

Resource
Centre

FOR SUICIDE
PREVENTION



ANNUAL REPORT

2023-2024



Phone: 780-539-6680



Fax: 780-539-6574



Email: director@sp-rc.ca



Nordic Court
200, 10014 - 99th Street
Grande Prairie, AB T8V 3N4



www.startingconversations.ca

Suicide Prevention
Resource Centre
Charitable Organization
No. 82052559RR0001

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 EMPOWER our community by facilitating skill building, safe communication, and promoting the value of self-care.

TO FOSTER HOPE and resiliency by providing individuals, families, and agencies with knowledge and resources to support living well.

Values & Guiding Principles

We value people. Our work is guided by participant and community centered care.

We value evidence-informed practices. We are guided by information, understanding and best practice to deliver pertinent programming and resources.

We value empowerment. We are guided by principles of knowledge and skill-building to provide prevention, education, and resources.



Drew Pearson
President

MESSAGE FROM THE BOARD PRESIDENT

It is my privilege to share our Annual Report with you, reflecting on a year of significant progress and milestones at the Resource Centre for Suicide Prevention.

As always, I want to extend our deepest appreciation to the RCSP staff and facilitators. We are truly fortunate to have a remarkable team committed to our mission. They have continued to expand the reach of our programs, foster connections, and open new avenues for conversations about mental health.

This year has been transformative for our organization. Among other things, we have completed the process of reviewing and improving our policies and standards for Health Care Accreditation.

This accomplishment not only highlighted the organization's existing strengths but ensured that we adhere to high standards in safety, financial management, and governance. The work done on this front provides a solid foundation for the organization's future.

This year would not have been possible without the support of our donors, volunteers, and community partners. Each donation, every hour volunteered, and every partnership formed has helped us provide programs, support, and education to those who need it.

On behalf of the Board of Directors, I extend a heartfelt thank you for your continued support. Together, we are taking steps towards a future where mental health is a priority, and everyone receives the care and support they deserve.

MESSAGE FROM THE EXECUTIVE DIRECTOR

I'm proud to be a part of the Resource Centre for Suicide Prevention, which continues to provide compassionate and effective life promotion and suicide prevention programming for our communities.

Our activities this past year focused on our identified strategic priorities, maintaining a consistent approach to achieving our Vision and Mission. This approach was meant to further develop and refine our existing strengths, enhancing our status as a respected and trusted organization.

As always, we are grateful for the generous financial support of our donors. We were humbled by the significant support of fundraisers hosted by others to our benefit, in particular, Avenge Energy, Rank Pen Buck-off, Tee it Up for Mental Health, and Northern Mat & Bridge, which collectively provided over \$150,000 for program delivery. The support of the community was also demonstrated in our annual fundraiser, the Chair Extraordinaire, which achieved a record amount of financial success.

I am also grateful for our Board of Directors, who provide valuable professional insights and advice in all aspects of our operations. In particular, Doug Currie, who served 6 years on the Board and provided both financial expertise and significant personal contributions to our Chair fundraiser.

We will continue to provide recognized and evidence-informed services, and will continue to evolve and adapt our programs to reflect changing needs.

Our Annual Report showcases the outcomes of their hard work, of which they should be deeply proud. I encourage you to read all about it.



Hywel Williams
Executive Director

Our Team

Board of Directors

Drew Pearson
President

Charlotte Bierman
Vice President

Kristian Toivonen
Secretary/Treasurer

Brenden Bozlovitch
Director

Stuart Lloyd-Jones
Director

Dahye Min
Director

Heather Putio
Director

Michelle Scarrow-Baillie
Director

Devon Wardley
Director

Full-Time Staff

(as of March 31, 2024)



Hywel Williams
Executive Director



Tracy Golnick
Director of Men's Mental Health



Tammy Monro
Director of Public Education & Outreach



Jenn Vos
Administrative Director



Casey Szmata
North Peace Coordinator



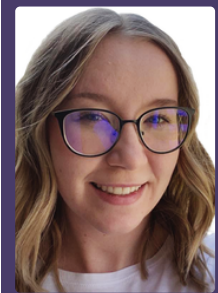
Caren Condrotte
Community Facilitator



Chantelle Cantelo
Youth Mental Health Coordinator



Cara Jones
Communications Coordinator



Jayden Sydoruk
Community Helpers Coordinator

Trish Smith

Clinical Supervisor

Joanne Scarrow

Contracted Bookkeeper

Public Education & Outreach



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.

2023 Connect Program was proudly sponsored by



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.

4207

Total number of people who took part in Connect programming

ASIST Facilitators

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

Bereavement Support Facilitators

- Careen Condrotte
- Tammy Monro
- Casey Szmata
- Gayle Smith

Mental Health First Aid Facilitators

- Tracy Golnick
- Jody Walker

Skills for Safer Living Facilitators

- Tammy Monro
- Buffy MacIntosh
- Tracy Golnick
- Casey Szmata
- Gayle Smith
- Charis Nepinak
- Janet Jones
- Chantelle Cantelo
- Jayden Sydoruk
- Careen Condrotte

Accreditation Team

- Hywel Williams
- Tammy Monro
- Jody Walker
- Ruth Lambert



1753

**Public Education
Workshop Participants**

2351

Public Event Participants

70

**Average number of
bereavement participants
across two support groups**

33

**Crisis calls/Requests
for information**

Youth Mental Health

The Youth Mental Health Program is a group of workshops and activities for youth ages 9-18 who need additional support managing their emotions and learning healthy coping skills. We offer 1-day weekend workshops and ongoing monthly activities to help youth meet like-minded peers and learn they aren't alone; being a youth is hard. Youth groups are separated into two age groups where they learn different skills and talk about topics relevant to their daily lives. We continued to see successes this year including supporting 432 youth this fiscal year, which is more than double our numbers from last year.

2023 Youth Programming was proudly sponsored by



**CURRY'S
JEWELLERS**

189

Total youth drop-ins

38

Total groups facilitated

124

**Support &
Friendship Activities**





YOUTH SUMMER CAMP

68

Youth supported to attend Summer Camp

5

Local Summer Camp Programs Supported



THE GRYPHON
YOUTH GROUP

15

Total
Participants

2

Workshops



THE PHOENIX
YOUTH GROUP

42

Total
Participants

5

Workshops &
Activities

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

Youth Mental Health Facilitators

- Daisy Rude
- Jeremy Goldsack
- Katelin Lomond
- Ramandeep Samra

“I know that she sees that I am helping her along with her emotional and mental health by acknowledging these areas of difficulty and signing her up for classes like this. I can see that it opens up our communication and her trust in me. Repetition of these messages from all different sources, I believe, is SO important, and we are both super grateful for classes like this.

– Parent of Phoenix Youth Participant

Men's Mental Health

Men have a disproportionately high rate of suicide in Alberta. We strive to reduce deaths by suicide in our Province by creating opportunities to build and strengthen men's mental well-being, reducing isolation and stereotypes and increasing connection, understanding and resiliency.

RCSP's men's mental health programs support overall well-being by increasing awareness, providing resources and information, and reducing barriers to support access. Our free programs provide a structured yet adaptable space for men to engage in meaningful dialogue about various topics.

98

Total Sessions

788

Total participants across two mental health support groups

MEN'S
TALK

MEN'S SUPPORT GROUP

51

Total Sessions

492

Total Attendance

10

Men per Session (average)

47

Total Sessions

296

Total Attendance

6

Men per Session (average)

Men's Mental Health Facilitators

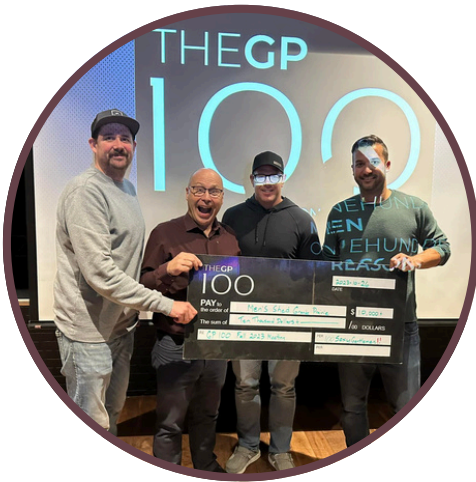
- Dean Eney
- Steve Robinson
- Dennis Shinski
- Vaughn Dueck
- Richard Nasedkin



The Men's Shed is a Welcoming Workshop Community. It's where men can learn or teach new skills and find new opportunities and interests while making new friends.



In October 2023, Men's Shed Grande Prairie took a bold step forward by leasing its own dedicated space, moving next door from a space that was being donated by Men's Shed founder Richard Nasedkin.



- On opening night Northern Metallic Sales donated first aid supplies and an Automated External Defibrillator (AED).
- The GP100 group decided at their first in-person meeting since COVID restrictions to support the Men's Shed and donated over \$10,000 that allowed the purchase of a Saw Stop Table Saw, the safest on the market, and a 20-foot C-can storage unit for supplies.
- In celebration of their 60 years in business, Rentco Equipment Ltd. on behalf of Rentco's Tool Shed, donated \$10,000.



The Men's Shed has completed the following projects:

- Planter boxes for silent auction donation
- Bird feeders for Bandaged Paws Animal Rescue Association
- A Trail Head sign for the Duck's Unlimited Boreal Forest Interpretive Centre at Evergreen Park.
- The refinishing of an antique wardrobe auctioned off at the Chair Extraordinaire for \$1,750
- Information tables at the Foster's Peace County Agri Show at Evergreen Park, the Spring Home and Garden Show, Peavey Mart and a Boogie and Beyond Fun Run in Beaverlodge

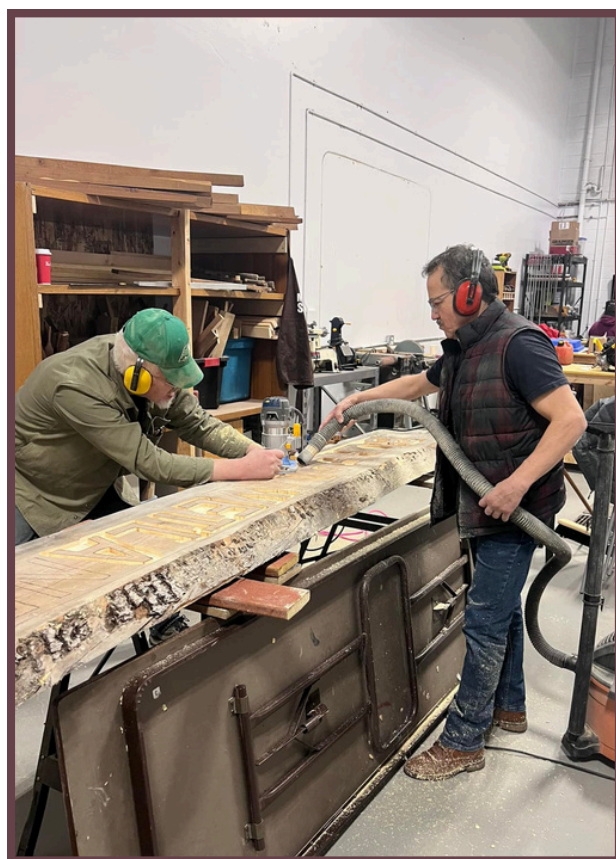
Since the move, the Shed has been increasingly busy. We are proud of the growth with details like:



- The Shed was originally open on Tuesday nights only, and it is now open on Thursday nights and Saturday afternoons
- Open 17 times per month for 51 hours
- A total of over 600 visits by men
- Our Tuesday night is the busiest, with up to 18 men attending
- The average night attendance is 11 guys, and Saturday averages 9 guys
- 45 men are regular attendees who have participated in at least three visits
- There is a core group of 18 guys attending over 10 times each
- 72 different individuals have stopped in to see what the Shed is about
- The average age is 65, with the oldest attendee being 84 and the youngest being 21

- In February, four Shedders formed a men's book club, and they are actively looking for more members. They meet on the third Thursday of every month
- There are also two women who have stepped forward in support roles for fundraising and administrative support of the Shed

The next year's plans are to develop a strategic plan to make the Shed financially stable, secure a long-term lease and provide one more time slot for men to drop in. Future projects that the men will be working on are dog houses for Tsintah Siberian Husky Rescue in Berwyn and Bumble Bee Houses. One member was awarded an amazing grant to develop a podcast for Men's Mental Health awareness. with the first episode slated to be produced in the fall of 2024.





TOUGH ENOUGH TO TALK ABOUT IT

The Tough Enough To Talk About It program, developed with an understanding of the critical role that peer support plays in mental health, was designed to empower workers to actively contribute to the well-being of their colleagues. Recognizing that individuals within a workplace community often serve as frontline responders to signs of distress, the program emphasizes education, empathy, and communication skills to equip employees with the tools needed to recognize and respond to a potential decline in mental well being in their peers.

The program also aims to foster a workplace culture of support that reduces the stigma surrounding mental health. By cultivating an environment that encourages open dialogue and intervention it creates a resilient network of support within the workplace, ultimately contributing to a community where every member feels valued, understood, and, most importantly, connected in the effort to prevent suicide.

HYER OILFIELD

*Tough Enough To Talk About It
Program Sponsor 2023*



17

TE New
Facilitators
Trained

1198

Participants

24

Locations

New Mexico, Texas,
North Dakota, AB, BC,
Saskatchewan, and
virtual participants
across North America.

In 2023, the Tough Enough To Talk About It program initiated a comprehensive evaluation project, including a literature review. Through inviting a third party to complete this project, RCSP demonstrates the importance of evidence-informed practices. In an emerging area of education, Tough Enough believes it is crucial to be transparent, accountable and a leader in establishing best practices. As result of this 7 month project, Tough Enough continues to be a leader focusing on program integrity, research and innovation. Direct results of the final report include:

- The Tough Enough to Talk About It program complements various existing suicide prevention gatekeeper initiatives, revealing similar strengths of established programs. At the same time, what sets Tough Enough apart is that it is a prevention program designed for workplace settings. It is also unique in that it is specifically tailored for occupations in trades, industry, oilfield, and agriculture (though it should be offered to those in other occupations). Overall the Tough Enough program exhibits best practices in training individuals to recognize and respond to signs of distress and contributes to creating a culture of support and understanding around mental health in the workplace. Recommendations included incorporating experiential opportunities, development of a longer version and training for leadership.... Which all are currently in development.

From the surveys and interviews that were conducted:

- Attendees reported a significant improvement in their confidence to recognize when a coworker is struggling and in their ability to talk to struggling coworkers.
- Attendees also reported improvements in their knowledge of mental health resources and how to access those resources.
- Attendees were highly satisfied with the Tough Enough presentation and recognized the relevance of the workshop content to their work and life outside of work.
- Attendees indicated that they would welcome more workshops from RCSP, including an extended version of Tough Enough

From the surveys and interviews, it is recommended that Tough Enough be delivered to more worksites and other employment sectors.





The Community Helpers Program (CHP) is an AHS-funded suicide prevention program that is targeted at 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.

274

Youth & Adult Participants

149

Presentations

13

Schools & Community Groups



A very good program that helped the students tremendously.



This program really helped me feel more confident in my ability to help someone.

4

Total number of programs

4

Total number of events

48

Total number of program participants

North Peace

The Grimshaw community came together on June 22, 2023, to celebrate the grand opening of the Resource Centre for Suicide Prevention North Peace location. This new location marks a significant step forward in addressing mental health challenges and providing much-needed support to community members. Some of the highlights from 2023 included the development of the Moms'/Ladies' Luncheon, Youth Nights, and a feature in Move Up Magazine.

YOU ARE ENOUGH.

13th Annual

CHAIR EXTRAORDINAIRE

Building Connections, Creating Conversations.

2023 Title Sponsor **HYER** OILFIELD

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 13th annual Chair Extraordinaire event raised over \$210,000. Over the past 13 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, the Chair Extraordinaire event inspires conversations with impact.



Chair Committee Volunteers

- Lorelei Deheus
- Rylan Deheus
- Rebecca Hrudko
- Jyllian Golnick
- Paige Sauve
- Alyssa Wood
- Taylor Wood
- Ais Goldsack
- Jeremy Goldsack

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, over 90 people, including many families, completed 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 honouring, 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.

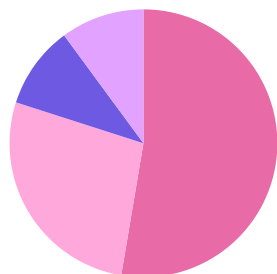


Over **90** people, including many families, completed the walk.

Financial Highlights

Total Expenses for Programs: \$1,132,821

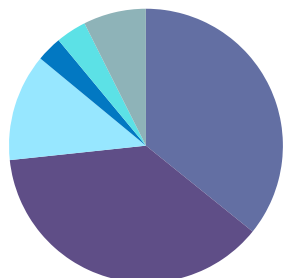
from April 1st, 2023 to March 31st, 2024



Program	Total Cost
Payroll Costs	\$595,076
General and Administrative Expenses	\$309,957
Facilities Costs	\$113,162
Direct Program Costs	\$114,626

Total From Fundraising & Programs: \$594,778

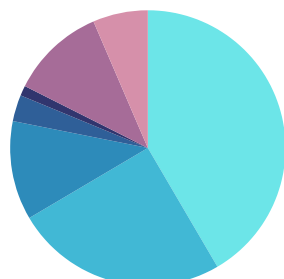
for April 1st, 2023 to March 31st, 2024



Funding Source	Funds	Receiving Programs
Donations	\$185,570	All programming
Fundraising Activities	\$270,857	All Programming
Workshops	\$65,685	All Programming
AGLC	\$15,556	All Programming
Interest Income	\$18,665	SPRC Core, Youth Mental Health, Tough Enough
Fees for Services	\$38,405	All Programming
Membership Fees	\$40	All Programming

Total From Grants: \$633,972

for April 1st, 2023 to March 31st, 2024



Funding Source	Funds	Receiving Programs
Alberta Health Services	\$263,516	SPRC Core, Youth Mental Health, Community Helpers
Government of Alberta	\$158,131	Youth Mental Health, SPRC Core, Connect, North Peace
FCSS/CSD City of Grande Prairie	\$73,694	Youth Mental Health, Connect, Men's Support Group
FCSS County of Grande Prairie	\$19,661	SPRC Core, Youth Mental Health, Tough Enough
FCSS Green View	\$7,500	Youth Mental Health, Tough Enough
CSRF	\$70,500	North Peace
CEWS	\$40,970	SPRC Core, Tough Enough, Men's Mental Health, Connect

OUR AMAZING SUPPORTERS

FUNDERS



ROOTED IN COMMUNITY
HANNAH OUELLETTE
MEMORIAL FUND

\$50,000 & UP

Avenge



\$25,000 - \$49,999



RANK PEN CATTLE CO.

\$10,000 - \$14,999



Shell Canada
Employee Fund



\$5,000 - \$9,999

Talk To Me Society

\$1,000 - \$4,999

ABC Recycling
AGS Mechanical Contractors
Allnorth Consultants
Archie Harvey Memorial
ATB Financial Peace River
CiMS
D's Contracting
Fidelity Investments Canada ULC
Grassroots Realty Group Ltd.
Laboucan, Darla

MD of the Peace No. 13
Nasedkin, Richard
Raymond James Canada Foundation
Rebellion Farms
Rotary Club of Grande Prairie Sunrise
Starbucks Vancouver Foundations
Swift Oilfield Supply Inc.
Trican Grande Prairie Social Fund
Wembley Fire Department
Wieland, Peter & Noelle