



2022/2023

ANNUAL REPORT

Suicide Prevention Resource Centre

Charitable Organization
No. 82052559RR0001

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Message from the Board President

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Drew Pearson
President

On behalf of the Board of Directors, it is my distinct honor to address you in our Annual Report and reflect upon some of the achievements of our organization in the past year.

We would first like to express heartfelt gratitude to our dedicated staff. Their compassionate and empathetic approach has touched the lives of countless individuals. We are immensely proud to have such an exceptional team driving our organization's mission.

I am delighted to announce that our impact has expanded this year. To the North, we have established a presence in Grimshaw, reaching communities that were previously underserved. This expansion is a testament to our commitment to inclusivity and our determination to ensure that no individual facing mental health concerns is left without the support they deserve. To the South, we are finalizing agreements for the delivery of the Tough Enough To Talk About It program, developed in Grande Prairie, to industry in the United States. These agreements will bring funding back to the Peace Region to support of local services.

We've also looked inward, RCSP recently passed the Primer Standards through Accreditation Canada, and we continue toward full Accreditation through that Organization. This will help us to maintain and secure grant funding for future years and ensure that the organization adheres to best practices for things like safety, financial management, and board composition.

None of these accomplishments would have been possible without the support of our generous donors, volunteers, and community partners. Your belief in our mission and your commitment to making a difference in the lives of individuals struggling with mental health concerns have driven our success. Your contributions, whether big or small, have all played a role in helping us provide programs, support, and education to those in need.

On behalf of the Board of Directors, I extend my gratitude for your continued support. Together, let us forge ahead, creating a future where mental health is prioritized and celebrated.

Message from the Executive Director



Hywel Williams
Executive Director

“ It is my honor to present the 2022-23 report for the Resource Centre for Suicide Prevention (RCSP).

This year's Annual Report showcases the compassionate drive and the quality of service that makes RCSP a trusted and respected organization that acts locally and regionally on a global health crisis.

This year my understanding of suicide changed. I was in that commonplace where we only see what we are looking for. Aware, that Suicide is an “issue”, defined by faraway statistics where globally one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group; that Suicide is the fourth leading cause of death

among 15-29 year-olds; that nationally, Suicide is the 2nd leading cause of death for all individuals ages 15-34; and that regionally, once every two days someone takes their own life. My understanding changed. I now have direct lived experience and now have a profound conscious appreciation of the enormity of the “issue”.

It is with this new understanding that I, alongside a dedicated staff, help this organization achieve its Vision. RCSP's role is to focus our efforts in our community and we made substantial progress on the fulfillment of our mandate. Key operational successes and the key people, non-staff & (staff members) that made it happen:

- Attaining initial national health care accreditation goal “Primer Standard”
 - Jody Walker, Tammy Lambert and Jocelyn Smith (Tammy Monro)
- Collaborating with the Grande Prairie Friendship Centre
 - Abby Bourque (Hywel Williams)
- Establishing the Men's Shed
 - Richard Nasedkin (Tracy Golnick)
- Creating the Family and Systems Support Program with Alberta Health Services
 - Val Daoust (Tammy Monro)
- Building Community Partnerships to better serve Youth
 - Suzanne Bryant, Emma Dickman, Ebonie Lutz, Julie Wilson, Jey Brazeau (Buffy MacIntosh)
- Hosting successful and informative community events
 - Lorelei Deheus (Jenn Vos)

Just as in the reporting year where significant and meaningful growth and development occurred, 2023/2024 will be similar. Our impact will register with Tough Enough To Talk About It becoming an internationally recognized leading program in workplace mental health, with our Connect program reaching new audiences in new ways throughout the region and with our Youth Mental Health program instilling positive affirming ideas and equipping this vulnerable age group with needed resiliency tools.

Thank you for your interest in the Resource Centre for Suicide Prevention.

Vision

- To promote mental well-being, raise awareness, eliminate stigma, and educate to reduce suicide, suicidal behaviors and their impacts.

Mission

- TO RAISE AWARENESS and create conversations surrounding suicide and mental well-being, acknowledging that talking about suicide is lifesaving.
- TO FOSTER HOPE and resiliency by providing individuals, families, and agencies with knowledge and resources to support living well.
- TO EMPOWER our community by facilitating skill building, safe communication, and promoting the value of self-care.



Our Team

Board of Directors

(as of March 31, 2023)

Drew Pearson
President

Charlotte Bierman
Vice President

Kristian Toivonen
Secretary/Treasurer

Brenden Bozlovitch
Director

Doug Currie
Director

Stuart Lloyd-Jones
Director

Dahye Min
Director

Heather Putio
Director

Michelle Scarrow-Baillie
Director

Full-Time Staff

(as of March 31, 2023)



Hywel Williams

Executive
Director



Tracy Golnick

Director of Men's
Mental Health



Buffy MacIntosh

Director of Youth
Mental Health



Tammy Monro

Director of Public
Education & Outreach



Jenn Vos

Administrative
Director



Careen Condrotte

Community
Facilitator



Casey Szmata

North Peace
Coordinator

Public Education & Outreach



Connecting people with knowledge and tools to save lives

CONNECT raises awareness of mental health, suicide, and stigma. It connects people with the knowledge and tools to save lives through workshops, presentations, and public events.

Successes this year include workshops with new partners and creating new programs to support our community. For example, we brought "Introduction to Mental Health" into the Sturgeon Lake Cree Nation and the City of Grande Prairie Management teams.

Another impactful success was the creation of our peer-led support group for caregivers and parents of youth who are utilizing the AHS mental health system, have diagnoses, or experience challenges with their mental health. This effort is in partnership with the Family Education Society and runs along side their sibling support group.



**Total number
of people who
took part in
Connect
programming**

“ I feel like I know what signs to look for in declining mental health and how to approach and communicate with someone suffering from a mental health decline

“ It helped me to understand more about why I feel some of these emotions that I often experience

“ (Connect) reminded me to do checks on myself, (and) gave me confidence to help others

45

Crisis calls/ Requests for information

10

Average number of bereavement participants across 2 support groups

130

ASIST Workshop Participants

101

Mental Health First Aid Participants

939

Public Education Workshop Participants

588

Public Event Participants

Participant Feedback

98%

I learned about stressors, declining mental well-being, and risk of suicide

95%

I learned what to say to someone who may be experiencing a decline in their mental well-being

97%

I learned how to get help for myself and/or others

92%

As a result of this presentation, I know more about where to get help when I need it.

97%

As a result of this presentation, I have a greater understanding of the impact of mental health in my community

Men's Mental Health

Men have a disproportionately high rate of suicide. We act to reduce the immense burden of suicide in our community by working in the men's mental health programs to create more positive or "protective factors", and to reduce negative or "risk factors".

Our free programs build mental wellbeing through individual's increasing understanding of their mental wellness and reduce the stigma of support seeking.

Our free programs help create the opportunity for men to attend regular and ongoing supports where positive attitudes and values are shared and affirmed.

Our free programs foster normalization of conversations between men without judgment.

511

**Total participants
across 2 mental health
support groups**

93

Total Sessions



45

Total Sessions

305

Total Attendance

7

Men per Session (average)



48

Total Sessions

206

Total Attendance

4

Men per Session (average)

For the first time, Men's Mental Health has had a coordinated approach to align resources and become more effective and efficient in service deliveries. Staff attended Critical Incident Stress Management training to support Grande Prairies Victim Services Unit in the delivery of crisis response community support, as well as knowledge building through a series of cultural competency sessions provided by the Grande Prairie Friendship Centre. The Men's Mental Health program increased its presence in the community with our participation in events and fundraisers. We received tremendous support from Northern Mat and Bridge, Talk to Me Society, Champion X and The Grande Prairie Palliative Care Society. The Men's Mental Health program also hosted a watch party with Mr. Mikes Steakhouse and Bar for the Love Letter to Men's Conference through the Alberta Men's Collective.

We initiated an exciting project lead by Dr. Connie Korpan from Northwest Polytechnic to complete a comprehensive evaluation of the Men's Mental Health programs. Information and research gathered from this project will assist in enhancing services, improve funding opportunities, resource allocation, and assist in creating a sustainable infrastructure for all men's programs. The project will include a comprehensive formal evaluation, as literature review of Tough Enough To Talk About It materials, staff training and an SROI (Social Return on Investment) calculation. The SROI will be a valuable metric for defining the value of our programming.

“The men here have made it very easy to open up without the fear of being judged or having my problems feel under valued. It's honestly become the highlight of my week.



The Men's Shed program provides a safe and friendly environment where men work on meaningful projects. Men work at their own pace, in their own time, in the company of other men. Men's Shed provides a space to build a community. Men's Shed meets every Tuesday evening and has worked on projects benefitting their community such as comfort birds for Grande Prairie Palliative Care Society and silent auction items for Talk to Me Society fundraisers.

TOUGH ENOUGH TO TALK ABOUT IT

Created specifically for Trades, Industry and Agriculture, Tough Enough To Talk About It recognizes the unique nature, risks and rewards of these demanding sectors and their impact on mental well-being. Offering in-person and virtual presentations designed to increase confidence in identifying, listening and responding to someone who may be experiencing a decline in their mental well-being, Tough Enough To Talk About It incorporates key concepts for improving overall health and safety in the workplace.

Early 2023, Tough Enough received a request to expand our program in the USA. As a result of this request, Tough Enough explored licensing options and will be completing our first international Field Trainer course in Texas in 2023, with the expectation of 14 Tough Enough To Talk about It Field Trainers added to our current 18 Field Trainers. Throughout the past year, Tough Enough has experienced an increase in the demand for in-person presentations, often requiring additional travel. To meet this demand, we have incorporated a contract Field Trainer component, increasing our ability to reach isolated jobsites.

19

Companies

In AB, SK, BC, ON, NL, YT, NS, North Dakota, South Dakota, Texas, and New Mexico

23

Presentations

537

Participants

Participant Feedback

98% I learned about stressors, declining mental well-being, and risk of suicide

97% I learned what to say to someone who may be experiencing a decline in their mental well-being

97% I learned how to get help for myself and/or others

88% As a result of this presentation, I am more likely to approach someone who may be experiencing a decline in their mental well-being

89% As a result of this presentation, I am more likely to seek help for myself if I notice a decline in my own mental well-being

“ This should be the gold standard in the oilfield. We live this and its nice to see people finally start talking about it.

“ I came here looking for insight as to why my bother took his own life. I get it now. Thank you. I know I need help too. Thank you for this.

“ Signed up for this seminar and it came at a good time. I notice changes in people around me, now I feel I can help.

“ Very strong, relatable, lifesaving message.



Youth Mental Health

“Thank you so much for sharing this very valuable information with our students. I have seen firsthand that it has already been helpful.

“I think that the sharing was a great part of the learning for this program.

“Engaging and good at putting things in basic and relatable terms.

360

**Youth & Adult
Participants**

152

Presentations

12

**Schools &
Community Groups**



Community Helpers Program

The Community Helpers Program (CHP) is an AHS funded suicide prevention program that is targeted for youth and adults ages 12 and over. It can be delivered in both school and community settings and enhances community capacity for mental health through an assets based approach. Participants develop skills including effective communication, self-care, coping with stress, handling crisis situations, and suicide awareness.

We delivered CHP in the following high schools: Charles Spencer, Peace Wapiti Academy, Sexsmith Secondary, St. Joe's and John Paul II. We also ran community setting sessions with The Grande Prairie Centre for Newcomers, Grande Prairie Friendship Centre, Valleyview Walking with Families, and Western Cree Tribal Council.

Youth Mental Health Group

89

Total youth drop-ins

26

Total groups facilitated

A weekly drop-in peer led support group for youth (ages 13 – 17) struggling with their mental health and its implications in various aspects of their lives.

Drop-in began in the Fall of 2022 in partnership with Alberta Health Services Child & Youth Mental Health and Addiction and is hosted at the Mountain Plains Service Hub location. Group is facilitated by an Addictions Counselor and RCSP Youth Mental Health Facilitator. Each week is loosely structured to address specific themes that the youth voice is of importance to them.

Topics covered included:

- Coping with the holidays for 2SLGBTQ+ Youth
- Coping Strategies for Stress & Anxiety
- Financial Awareness
- Understanding & Managing Anxiety
- Youth Inclusion in the Community
- Relationships & Boundaries
- Nutrition & Mental Health Gratitude Practice

Youth Summer Camp

17

Youth supported to attend Summer Camp

Youth ages 11 – 13 attended Camp MacKinicholea Summer Overnight Camp – including all expenses, transportation, and camping supplies.

3

Local Summer Camp Programs Supported

Providing financial support and spending time with the youths at their camp.

\$7500 to Grande Prairie Friendship Centre – The Friendship Project Summer Day Camp and the Pitone Youth Culture Camp (33 youth total)

\$7500 to Grande Prairie & District Grief Support Association – Camp Heal-A-Heart (40 youth total)

\$5000 to Cool Aid Society Summer Drop-In Program (300+ youth over the summer)

Success Story: The mother of one participant who came to us through the Phoenix Youth Group reported they had a great time at camp, that they felt they really “found themselves” at camp and wanted to return next year as a Junior Camp Counsellor.

Gryphon & Phoenix Youth Program



30

Referrals

13

Total Participants

2

Workshops

The Gryphon Youth Group and Phoenix Youth Group build valuable skills to help with things such as "big feelings", stress, self-esteem, and relationships.



29

Referrals

30

Total Participants

6

Workshops & Activities



Allowing [my son] to see how others handle stress and overcome has really made him step back and realize he is not the only one to struggle. So often kids feel so alone and it's programs like these that really let them see they aren't alone



It is good to know there is somewhere for these kids to get together, so they do not feel so alone



I discovered more about myself

Support & Friendship Activities

52

Youth aged 10-24

6

Support & Friendship Activities

- September 2022: Junk Journals at Centre for Creative Arts.
- October 2022: Glow in the Dark Mini Golf at Hornbrook Hollow.
- November 2022: Aerial Arts Class at Rebel Academy.
- December 2022: Northern Spirit Light Show.
- January 2023: Video Games Exhibit at Art Gallery of Grande Prairie.
- February 2023: “Shrek: The Musical” at the KMSC Law Performing Arts Centre/Grande Prairie Live Theatre.
- October 2022: Coordinated and Co-hosted Community Agency Halloween Trunk or Treat Event at the Centre 2000 Parking Lot in partnership with Big Brothers Big Sisters, Grande Prairie Friendship Centre, Family Education Society, Northreach 2SLGBTQ+ Youth Program, Communities Building Youth Futures, Youth on the Rise. Over 150 Youth and Families participated.
- Partnered with Grande Prairie Friendship Centre to support their 23rd Annual Spirit Seekers Youth Conference – provided support to attendees and workshop participants. Over 150 Youth from across the Northwest Region.
- Completion of development & promotion of Youth Mental Health Awareness Workshop (CAMP Training) in collaboration with Tammy/CONNECT program targeting Camp Counsellors & Support Staff to be delivered this spring/summer. Facilitated Youth Mental Health Training for City of GP Summer Camp Staff.
- Ongoing member of the Youth Hub Steering Committee, High Risk Youth Committee, IMPACT Grande Prairie (Formerly Prevention of Family Violence Network).

Financial Results Summary

for April 1st, 2022 to March 31st, 2023 (Auditor Reviewed & Board Approved)

Highlights

We have developed a long and trusted working relationship with Alberta Health Services, who continue to be our largest funder. We diligently provide quality services while continuously innovating our service delivery. The trust is also built on the close working relationships between the respective program staff.

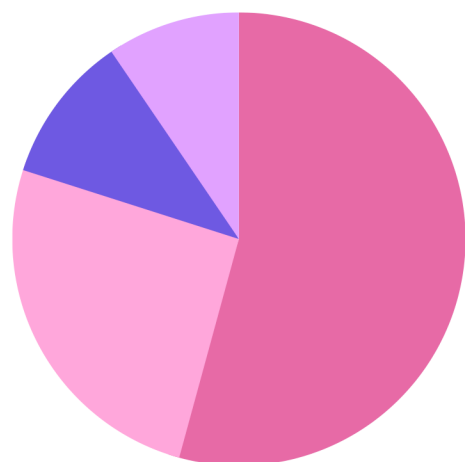
Alberta Health provided a multi-year post COVID-19 recovery grant to expand service levels to address the complex mental health affects of the pandemic.

The FCSS grants we receive from the City of Grande Prairie, the Country of Grande Prairie, and the MD of Greenview continue to be a meaningful contribution to our operating funding.

Community wide support that values the work we do was demonstrated by several significant donations from 3rd parties that raised money on our behalf.

Total Expenses for Programs: \$870,466

for April 1st, 2022 to March 31st, 2023 (Pending Auditors Approval)

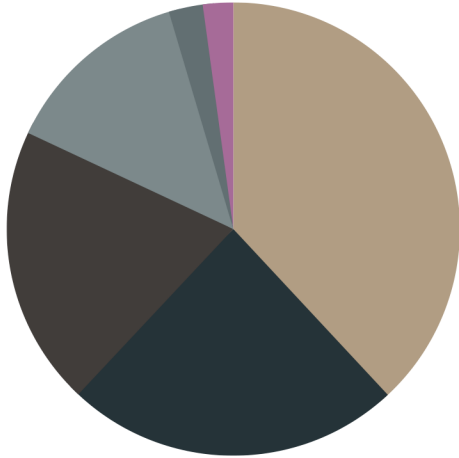


Program	Total Cost
Payroll Costs	\$472,177
General and Administrative Expenses	\$223,530
Facilities Costs	\$91,926
Direct Program Costs	\$82,833
	\$870,466

Total Gross Revenue: \$880,872

Total From Fundraising & Programs: \$348,587

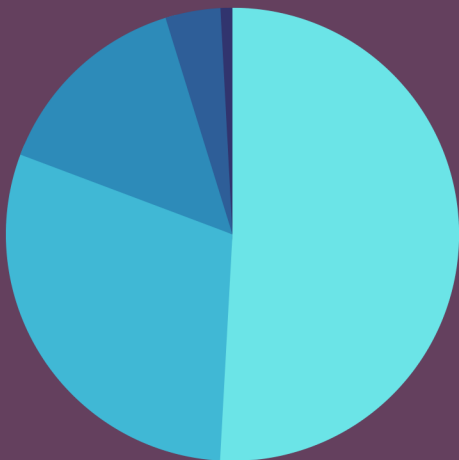
for April 1st, 2022 to March 31st, 2023 (Auditor Reviewed & Board Approved)



Funding Source	Funds	Receiving Programs
Donations	\$132,931	All programming
Fundraising Activities	\$83,301	All Programming
Workshops	\$69,578	All Programming
Casino	\$46,803	All Programming
Interest Income	\$8,444	SPRC Core, Youth Mental Health, Tough Enough
Fees for Services	\$7,480	All Programming
Membership Fees	\$50	All Programming
	\$348,587	

Total From Grants: \$532,285

for April 1st, 2022 to March 31st, 2023 (Auditor Reviewed & Board Approved)



Funding Source	Funds	Receiving Programs
Alberta Health Services	\$263,516	SPRC Core, Youth Mental Health, Community Helpers
Alberta Health Services - Covid Special Projects	\$154,611	Youth Mental Health, Tough Enough, Men's Support Group
FCSS/CSD City of Grande Prairie	\$75,107	Youth Mental Health, Connect, Men's Support Group
FCSS County of Grande Prairie	\$20,351	SPRC Core, Youth Mental Health, Tough Enough
FCSS Green View	\$14,375	Youth Mental Health, Tough Enough
	\$532,285	



RCSP Events

Chair Extraordinaire

The empty chair is a framed absence, intended as a reminder of loss and a memory of someone dear who has now gone. The vacancy is a tribute, a lament, a visual expression of grief because language has reached its limits. The empty chair reminds us that while they may be gone, there is a place for them in our lives.

Last year our 12th annual Chair Extraordinaire event was returned to being held in person, raising \$83,301. Over the past 12 years we have seen remarkable dedication and painstaking craft in the creative process of Chair building. It allows people to turn from passive survivors into active creators and from silence to statements. Whether as a tribute to a person or as a symbol of hope.

Darkness to Light Walk

The annual Darkness to Light Walk has both symbolic and practical elements. It represents the aspirations of enlightenment and it provides an occasion to celebrate the lives of people lost to suicide. A figurative path is travelled away from grief and a literal path is walked that is gradually illuminated by the dawn.

This year we had over 90 people, including many families, complete the walk. Our supporters walk for many reasons because suicide loss is incredibly personal. We are proud to be able to host this event that allows the many forms of honoring, respecting and remembering those we have lost to suicide.

The walk starts and finishes at the local landmark the Centre 2000 Sundial, symbolic of the passage and measurement of time, and follows the Muskoseepi Park trail system. We welcome everyone to come out on walk day for an early morning coffee and a peaceful walk in the park.

Special Thanks

**To all our other staff, facilitators, and volunteers
that were part of our team this year**

Accreditation Team

- Tammy Lambert
- Jocelyn Smith
- Jody Walker

ASIST Facilitators

- Barb Campbell
- Carla Eckstrom
- Charlene Eckstrom
- Tammy Ouellette

Bereavement Support Facilitators

- Vivian Anderson
- Marianne Hartman

Men's Mental Health Facilitators

- Vaughn Dueck
- Dean Enyedy
- Richard Nasedkin

Youth Mental Health Coordinator

- Sarah Shaw
- Kourtney Horseman

Youth Mental Health Facilitators

- Chantelle Cantelo
- Kourtney Commandeur
- Ramandeep Kaur
- Katelin Lomond
- Carmen McAuliffe
- Dean Enyedy

OUR AMAZING SUPPORTERS



Champion X, Longshore Resources Ltd, ABC Recycling, Alberta Blue Cross Hearts of Blue, Vancouver Foundation, New Horizon Co-Op, FantasticFive Fundraiser - GPRC Marketing Students, The Rotary Club of Grande Prairie Sunrise General (Darren Young), Grande Prairie Chrysler, Alstar Oilfield Contractors Ltd. Encore Suites by Service Plus Inns, Canadian Tire 344, Canadian Natural Resources Limited, 1315731 Alberta Limited, Grande Prairie Public School Division, Richard Nasedkin, Tara Dreger, Labatt Brewing Company, Champion Gym.

A very special thank you to all the heartfelt donations in memory of Aidan Edward Williams