

Resource  
Centre

FOR SUICIDE  
PREVENTION



*Community Update*

**2023**  
*Highlights*

# Message from the Executive Director



Dear Supporters,

Thank you to everyone who could attend the 3rd Annual Community Update and Thank You event. Our team members summarized their key successes in 2023 and plans for further operational progress in 2024. They relayed stories from the people we serve and of lives changed.

We created this innovative event to acknowledge the need for organizational accountability and funder appreciation and to continue to foster our relationships with support and trust.

We have documented the night with this publication for those who could not attend and in further recognition of our community's essential support to the Resource Centre for Suicide Prevention's values and mission.

Thank you,  
Hywel

## THANK YOU TO OUR GRANT FUNDERS



# Resource Centre

FOR SUICIDE PREVENTION



## Our 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.

## Youth Programing



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### 2023 HIGHLIGHTS

- 290% Increase in attendance across all activities
- 437 youth supported in 2023
- Supported 6 External summer camps
- Returned to pre-pandemic participation

### PLANS & PROJECTS

- Continued increase in participants
- Expanded geographical area where our program is delivered
- After being impacted by the pandemic, we celebrated the return of our teen weekend retreats and the children's 1- day workshop.

## CONNECT

Connection people with knowledge and skills to save lives.

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### 2023 HIGHLIGHTS

- 1518 individuals attended 151 public education workshops. A 28% increase from 2022.
- Over 950 individuals interacted with our public events.
- Connect now offers 14 Free workshops and two accredited workshops.
- Launched two pilot workshops, Introduction to Self-harm and Understanding Grief & Loss.
- Collaborated with the City of Grande Prairie and the County of Grande Prairie to offer Trauma-Informed care training to more than 50% of their staff.
- Attended Sturgeon Lake Cree Nation's WSPD event

### SUICIDE BEREAVEMENT

- Successfully ran one cycle with 6 participants.
- Introduced a new monthly virtual drop-in group.

### SKILLS FOR SAFER LIVING

- Successfully facilitated one cycle with 7 youth and 8 caregivers



# Chair Extraordinaire



- 2023 sold out event!!
- 2024 Sponsorship Opportunities Available
- Raised over \$210,000, for the first time ever

Save The Date  
September 28, 2024

## CHAIR DONORS



Larissa Zaychuk



## CHAIR SPONSORS



By Service Plus Dnns



SEAN SARGENT





## 2023 HIGHLIGHTS

- Open House/Grand Opening – June 22, 2023
- Avenge Energy/Choosing Change Counseling
- Move Up Magazine – Feature
- Drop - In Online Bereavement
- 8 Week Closed Bereavement Group
- Special Holiday Bereavement Group
- Mom's/Ladies Luncheon
- Youth Nights
- Suicide Awareness Week Community BBQ's

## MEN'S MENTAL HEALTH



### MEN'S SUPPORT GROUPS

- Men's Talk and Men's Support group overall experienced a 54% increase in overall attendance.
- Our Men's Mental Health team created a first of its kind, structured foundation guiding document for both Men's Support Groups.
- This year saw a transition in facilitators for our Men's Support Group. Richard Nasedkin has facilitated this group for many years and through the years Richard has been and continues to be integral part of developing and sustaining our Wednesday group. On behalf of our entire organization, funders and champions, Thank You Richard. Thank for your dedication, support and knowledge shared over the past decade.

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## TOUGH ENOUGH TO TALK ABOUT IT

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- Tough Enough To Talk About It will be speaking at the National Canadian Association for Suicide Prevention Conference in May, 2024 with Dr. Connie Korpan..
- 2023 Tough Enough To Talk About It successfully licensed internationally. We added 17 Field Trainers throughout the United States to our Team.
- Completion of our much anticipated Evaluation project, completed by Dr. Connie Korpan. With the research showing amazing success overall for the program. Tough Enough was found to be ground in 11 foundational theories, is well targeted for high stress, isolated occupations, and distinguishes itself in terms of being a gatekeeper program that exceptionally addresses mental health in the workplace.
- 2024 brings many new opportunities for Tough Enough, from partnering with NWP in hosting the first ever National Mental Health Summit specific to mental health in trades, industry and agriculture to continued negotiations with post secondary institutions and global energy companies. Tough Enough also continues to present and develop ongoing evidence based workplace mental health training solutions.



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

### 2023-2024 HIGHLIGHTS

#### INDIVIDUALS REACHED:

- Trained Helpers
- 350 Participants, 317 youth and 33 adults.
- 149 Presentations Delivered

#### SCHOOLS PARTICIPATING (5)

- St. John Paul II, Peace Wapiti Enterprise Centre, Charles Spencer, Sexsmith Secondary, and St. Joes.

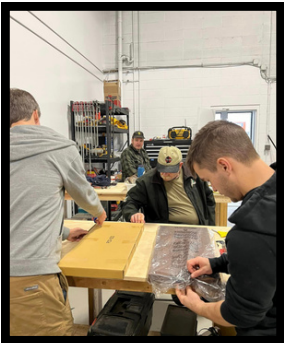
#### GEOGRAPHICAL EXPANSION

- Grande Cache, Beaverlodge, Valleyview, Sexsmith

#### PARTNERSHIPS WITH COMMUNITY ORGANIZATIONS (8)

- Cool Aid Society, John Howard Society – Tabono Program, Satin Slippers Dance Studio (Beaverlodge), Grande Prairie Friendship, Northreach LGBTQ2S+ Youth Group, Centre for Newcomers, County of Grande Prairie and Camp Tamarack Summer Staff.

## Men's Shed



- Founded in February 2023, the Men's Shed is a welcoming community of men that provides opportunities to develop friendships, self-confidence, and self-worth. Initially located in a 350-square-foot space borrowed from AR Solution, The Shed moved to a 1,300-square-foot shop with a meeting room and a classroom.
- The Shed's hours have expanded from 2 hours once a week to 11 hours three days a week.
- The Shed has experienced excellent community support from Rentco, GP100, Sunrise Rotary and other community groups provided the \$30,000 start-up costs.
- Over 60 different men attended at least once, with over 20 men consistently participating. Participants have told us that The Shed makes a significant improvement in their quality of life.
- The primary focus is woodworking, however there is a 3D printer, leather tooling supplies, lapidary equipment and most recently a book club.

### MEMORIAL DONATIONS IN HONOR OF

*Murry Metituk*

*Graham Best*

*Shane Bigler*

*Nate Laboucan*

*Aidan Williams*





**THANK YOU TO ALL OUR 2023 DONORS**



**\$50,000 +**



**\$20,000 - \$50,000**



**\$10,000 - \$20,000**



**\$5,000 - \$10,000**



**\$1,000 - \$5,000**