



2015-2016 REPORT:

# activating

OUR COMMUNITY  
TO PREVENT SUICIDE

No one service or person can prevent suicide on their own. As organizations, we have to work together, along with caregivers, youth and community to promote resilience, and to help young people stay safe.

The Community Suicide Prevention Network's (Network) role is to promote collaboration among all the organizations that are working hard to prevent suicide in Ottawa. By bringing organizations from various sectors together- like hospitals, mental health, education, law enforcement,

and social services- along with parents and youth, the Suicide Prevention Network fosters a collective response in our community.

We stimulate dialogue through community forums, meetings, and other gatherings where people build relationships, share information, and lay plans for working together in more collaborative ways. We subsidize and deliver training across the city so that youth, parents and professionals can build their confidence to have discussions about suicide with young people. We engage

## IN 2014-2015

**49 ORGANIZATIONS**

were members of the Network

**450 CONTACTS** attended

Network events and presentations

**1200 PEOPLE** followed us

on social media

## IN 2015-16

**67 ORGANIZATIONS**

were members of the Network

**1782 CONTACTS** attended

Network events and presentations

**2756 PEOPLE** followed us

on social media

# Promoting collaboration to prevent suicide

youth to build their resilience and reflect about their strengths. We raise awareness about what to do if you're concerned about your child, and support parents to navigate the mental health system through Parents' Lifelines of Eastern Ontario (PLEO).

The Suicide Prevention Network does all this with the support and input of researchers who work with us to develop tools to share data and research so that we can make decisions based on the best available evidence.

Thank you to all of our Network partners for your involvement, for sharing your expertise and for committing to working together to prevent suicide in Ottawa!

This is how we **activate** our community to prevent suicide among youth. We support linkages and connections among the many excellent services and programs that already exist in this city, and promote awareness of what works to prevent suicide.



Joanne Lowe, Executive Director, Youth Services Bureau, Co-Chair, Suicide Prevention Network

George Weber, Chief Executive Officer, The Royal- Mental Health- Research & Care, Co-Chair, Suicide Prevention Network.

# Our community has **hope,** help and strength

“The Sources of Strength program has engaged our peer leaders in promoting a culture of positivity and connectedness within our school community.”

Toula Makris, Sources of Strength Adult Advisor, Canterbury High School

Youth are twice as likely to disclose suicidal ideation to peers as to adults, and they often request that it be kept a secret. The Suicide Prevention Network is working hard to break these codes of silence in our community.

A top priority for the Suicide Prevention Network has been to connect youth who are struggling, with adults who can respond appropriately. That's why we have implemented the Sources of Strength program, which brings adult and youth leaders together to plan and deliver activities that promote positive coping skills and push out messages of hope, help and strength for young people in our community.

Sources of Strength is a story telling program, where adults support youth leaders to engage their peers in a discussion about their strengths, through a format that is equal parts fun, sharing and planning. A central goal of this program is to reinforce for students that adults are a source of strength, and that we are here to help suicidal youth in Ottawa.

Sources of Strength program **activates** young people in the schools to role model that it's good to ask for help, and to connect suicidal peers with adults.

## IN 2014-2015

**4 SCHOOLS** implemented the Sources of Strength Program

**37 ADULTS** led the roll-out in their schools

**128 YOUTH** were involved as peer leaders

**2,155 STUDENTS** participated in peer-lead activities that promoted messages of hope, help and strength

## IN 2015-2016

**16 SCHOOLS** implemented the Sources of Strength program

**167 ADULTS** led the roll-out in their schools

**633 YOUTH** were involved as peer leaders

**10,154 STUDENTS** participated in peer-lead activities that promoted messages of hope, help and strength

Taina Damil, Sources of Strength Peer Leader, Youville Centre

The Network would like to thank the Adult Advisors, Peer Leaders and Trainers involved in Sources of Strength in Ottawa! They are the relationship builders, service connectors, strength seekers, activity organizers, health promoters, and so much more! Sources of Strength couldn't exist without them!!

**Canterbury**  
High School West  
**Carleton** Secondary  
School **Sacred Heart** High  
School **St. Joseph** High  
School **Glebe Collegiate**  
Institute **Rideau High**  
School **Nepean** High  
School **Youville Centre**  
**Elizabeth Wyn Wood**  
Secondary **Alternate**  
**Hillcrest** High  
School **Cairine**  
**Wilson**  
Secondary  
School

**Gloucester**  
**High School**  
**Sir Robert Borden High**  
School **Holy Trinity Catholic**  
**High School St. Patrick's**  
High School **South Carleton**  
High School **Western**  
**Ottawa Community**  
Resource Centre **Eastern**  
**Ottawa Resource Centre**  
**Orleans Cumberland**  
**Community**  
**Resource**  
**Centre**  
**Youth**  
Net

TO LEARN MORE, GO TO  
[SOURCESOFSTRENGTH.ORG](http://SOURCESOFSTRENGTH.ORG).

To coincide with our campaign to promote help-seeking behaviour among suicidal youth, the Suicide Prevention Network collaborated with various partners to train adults on how to respond effectively.

We did this through programs like safeTALK and ASIST that build confidence to identify risks, to have a conversation about suicide, and to know what to do if you are concerned. Most organizations in Ottawa are training their staff to be better equipped to respond to suicidal youth. In total, 1156 people were trained in ASIST, and 1487 people were trained in safeTALK last year.

For example, our colleagues at the Ottawa-Carleton District School Board and the Ottawa Catholic School Board trained 165 adults in safeTALK and 130 people in ASIST in 2015-16. The Canadian Mental Health Association has played a key role in coordinating this training throughout the city.

In addition to this, the Suicide Prevention Network subsidized safeTALK training for parents, and ASIST training for young adults who are peer support workers at Psychiatric Survivors of Ottawa.

By training these natural helpers, organizations in Ottawa **activated** natural helpers to be the eyes and ears on the ground, identifying youth who are at-risk to connect them to services.

**IN 2015-2016**

**37 PEOPLE** were subsidized to do safeTALK training

**8 PEOPLE** were subsidized to do ASIST training



# Raising awareness

about what to do if you're concerned

Promoting

# safety

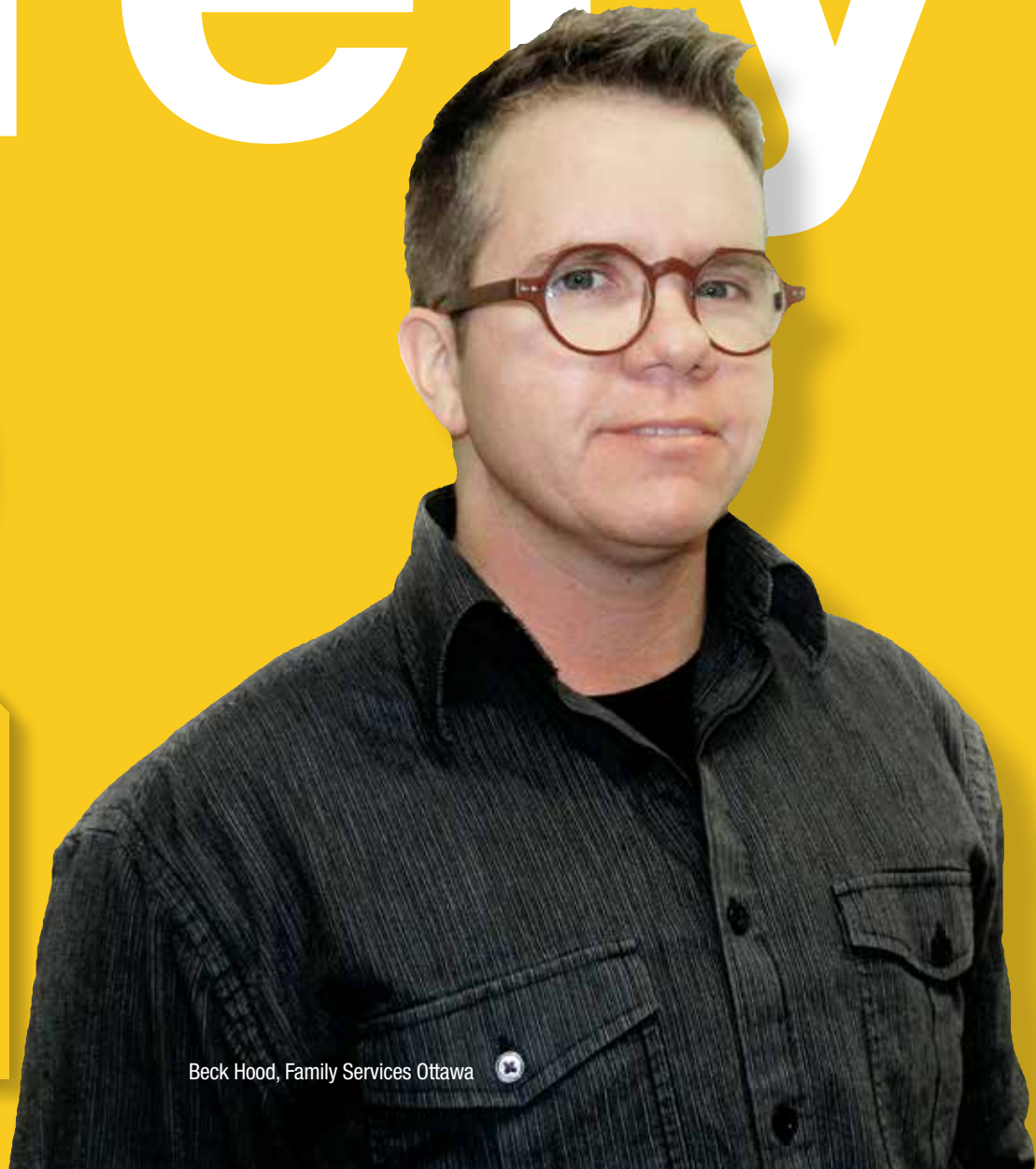
and building allies

LGBTQ youth are 3 times more likely to attempt suicide than their heterosexual peers. Recognizing that stigma, discrimination and prejudice lead to higher rates of suicide, the Suicide Prevention Network worked with Family Services Ottawa (FSO) to deliver training aimed at promoting inclusion within local schools.

“This workshop was excellent! We should have more workshops, with more information for everyone in the schools! Let’s get teachers and students more informed.” Comment on evaluations from FSO’s LGBTQ Capacity Building Training

We **activate** safety in our community by promoting a better understanding of issues, and building stronger allies for LGBTQ youth.

**IN 2015-16**  
**6 OTTAWA CARLETON-DISTRICT SCHOOL BOARD SCHOOLS** had LGBTQ capacity building training  
**191 STUDENTS** were involved and informed the content of the training  
**310 STAFF AND STUDENTS** were trained



Beck Hood, Family Services Ottawa

Helping caregivers

# navigate

the mental health system

PLEO activates closer ties between caregivers and the services that support their families.

We recognize the need for services dedicated to caregivers of suicidal children, youth and young adults. In 2012, the Network supported Parents' Lifelines of Eastern Ontario (PLEO) to open a telephone helpline that provides peer support and system navigation for parents whose children are struggling with their mental health. Since then, PLEO has continued to grow in its mandate to empower caregivers to maintain their own mental health while effectively caring and advocating for their child, through the phone line, support groups, home visits, and with an expanding catchment area.

“As a mental health professional who works with children and youth, I am extremely grateful to the invaluable support that PLEO provides to parents, caregivers and families. As a parent-led organization, they provide a type of support that professionals simply cannot, and fill an invaluable niche along the spectrum of support.”

Michael Cheng, MD, FRCP(C),  
Staff Psychiatrist, Children's Hospital of Eastern Ontario, Associate Professor, University of Ottawa

## IN 2015-2016

**383** people called PLEO's telephone helpline

**331** people attended PLEO peer support groups

**2240 CONTACTS** were made with PLEO navigators by phone and email

Christie Kopczyk, Family Navigator, Parents' Lifelines of Eastern Ontario

211  
Algonquin College  
Councillor Allan Hubley  
Alliance to End Homelessness  
Ottawa  
Bereaved Family of Ontario:  
Ottawa Region  
Big Brothers Big Sisters  
Ottawa

University of Ottawa Brain and  
Mind Research Institute  
The Bridges Program  
Canadian Mental Health  
Association  
Carleton University  
Catholic District School Board  
of Eastern Ontario  
Ottawa Catholic School Board

Centre for Addictions and  
Mental Health: Ottawa  
Centretown Community  
Health Centre  
Champlain Local Health  
Integration Network  
Children's Aid Society of  
Ottawa  
Children's Hospital of  
Eastern Ontario (CHEO)

Ontario Centre of Excellence in  
Youth and Child Mental Health  
Ontario Trillium Foundation  
Ottawa-Carleton District  
School Board  
Ottawa Catholic School Board  
Ottawa Inuit Children's Centre  
Ottawa Police Services  
Ottawa Public Health

Parents' Lifelines of  
Eastern Ontario  
Partners for Mental Health  
Champlain Pathways to Better  
Care  
Upstream Ottawa  
Psychiatric Survivors of  
Ottawa  
Queensway Carleton Hospital

Réseau des services de santé  
en français  
Rideauwood Addiction  
and Family Services  
Roberts Smart Centre  
Saint Paul University  
The Ottawa Hospital  
The Royal, Mental Health,  
Care and Research



Our

# network

partners

La Cité  
Coalition of Community  
Health and Resource Centres  
of Ottawa  
Conseil des écoles publiques  
de l'Est de l'Ontario  
Office of the Chief Coroner  
of Ontario - Eastern Regional  
Supervising Coroner's Office  
Crossroads Children's Centre  
DIFD

Distress Centre, Ottawa  
and Region  
Eastern Ontario Youth  
Justice Agency  
Eastern Ottawa Community  
Resource Centre  
Family Services Ottawa  
The Ottawa Child and Youth  
Initiative - Growing Up Great  
Hawkesbury General Hospital  
Health Canada  
Hopewell

Inuit Tapiriit Kanatami  
Jewish Family Services  
of Ottawa  
Maryhomes Inc  
Mental Health Commission  
of Canada  
Métis Nation of Ontario  
Ministry of Child and Youth  
Services  
Montfort Hospital  
Ottawa Community Immigrant  
Services Organization (OCISO)

United Way  
Université de Quebec à Hull  
University of Ottawa  
Valoris  
Wabano Centre for Aboriginal  
Health  
Western Ottawa Community  
Resource Centre

Eastern Ottawa Community  
Resource Centre  
Youth Net  
Youth Services Bureau  
Youturn Youth Support  
Services  
Youville Centre  
Sources of Strength

## THANK YOU TO OUR FUNDERS:

Youth Services Bureau  
Children's Hospital of  
Eastern Ontario  
The Royal- Mental Health-  
Care & Research  
Ottawa Public Health  
Ontario Trillium Foundation  
Ministry of Children and  
Youth Services





[cspn-rcps.com](http://cspn-rcps.com)