



# OTTAWA COMMUNITY REPORT 2014

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# STRENGTH IS COMMUNITY

Ottawa is a recognized leader for its collaborative approach to supporting youth and families to prevent suicide. The Community Suicide Prevention Network brings people and organizations together to increase accessibility and effectiveness of services.

Here's how we did it in 2014:

**49**

organizations were members of the Network

**450**

contacts attended Network events and presentations

**2**

awards recognized our excellence in collaboration

**1200**

people followed the Network on social media



Last year, the Network organized and attended events to share information, build relationships, and learn about community best practices. The Network had 450 contacts throughout the year in 2014 by organizing events such as the Think Global: Learn Local research summit, and by delivering presentations and workshops at conferences like the Summit on Children and Youth Mental Health.



# STRENGTH IS KNOWING WHAT TO DO

The Network subsidized suicide prevention training sessions for teachers, parents, service providers, and youth. The trainings enhanced skills in identifying youth at risk, providing empathy, and making referrals. Through the support of Network partners who provided in-kind contributions, shared resources, ideas, and tools, we extended our reach and impact in 2014.

Here is what we did:

**36**

suicide prevention trainings were subsidized

**60,000**

'Know What to Do' guides were distributed

**2500**

people learned how to help suicidal LGBTQ+ youth

**750**

people attended suicide prevention training



Trainings were made possible thanks to collaboration and leadership of Network partners. For example, the Suicide Prevention Coalition delivered all Living Works sessions. The Network subsidized trainings such as a suicide prevention for LGBTQ+ youth, safeTALK and ASIST training, safeTALK Train the Trainer, and a Know What to Do series of workshops for parents and caregivers. The Know What to Do series was organized by a team of Network partners that was led by parents who have supported their children and youth through mental health challenges. In addition to these various training sessions, the Ottawa Carleton District School Board and the Network piloted Sources of Strength, a suicide prevention program that promotes school bonding, youth-adult relationships, and help-seeking behaviours among students in four local schools. Youth leaders, supported by adults, engaged peers in activities that promoted help seeking behaviours and built personal resilience.

**“I made a good friend through Sources of Strength. We had to approach someone who was sitting alone and start a conversation, that broke the ice and now we’re friends.”**

Youth Leader, Sources of Strength.

**“We can’t get enough of the Know What to Do guides, they’re so helpful,”** teacher, OCDSB.

# STRENGTH IS EVIDENCE

In 2014, the Network developed a partnership with the University of Ottawa and the Brain and Mind Institute to bring researchers, practitioners, and community agencies together to implement tools and methods to prevent suicide among youth. By combining research and practice, we can gain greater understanding of suicidal youth and emerging adults, and how to better support them. Thanks to this new project, our community will have increased ability to collect data to inform decisions about funding, training and service, and clinical guidelines.

**3**

new evaluation tools were developed and are available to share

**15**

stories about our events and activities were featured in local media



The Network supported **13** new community initiatives led by our partners

Our partners led various new community initiatives in 2014, and the Network supported 13 of these by writing letters of support to funders, through public endorsement and by sharing our planning materials such as the Network logic model.

**“Last year’s Think Global: Learn Local event was a huge success. We had 115 people come together to discuss putting the latest research into action right here in Ottawa”**

- Mario Cappelli, Chair, Research Action Area



# STRENGTH IS NAVIGATION AND SUPPORT

The Network, in partnership with Parents' Lifelines of Eastern Ontario (PLEO), made it easier for families and caregivers to navigate mental health services. In 2014, PLEO supported, educated, and empowered parents and caregivers through peer support and system navigation.

Here was the impact:

**321**

parents and caregivers reached out to PLEO's telephone helpline

**652**

parents, caregivers, and service providers connected with PLEO at community events

**305**

parents and caregivers attended peer support groups at PLEO

**1968**

Contacts were made with PLEO navigators by phone and email



PLEO provides support through a telephone helpline, available 5 days a week, monthly support groups for parents and caregivers, a social-recreational group for young adults who are living with mental health challenges, and presentations and outreach in the community. See PLEO's website at [www.pleo.on.ca](http://www.pleo.on.ca), for more information and to sign-up to their informative monthly newsletter.

**“Parents come to us thinking the hospital emergency room is the only service available. When getting support from PLEO’s navigators, they learn there are other services in the community that can help”.** - Natalie Markoff, Executive Director, PLEO.

# STRENGTH IS COLLABORATION

Thanks to all the Network partners who support the Network's activities in 2014. Our Network is a success because individuals want to work together, and organizations are committed to collaborating to prevent suicide among youth. Since 2010, the Network, with representatives from 49 organizations that work with children and youth in Ottawa, has mobilized the community and built capacity to prevent suicide. We have enhanced coordination and promoted better use of existing resources.

The Network is working to increase knowledge and awareness of issues related to suicide and strengthen suicide prevention in our community. By working together, we provide more responsive and innovative services for families and youth in Ottawa.

Congratulations to Network partners for being recognized by United Way for 'Turning Lives Around'.



## OUR COMMUNITY SUICIDE PREVENTION NETWORK IS:

Academy of Medicine Ottawa

Bereaved Families of Ottawa

Bullying Prevention Initiative of Ottawa - Western Ottawa

Community Resource Centre

Catholic District School Board of Eastern Ontario

Centre for Addiction and Mental Health

Carleton University

Centre Psychosocial

CFRA

Champlain Community Care Access Centre

Champlain Local Health Integration Network

Children's Hospital of Eastern Ontario

Children's Aid Society of Ottawa

Canadian Mental Health Association – Ottawa

Coalition of Community Health and Resource Centres in Ottawa

Conseil des écoles publiques de l'Est de l'Ontario

Conseil des écoles catholiques du Centre-Est

Crossroads Children's Centre

Distress Centre of Ottawa and Region

Eastern Ontario Youth Justice Agency

Family Services Ottawa and LGBTQ+ Around the Rainbow

Growing Up Great Initiative of Ottawa

Hawkesbury & District General Hospital

Individual caregiver and youth representatives

Kennedy-Forster Integrated Health Systems

Kids-Can

La Cité collégiale

Mental Health Commission of Canada

Métis Nation of Ontario

Ministry of Children and Youth Services

Ministry of Community and Social Services

Montfort Hospital

Ottawa Community Immigrant Services Organization

Ontario Centre of Excellence for Child and Youth Mental Health

Ottawa Network for Education

Ottawa Carleton District School Board

Ottawa Catholic School Board

Ottawa Inuit Children's Centre

Ottawa Police Services

Ottawa Public Health

Ottawa Suicide Prevention Coalition

Parents' Lifelines of Eastern Ontario

Partners for Mental Health

Reaching Out to Barrhaven Youth Program

Roberts/Smart Centre

The Royal

United Way Ottawa

University of Ottawa

Wabano Centre for Aboriginal Health

Youth Net

Youth Services Bureau

## THANK YOU TO OUR FUNDERS:

Ontario Trillium Foundation

Ministry of Children and Youth Services

Royal Bank of Canada Foundation

Youth Services Bureau Foundation

Children's Hospital of Eastern Ontario Foundation

The Royal

Ottawa Public Health

Bell Let's Talk

# WE ARE STRONG



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