

# IN CONNECTION

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September 2009 Issue

## YOUTH SUICIDE CONCERNS ADDRESSED IN SD #68

In BC between January 1, 2003 and December 31, 2007, eighty-one children and youth died by suicide as stated in a report released by the BC Coroner Service on December 2, 2008, "Looking for Something to Look Forward To..." A Five Year Retrospective Review of Child and Youth Suicide in B.C. This report recommended that programs be put in place in our province to address this very serious issue affecting our youth today. In response the Central Vancouver Island Crisis Society (CVICS), School District 68 and Child and Youth Mental Health immediately formed an action committee to review district wide policies and to strategize an implementation plan. CVICS had been developing and test piloting a Three Tiered Approach to Youth Suicide Prevention that would meet those recommendations made by the Coroner.

The Three Tiered Approach to Suicide Prevention has been designed to provide information and tools at every level, administration, counselors and resource staff, teachers, and students. The project goal is to provide evidence based training and information on the subject of suicide as follows:

### Tier One

- present school suicide protocol training to all Counselors and School Administrators

### Tier Two

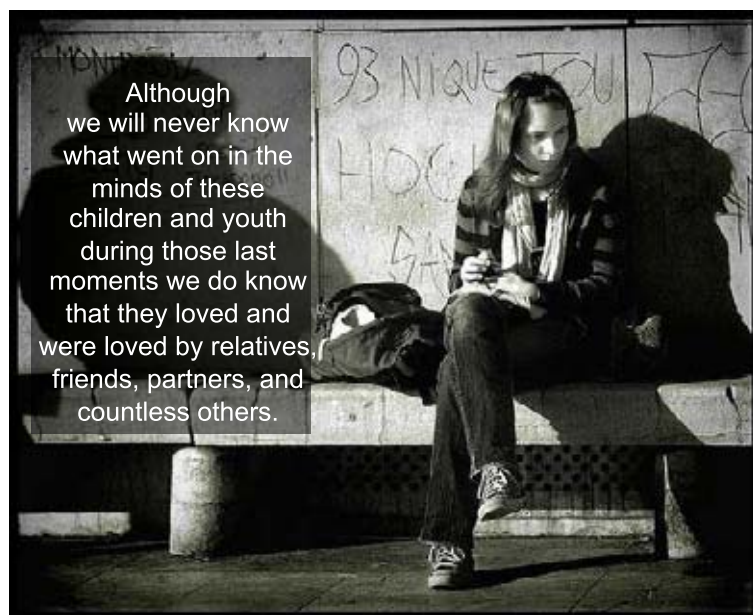
- present school suicide protocol training and suicide warning signs to Teachers and Resource Staff

### Tier Three

- GRASP – This 12 hour program for selected grade ten and eleven students tackles suicide prevention on two levels. It gives students

knowledge of warning signs for suicide, community resource information, and where to turn if they or someone they know discloses suicidal intent. They will become the gatekeepers of their school community as students are apt to approach their peers first. It also helps students become more self aware, and thus, more resilient. They learn healthy communication skills, information about attitudes and biases, and coping strategies.

- Reach Out/ Speak Out/ Help Out – A 90 minute suicide prevention program to be delivered once a year in the district.



All of the programs listed above have been designed to offer practical approaches of intervention, provide communication and assessment strategies, and early prevention programs that build resilience in children at risk of suicide.

Some training has been provided in other school districts on an individual interest basis. We are also looking at a fourth tier that would address an important group, that being "parents of students." The program continues to evolve and we look forward to a successful year ahead!

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## Contacts

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Cowichan Crisis & Info Line  
Serving North of Malahat to Chemainus  
including Lake Cowichan  
Phone No: (250) 748-1133

Nanaimo Crisis & Info Line  
Serving Ladysmith, Nanaimo area including  
Gabriola Island  
Phone No: (250) 754-4447

District 69 Crisis & Info Line  
Serving Parksville, Qualicum Beach and  
surrounding area  
Phone No: (250) 248-3111

The Cowichan, Nanaimo and  
District 69 Crisis & Info Lines  
are also the number for public access  
to Mental Health Crisis Response  
Services in the respective communities.

Provincial Suicide Line  
1-800-SUICIDE (784-2433)

Suicide Bereavement Support Group:  
Support for surviving the loss of a loved one  
to suicide. For information call 250-753-2495

Phone (250) 753-2495 for...  
Volunteer Training on the Crisis Line  
Suicide Prevention & Intervention Training  
and other customized workshops for your  
business or group.



**NOW AVAILABLE FOR 2009**

**Community Resource Directory**

(Parksville/Qualicum, Nanaimo, Ladysmith & Cowichan Valley)

\$25.00 per copy

# ANNUAL GENERAL MEETING

## CENTRAL VANCOUVER ISLAND CRISIS SOCIETY 2009-10

**W**e have two positions vacant on our board of directors. We are looking for a person with experience in any of these three areas to compliment our present board make up:

- o Experience as a past crisis line volunteer
- o Experience with marketing or media relations
- o Experience working with youth or our school system

The time commitment is a minimum of 2 hours for a monthly board meeting with the exception of December, July and August. Interest and volunteer work on specific committees for example, World Suicide Prevention Day, the RCMP Appreciation Dinner fundraiser depends on one's own personal time availability. If interested in a board volunteer position phone our business office to submit an application followed by a personal interview.



John Jordan of the law firm MacIsaac & Co. has been a long standing board member with the Central Vancouver Island Crisis Society for the past 8 years and is currently our Board President. John and his team of 7 board members welcome your attendance at our Annual General Meeting and to consider volunteering as part of our team.

## CRISIS SOCIETY ANNUAL GENERAL MEETING

**Suite #30, 1708 Bowen Road,  
Pine Tree Square, Nanaimo,  
Tuesday, September 15<sup>th</sup>  
at 5:30 pm**

**Community Members welcome**

**R.S.V.P. by calling (250) 753-2495  
or email [elizabeth@cvics.ca](mailto:elizabeth@cvics.ca)**

# April 10, 2010 RCMP Appreciation Night

## Mark Your Calendar!

This upcoming year will be our 4<sup>th</sup> Annual RCMP Appreciation Night where in past years we have raised over \$45,000 to assist in the work of the Crisis Society and the 24 hour crisis lines. Normally we hold the event on the closest weekend to Valentine's Day, but not this year. Since the 2010 Winter Olympics will be in full swing there will be a draw on our local RCMP members to assist with that event. In consideration of their busy schedule we have changed our date to April 10<sup>th</sup>, 2010. This will give them a chance to regroup after this momentous occasion. We want to

be able to honour as many of our local heroes as possible at this very special evening.

Last year we were approached by some of those attending the event asking how someone gets to be an event sponsor. This year we thought we would publicize that opportunity so that if anyone would like to participate, they will have all the information needed. We are always grateful to those businesses that step up to the plate to help us make this event the success it is.

It is always a coming together of the community to

honour the men and women that keep our communities safe. Last year we hosted 45 members from the Central Vancouver Island area including Nanaimo, Oceanside, North Cowichan/Duncan and Lake Cowichan detachments. To make that possible 19 businesses sponsored tables and hosted officers for the evening. Add to that the multitude of businesses donating raffle and auction items too numerous to mention. All working together to create this evening of gratitude. We hope to be able to do the same this year. See you all there!

### Major Event Sponsor

**\$7,000 (1 opportunity only)**

- ➔ Presented as host of the evening & in all promotional materials
- ➔ 1 full colour ad in evening program
- ➔ Appreciation plaque
- ➔ Hosting duties: opening & cheque presentation
- ➔ 3 Head tables included worth \$1800 (18 tickets)
- ➔ Sponsorship advertised at entrance of event
- ➔ Thank you in newspaper following event
- ➔ Tax deductible receipt for \$5200
- ➔ First right of refusal for 2011 event

### Event Partner

**\$3,500 (2 open opportunities)**

- ➔ Logo recognition on all promotional material
- ➔ Logo recognition on CVICS website & newsletter
- ➔ ½ page colour ad in evening program
- ➔ Memento of the evening
- ➔ 2 tables included worth \$1200 (12 tickets)
- ➔ Logo & name advertised at entrance of event
- ➔ Thank you in newspaper following event
- ➔ Tax deductible receipt for \$2300
- ➔ First right of refusal for 2011 event

### Event Associate

**\$1,750 (4 open opportunities)**

- ➔ Logo recognition on all promotional materials
- ➔ Logo recognition CVICS website & newsletter
- ➔ 1/4 page colour ad in evening program
- ➔ Certificate of appreciation
- ➔ 1 table included worth \$600 (6 tickets)
- ➔ Logo advertising at entrance of event
- ➔ Thank you in newspaper following event
- ➔ Tax deductible receipt for \$1150

### Other opportunities:

**Program Advertising • Table Sponsors**

For information call Heather @ 250-753-2495  
or email to [heather@cvics.ca](mailto:heather@cvics.ca)

**April 10<sup>th</sup> @ Beban Park**

**4<sup>th</sup> RCMP Appreciation Night**



# September 13, 2009

## World Suicide Prevention Day Walk & Memorial



On Monday, June 29<sup>th</sup>, 39 year old former Saskatchewan MP, Dave Batters lost his battle with depression and anxiety and ended his life by suicide. Unlike myths that suggest suicide only happens to people who are disenfranchised, the reality is that suicide happens as much to the wealthy as to the poor as evidenced by this recent loss.

We ask ourselves, what on earth could he have been thinking? Could it be thoughts similar to those we hear from people whose life has become overwhelming.

"I'm half the man I used to be since my illness. I'm no good to my family or to anyone else. I can't stand the pain any longer..."

"I lost everything at the casino trying to make enough to pay the bills. How am I going to face my family, it's too much..."

"Our retirement savings were tied up in investments and now they're almost gone. How could I be such a failure? They'd all be better off without me..."

"I was the hero in high school but the pressure of college is too much. Everyone expects so much from me, and I can't take it anymore..."

"Since his suicide, I've been forced to take a minimum wage job just to get by. Everyone said they would be there for me, but no one ever calls. I wish I could go to sleep and never wake up..."

These statements provide insight into the silent anguish experienced by someone who is thinking about suicide. They are the thoughts of our neighbours, grandfathers, bosses, honour roll students, business owners, firefighters, mental health workers, and community members everywhere because losses, anxiety, depression and addictions don't care where you work, what your bank balance is or the kind of house that you live in.



### Soles Remembering Souls

**Port Theatre**  
registration at 3:00  
walk 3:30  
memorial 4:15

**Walk with us**  
In acknowledgement of  
World Suicide Prevention Day  
along the sea wall  
September 13th

Bring one new pair of shoes to  
remember one lost to suicide.  
These shoes will be donated  
locally to those in need.



For information: 250-753-2498  
[www.suicidememorialwalk.com](http://www.suicidememorialwalk.com)

### NEVER FORGOTTEN





# September 13, 2009

## World Suicide Prevention Day Walk & Memorial



Of its many tragedies, perhaps most tragic of all is that suicide, according to the World Health Organization, is Canada's leading cause of preventable death. We lose 4,000 people to suicide in Canada each year and locally in the Central Vancouver Island area the BC Coroner states we lost 215 from 1997 to 2004. As a community it is incumbent on us to realize that more people die in our region by suicide every year than they do by motor vehicle accident (137) and homicide (15) combined, and that those who have been left behind have a 9 times greater chance of acting upon thoughts of suicide themselves. In Canada 23,000 people are hospitalized each year for suicide.

This year's World Suicide Prevention Day is about building hope for tomorrow by bringing our community together and conveying the message that suicide can happen to anybody at any time. In today's world of



**Now, more than ever  
is the time to come together  
as a community to show "We Care!"**

global economic turmoil and uncertainty there has never been a better time for neighbours to come together and say "I care" than now. Especially since the people we are losing to suicide; military personnel, firefighters, police, paramedics, artists, First Nations, elderly men, doctors, young people, high achievers, community members, and business people who have experienced overwhelming losses, are often the people

who are less likely to take that first step to reach out for help and support.

If you or anyone you know displays signs of suicide, please call the crisis line and talk with one of our empathetic crisis line workers. They will listen in a non judgmental way, help assess the situation, work jointly to create a safe plan, and help connect you or the person you're concerned about to appropriate community health resources.

# Upcoming Community Training

## CRISIS INTERVENTION SKILLS TRAINING

Do you work in an environment where you come into contact with difficult or demanding people? Do you find yourself in situations where you're having to deal with crisis and are lacking the confidence to effectively diffuse situations? Our two day Crisis Intervention Skills Workshop will increase your professional development skills and give you the confidence to effectively deal with crisis situations. Seating is limited so call right away. If the class is full there will be another class coming up on May 13 & 14, 2010.

November 19th & 20th  
9:00 am - 4:00 pm both days  
#30-1708 Bowen Rd, Nan. - Cost: \$199.00

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Do you want to feel ready, willing and able to prevent the immediate risk of suicide? Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and estimate risk, and learn how to intervene to prevent the immediate risk of suicide.

The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people, military and civilians. It is suitable for mental health professionals, nurses, physicians, teachers, counselors, youth workers, police, correctional staff, school support staff, clergy, and community volunteers. Seating is limited so call right away. If the class is full there will be another class coming up on March 25 & 26, 2010.

October 1st & 2nd 8:30 am to 4:30 pm both days  
#30 - 1708 Bowen Road, Nanaimo Call 250-753-2495 Cost: \$295.00

## Crisis Line Statistics - April 1, 2008 - March 31, 2009

	Crisis & Info Calls	Interventions	MH Crisis Response Team Calls	Total	% of Calls
Cowichan Crisis Line 748-1133	1849	29	339	2217	14%
Nanaimo Crisis Line 754-4447	9515	60	2310	11885	77%
District 69 Crisis Line 248-3111	760	6	71	837	6.5%
Suicide Distress Line 1-800-SUICIDE	533	5	3	541	3.5%
<b>TOTAL</b>	<b>12657</b>	<b>100</b>	<b>2723</b>	<b>15480</b>	<b>100%</b>

- Average calls per day 42 - 290 voice messages left & 2360 missed calls due to crisis line worker supporting another caller
- Follow up calls offered to high risk callers 50 and 15 follow up calls completed. • CWAV call forwarded 66 calls.

# Thank you to all our Donors

April to August 2009

## Thank you to all our Donors

This list represents all those who supported the Crisis Society financially or with in-kind donations since our last newsletter was published in April 2009. Some names did not make the last newsletter publication and are included here but were from February donations.

### Anchors (under \$499)

Elliott Willis

PhilanthroMedia Productions – Neil Cutler

Coyote's Café

Cowichan United Way

Chuck Campbell

Teunis & Jennifer Westbroek

Marg Fraser

Herold Engineering – Mike Herold

Kim & Jitka Johannsen

### Life Preservers (\$500-\$999)

Royal Canadian Legion #256

Knights of Columbus Ascension Council #7991

Lighthouse Keepers (\$1000 - \$2499)

Northstars (\$2500 - \$4999)

Intraworks I.T. Management – Phil Stiller

Visionaries (\$5000 +)

United Way Central & N. Vancouver Island

Vancouver Island Health Authority

Ministry of Children & Family Development

Province of BC - Gaming

Charitable Registration # 0373472-57

**YES, I too would like to make a difference by supporting the work of the Crisis Society & the 24 hour crisis lines. Suicide is everyone's loss and together we can make a difference.**

With a donation of \$20 dollars or more you will receive a receipt for tax deduction purposes.

First Name: \_\_\_\_\_ Initial \_\_\_\_\_ Last Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

I would like my donation to be anonymous \_\_\_\_\_

My donation is in honour of my \_\_\_\_\_ Name: \_\_\_\_\_

I would like my donation to be used in the following manner: As the Society sees fit: \_\_\_\_\_

Community Education: \_\_\_\_\_ Volunteer Training: \_\_\_\_\_ Student Gatekeeper Training: \_\_\_\_\_

Please charge to my Credit Card: Visa \_\_\_\_\_ Mastercard \_\_\_\_\_

My Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: (if different from above) \_\_\_\_\_

Signature: \_\_\_\_\_

Please forward this form to The Central Vancouver Island Crisis Society

P.O. Box 1118, Nanaimo, BC V9R 6E7

OR you can donate online at [www.cvics.ca](http://www.cvics.ca)

If you have any questions please call 250-753-2495 or email [info@cvics.ca](mailto:info@cvics.ca)





## A VOLUNTEER'S STORY



### Volunteer at the Crisis Line!

**You can help save lives and  
build a healthy community.  
And you'll gain valuable,  
practical skills for your**  
• education • employment •  
• every-day life •



**The Crisis Line is looking for  
caring dedicated volunteers from all walks of life to**  
• support people in need through our 24/7 service •

**If you would like to volunteer at the  
Crisis Line, check out our  
website: [www.cvics.ca](http://www.cvics.ca)**



**Want to make a difference?  
Volunteer at the Crisis Line!**

Call 250-753-2495 or email [info@cvics.ca](mailto:info@cvics.ca)  
**Online at [www.cvics.ca](http://www.cvics.ca)**

**Central Vancouver Island  
Crisis Society**



### IMPORTANT - PRIVACY ACT

On January 1, 2004, the new privacy legislation came into effect. It is designed to protect individual's personal information from being misused. As you know, we love to stay in touch, keeping you posted on what's happening with the Crisis Society. We now require your consent to do so. We also want to respect your privacy. So if you no longer wish to receive our mailings, newsletters, etc .... please let us know and we will delete your name from our database. If we don't hear from you, we shall assume we have your consent to stay in touch. Enjoy reading this issue of "In Connection," the Central Vancouver Island Crisis Society's newsletter.

**V**olunteers come to CVICS for many different reasons. Some are students wanting experience and volunteer hours to get into grad school, some are recently retired and looking for ways to spend their time productively, and for others it is an opportunity to contribute to their community. For whatever reason volunteers come to CVICS, almost all would agree that this volunteer opportunity has provided more than they had expected.

The intensive training that CVICS Crisis Line workers receive is often cited as a major contributor to individual growth. In fact, many volunteers have noted that the skills they have learned at CVICS have transferred to their own lives and had a positive impact on their relationships as well as increased their capability to cope with personal stress and crisis.

CVICS volunteers make up a group of diverse and amazing people. Although our reasons for volunteering for CVICS may be different we are bonded by our commitment to the lines and to our own personal development.

Crisis Line workers are anonymous and receive very little public recognition! CVICS attempts to show appreciation by hosting two annual Volunteer Appreciation events and by recognizing milestones and hours on the line.

Having volunteered over 700 hours to the crisis lines I can tell you that to offer support and encouragement to callers in crisis is gratifying: to know that you have enabled a caller to explore their options and create a plan to manage whatever crisis they are having is very satisfying. When a caller gives their appreciation for your time and support, when you can hear a change in a caller's voice and emotions, when a caller thanks you for being there when no one else was...that is when this work is most satisfying.

*Written by an anonymous volunteer.*