

# IN CONNECTION

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August 2015

## Aboriginal Cultural Festival



George Taylor, emcee of the Aboriginal Cultural Festival and director of Le-La-La Dancers of Kwakwaka'wakw First Nation sings and drums as he leads a procession of 3 canoes across Victoria's Inner Harbor in the canoe ceremony. Ten-year-old Matthew Everson seen beside George wearing a ceremonial blanket and mask participates in this historic ceremony.

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## Contacts

Vancouver Island Crisis Society  
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 Webpage: [www.vicrisis.ca](http://www.vicrisis.ca)

The Vancouver Island Crisis Line  
 is also the public access to Mental  
 Health Crisis Response Services  
 1-888-494-3888

Crisis Chat Online Emotional Support  
 6pm to 10pm every night  
 Accessed through our website at  
[www.vicrisis.ca](http://www.vicrisis.ca)

Crisis Text  
 6pm to 10pm every night  
 Call 800-250-3806

Volunteer Training on the Crisis Line  
 in Nanaimo, Suicide Prevention &  
 Intervention Training and other  
 customized workshops for your  
 business or group, Island wide, call  
 (250) 753-2495 or 1-877-753-2495.



**United Way**  
 Cowichan

Central and  
 Northern Vancouver Island



### NOW AVAILABLE

Community Resource Directory  
 Central Vancouver Island

\$25.00 per copy plus shipping  
[www.vicrisis.ca](http://www.vicrisis.ca) for details

## Vancouver Island Crisis Line Statistics

April 1, 2014 to March 31, 2015

	Crisis Line		Crisis Chat/Text (Text Oct-Mar)
<b>Total Calls</b>	<b>29,225</b>	<b>%</b>	<b>821/139</b>
<b>Victoria &amp; area</b>	<b>11,578</b>	<b>40</b>	<b>152/40</b>
<b>Nanaimo/Ladysmith</b>	<b>7,186</b>	<b>24</b>	<b>315/57</b>
<b>Unknown</b>	<b>3,420</b>	<b>12</b>	<b>0</b>
<b>Cowichan Valley &amp; area</b>	<b>2,014</b>	<b>7</b>	<b>84/6</b>
<b>Comox Valley &amp; area</b>	<b>1,448</b>	<b>5</b>	<b>50/9</b>
<b>Campbell River &amp; area</b>	<b>1,226</b>	<b>4</b>	<b>125/10</b>
<b>BC Off Island</b>	<b>1,108</b>	<b>4</b>	<b>15/2</b>
<b>Parksville/Qualicum</b>	<b>570</b>	<b>2</b>	<b>12/0</b>
<b>Pt Alberni/West Coast</b>	<b>403</b>	<b>1.5</b>	<b>38/9</b>
<b>Mt. Waddington &amp; area</b>	<b>90</b>	<b>&lt;1</b>	<b>4/6</b>
<b>Rest of Canada</b>	<b>182</b>	<b>&lt;1</b>	<b>25/0</b>

### Reasons Why People Call the Crisis Line

Mental Health	45%
Individual/Family Life	14%
Suicide	13%
Information & Resources	11%
Addiction	4%
Physical Health Issues	4%
Financial & Homelessness	3%
Abuse & Family Violence	2%
Other	4%

### Mental Health & Substance Use

#### Crisis Response Interventions - by team

	# of Calls
Campbell River Crisis Nurse	8
Courtenay Crisis Intervention Nurse	174
Duncan Crisis Response Team	139
Nanaimo Crisis Response Team	1,280
Parksville Mental Health	52
Port Alberni Community Response Team	14
Mt. Waddington Mental Health Daytime	2
Victoria Integrated Mobile Crisis Response Team	1,514

Note: Lower access communities - clients access MH directly

### Calls by Line

#### 1800SUICIDE

1-800-784-2433 (provincial)  
 1,117 calls - 4%

#### Mental Health Support

310-6789 (provincial)  
 1,614 calls - 5%

#### VI Crisis Line

1-888-494-3888  
 26,494 calls - 88%

#### Crisis Chat/Text

960 visitors

#### Crisis Call/Chat/Text Interventions

911	223
Police non-emergency	45
MCFD	94
Other	43
MH Crisis Response	3,200
<b>Total</b>	<b>3,605</b>

Represents 12% of Total  
 Calls/Chats/Texts





**Y**our wonderful training, tolerance, unending sense of humour and perpetual kindness helped me when I needed it the most. It's so obvious but we tend to miss it: all the stuff that works with callers works in our lives too.

Some of the most valuable things you left with me:

- ★ Forget about worrying whether you are going to be around next year. Focus on getting through today. Too much concern about the ultimate destination means you miss all the days during your trip.

- ★ Don't sweat the small stuff. Anxiety about little things is a waste of energy that you'll need for the bigger things

- ★ Rely on people around you. You're not meant to take on the world all alone. At the same time, be aware and sensitive that your issues greatly impact the closest people around you. They may be in more shock than you are. So, be kind.

- ★ Learn to do little things for others: it's amazing how those help you cope more. Doesn't have to be much : a smile to a clerk at a store, a touch to an acquaintance, a kind word to a youngster. Amazing how it makes getting through a day easier.

- ★ Believe that your glass is half full rather than half empty. There will always be people less fortunate than you are, irrespective of your circumstances. I'm not big on religion but I always make time to count my blessings. Wake each morning not with dread but with optimism that something good will happen to you that day.

*Andy*



# 12 IMAGES THAT SHOW HOW CANADA'S FIRST

by Andrea Rees

Originally published on [Matador Network](#) in partnership with [Tourism Victoria](#), [Aboriginal Tourism BC](#) and [Destination BC](#)

**O**VER THE THREE-DAY Aboriginal Cultural Festival in Victoria, Canada, I witnessed the great pride of elders as they watched their children and grandchildren dance, drum and sing, celebrating and preserving their rich culture.

We were a mix of Aboriginal people, some in colorful regalia, and non-Aboriginal people that included local mayors, business leaders, and myself. We paddled in sync to the shared traditional territory of the Songhees and Esquimalt Nations to ask for permission to come ashore, a time-honored protocol. It was a historic day, as this had never been done before in the history of Victoria.

Chief Ron Sam of Songhees First Nation welcomed us ashore and stated the significance of the canoe ceremony when he said: "You know I think it's important, the acknowledgment, when we're all in a canoe, pulling in the same direction. You know, I think that's what we want to achieve on a daily basis."

**Right:** A drummer stands beside elder Ray Qwulshemut Peter, director of the Tzinquaw Dancers group from the Cowichan First Nation, as they sing and drum at the Aboriginal Cultural Festival. This group presented songs and dances that were taught to them by their elders. They shared a song that was sacred to them and asked that no one record or photograph the performance. It was an honor to hear it. Several of the elders that lead dance groups stepped aside and asked the younger generation to sing and drums their songs. George Taylor spoke of the importance of the "passing of the drumstick" and teaching children and youth so that their traditions, songs, dances and stories may be carried on.

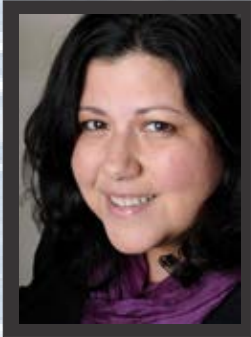


**Left:** Lason Taylor performs as a young grizzly bear at the Aboriginal Cultural Festival in Victoria, British Columbia. Lason is a 3rd generation member of the Le-La-La Dancers First Nations dance company. The Le-La-La dancers are from the Kwakwaka'wakw First Nation in Northern Vancouver Island. They have been sharing their culture and traditions through song and dance under the direction of George Me'las Taylor locally and around the world for 27 years. It was a joy to watch their performance and to see the pride of Lason's grandfather, George, as he watched him dance. The passing of stories from generation to generation is how their rich culture has survived and will continue to survive. Events like this are important so that we may learn about and celebrate other cultures in our countries and in the places we visit on our travels.





# NATIONS PEOPLE'S CULTURE IS BEING PRESERVED



**A**ndrea Rees is professional photographer and writer with a passion for indigenous culture, travel with purpose, social issues and wildlife. She is the founder of [The Heart of a Woman Project](#), a small grassroots development initiative that partners with non-profit organizations to empower women impacted by poverty through mobile technology/photography and social media. Her pilot project launched in Khayelitsha, South Africa in November 2013. She can be found at [twitter](#) | [instagram](#) | [wanderingiPhone.com](#)



Below: Young Michael Sheena of the Pauquachin First Nation shows off a drum he made from cut pieces of deer hide. He learned how to make rattles and drums from his grandfather, Virgil Bob. Virgil shared the month-long process of preparing a hide, such as putting the fur in a special solution and the scraping of fur. Michael comes from a family of artists as his grandfather's sisters, Alva and Iona are weavers and jewelry designers. Michael was with his aunts and grandfather in the booth. I learned that Michael and Virgil also use elk and bear hide for their instruments.

Right: Kelly Robinson of Nuuchahnulth and Nuxalk First Nations displays a raven mask that he carved from yellow cedar. Kelly shared that his favorite animal to carve is the raven as it the light bringer, it brings light to the world. Kelly comes from a family of carvers as his uncles and grandfathers are also work with this art. This mask is used for dances or ceremonies such as the potlatch.





**12 IMAGES...cont'd**

**Above:** This carving stands on a pole at Songhees Point. It depicts the importance of children and the spirit of this sacred site to the Songhees First Nation. This area is also known as Pallatsis, meaning "place of the cradle" in the Lekwungen language. When children were able to walk on their own, parents put their cradle along the waterfront to ensure them a long life. This was the launch site of 3 canoes that participated in the 'welcoming of canoes' ceremony and traditional protocol of approaching a First Nations territory and asking to come ashore. A young boy is seen walking behind this pole to join his father (not pictured) before they departed in the canoes for the ceremony and to open the 2015 Aboriginal Cultural Festival in Victoria, British Columbia.

**Right:** Amber Wells shares her story through a hoop dance. Amber's father, Alex Wells is a 3-time world champion hoop dancer and has taught Amber the basics of this dance to which she has added her own elements.



**Right:** Chief Ron Sam of Songhees First Nation looks on as Gary Sam, a youth dancer from the Songhees Nation greets the canoes and then performed a paddle song to welcome us ashore.



**Right:** A young drummer from the Esquimalt First Nation joins his grandfather (not pictured) on stage at the 2<sup>nd</sup> annual Aboriginal Cultural Festival in Victoria.





**12 IMAGES...cont'd**

BRITISH COLUMBIA  
ASSEMBLY OF  
FIRST NATIONS

**Right:** Jason, Lason and George Me'las Taylor, 3 generations of the Le-La-La Dancers First Nations dance company. The Le-La-La dancers are from the Kwakwaka'wakh First Nation in Northern Vancouver Island.



**Left:** Matthew Everson on stage at the 2nd annual Aboriginal Cultural Festival in Victoria, British Columbia. Matthew is a 2nd-generation dancer in the Le-La-La Dancers First Nation Dance Company and son of dancer and artist, Andy Everson.



**Right:** A young boy drums as he performs with the Tzinquaw Dancers from the Cowichan First Nation at the 2nd annual Aboriginal Cultural Festival in Victoria, British Columbia. Children learn their traditional songs, dances and stories and participate at ceremonies and festivals from a young age.





# Ministry of Health Welcomes Speak Out Reach Out Help Out

The Vancouver Island Crisis Society (VICS) were invited to the Ministry of Health by the Aboriginal Health Directorate on June 17th as part of our week of activities in recognition of National Aboriginal Day. We decided to try something new and push the boundaries in order to reach out to educate Ministry staff this year.

VICS's Speak Out, Reach Out, Help Out National Aboriginal Day 2015 presentation was aimed at helping people access hope and see possibilities.

It was opened by Patrick Aleck – an amazing motivational speaker, honorary member of the VICS team and Vancouver Island University student from Stz'uminus and Penelakut First Nations. Patrick weaved his own personal journey about Cerebral Palsy into a moving story of healing and resilience.

The four VICS presenters shared a range of messages of possibility using songs, stories and a presentation to a large enthusiastic Ministry audience.

Lyndsay, a former RCMP constable and current VICS Public Education Program Coordinator, shared her message that it was possible to get out of difficult situations.

In Matt SirReal Dunae's rap, Not Like Me, he shared the trauma he experienced as a child when he and his brother Nick were in and out of foster care, witnessing addictions and violence in the home, a house fire, and, later, the devastating loss of his father and brother by suicide. We heard in his lyrics real situations, consequences, and everyone's power to make new choices. He is now able to

Thanks to Karen Ramsay Cline, MA MCIP RPP, Manager, Health Actions  
 Aboriginal Health Directorate, Ministry of Health  
 Who submitted this updated version of a Blog that went out to the Province's internal website.



help others by sharing his story and serving as a crisis and suicide intervention worker and a facilitator.

Presenters used rocks as an analogy to represent the things we all carry - like loss, struggle and worries - and use it to encourage youth and everyone to find safe places to “unpack their rocks” and lighten their loads and heal. Patrick shared how First Nations and Aboriginal people have been doing this for thousands of years in Talking Circles. Although denied the ability to practice their culture as a result of colonization, the strength of First Nations and Aboriginal people is that they managed to keep their traditions and many people are joining talking circles again as a way to unpack.

We learned about the signs to warn friends and family of signs of suicide and shifting paradigms from “At Risk” to “At Promise”. Matt SirReal Dunae sang two of his original songs, Up Up and Away and Fortunate and Patrick closed with a powerful message, asking people what they stood for – a call for action.



# Teachers Facilitate Class Connection With Kids Around The World Using #MysterySkype

**M**yystery Skype is an educational game, invented by teachers, played by two classrooms on Skype. The aim of the game is to guess the location of the other classroom by asking each other questions.

It's suitable for all age groups and can be used to teach subjects like geography, history, languages, mathematics and science.

Check our Mystery Skype OneNote to see all the wonderful things you and your class can do together to play Mystery Skype and organize your session.

❶ Find a class

Join the list and message or tweet teachers you'd like to connect with.

(current classrooms listed to connect with are Ghana, Spain, Greece, Austria, Ireland, Australia and several different classrooms in the United States)

❷ Arrange a time

When you've found a class you'd like to Mystery Skype with, agree on a date and time for your lesson. Make sure you add each other as Skype contacts before your call too. Our community is full of teachers who want to arrange Mystery Skype lessons with other classes.

❸ Share your story

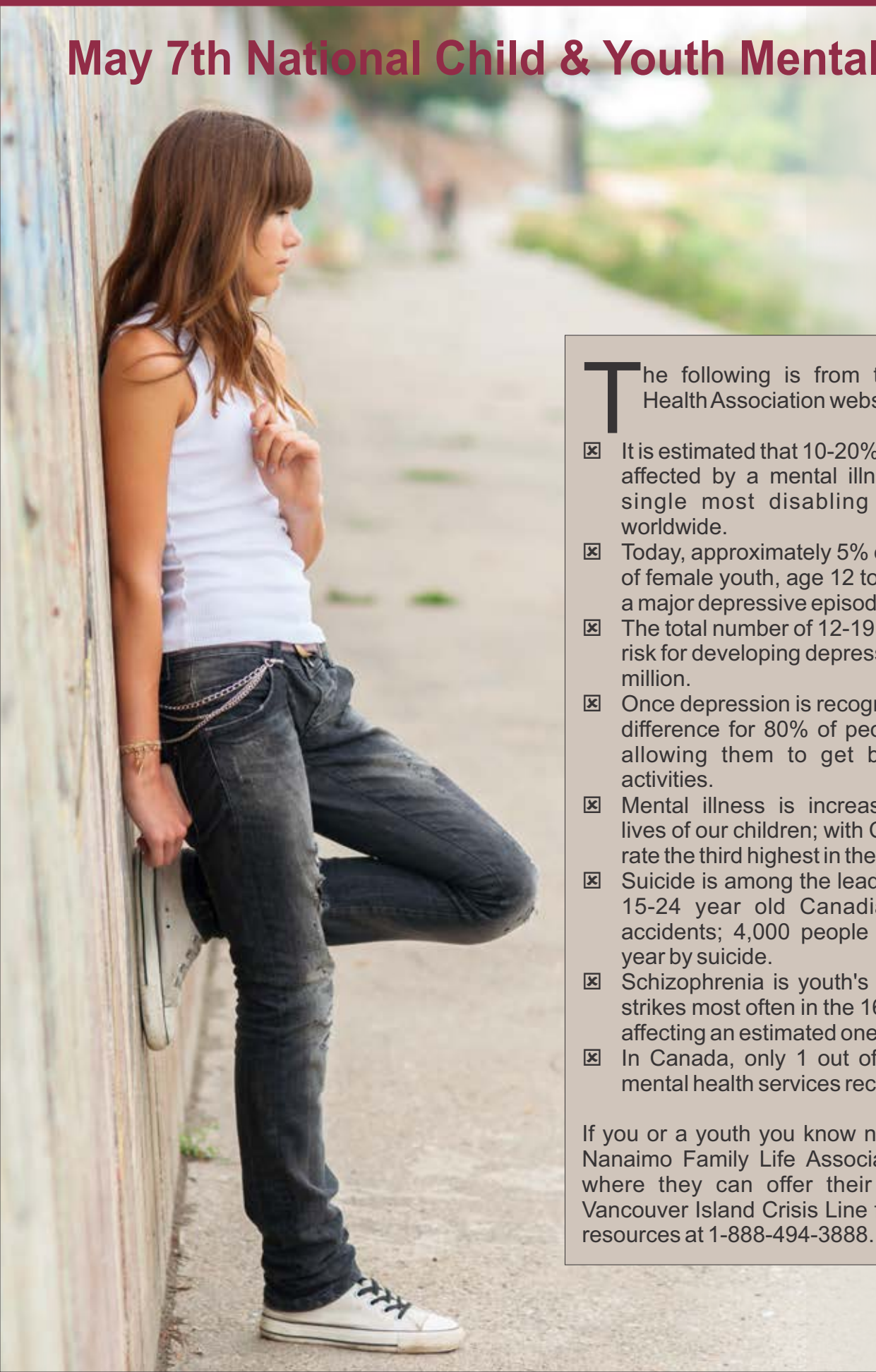
We love to see your Mystery Skype stories, photos and videos. Share them on Twitter by mentioning @SkypeClassroom and using the #MysterySkype hashtag.

To find out more check it out at <https://education.skype.com/mysteryskype>

## Just Say Hello Campaign

You never know when a simple "hello" could save a life!

## May 7th National Child & Youth Mental Health Day



The following is from the Canadian Mental Health Association website:

- ☒ It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder – the single most disabling group of disorders worldwide.
- ☒ Today, approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode.
- ☒ The total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
- ☒ Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- ☒ Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate the third highest in the industrialized world.
- ☒ Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.
- ☒ Schizophrenia is youth's greatest disabler as it strikes most often in the 16 to 30 year age group, affecting an estimated one person in 100.
- ☒ In Canada, only 1 out of 5 children who need mental health services receives them.

If you or a youth you know needs help, please call Nanaimo Family Life Association at 250.754.3331 where they can offer their services or call the Vancouver Island Crisis Line for support and further resources at 1-888-494-3888.



# A New Approach to Therapy Helps Vets With PTSD

As featured in everyday Health written by Dr. Sanjay Gupta

**M**arine Lance Corporal Ryan Rankins met Madeline for the first time less than a month ago, and she's already changed his life.

Madeline is a 1-year-old German Shepherd rescued from a Long Island, NY, shelter by Guardians of Rescue, a non-profit organization that pairs rescued animals with veterans in need. According to founder Robert Misseri, "Our mission is keeping soldiers safe and placing them with service dogs that will help them with their everyday needs." By rescuing dogs from war zones and kill shelters, and placing them with veterans, Guardians essentially saves two lives. "Most of our veterans served their whole life serving other people," Misseri says. "So it's important that they are a part of the process, that they have to help that animal just as much as that animal helps them."

Traumatic brain injury and post-traumatic stress disorder have been called the silent killers of war. These physical and emotional injuries have devastating effects on soldiers returning from combat. Unemployment, divorce rates and substance abuse are significantly higher among veterans with PTSD. It's estimated that at least 20 veterans commit suicide each day. For many, medications and therapy haven't worked, but Guardians of Rescue says they're seeing remarkable results.

"We're learning that the veterans who suffer from PTSD have very little trust for many people. And when they return, they don't even trust their own family," Misseri says. "PTSD is a very complex disease, and the one thing that we know for sure is that they all trust the animal we give them." Studies have found that bonding with animals has biological effects such as elevating levels of oxytocin, a hormone associated

with feelings of trust in humans.

Rankins served tours in both Afghanistan and Iraq before he was discharged in 2008. He is considered 100 percent disabled by PTSD and TBI after he was struck in the head by a sniper's bullet. Before being paired with Madeline, he would only leave his home for doctor's appointments. Then he reached out to Guardians of Rescue and requested a German Shepherd, so trainer Tuncay Adem went searching and found Madeline in a kill shelter. Misseri says he knew right away that Madeline would make a great fit: "She has a sense of humor, she has a great disposition, and I think she's going to be a perfect fit for Ryan."

Guardian's volunteer trainers work with the dogs for a few months before pairing them with a veteran. Misseri says that once the bond is created, dogs and humans become inseparable. "If they want to go away for a day and just go to a park or a beach and just settle down and have no contact with anybody, the one thing they do want is they want the dog next to them," Misseri says. "They want to wake up with that dog, they want to go to bed with that dog."

In the short time since he got Madeline, Rankins has already been to Walmart. "I only stayed in there for about ten minutes," he says, "but you know, I haven't been to Walmart in quite a long time." Rankins says he feels more safe and confident with each day, thanks to the newest addition to his family.

For more information about Guardians of Rescue, visit them online.

**Guardians of Rescue pairs veterans with rescued dogs that can help them with everyday needs.**

Marine Lance Corporal Ryan Rankins met Madeline for the first time less than a month ago, and she's already changed his life.



# Vancouver Island Community Resource Update

*Note: We have highlighted here some of the resources that were distinctly designated by the agency as "Youth Addiction Services" in our database. For a more complete listing and further information on a specific program listed please contact the resource directly. If you are needing other resource information please refer to our online resource database at <http://www.vicrisis.ca/community-resource-database/>.*

## This month highlighting "Youth Addiction"

### Discovery Youth & Family & Substance Use Services

Provides counselling for youth who are experiencing difficulties related to their own or another person's substance use. Offers counselling for parents, family members, and caregivers who are affected by their youth's substance use and for families to help them resolve conflicts and increase resiliency. Assists clients to identify, acquire and organize other beneficial services, supports and resources. Age range: 13 - 19 years. Youth younger or older will be considered on an individual basis.

#### Locations:

530 Fraser St, 2 Floor-Esquimalt Health Unit, **Victoria**  
 250-519-5313 Hours: 8:30 – 4:30 Mon-Fri  
 103 - 360 Duncan St, **Duncan**  
 250-737-2029 Hours: 8:30 – 5:00 Mon-Fri  
 1111 - 4th Avenue, **Ladysmith**  
 250-739-5790 Hours: 8:30 – 5:00 Mon-Fri  
 #206 - 96 Cavan Street, **Nanaimo**  
 250-739-5790 Hours: 8:30 – 5:00 Mon-Fri  
 494 Bay Ave, **Parksville**  
 250-947-8215 Hours: 8:30 – 5:00 Mon-Fri  
 272 Main Street, **Ucluelet**  
 (250) 266-1565 Office Hours: By appointment only  
 7305 Market Street, **Port Hardy**  
 250-902-6063 Hours: 8:30 – 5:00 Mon-Fri

### Mental Health & Substance Use

Access to detox, screening and orientation, assessment, referral, individual & group treatment, education, hospital assessment and referral services

<b>Duncan</b>	250-737-2007	71 Government St.
<b>Nanaimo</b>	250-739-5710	3151 Barons Rd.
<b>Parksville</b>	250-951-9550	489 Alberni Hwy.
<b>Port Alberni</b>	250-731-1311	4780 Roger St.
<b>West Coast</b>	250-726-1282	272 Main St., Ucluelet
<b>Courtenay</b>	250-331-8524	941C England Ave.
<b>Campbell River</b>	800-661-2121	1040 Shoppers Row
<b>Gold River</b>	250-850-2620	601 Trumpeter Dr.
<b>Port Hardy</b>	250-902-6051	7070 Shorncliffe Ave.
<b>Port McNeill</b>	250-956-4461	2750 Kingcome Pl.



### Methadone Clinics

Counselling, withdrawal, methadone maintenance, long term pain assistance.

**Campbell River** - 1371B Cedar St, **250-287-4822**

**Campbell River** - 1405 Spruce St, **250-286-1334**

Hours: 10:00 – 4:00

**Victoria** - 2004 Fernwood Ave, **250-480-1232**

Hrs: Tue 1:00–8:00, Wed 1:00–6:00, Thur 10:00–3:00

**Nanaimo** - 200 - 55 Victoria Rd, **250-754-9111**

Hrs: Tue 8:30–4:30, Wed 8:30–4:30, Thu 8:30–12:00

### BC Alcohol & Drug Info & Referral Services

Toll-free, multilingual information and referral services for people throughout B.C. needing any kind of help with substance abuse. Free service Operates 24/7

**1-800-663-1441**

### Drug Rehab Centres Canada

Drug Rehab Centres offers free referrals to Drug and Alcohol Rehab Centers all across Canada and the United States. Our philosophy is to refer clients to the best possible Drug Rehab which uses no drugs in any form in its treatments. Our aim is for clients to achieve a drug-free life with no substitutions.

**1-877-245-3348**

### Kaiser Foundation

Provides directory of addictions services & programs in BC. Services in English & French

**1-866-926-9766**

### Representative for Children & Youth in BC

Responsibilities of the Representative include advocating for children and youth who are in foster care, protecting children's rights, and improving the system for the protection and support of children and youth, particularly those who are most vulnerable.

**1-800-476-3933**



**Victoria:****Victoria Withdrawal Management Services**

The Centre encompasses four services for people in different stages of alcohol and drug recovery:

**The Sobering and Assessment Centre (Intake 24/7)**- a 20-bed facility, offering shelter and assessment of inebriated clients for less than 24 hours. Access to this service is through police referral, hospital referral, or client walk-in to 1125 Pembroke Street, Victoria. Clients must physically show up to be admitted

**The Community Medical Detox Unit** - a 21-bed, short-term stay unit (approximately 10 days) for acute medical withdrawal. See below for access information.

**Pembroke Place Stabilization Unit** - a 17-bed unit (7 - 30 days) for stabilization and reconnection with community resources. See below for access information.

**Recovery Addictions Support (RAS)**- a flexible day program for clients new to recovery. The program runs 7 days/week and offers daily psycho educational groups and complementary therapies.

Access to last three services can be made by various professionals, community partners, or individual clients by contacting Intake at **250-213-4441** or by faxing a referral to 250-213-4445. Referrals are triaged daily.

1125 Pembroke Street, Victoria

**South Island Problem Gambling Services**

Support and counselling for youth and adults, couples, and families whose gambling has become a problem or whose lives are affected by another's gambling.

The service is provided at no cost through the Province of British Columbia. \*\*Can Request Indigenous Specific Services **1-888-795-6111**

**Duncan:****Cedars Treatment Facility**

Private fee-for-service addictions treatment facility. Our residential addiction treatment centre supports individuals overcoming a variety of addictions. Our Physicians, certified in addiction medicine, work individually with patients to formulate achievable goals supported by their expertise. Cedars can also provide psychiatric diagnoses and work with co-occurring disorders. Medical detox support is available 24/7. **INTERVENTION SERVICES:** An intervention is a professionally guided process designed to encourage resistant addicts to accept the help they need. Cedars can help arrange contact with an interventionist to provide individuals with further information. Staff can be accessed 24 hours a day, 7 days a week via phone. Messages can be sent to the Cedars via the website.

3741 Holland Ave, Cobble Hill **1-866-716-2006**

**Ladysmith:****Ladysmith Community Health Centre**

Individual (less than 19 years old) and/or family counselling related to substance use/ misuse. Hours: 8:30–5:00 Mon. – Fri. Anyone can refer, provided the youth has consented to the referral, as services are voluntary.

Call: **250-739-5788 local 54806**

**Nanaimo:****Transitions Youth Withdrawal & Stabilization (NARSF)**

Transitions is a program designed to help youth and their families with problematic drug and/or alcohol use achieve their goals of abstinence, or reduction of the harmful consequences of substance use. The program is voluntary, and offer non-medical, multi-model delivery of services to youth between ages 12-19 in a private, safe, chemical-free and supportive care home setting.

**Withdrawal Management (Detox) Program:** provides a safe and supportive environment for voluntary withdrawal from alcohol and/or other drugs. Services are geared to youth under the influence of substances, in withdrawal, and/or otherwise in crisis directly related to substance use. The length of stay ranges from seven to ten days. Additional support such as discharge planning and early recovery education are also provided.

**Supportive Residential (Stabilization) Program:** provides youth an opportunity to stabilize from the physical, and emotional consequences of substance use for a period of several months. The length of stay is flexible and dependent on the youth's goals and individual circumstances. Individual case planning addresses the educational, vocational, life skills development, leisure and recreational opportunities, relapse prevention, harm reduction and personal development needs of each youth. Services and support to youth and their family in the program may include: home visits, individual alcohol and drug counselling, education, family counselling and support and assistance with post withdrawal treatment planning.

**Referrals:** referrals can be made directly to the Transitions Program by social workers, substance use counsellors, probation officers, mental health workers, families and/or other professional support workers. Hrs: 9:00–5:00 Mon - Fri  
1A - 170 Wallace St, Nanaimo **250-714-8167**

**Port Alberni:****Youth Addiction Services – ADAPS**

ADAPS deals with all youth addictions services from ages 12 years to 24 years. (Note: can be a bit flexible). Work with youth and their supports collaboratively. Also provides support to youth who are directly affected by someone else's substance use issues, even if the youth is not themselves using substances. Anyone can self-refer. Hrs: 8:30–4:30 Mon- Fri.

4260 A 10th Ave, Port Alberni **250-724-6166**

**North Island:****John Howard – KidStart Mentoring Program**

The goal of our Volunteer Mentors is to develop a positive relationship with the youth and engage kids in one-to-one in activities that promote success and achievement.

Programs & Services: Free program for children ages 6 to 18 who are vulnerable to crime, addiction, abuse and family dysfunction. **Campbell River:** 250-286-0611

**Courtenay:** 250-338-7341 **Victoria:** 250-386-3428

**Namgis Health Centre**

Medical clinic offering health services, offices for two doctors. Access to home care nurses. Access to mental health and substance use services.

48 School Road, Alert Bay **250-974-5522**

# North Island Hospitals Project



The \$606.2 million North Island Hospitals Project includes a new \$331.7 million, 153-bed Comox Valley Hospital in Courtenay on Lerwick Road near Ryan Road, and a new \$274.5 million, 95-bed Campbell River Hospital on the existing hospital site at 375 – 2nd Avenue. Both hospitals are scheduled for completion by late 2017.

Stay informed with the progress at [www.nihp.viha.ca](http://www.nihp.viha.ca)







The **Campbell River Hospital** will feature:

32,316 sq metres/348,000 sq feet overall space.

95 acute care beds:

- 72 In Patient Units
- 6 Intensive Care Units
- 7 Telemetry
- 7 LDRP (Labour, Delivery, Recovery & Post-Partum) + Aboriginal Maternal Health
- 3 Pediatrics

Additional rooms/bays/procedural spaces include:

- 4 Operating Rooms
- 12 Surgical Daycare
- 10 Post-Anesthetic Recovery Rooms
- 5 procedure rooms
- 7 Chemo
- 7 Medical Daycare
- 29 Emergency
- UBC Academic Teaching Space
- Centre of Excellence in Aboriginal Maternal Health

New or enhanced spaces for:

- Emergency (3x larger than existing hospital)
- Ambulatory procedure care
- Cardio-pulmonary diagnostic services
- Orthopedic clinic
- Outpatient clinics
- MRI s (Medical Imaging)
- Laboratory
- Pharmacy
- Rehab
- Standardized office space, meeting rooms and lounges

Parking:

- 430 stalls in parkade and surface parking including
- 13 handicapped/disabled parking stalls
- 2 HandyDART parking stalls
- 80 bicycle spaces

The **Comox Valley Hospital** will feature:

39,826 sq metres /428,700 sq feet overall space.

153 acute care beds:

- 105 In Patient Units
- 8 Intensive Care Units
- 10 Telemetry
- 9 LDRP (Labour, Delivery, Recovery & Post-Partum) + Aboriginal Maternal Health
- 6 Pediatrics

11 Psychiatry, 4 PICU

Additional rooms/bays/procedural spaces include:

- 6 Operating Rooms
- 18 Surgical Daycare
- 13 Post-Anesthetic Recovery Rooms (PARR)
- 5 procedure rooms
- 7 Chemo
- 7 Medical Daycare
- 31 Emergency
- University of British Columbia (UBC) Academic Teaching Space

New or enhanced spaces for:

- Emergency (3x larger than existing hospital)
- Outpatient clinics
- Ambulatory procedure care
- Cardio-pulmonary diagnostic services
- MRI s (Medical Imaging)
- Laboratory
- Pharmacy
- Rehab
- Standardized office space, meeting rooms and lounges

Parking:

- 700 stalls in parkade and surface parking including
- 24 handicapped/disabled parking stalls
- 10 main door drop off spaces
- 2 HandyDART parking stalls
- 80 bicycle spaces

**Just over a year after the start of construction, both structures are well on their way to completion and move-in by late 2017.**

**Community information meetings will be scheduled for every quarter with the next ones coming up in September. Check the website for a meeting near you.**

**Comox on September 15th at the Stan Hagen Theatre 7:00 to 9:00 pm.**

**Campbell River Sept 16th at the North Island College/Timerline School 7:00 to 9:00pm.**

# The 2015 Country Roads Marathon Donates Proceeds To Continue Suicide Education

by [Earle Couper - Comox Valley Record](#)

posted Jun 15, 2015 at 10:00 AM— updated Jun 16, 2015 at 12:57 PM

**R**adiant sunshine and eager runners welcomed the return of the Country Roads Marathon on June 14.

The rural romp was run from 2000 to 2004 before going on hiatus. "It was the first one in 11 years," confirmed race director Steven Royer, who was pleased with the way things went on Sunday.

The event featured out-and-back courses from the Vanier Track for marathon, half marathon and four-person team relay. The marathon, which was a Boston qualifier, was won by Mike Bridges of Merville in 3:06.43. Derek Vinge of Courtenay took top spot in the half marathon in 1:24.10.

The Lazo Road Crew of Comox won the relay in 3:35.39. Complete results are at [countryroadsmarathon.com](http://countryroadsmarathon.com)

Royer and his wife Liz decided to revive the race after a running acquaintance took his life one week before they were married. "That kind of woke us up a little bit," Royer recalls.

"After we were married (on the Comox Glacier) I said, 'Hey, Liz, why not bring the Country Roads Marathon back and raise money for suicide awareness?' And that's how it started. That was the whole purpose of the race (Sunday)."

Royer said funds were still coming in several days after the race, with a final figure expected to be available next week. All funds raised will support the Vancouver Island Crisis Society suicide prevention programs.

While the turnout for the first running of the race in several years was predictably low, an unexpected boost to the cause came from participants in the seven water stops along the routes.

Royer notes marathoners and relay teams voted for their favourite water stop, with \$350 going to first place, \$250 to second and \$150 to third. "When we announced the winners, the third-place team (TLC Home and Property Maintenance) gave their winnings to suicide

awareness, and the second-place team SOS Orthotics) did the exact same thing."

First Credit Union and Insurance won first place and also donated their prize money to the cause. Other water stops were staffed by Goat FM, ELM, Zinc and BCNU. Quality Field

There was a respectable turnout of participants for the race's return. And what the field lacked in quantity it made up for in quality – "Dr. Janet Green ran her 322nd marathon," Royer noted. "She won a pair of shoes for first female in the marathon. Mike also won a pair of shoes from Extreme Runners as first male in the marathon, so he was happy. And he won free entry for next year. It was a good day for him," Royer added. With three relay teams, 47 half marathoners, 13 marathoners and four walkers this year, Royer said the good news is they have vowed to be back next year. "The people were all really, really happy and said they'd be telling their friends about it. So now we have a good base."

Royer says he is committed to being race director for at least five years, and adds the event will definitely be held again in 2016. Gary Egli organized the Country Roads Marathon for its first five years, and he was on hand Sunday to blast the starting horn when the marathoners took off at 7 a.m. precisely.

Why the early start? Royer said safety is the main reason, as it is cooler at that time of day and there is less traffic on the roads. The walkers enjoyed a 6 a.m. start.

But beating all the participants out of bed were the organizers and volunteers, some of whom were at the track at 2:45 a.m. "It was our first year and we wanted to make sure everything went smoothly for everybody," Royer said.

"Overall, I was very, very happy and ecstatic ... I saw a lot of happy faces at the end. And that's what it's all about it," said Royer, adding he was also glad to see families and well-wishers turn out to cheer the runners on





**T**he 2015 Country Roads Marathon was held June 14 with out-and-back courses from the Vanier Track. Mike Bridges of Merville won the marathon in 3:06.43, Derek Vinge of Courtenay topped the half marathon filed in 1:24.10 and Lazo Road Crew of Comox took top spot in the four-person relay in 3:35.39. Watch for more details in Thursday's Record sports.

— image credit: PHOTO BY EARLE COUPER





# CRISIS LINE VOLUNTEERING

Community involvement matters on grad school applications  
Gain crisis intervention skills for future front line jobs.



**VANCOUVER ISLAND  
CRISIS LINE**

**APPLY NOW IN NANAIMO**

**[www.vicrisis.ca](http://www.vicrisis.ca)**

**or call**

**250-753-2495**





**“Homophobia is like Racism and Anti-Semitism and other forms of bigotry, in that it seeks to dehumanize a large group of people, to deny their humanity, their dignity, and personhood... I appeal to everyone who believes in Martin Luther King Jr.'s dream to make room at the table of brother and sisterhood for lesbian and gay people.”**  
**Coretta Scott King**

## US Supreme Court Rules On Same-sex Marriage

**S**ame sex marriage is now legal in the entire US after a Supreme Court ruling striking down state marriage bans this June 26th. The ruling means all US states must grant marriage licences to gay and lesbian couples and recognise marriages that have taken place in other states.

Before the ruling, 36 states were issuing marriage licences to same-sex couples, as well as Washington DC, which sets its own marriage laws but is not legally a state.

Marriage will continue as before in the 36 states. The remaining states will have to issue licences, although it is unclear how long they have to comply with the court's ruling.

To date 23 countries worldwide have legalized same-sex marriage including Canada that passed laws nationwide in 2005.

Many would say that the influx of gay and lesbian characters streaming into our homes from movies and tv shows have played a part in changing opinions. Ellen DeGeneres who came out on her television show *Ellen* in 1997, emerged as the most iconic gay character to break ground on television. Ellen married Portia De Rossi, in 2008, just before

California's Proposition 8 put a halt to same-sex marriages in that state. Ellen tweeted the day of the ruling, "It's a supremely wonderful day for equality. Prop 8 is over, and so is DOMA," "Congratulations everyone. And I mean everyone."

These types of rulings in the world help send the message that we are all worthy of love and respect, while still being uniquely our own.

## Statistics

- Approximately 1 person in 10 is lesbian, gay, bisexual, transgender, or questioning (Elementary School Teachers of Ontario)
- Lesbian, gay, and bisexual youth are at a higher risk of attempting suicide (28% vs. 4% of heterosexual youth)
- 1 in 4 LGBTQ students is physically harassed about their sexual orientation (Egale Canada)
- LGBTQ youth are nearly 1.5 to 3 times more likely to have reported suicidal ideation than non-LGBTQ youth (SPRC Suicide Prevention Resource Centre)
- LGBTQ youth are 1.5 to 7 times more likely than non-LGBTQ youth to have reported attempting suicide (SPRC)
- There is evidence that suggests that youth who are LGBTQ are more susceptible to suicidal thoughts and actions than LGBTQ men and women who are older.

# Family violence has many faces

I know people can tell that he hits me because he leaves bruises, but I've never told anyone about how he controls me with money.



He doesn't let me have any of my own. So I feel like I can never get away.

## PHYSICAL & FINANCIAL ABUSE

He intimidates me.

He tells me that things happened differently than I know they did; he makes me feel like I'm going crazy.

He threatens me and the kids, and even the dog.

He goes into jealous rages even though he barely lets me out of the house. I'm not even allowed to see my family.

I feel so alone.

## PSYCHOLOGICAL, EMOTIONAL, OR MENTAL ABUSE

## SEXUAL ABUSE

He says I'll get in trouble if I tell anyone.



He touches me in ways I don't like.

## STALKING & THREATENING ABUSE

I rejected him and now he stalks me and I'm afraid all of the time.

He always finds out my number even after I change it.

He follows me wherever I go.

He shows up at my work.

He texts me, calls me, and emails me.



He has even threatened my life.

**Watch Clear Skies**  
a movie about family violence

You  /LegalAidBC  
[www.lawbc.help/clearskies](http://www.lawbc.help/clearskies)







The [Legal Services Society](http://www.legalaid.bc.ca) and the [Healthy Aboriginal Network](http://www.healthyaboriginalnetwork.ca) worked together to create *Clear Skies*. *Clear Skies* is an engaging new comic that tells the story of Marnie and her kids, who live with family violence. With the support of her community, and by learning her legal options, Marnie is able to leave an abusive relationship. Check out the video or learn more on the [Aboriginal Legal Aid in BC website](http://www.aboriginallegalaid.bc.ca). To order free copies, email [distribution@lss.bc.ca](mailto:distribution@lss.bc.ca) or call **604-601-6054**.



Legal  
Services  
Society



**"I want a better life  
for me and my kids."**

**Watch *Clear Skies* ►**



# Walking With Our Sisters



**W**alking With Our Sisters is a commemorative art installation that honours missing and murdered Indigenous women and girls in Canada and the United States. Following traditional Indigenous protocols, knowledge, and ceremonial practices directed by Elders, the Walking With Our Sisters K'ómoks Organizing Committee brought the memorial to the K'ómoks Band Hall in Comox.

In Canada, it is estimated that more than 1,181 First Nations women and girls have gone missing or have been murdered between 1980 and 2012—and today, the number is likely much higher. Many have vanished without a trace with little to no concern paid by the media, the general public, or politicians.

Walking With Our Sisters is intended to generate awareness of this alarming reality by purposefully honouring the lost women and girls through beautiful pairs of moccasin tops displayed in a solemn sacred space. The memorial and accompanying ceremonies acknowledge the

grief families are experiencing. Walking With Our Sisters stands with the families in solidarity and support in the quest for justice.

Walking With Our Sisters was shaped by over 1,400 caring and concerned people who made 1,810 pairs of handmade moccasin tops. The beaded and embellished tops collectively form a large collaborative art piece—with prayers, love, and honouring in every stitch. Also accompanying the memorial are over 200 pairs of children's moccasin vamp, to represent the children who never returned from residential schools.

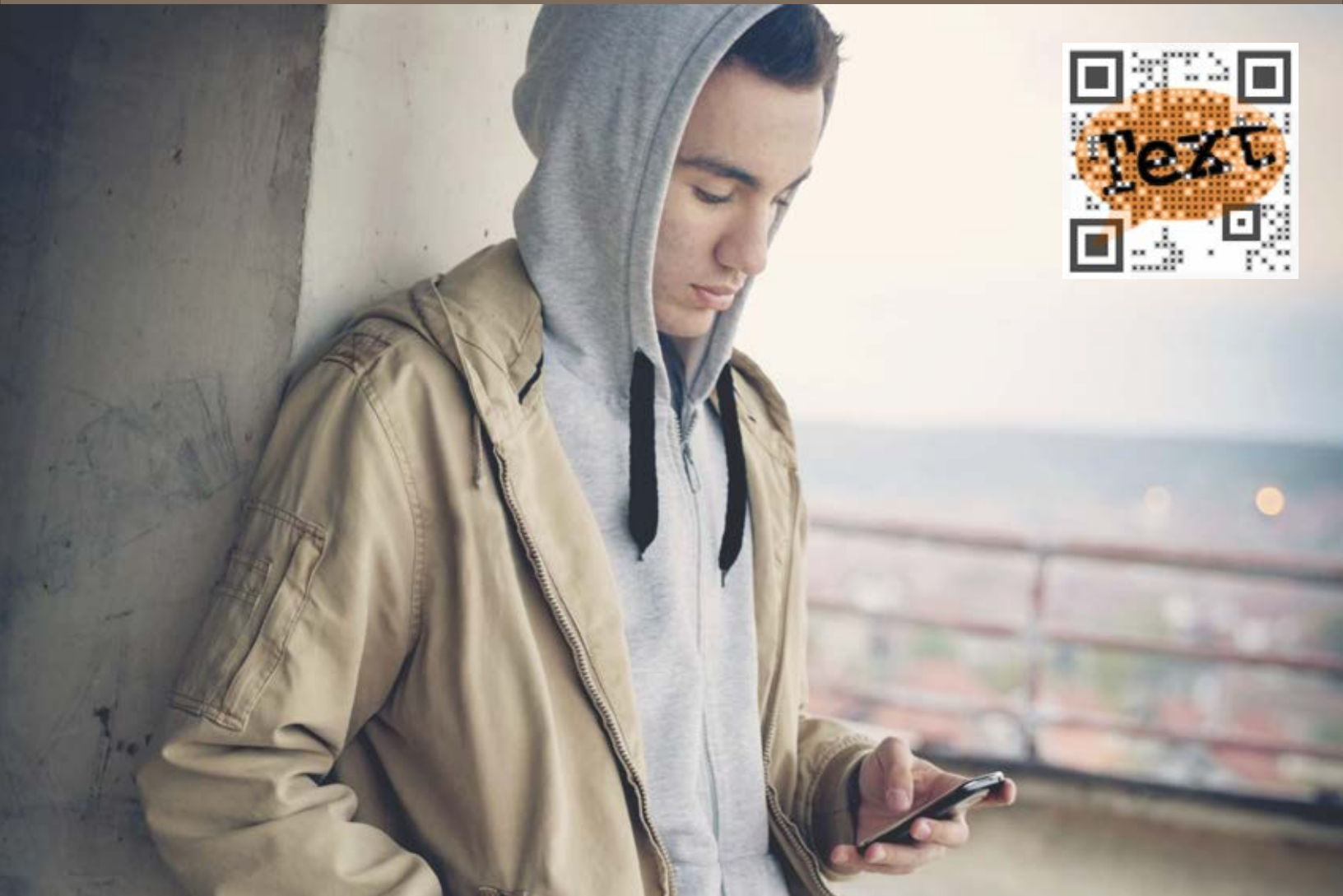
Although the memorial is now over in Comox, it will continue to tour across Canada and the U.S. until 2019.

For more information about the Walking With Our Sisters national tour, please visit the official website: [www.walkingwithoursisters.ca](http://www.walkingwithoursisters.ca).





# Crisis Text



# 250-800-3806

Text this number  
7 nights a week 6 to 10 pm  
from anywhere on Vancouver Island



Another service provided by

**The Vancouver Island Crisis Line**

**1-888-494-3888**





## Did You Know:

**A**ccording to a Ministry of Children & Family Development Report from March 2015, written by Dr. Jennifer White, and taken from BC Vital Statistics and the BC Coroner's Report, after motor vehicle fatalities, suicide is the second leading cause of death among youth aged 15 to 24 in British Columbia and over the five-year-period, from 2004 to 2008:

**Eighty-two (82) BC youth aged 15 to 19 died by suicide.**

Another shocking reality is that, according to our Crisis Workers, they hear of young people who are struggling say they have taken medications and unexpectedly "awakened" without saying anything to anyone or seeking medical attention.

**Suicide attempts are largely unreported.**

**Suicides go unreported from 5 to 25% in individual communities.**

Because of these horrifying statistics, the Vancouver Island Crisis Society has taken steps to address the needs of our youth on Vancouver Island. In June 2013, we increased crisis line support by adding online access through Crisis Chat and, in October 2014, we added further access via mobile devices through Crisis Text, in an effort to reach out to young people where they are. Due in part to our efforts, we have seen statistics of youth reaching out for help grow:

**There has been an 800% increase in youth getting connected to support between 2009 and 2015.**

Unfortunately, like many non-profit agencies, the Vancouver Island Crisis Society struggles to sustain programs that are making a difference as we all share in the ever-shrinking funding dollars allocated from agencies such as the United Way, BC Gaming and charitable foundations. While we appreciate United Way Central & Northern Vancouver Island's support of \$20,000 and \$5,000 from Cowichan United Way this coming year towards youth suicide prevention workshops, the need to sustain important forward motion continues to rise.

**Crisis Text and Crisis Chat began with no additional funding.**

We knew regardless we had to find a way to make these services work. We managed to do that and have the proof that these new services were necessary. Now our challenge is to find funding that can sustain the ever-increasing need for these services. Over the past 10 years, we have worked diligently with our school districts to develop a suicide prevention strategy that has proven to be very effective. Between 2013 and 2015, we presented a total of 73 Speak Out, Reach Out, Help Out workshops and facilitated 21 GRASP (Growth Resilience Acknowledgement Suicide Awareness and Personal Safe Planning) peer support trainings.

**A total of 4350 students have been reached.**

In 2015, in response to increasing community demands, and because of a grant from the City of Nanaimo, we were able to launch a new version of our program Speak Out Reach Out Help Out to reach students from Grades 6 and 7 in addition to high school students. We also forged a strong partnership with Vancouver Island University to develop a suicide awareness program for their staff. And, for the first time, we offered an Information Night for Parents, which focussed on increasing suicide awareness and on helping parents communicate with their struggling teens. These new programs have been received so well that there has been a resounding demand by the community for more presentations.

*Elizabeth Newcombe*  
*Executive Director*





## How Can You Help:

### Fundraising Campaign Apr 1, 2014- Mar 31, 2015

**A**s we have shown, suicide prevention begins with education and it carries a ripple effect where countless others are directly impacted. For example, a fifteen-year-old student who had participated in one of our school presentations, asked for a facilitator's help with regard to a friend on social media. The friend, located in the United States, had posted a dark message on Facebook. When the student had inquired, the friend shared a suicide plan: As the holiday season approached, the youth planned to buy a gun and take his life on Christmas morning. Together, the facilitator and the student contacted a national US crisis line. Before the school day had ended, support had arrived at the friend's house. The youth who had worked out a plan with the facilitator was able to celebrate Christmas, feeling safer and secure in knowing that this support was available. The young person felt relieved of the responsibility for another person's life.

We are asking if you would be willing to take this opportunity to be a part of this ripple effect by financially supporting these programs to ensure their sustainability throughout the coming year!

We require approximately \$40,000 from private and corporate donations to better serve our community by ensuring the continuation of our suicide prevention program.

## 2014/2015 Expansion

- ☒ We have expanded our suicide prevention, peer support programs to grades 5-7
- ☒ We created an informational program for parents highlighting current struggles and mental health issues our youth are facing while giving tools for communication, resources and a Q & A to address areas of concern
- ☒ We expanded existing suicide prevention programs to include Vancouver Island University students & personnel
- ☒ We increased access to crisis support through Crisis Chat and Crisis Text.

Now we need funds to sustain these programs!



### Vancouver Island Crisis Society

#### 2015-16 Fundraising Goals

\$40000

**CURRENT  
TOTAL**

**\$11826**



**As of July 31, 2015**



## **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 January 2015. The donations listed are from January 16, 2015 to July 31, 2015. We would especially like to thank those organizations that contributed to keep our Youth Suicide Prevention Programs in our schools, Crisis Chat & Text services.

### **Anchors (under \$499)**

BC Emergency Health Services - Bob Penhale  
 Cowichan Lake Lions Club  
 Curious Comics - Al Coccola  
 Eden Brook Funeral Home, Calgary  
 Kinsmen Club of Lake Cowichan  
 Ladysmith Lions Club  
 Nanaimo Daily News  
 Nathalie Edwards  
 Nicole Novak  
 Provincial Employees Community Services Fund  
 Royal Canadian Legion Branch 211  
 Ryan Zacharias  
 Travel Lodge Silver Bridge

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

Beach Flicks (Qualicum Beach)  
 Chemainus Legion Branch 191  
 Coastal Community Credit Union - Hammond Bay  
 Community Branch

Fraternal Order of Eagles Ladysmith Aerie 2101  
 Knights of Columbus Ascension Council 7991  
 Mill Bay Lions Club  
 Malahat Lions Club  
 Town of Ladysmith

### **Lighthouse Keepers (\$1000 - \$2499)**

Fairway Gorge Paddling Club (March 2014)

### **Visionaries (\$5000 +)**

Intraworks I.T. Management – Phil Stiller  
 Island Health  
 Island Radio – Jim Patterson Group  
 The Q & The Zone, Victoria  
 MacIsaac & Co. – John Jordan  
 Province of BC – Gaming  
 Steven Ivanyi  
 United Way Central & Northern Vancouver Island  
 United Way Cowichan



## CENTRAL VANCOUVER ISLAND Crisis Society Business



**V**ancouver Island Crisis Society thanks the United Way Central and Northern Vancouver Island for their \$20,000 grant and the individuals/businesses who supported the UWCNVI. The grant will support youth suicide prevention program initiatives.

Pictured from left to right: Phil Stiller, VICS Board Member, Lyndsay Wells, VICS Public Education Program Coordinator, Elizabeth Newcombe, VICS Executive Director, Sharon Erickson, VICS Board Member, Kyla Karakochuk, UWCNI Marketing & Communications Officer.

# Thank you!



**Thank you to the Coastal Community Credit Union for supporting our work!**

**Pictured from left to right: Coastal Community Credit Union representatives Alicia Harman, Luke McClinton, Shannon Meers, Vancouver Island Crisis Society Executive Director Elizabeth Newcombe.**

# RAND Corporation Finds ASIST Saves Lives & Money

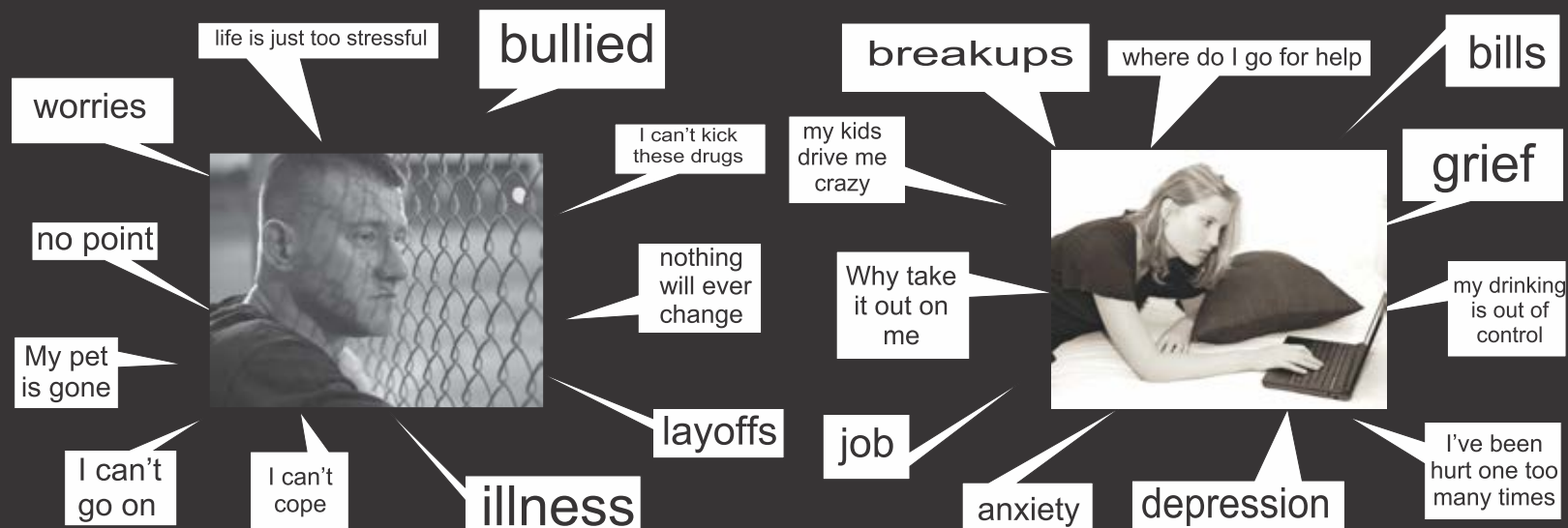
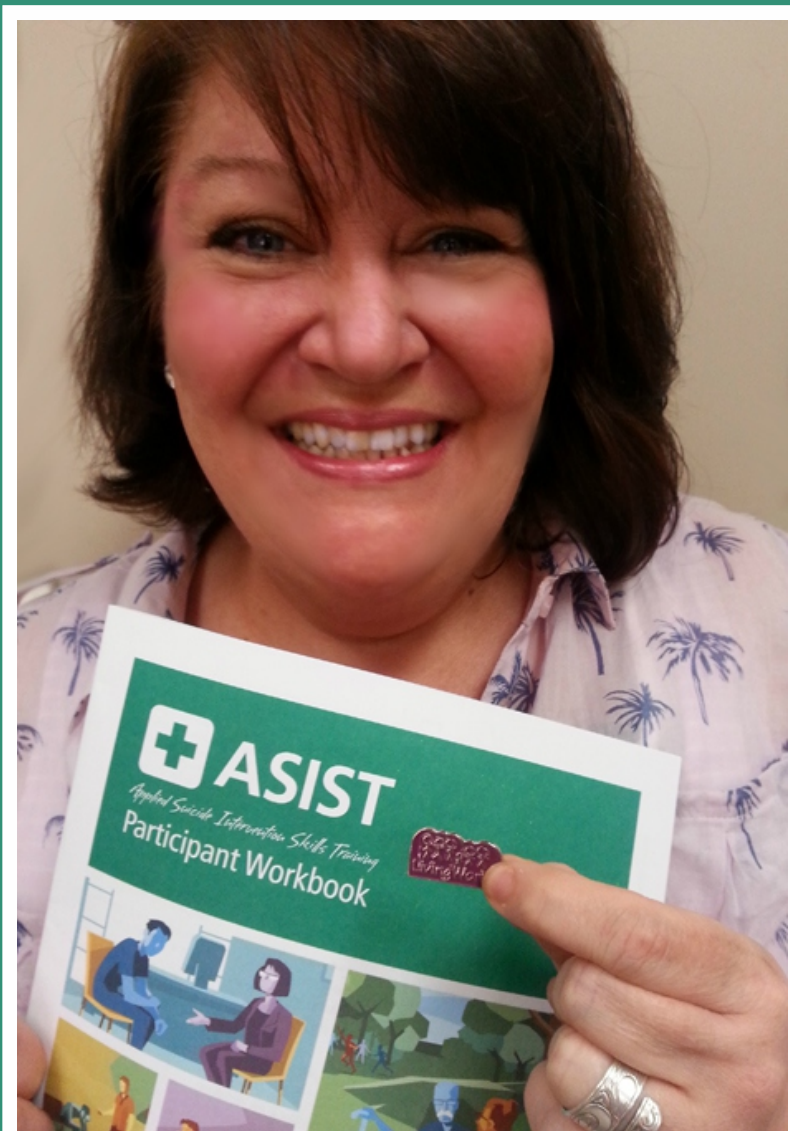
**N**ew research from the RAND Corporation has found that ASIST (Applied Suicide Intervention Skills Training) saves lives and money, making it a sound investment for organizations and governments around the world.

RAND, known as a world leader in research and evaluation, investigated the implementation of ASIST by the California Mental Health Service Agency.

The study's results indicated:

- RAND projected that each year of CalMHSA's investment in ASIST will avert 3,600 suicide attempts and 140 deaths over the next 28 years.
- Through reduced medical costs and increased lifetime earnings, each dollar invested in ASIST will translate to a return of \$1100 for Californian individuals and families, and a \$50 return for the state government.
- Please consider visiting RAND's website to download the one-page summary or the full study. We invite you to share it with interested colleagues and partners to let them know about the long-term financial and societal benefits of ASIST.

Lyndsay Wells, the Vancouver Island Crisis Society's Public Education Program Coordinator, has just been honoured by LivingWorks for having facilitated 50 presentations of the ASIST workshop. This Master Trainer has been co-facilitating Applied Suicide Intervention Skills Training with her fellow Crisis Society ASIST trainers since 2001. Congratulations to Lyndsay for achieving this milestone!





# Training Opportunities



Next workshop, employing ASIST Version 11, to be held on **November 26 & 27 8:30 - 4:30 both days** #30, 1708 Bowen Rd, Nanaimo.

ASIST is research based, two-day intensive, participatory course designed to help caregivers recognize and assess persons at risk, and master a model for effective suicide intervention. ASIST has been highly evaluated, and remains the most widely used suicide intervention training program in the world.

Participants will:

- ➔ Clarify their values & beliefs about suicide
- ➔ Enhance their understanding of suicidal behaviour
- ➔ Recognize, &, assess the risk of suicide
- ➔ Develop the working knowledge & skills for effective suicide intervention (model presented)
- ➔ Talk about suicide and cooperate in sharing info and resources

For more information and registration forms please visit our website at : [www.vicrisis.ca](http://www.vicrisis.ca)



This two-day research based workshop has been designed to teach a strengths-based approach to the communication, assessment, and suicide response skills essential for crisis intervention.

During this two-day interactive program participants will learn:

- ➔ The definitions of crisis
- ➔ Trauma informed practice: How to shift focus from "At Risk" to an "At Promise" perspective
- ➔ How to apply a crisis intervention model in crisis situations
- ➔ How to effectively assess crisis situations
- ➔ How to facilitate the development of a short term coping plan for a person in crisis
- ➔ How to spot the warning signs for suicide and effectively intervene
- ➔ New Approaches for helping men
- ➔ Effective ways to find the "keys" to unlock hope in a person in crisis
- ➔ Community resource information

Crisis Intervention Skills Training will be held in Nanaimo **October 27 & 28, from 9:00 to 4:00 both days.** For information or registration, please see our website at [www.vicrisis.ca](http://www.vicrisis.ca)

**BOOK THE CRISIS SOCIETY**  
 to come to your organization with one of our  
**CUSTOMIZED TRAINING PROGRAMS:**

## ManTherapy

"Man Therapy" is an interactive presentation featuring the latest research coming from the American Association of Suicidology:

Participants will learn new approaches regarding:

- ➔ Gender differences and the role they can play in help seeking
- ➔ Red flag behaviours in men
- ➔ Engaging male clients to reach out for support services
- ➔ Questioning accepted practice standards regarding language and our approaches to helping men
- ➔ Acquiring research-based tools for strengthening protective factors and building "safety nets"

## Trauma Informed Approaches to Suicide Prevention

There has long been a well-established link between suicide and psychological trauma. This was highlighted at the 2013 national conference for the Canadian Association for Suicide Prevention where existing, new, and emerging knowledge on trauma was shared. Vancouver Island Crisis Society has created this workshop based on content gleaned at the conference. In this workshop participants will learn:

- ➔ The relationship between trauma and suicide
- ➔ Elements of trauma
- ➔ Effects of trauma
- ➔ Effects of childhood and intergenerational trauma
- ➔ Tools for helping

## Other Workshop Titles:

Check out our website for other workshop titles: Communication In The Workplace; Suicide Awareness & Response, Suicide Bereavement, or give us a call to arrange a custom workshop for your group.

On January 1, 2004, the new privacy legislation came into effect. It is designed to protect individuals' personal information from being misused. As you know, we love to stay in touch, keeping you posted on what's happening in our Island Community. We now require your consent to do so. We also want to respect your privacy. In addition, anti-spam laws come into effect July 1, 2014, so ensure you have confirmed your consent for us to continue to keep in touch. Enjoy reading this issue of "In Connection," the Vancouver Island Crisis Society's E-newsletter.

**VANCOUVER ISLAND CRISIS LINE: 1-888-494-3888**

**PROVINCIAL: 1800SUICIDE (1-800-785-2433) 310MENTAL HEALTH SUPPORT (310-6789)**



In honour of **World Suicide Prevention Day**,  
the Vancouver Island Crisis Society  
is bringing another workshop to your community.

# How to Avoid The 10 Most Common Mistakes of Suicide Intervention



Over the last few years, we have seen a shift in the research community that places more emphasis on the unique needs of a person at risk for suicide and the kinds of responses that are most helpful. This shift has been reflected and highlighted at recent conferences for the American Association of Suicidology, the Canadian Association for Suicide Prevention and in the published literature. Vancouver Island Crisis Society's 4<sup>th</sup> series of workshops commemorating World Suicide Prevention Day will highlight this research and give helpful tools for avoiding what researchers call "The 10 Most Common Errors of Suicide Interventionists."

This workshop would be helpful for anyone working directly with people at risk for suicide. Example: Front line staff, crisis line workers, physicians, clinicians, support workers, nurses, teachers, etc.

**Seats are limited. Please visit [www.vicrisis.ca](http://www.vicrisis.ca)  
for information and registration.**

## Dates & Locations:

Thurs, September 3, 9:00am- 12:00pm - Silver Bridge Inn, 140 Trans Canada Hwy, Duncan  
Tues, September 8, 1:00pm- 4:00pm - Crown Isle Golf Club, 399 Clubhouse Drive, Courtenay  
Thurs, September 10, 9:00am- 12:00pm - Beban Park Recreation Ctr, 2300 Bowen Rd, Nanaimo  
Tues, September 15, 1:00pm- 4:00pm - Hospitality Inn, 3835 Redford Street, Port Alberni  
Fri, September 25, 1:00pm- 4:00pm - Garth Homer Society, 813 Darwin Ave, Saanich



## NICCCS Transitions Crisis Line

It was only six years ago that the Mt. Waddington community fought valiantly to retain the local Crisis Line; since then, several challenges have developed that make it difficult to provide the service locally. North Island Crisis and Counselling Centre Society believes that North Island residents will be more effectively served by the Vancouver Island Crisis Line.

"It was a very tough decision to come to as the Crisis Line is one of the founding services of our Society and is reflected in our name," says Althea Vermaas, Executive Director of the North Island Crisis and Counselling Centre Society. The change most significantly impacting the ability to provide service on the North Island is the public's use of ever-evolving technology for communication. Increasing numbers of North Islanders have text-only capabilities (they do not have phone service). One Port Hardy social service agency reports that 100% of their clients have text only. The NI Crisis Line does not have the technological infrastructure to provide a texting crisis line service and it is cost prohibitive to install. VI Crisis Line currently has the ability to receive and respond to crisis texts and offers an online 'chat' option, as well.

Other factors that were considered in the decision to transfer the service include:

- Only 12% to NI Crisis Line were from the North Island; the internet has created access to the NI Crisis Line phone number by people outside of Mt. Waddington. Of nearly 1000 calls last year, 88% were from people in other parts of Canada.
- The majority of the calls to the NI Crisis Line are from the same six callers (only one of which is local).
- Challenges to find the number of volunteers needed to adequately staff the NI Crisis Line. Vacant shifts require the NI Crisis and Counselling Centre Society employees to staff the line overnight and weekends, then perform their regular jobs, not related to the Line the next day.

The VI Crisis Line is operated by the Vancouver Island Crisis Society (VICS) and has a strong and lengthy history, starting as the Nanaimo Crisis Line in 1970. VI Crisis Society was awarded the contract to provide crisis line services to all of Vancouver Island by the Vancouver Island Health Authority (VIHA) in 2010.

VI Crisis Society also provides community

education workshops on suicide awareness and youth suicide prevention, some of which have been offered on the North Island in recent years. VI Crisis Line has over 40 volunteers and 13 staff crisis line workers from various communities on Vancouver Island and answers more than 30,000 calls each year, including chat and texting services. Please visit [www.vicrisis.ca](http://www.vicrisis.ca) for more information on the VICS and VI Crisis Line programs and services. The VICS has had a long standing relationship with NICCCS and Elizabeth Newcombe, the Executive Director shared that their team looks forward to continuing to refer callers as appropriate to NICCCS as a valuable resource in the Mt Waddington communities.

There will be a gradual transition of the Crisis Line services beginning July 31st, 2015. The NI Crisis Line phone number will remain live but during the transition, however there will be an outgoing message directing callers to call the VICS Crisis Line number 1-888-494-3888.



## Facebook Becomes Proactive About Suicide

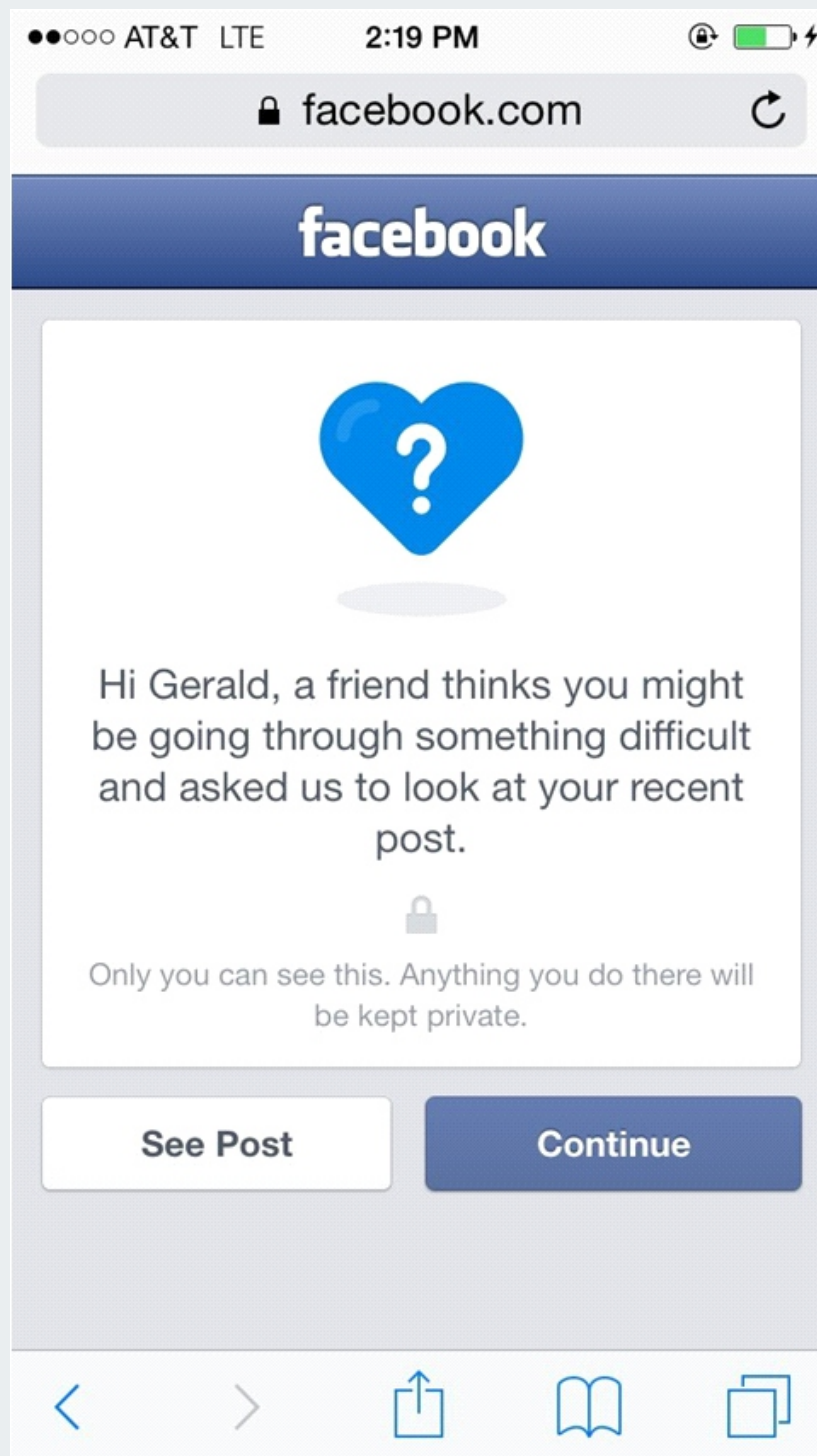
Facebook is changing the way it handles a user who posts something that suggests they are thinking of harming themselves or experiencing thoughts of suicide. As of February 25, 2015 about 50% of the users in the United States will be able to utilize the new changes. Representatives posted on the Facebook Safety page that the updates would roll out to all users in the U.S. over the next couple of months, and that they're working to improve tools for users outside of the U.S. as well.

In the past if a friend saw a post that raised suspicion, they could use the arrow at the top right hand corner to follow several identifying categories that would result in a suggested referral to contact authorities right away seeking help. Soon that will all be changing. The concerned user will be able to use that same arrow to "Report Post" and will be given options to contact the friend who made the post, contact another friend for support or to contact a suicide helpline. Facebook staff will then be alerted to have a look at the post. If Facebook feels like the post indicates distress, it will reach out to that person. The next

time that person logs on to facebook they will receive pop ups that will give options to talk to someone or to get support. If the person decides they'd like to talk to someone, they'll be prompted to call a friend, send a friend a Facebook message or contact a suicide helpline. Facebook also provides videos that use true stories of people who have dealt with suicidal thoughts. There's also a section that recommends simple relaxation techniques like baking, drawing, going for a walk or visiting a library. Facebook will even help someone find a self-care expert.

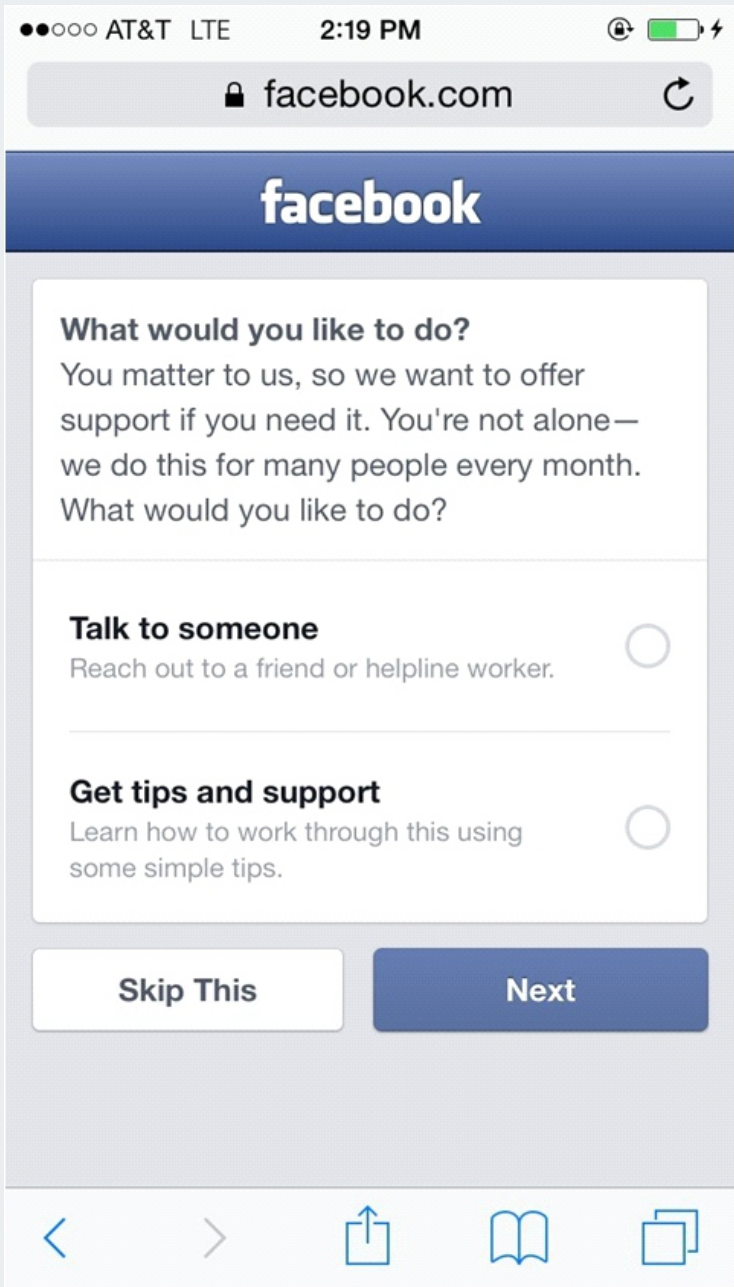
"We have teams working around the world, 24/7, who review any report that comes in," Rob Boyle, Facebook Product Manager and Nicole Staubli, Facebook Community Operations Safety Specialist, wrote in a post for Facebook Safety. "They prioritize the most serious reports, like self-injury, and send help and resources to those in distress."

This can't happen soon enough: The new tool speaks to the importance of speaking up when we see posts that indicate someone is in trouble. Reaching out and letting another person know you care and are willing to help could make all the difference.



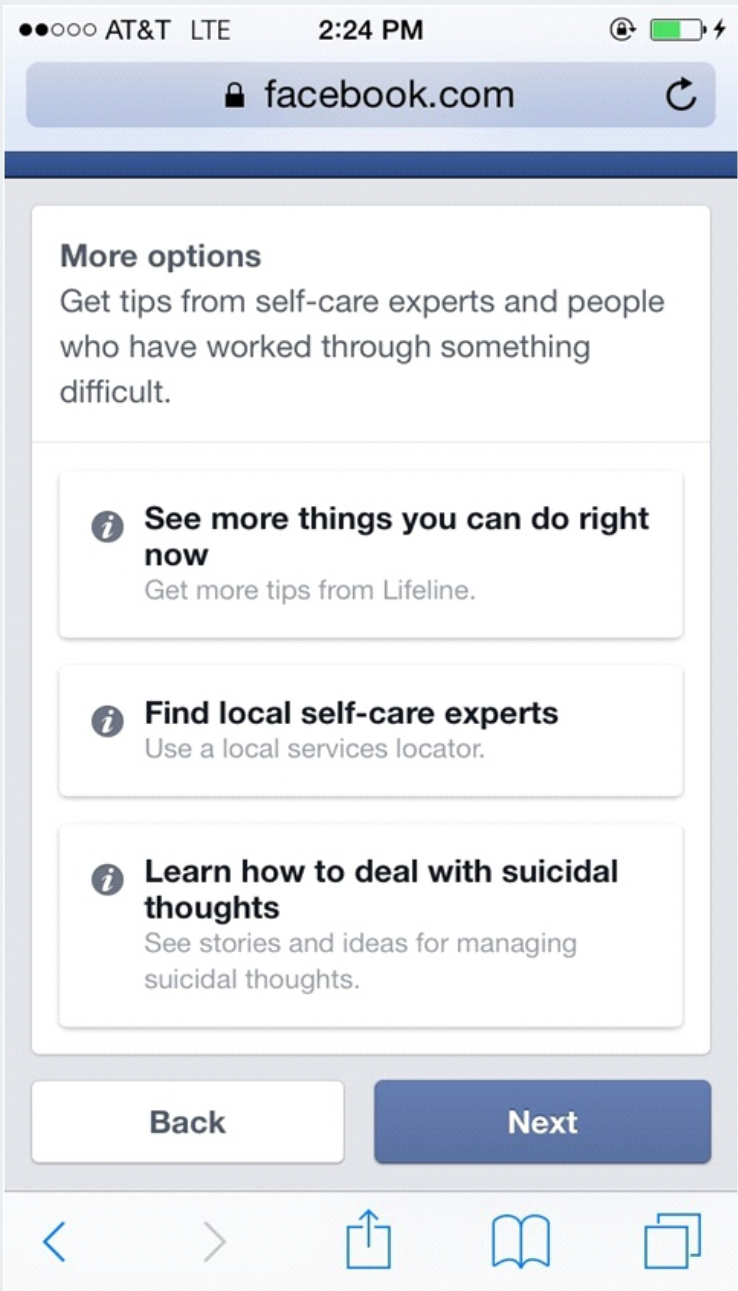


The second post will provide options to reach out to a friend or get tips and support.



If the person decides they'd like to talk to someone, they'll be prompted to call a friend, send a friend a Facebook message or contact a suicide helpline. They can either call or message a suicide prevention expert.

There's also a section that recommends simple relaxation techniques like baking, drawing, going for a walk or visiting a library.



This post will offer the user information on self help tips and resource information that can be connected with.

Many times it's the not knowing what to do that prevents someone from approaching the person in the first place. These steps taken by Facebook will offer more options to that concerned user who wants to take action.

The Vancouver Island Crisis Line encourages everyone to take a threat of suicide seriously. If you don't want to connect directly with the person yourself then know that you can all the crisis line and they can reach out for you.

Just give us a call at 1-888-494-3888.

# Make it yours!

**Guide to Resources  
in your community**

**GO HERE**

*Add this button  
to your  
website*

## Island Wide Online Community Resource Database

Check it out on our website @ [www.vicrisis.ca](http://www.vicrisis.ca) and then contact our office if you would like to participate.

We have created this icon for you to add to your website and have it hyperlinked to open up at the touch of the button. Search for resources for your clients easily without having to go to another website. This database is updated on a daily basis and dated with the last time the resource was confirmed to ensure the resource listings you are giving out are current.

Just hit print and give the information to your client to take with them. EASY!

After you have completed your search, take a look at the top left corner for "Select language".

The database is connected to google search and can translate your search findings into multiple languages.

## Is Your Workplace Still Using A Paper Copy Of The Central Island Resource Database?

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The Vancouver Island Crisis Line is supported by the Jim Patterson Group Radio Stations Island wide so we encourage you to tune in to your local station for your community updates.

**In Nanaimo**



**In Parksville/Qualicum**



**In Port Alberni**



**In Victoria**



Thanks to the support of **Shaw TV** the Vancouver Island Crisis Line has a new tv commercial airing on Shaw Comm Cable Van, TV guide Shaw, A&E, TLC, CNN, Peachtree TV, AMC, Speed, Headline News, Gold, MSNBC, Fox News, CNBC, GSN, Spike, BBC World News, NFL Network, BET, Bloomberg TV, Shaw TV Network, Shaw TVL Network.  
Have a peek here!