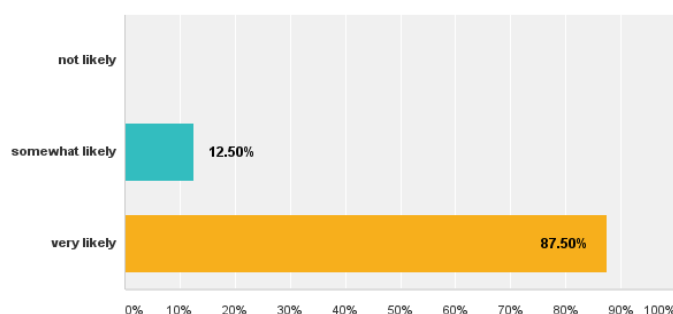
Q3 How likely is it that you will use the services of SPRC in the future?

Answered: 16 Skipped: 0



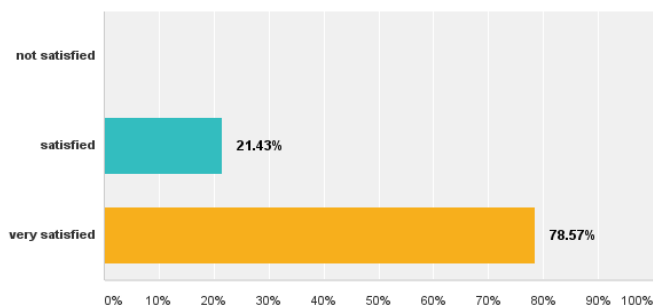
Q4 How likely are you to refer someone you know (client, friend etc) to the services that are offered at SPRC?

Answered: 16 Skipped: 0



Q5 Over all: How satisfied were you with the services/resources you received from SPRC?

Answered: 14 Skipped: 2



Volunteers

Over 80 volunteers have provided more than 400 hours of service support to Suicide Prevention Resource Centre over the year. We rely on volunteers to help with camps and retreats, to help facilitate programming, to offer advice and to support us in a number of other ways. Without this valuable assistance, we could not provide the affordable service we provide to the region. Thank you, one and all!

Fundraising and Donations

Our annual Chair Extraordinaire is the most important fundraising event we hold in the year. It provides significant support to programs, which, while well funded, still struggle to make ends meet. The Fourth Annual Chair Extraordinaire raised over \$72,000 in 2014. This would not be possible without generous sponsorship, thousands of dollars in donations and 400 attendees willing to join the silent and live auctions. Thank you so much to these supporters and to all the donors who support our programming.

The Breakfast Club

During 2014-2015, **141 distinct individuals** (144 attendances) participated in a teen retreat, a 9-12 year old workshop, or a teen one-day workshop offered by the Breakfast Club Program.

The program started as a small support group 25 years ago for youth who had attempted suicide, and evolved into a preventive program available to all youth, ages 9-17, with the goal of improving coping skills, support networks, and awareness of youth issues.

Adolescents (ages 13-17) start with a weekend retreat and then take part in 5 weekly follow-up sessions and monthly Support and Friendship nights. 9-12 year olds start with a one-day workshop and have 5 weekly follow-up sessions. The Breakfast Club offers an opportunity to work on coping skills and to increase positive support networks. The name is inspired by the movie, "The Breakfast Club," by John Hughes.

Teen Weekend Retreats:

- 81 attendances/78 distinct individuals attended weekend retreats, including 10 individuals who attended a special Horse Camp.
- Topics covered included healthy coping, stress, anger, self-esteem, feelings, relationships, and grief and loss (based on the needs of each group).
- Four to five weekly follow-up sessions followed each retreat.

- 100% of teen retreat participants responding said the Breakfast Club met their cultural needs
- 88% increased their skills for dealing with crisis and challenges
- 85% felt more able to cope
- 88% rated the program as good to excellent and 91% would recommend it to a friend.
(number responding is between 57 and 60 for each question above)
- 97% who attended follow-ups and responded to evaluation (n=30) indicated that the Breakfast Club had improved their lives some or a lot

The top five presenting issues for teens

1. Depression/Mental Health Issues
2. Parent/Teen Conflict
3. Peer Relationships/Bullying
4. Coping/Anger
5. Self esteem/self image

Teen Outcomes



What changes will I make?
"I will deal with my problems more effectively and efficiently"
Breakfast Club Teen Program Participant

"He has been able to stay calm during stressful event instead of exploding. He's still getting upset, but he is able to calm himself down and make positive choices (instead of bad ones) ex: stay home instead of 'running away.'" Parent of Teen Program Participant

Teen Support and Friendship Nights

Support and Friendship Nights were increasingly well attended. Sixty-six youth attended a total of 237 times. On average there are 17 participants at each event. Activities included movie nights, soapstone carving, swing dancing, Amazing Race, mini-golf, t-shirt painting, gymnastics, bowling, board games and paintball. The nights are open to all participants who have attended a teen retreat. While the participants are having fun, they are also building connections and supporting each other.

9 to 12 Year Old One-Day Workshops:

- 5 one-day workshops were held. 4 to 5 weekly follow-up sessions were held for each group
- Topics covered included self-esteem, health relationships, grief and loss.
- 63 youth attended a one-day workshop (no repeats)

The top five presenting issues for 9 to 12s

1. Peer Relationships/Bullying
2. Coping/Anger
3. Grief and Loss
4. Self Esteem/Self Image
5. Parent Issues

"I will not withhold my feelings."

9-12 year old workshop participant

Participants:

- 77% of 9 to 12 year old workshop participants responding stated that they had increased skills to deal with crises and challenges in their lives
- 79% indicated that they are able to cope better with situations in their lives
- 95% liked the workshop

9 to 12 Workshop Outcomes

Parents:

- 100% "I have increased confidence in my parenting skills."
- 100% "I have increased resources and/or supports to cope with stress and conflict with my teen."
- 82% "My teen has improved their communication of emotions/feelings with me since participating in The Breakfast Club."
- 82% "My teen has been able to cope better with situations in their life since participating in The Breakfast Club."
- 94% "My relationship with my teen has improved since participating in The Breakfast Club."
- 100% "I feel I can contact The Breakfast Club for support and information for myself and my child/children."

(number responding = 17 or 18 for all parent questions)

"She is able to verbalize her feelings when stressed out, making it easier to understand why she is upset"parent of 9-12 participant

For Breakfast Club youth presentations, see the Connect program.

Men at Risk

Statistically, seven out of 10 suicides are male, and in Alberta 75% of those males have been employed in industry, trades or agriculture. The Men at Risk program was created in response to those data.



The program reaches out to people where they work and live. It is designed to raise awareness of depression, anxiety and mental health issues, to provide people with information on how to seek help for themselves or a co-worker, and to reduce the stigma of recognizing mental health issues in the workplace. Men who have experienced depression or who have struggled with thoughts of suicide tell their story openly in person or through video, with the key message of getting help.

New Men at Risk Videos

Prior to 2013, Men at Risk relied on male volunteers to tell their stories in person, and while this remains the preferred way to deliver the program, workplaces with remote access or other challenging restrictions had little opportunity to present Men at Risk to their employees. In response to this concern, SPRC and Men at Risk launched Tough Enough to Talk About It, a video featuring three middle-aged men in trades and industry who openly describe their journey with mental health issues and the urgency of seeking help.

Two more Tough Enough to Talk About It videos were produced in 2014 – *Young Men in Trades and Industry* and *Working Off the Farm*. In the first new video, three young men describe their struggles with depression, anxiety and addictions and how seeking help has changed their lives. The other new video focuses on the pressures of working off the farm to support their farm business.



Thanks to corporate sponsors ARC Resources, IPC, Encana, and Husky Energy, as well as an anonymous donor for supporting video production.

Male co-facilitators offer a unique perspective through their personal stories about recognizing and getting help with overwhelming stress, depression or other issues that can impact safety.

Volunteer facilitator Tom Mankowski

In the coming year, these videos and the accompanying material will be available on our website. Organizations will be able to access them by purchasing a membership, which will in turn build longevity into the program.

In May 2014, the Men at Risk program received a Champions of Workplace Mental Health Award from the Canadian Alliance on Mental Illness and Mental Health.

31 presentations were delivered involving the Tough Enough To Talk About It videos from April 2014 to March 2015. **763 people** attended presentations, from employees in a safety meeting to rural community members attending a church service. Six Men at Risk Facilitators volunteered hundreds of hours to co-deliver presentations.

Impact

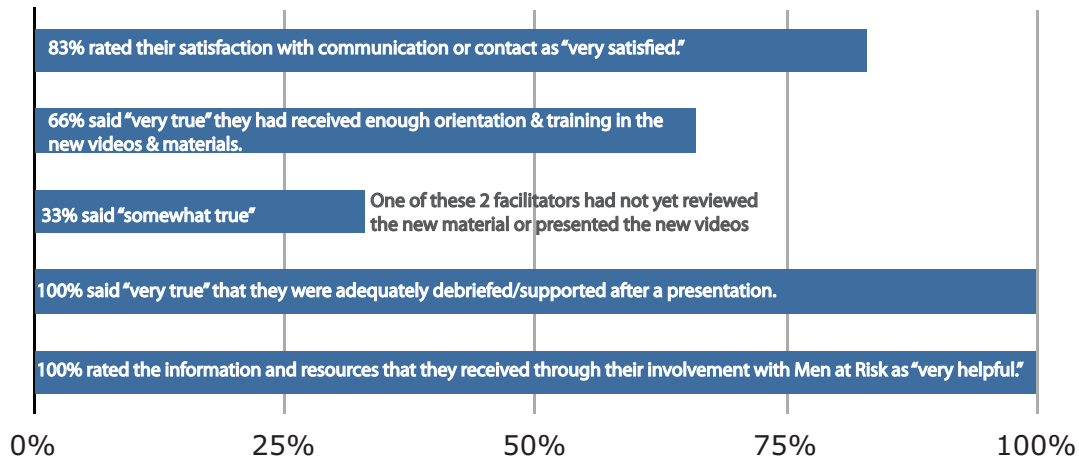
Tough Enough To Talk About It video presentations: 168 participants (6 groups)

- 75% to 100% of participants responding in 6 groups increased their awareness of people who may be at risk for mental health problems.
- 92% and 95% of participants in 2 groups are more confident in assisting others to find help (4 groups did not have this question on the evaluation form)
- 100% of participants would recommend the video to increase mental health and safety in the workplace.

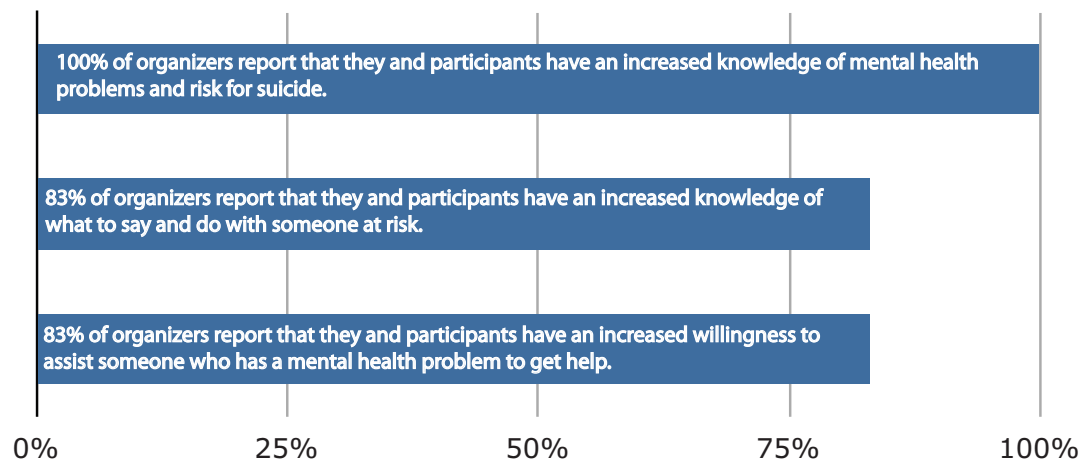
Full presentation with PowerPoint and Tough Enough To Talk About It video: 151 participants (12 groups)

- In 9 out of 12 groups, 89% to 100% of participants indicated that they would get help for themselves if needed as a result of the information provided in the presentation or video.
- In 3 out of 12 groups, 50% to 67% of participants indicated that they would get help for themselves if needed as a result of the information provided in the presentation or video. *(NOTE – The three groups that rated lower were from presentations delivered at a treatment centre. It is possible that people in these groups have had problems attaining help in the past and feel less likely to reach out to new help sources.)*
- In 11 groups, 100% of participants said that they would help someone at risk to get help as a result of the information provided in the presentation or video.
- In 1 group, 66% of participants said that they would help someone at risk to get help as a result of the information provided in the presentation or video. *(Treatment centre presentation. One of the comments from a participant indicated that they felt that the help was inadequate.)*
- In 5 out of 12 groups, 100% of participants indicated that they would recommend the presentation to another company or organization.
- In 7 of the 12 groups – 66% to 95% indicated that they would recommend the presentation to another company or organization.

All 6 Men at Risk Facilitators replied to a satisfaction survey:



8 organizers of presentations replied to the satisfaction survey:



Men's Support Group

In this fiscal year, 19 men attended MSG for a total of 46 visits. Their average age was 45 and more than half came from industry, trades and agriculture – a demographic with a high risk for suicide. The majority of men were referred by a friend, spouse or professional.

Men's Support Group started in 1996 in response to community concern about male suicides where a relationship loss was involved, and continues to run every Wednesday evening from 7:00 to 9:00 p.m. The group provides support to men who are struggling with a loss, such as a family death, divorce or separation, a financial loss or job loss. Men of all ages are welcome to attend as frequently and for as long as they choose. Often new participants learn coping strategies from longer-term members. The group is facilitated by Richard Nasedkin, who took over from Ray O'Toole after his retirement in December.



Community Helpers

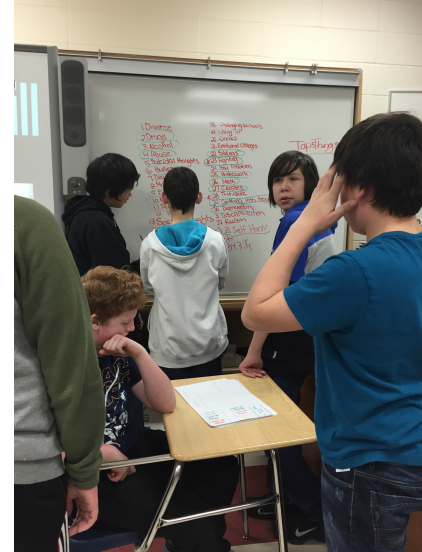
Community Helpers training in Grande Prairie and area continued to be active in the county, city, and outlying communities in the 2014-2015 year, with over **148 youth/young adults and 55 adults participating in training**. The year was filled with new connections, continued partnerships, and engaged natural helpers, from 12 to 71 years old. A new 30-page manual with coordinating brochures and posters were developed.

Over 650 students were surveyed this year. **The entire training program was offered** at a number of schools and agencies, including Hythe Regional School, Peace Wapiti Academy, Tabono Centre, Charles Spencer, Mother Teresa School, Cultural Integration Academy, and Fairview FCSS.

A number of local agencies participated in Community Helpers information sessions and/or presentations, including Crime Prevention, Sunrise House, Grande Prairie Regional College, and Fairview Rotary Club.

Community resources and services are an integral part of the Community Helpers program. GPRC's Peer Counseling team, The Breakfast Club, Connect Program, HIV North, Crime Prevention, Community Social Development, Centre for Newcomers, Odyssey House, and PACE all partnered with Community Helpers to provide information and resources for program participants.

Participants are asked about their knowledge in regards to mental health topics before and after training:



| | Youth (n=120) | Adults (n=33) |
|---|--------------------------------------|--------------------------------------|
| How to approach someone who looks like they are having a tough time | 92% experienced a knowledge increase | 96% experienced a knowledge increase |
| How to help someone to solve a problem they are experiencing | 92% experienced a knowledge increase | 96% experienced a knowledge increase |
| Knowing my limits and when I am overwhelmed | 92% experienced a knowledge increase | 96% experienced a knowledge increase |

What I learned...

"How to better cooperate with other students and help out a friend!"

"I learned to respect the fact that helpers have to earn the right to hear someone's story"

"The Helping Skill will allow me to help in a much healthier way!"

Comfort with helping:
98% of student participants felt comfortable in their ability to help someone after training
100% of adult participants felt more comfortable in their ability to help someone after training

What I liked most...

"I liked the confidence that Community Helpers gave me in helping my friends and even supporting others"

"The feeling I got knowing that there was someone out there who could help me learn how to better support my friends"

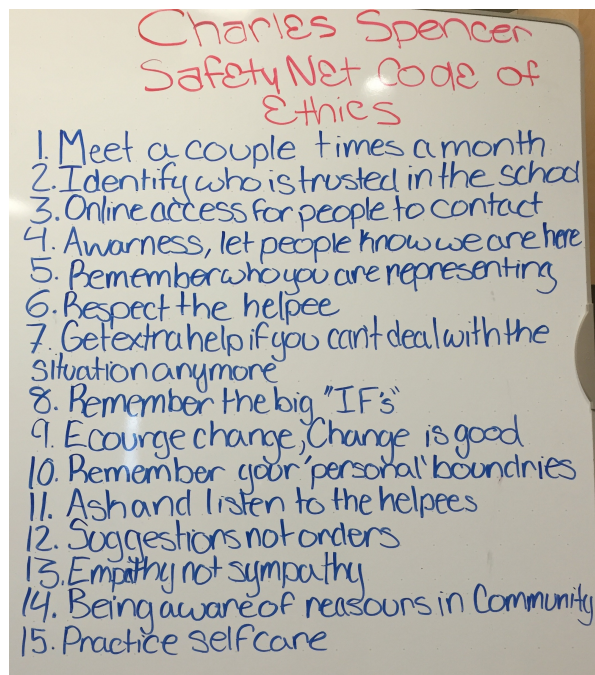
"I feel very good walking out of here with all of the mental health knowledge I learned in two days"

Participants were asked if training had an effect on them in terms of helping afterwards:

75% of students had supported a friend 1 or more times since training. Students who did not support a friend listed reasons including no one needing support, no issues being brought up, and no one needing to talk.

60% of students reported guiding a friend to a community resource, trusted adult, or professional. Students who did not do so reported not needing to access a further resource, nothing serious coming up, or friends not being ready for that kind of help yet.

Issues that students helped with after training included: family and friend problems, depression, peer pressure, bullying, breakups, self-harm, relationships, feeling left out, fighting, conflict resolution, stress, and anxiety.



80% of students feel comfortable in talking with their friends about mental health and other problems, and guiding them to a trusted adult when needed

Looking ahead at the 2015-2016 fiscal year, Community Helpers hopes to build stronger connections to schools in the Peace region by offering continued support for students after training. New training opportunities incorporating self-care and parent-led discussions will be a highlight.

| Affected area | Participant Group | |
|--|-----------------------------|-----------------------------|
| | Youth (n=120) | Adults (n=33) |
| Providing skills you need to maintain confidentiality | 99% of participants agreed | 100% of participants agreed |
| Providing skills that you can use to support others | 99% of participants agreed | 94% of participants agreed |
| Developing better connections with community resources | 100% of participants agreed | 100% of participants agreed |

"I loved being able to connect with the people in the group the way we did, in a comfortable environment where everyone has the same goals and where there are no judgements. It made me more confident in not only my skills to help others but to help myself. I recently lost a very good friend of mine to suicide and it sort of helped me gain closure and comfort within myself. ... it helps you feel less alone and more united as a group"



Connect

...Connecting people with resources and tools to save lives.

Connect programming provides knowledge, tools and resource materials to individuals, groups and schools to help people better understand mental health and suicidal behaviour. Creating awareness and sharing information on what to say and do when someone is in stress helps all of us find ways to reduce suicide and save lives. We cannot do this without you.

Training & Workshops

SPRC offers many key workshops focusing on mental health and suicide prevention:

Applied Suicide Intervention Skills Training (ASIST): 9

workshops/148 people trained

ASIST Tune-up: 3 workshops/15 people renewed skills

Help Empower Acknowledge Respond (HEAR): 5 workshops/51 people trained

Raising Awareness of Self-Mutilation: 3 workshops/34 people trained

Tattered Teddies: 2 workshops/19 people trained

“Attending this workshop has really changed my understanding of suicide. Now I know how important it is to offer help.”
(ASIST participant).

Total attendance: 267

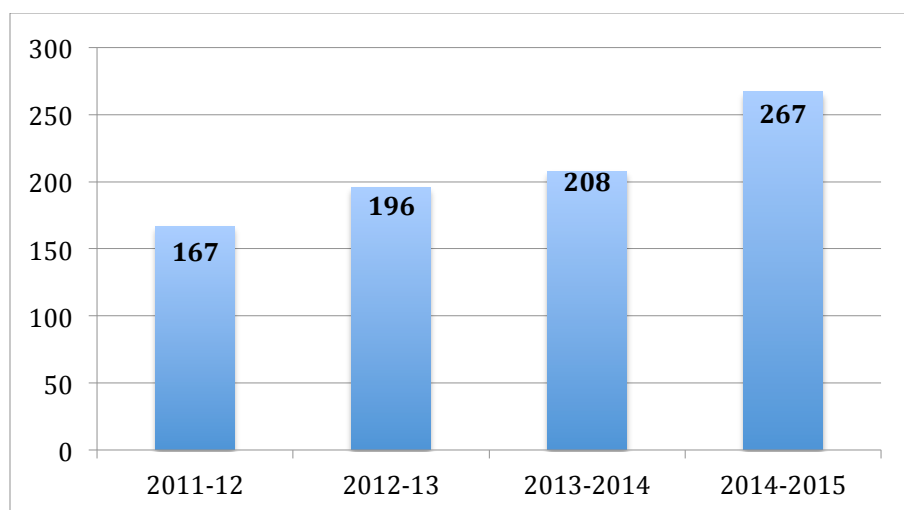
184 participants strongly agree and 54 agree that “As a result of attending this workshop, I have gained **new or advanced skills** to enhance my relationship with others.”

In January 2015, SPRC received \$25,000 from Conspiracy of Hope to subsidize ASIST Training for public educators and community members. In the fiscal year of 2014 – 2015, **\$5,765 was used to train 25 people**, most of whom are educators. The remaining money has been deferred to the next fiscal year to support more ASIST training.

Suicide Prevention Resource Centre is very grateful for this donation. More than that, we are very grateful to Conspiracy of Hope for engaging countless people in the discussion of suicide prevention. Open conversations about mental health and suicide save lives. Thank you, Conspiracy of Hope.



Number of people trained April 2011 to March 2015:



Adult Presentations (Connect)

In the 2014-15 fiscal year, **211 adults attended presentations** on a variety of topics dealing with mental health and suicide prevention. Locations included: Canadian Paraplegic Association, Saint John Ambulance Emergency Medical Responder (students), GPRC (third-year nursing students), Northern Lakes College Licensed Practical Nursing students, Mighty Peace Teachers Convention, Alberta Treasury Branch in Hythe, Odyssey House (staff and volunteers), Parent Link, Baby's Best Start, Victims Services in Grande Prairie (volunteers) and Five South (clients). Adult presentations are provided by request, and topics are varied depending on the interest of the groups. The length of presentations also varies, depending on the difficulty of the topic and the type of audience. For example, a half-day seminar is provided to GPRC nursing students every few months.

"I learned I need to look after myself better."

Events/Displays and Public Awareness

The events held in this fiscal year were plagued with bad weather, which challenged attendance. On World Suicide Prevention Day, September 10, SPRC sponsored a drop-in coffee/information opportunity at West Side Esquires in support of the "Keep Him Here" Campaign spearheaded by Alberta's Injury Prevention Centre, Alberta Health Services, and other stakeholders. **Over 40 people** came into contact with resource materials, with 16 seeking additional information.

38 people attended the "From Darkness to Light" Awareness Walk on September 13th despite extreme fog.

November 22 we held an International Survivors of Suicide event at the Old Barn Hall at Country Roads RV Park, with **8 attending**.

Teen/Youth Presentations (Breakfast Club)

Teen and Youth presentations are usually delivered in classroom settings. As with adult presentations, topics covered vary greatly and depend on the need expressed by the class or identified by their teacher. Students who indicate they need further supports are directed primarily towards The Breakfast Club or Alberta Health Services. In this fiscal year **14 schools were visited and 776** attended a presentation.

"I learned there is always a place to go for help."

Bereavement and Support

The grief of losing a loved one to suicide is can be complicated and isolating. Sharing time with others who have been similarly affected can help people learn how to cope with such devastating loss. SPRC holds a number of events per year to promote that sharing. Support is offered to individuals as well.

Bereavement Support Group

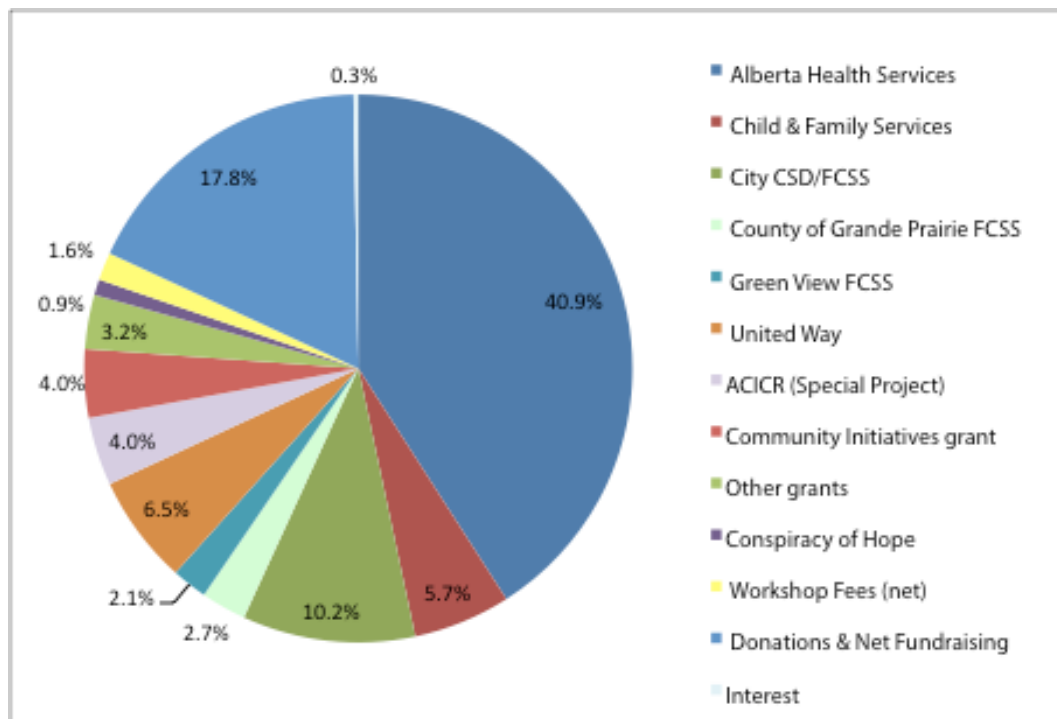
This group was originally established as a six-week educational program. This format recently has not seemed to meet the needs of those who would benefit from attending, and late in the year it moved to a bi-weekly drop in, meeting on the 2nd and 4th Wednesdays of the month from 7:00 – 9:00 pm. Now that it has been established as a drop-in group, there will be much to report next year. Thanks to Marianne Hartman for volunteering her facilitation and sharing her extensive knowledge of suicide bereavement with the groups. (Average membership = 6).

Suicide Prevention Resource Centre Funding

As a charitable organization, the Suicide Prevention Resource Centre relies on its funders, along with community minded business, organizations and individuals for their financial support. The Centre continually strives to align themselves with community minded businesses, organizations and others that share the vision of helping others, and in making a difference in the community that we live in. Through the financial support of those listed below, the Centre is able to continue to provide programs and services to individuals, families, stakeholders and others who need our support.

| | Total Funding | % of Total Funding | |
|-------------------------------|----------------------|---------------------------|---|
| Alberta Health Services | \$253,562 | 40.9% | SPRC Core, Breakfast Club & Community Helpers |
| Child & Family Services | \$35,626 | 5.7% | Breakfast Club |
| City CSD/FCSS | \$63,151 | 10.2% | Breakfast Club, Connect, Men's Support Group |
| County of Grande Prairie FCSS | \$16,500 | 2.7% | SPRC Core, Breakfast Club & Men at Risk |
| Green View FCSS | \$13,000 | 2.1% | SPRC Core, Breakfast Club & Men at Risk |
| United Way | \$40,000 | 6.5% | Men at Risk & Breakfast Club |
| ACICR (Special Project) | \$25,000 | 4.0% | Men at Risk Outreach |
| Community Initiatives grant | \$25,000 | 4.0% | SPRC Core, Survivors Group, Connect |
| Other grants | \$19,779 | 3.2% | SPRC Core, Breakfast Club, Community Helpers, Men at Risk |
| Conspiracy of Hope | \$5,765 | 0.9% | Training |
| Workshop Fees (net) | \$10,142 | 1.6% | SPRC Core |
| Donations & Net Fundraising | \$110,306 | 17.8% | All programs |
| Interest | \$1,826 | 0.3% | SPRC Core |
| | \$619,657 | 100.00% | |

Based on preliminary figures. Some fundraising and grant income will be deferred to 2015-16.

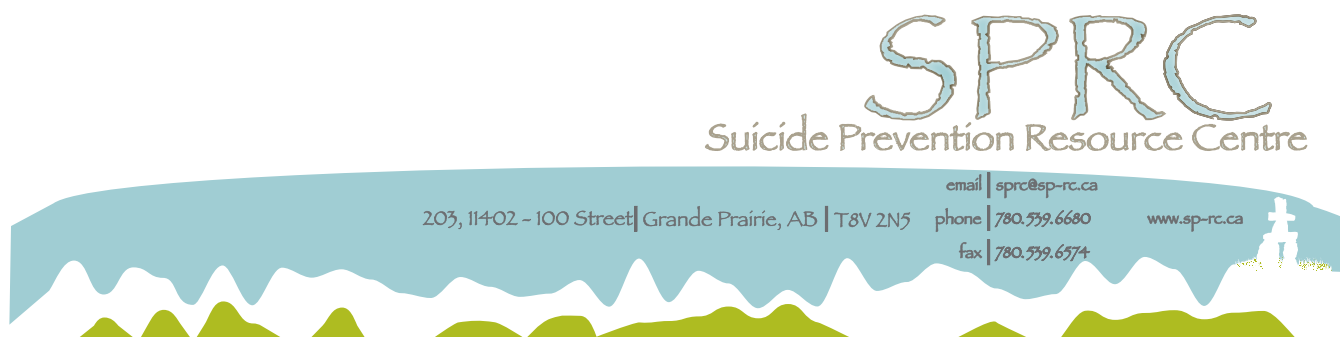


Areas Served

Areas Served April 2014 - March 2015

| | Beaverlodge, Hythe, Horse Lake | County of Grande Prairie rural | Sexsmith, Clairmont | Teepee Creek | Valhalla LaGlacé | Wembley | Fairview | Grovedale | Valleyview | Debolt | Other Green View | Grande Prairie | Spirit River Rycroft, Wanham | Sturgeon Lake | Entire Region | Grimshaw & Duncan's | Peace River, High Prairie, Slave Lake or Other |
|---|--------------------------------|--------------------------------|---------------------|--------------|------------------|---------|----------|-----------|------------|--------|------------------|----------------|------------------------------|---------------|---------------|---------------------|--|
| Information requests filled (SPRC) | • | • | • | | • | | | | | | | • | • | • | | | |
| Presentations | • | • | • | | • | | | | • | | | • | • | • | | | |
| Training workshop locations | | | | | | | | | | | | • | | • | | | |
| Coordination/Community Development including interagency meetings | • | • | | | | | • | | • | | | • | • | • | | | • |
| Bereavement support/Postvention | | • | | | | | • | | | | | • | • | | | • | |
| Crisis calls/consultations (SPRC) | • | • | • | | | | | | • | | | • | • | | | | • |
| Community Helpers | • | • | • | | | | • | | • | | | • | | • | | | |
| Breakfast Club (retreats & workshops) | • | • | • | | | • | • | • | • | | | • | | • | | | • |
| Men at Risk Program (including Outreach) | • | • | • | | | • | | | • | | | • | • | | | | • |
| Men's Support Group limited data available | | | | | | | | | | | | • | • | | | | |

NB: "Grande Prairie" includes organizations that provide regional services, e.g. Addictions and Mental Health, Queen Elizabeth II Hospital



Charitable Registration Number: 820582559 RR00011

