

IN CONNECTION



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February 2016



Random Acts of Kindness

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Contacts

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Toll Free: 1-877-753-2495
 Phone: (250) 753-2495
 Fax: (250) 753-2475
 Email: info@vicrisis.ca
 Webpage: 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

Crisis Text
 6pm to 10pm every night
 Text 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



Vancouver Island Crisis Line Statistics

6 Months from April 1, 2015 to September 30, 2015

	Crisis Line	%	Crisis Chat/Text (Text Oct-Mar)
Total Calls	15,450		525/166
Victoria & area	6,542	42	112/69
Nanaimo/Ladysmith	3,662	24	215/39
Unknown	1,583	10	6/0
Cowichan Valley & area	1,104	7	36/7
Comox Valley & area	705	5	18/5
Campbell River & area	498	3	89/26
BC Off Island	650	4	7/1
Parksville/Qualicum	352	2	3/8
Pt Alberni/West Coast	179	1	18/9
Mt. Waddington & area	55	<1	14/2
Rest of Canada	120	<1	7/0

Reasons Why People Call the Crisis Line

Mental Health	47%
Suicide	14%
Individual/Family Life	13%
Information & Resources	12%
Physical Health Issues	5%
Addiction	4%
Basic Needs & Homelessness	3%
Abuse & Family Violence	2%

Mental Health & Substance Use

Crisis Response Interventions - by team

	# of Calls
Campbell River Crisis Nurse	11
Courtenay Crisis Intervention Nurse	92
Duncan Crisis Response Team	62
Nanaimo Crisis Response Team	783
Parksville Mental Health	6
Port Alberni Community Response Team	6
Mt. Waddington Mental Health Daytime	1
Victoria Integrated Mobile Crisis	833
Response Team	

Note: Lower access communities - clients access MH directly

Calls by Line

1800SUICIDE
 1-800-784-2433 (provincial)
 636 calls - 4%

310Mental Health Support
 310-6789 (provincial)
 1,536 calls - 10%

VI Crisis Line
 1-888-494-3888
 13,278 calls - 86%

Crisis Chat/Text
 691 visitors

Crisis Call/Chat/Text Interventions

911	118
Police non-emergency	47
MCFD	38
Other	33
MH Crisis Response	1,794
Total	2,030

Represents 13% of Total
 Calls/Chats/Texts

New Videos Share BC's Expertise on Eating Disorders and Care

VANCOUVER, BRITISH COLUMBIA-- (Marketwired - Feb. 2, 2016) - A series of informational videos on eating disorders diagnosis, management and treatment is being launched during National Eating Disorder Awareness Week, February 1-7. Featuring experts from BC Children's Hospital, the videos are available to families and health providers across the province.

Eating disorders are one of the most serious and deadly mental health problems in Canada. An estimated 1.5% of young women aged 15 to 24 in BC have an eating disorder and, in recent years, eating disorders in young men have also become more common. Statistics show that up to 15 per cent of individuals with eating disorders die prematurely as a direct result of their disorder.

"Having these eating disorder resources available online enables health providers and families, anywhere in BC, to easily access them at home or within their community," said Health Minister Terry Lake. "This patient-centred approach aims to provide consistent, expert care to all affected by eating disorders."

The seven informational videos were filmed at a day-long eating disorders workshop in Kimberley B.C., in which six team members from the BC Children's specialized program presented on such topics as eating disorder medical assessment and management, various therapy regimens, and meal support. The workshop was hosted by the East Kootenay Local Action Team - one of 64 in the province working as part of a provincial Child and Youth Mental Health and Substance Use Collaborative, a partnership of Doctors of BC and the B.C. government.

"We are thrilled to be able to make these videos available. It is important to us to share the knowledge and expertise of our specialized staff with families and health care providers across all of BC, particularly in communities that may not have easy access to this information," said Sarah Bell, Provincial Executive Director, Mental Health and Concurrent Disorders Services at BC Children's Hospital.

Stephanie Cadieux, Minister of Children and Family Development agrees, "Our clinicians, as well as youth and families, will benefit from having access to the up-to-date evidence-based information in each of these videos. This will be a valuable resource and we are pleased to have been a part of its development."

A family experience was also presented at the workshop. In the video, Rylee McKinlay, 20, and her mother Terri, share their challenges and successes during Rylee's long journey with anorexia that included a nine-week inpatient stay at BC Children's Hospital when

she was 16 years old. At her sickest, Rylee's heart rate was so low she was at risk of dying of a heart failure.

"Eating disorders can take years to cure, and for some there is the constant danger of relapsing, especially under times of stress," says Rylee. "But healing starts with being honest and sharing our stories to help raise awareness about this powerful disorder. If my experience can help even one person avoid what my family and I went through, it will be worth it."

You can access the videos and their transcripts, and a Q&A from the workshop [here](#).



For further information contact:

Doctors of BC
Lisa Despins
Communications Officer
604-638-7902 or
778-828-9164
ldespins@doctorsofbc.ca

BC Children's Hospital
Jen Foley
Communications Officer
604-875-3560 or
PHSA pager 604-871-5699
jen.foley@phsa.ca



Community Update

Ministry of Social Development and Social Innovation Increases Asset Exemptions to \$100,000 for PWD Recipients

Dear Community Partner,

Starting December 1st 2015, people receiving the Persons with Disabilities benefit (PWD) will be able to have up to \$100,000 in assets without it impacting their eligibility for assistance. For couples where both individuals have the PWD designation this amount will be \$200,000. In addition PWD recipients will be able to receive cash gifts without it impacting their disability designation. As well, the annual cap of \$8,000 on trust payments will be eliminated.

DABC believes this change represents a very positive and significant change to the way in which the Province provides disability assistance to British Columbians with disabilities. It will give people with disabilities who receive assistance more flexibility, choice, dignity, and hope for the future. DABC congratulates and thanks the Province for making this innovative change.

The change means that families and friends of people with disabilities will be able to provide financial support to their loved ones without impacting their eligibility for assistance. It will also help people with disabilities who have fewer financial resources or opportunities. DABC receives requests for help from many PWD recipients who find themselves in difficult situations when it comes to financial windfalls. People call us for help when they have been left a few thousand dollars. A relatively small amount, it can be both a wonderful event and a great challenge to someone receiving disability assistance. The amount is often too small to make it feasible to open a trust, but too high to remain eligible for assistance.

Often they will have to leave assistance for a month or two until they fall below the \$5,000 asset limit. It's very sad to see these wasted opportunities for people with so few resources. This will all change on December 1st. For more information on the Ministry's announcement, please go to: <https://news.gov.bc.ca/releases/2015SDSI0069-001847> While DABC is thrilled about this change, we will continue to urge the Province to increase the PWD rates. An increase to the PWD rates is long overdue and needs to be urgently addressed.

Over the next while we will be updating all of our publications to reflect this change to the rules on assets for PWD recipients.

Best regards,

Val Stapleton, Membership and Outreach Coordinator
Jane Dyson, Executive Director

Patrick Aleck Shares His Journey To Encourage Others

In communities across the country there are people doing work that is so exemplary, they deserve recognition. On Vancouver Island, Patrick Aleck is one such person. Patrick's family comes from Penelakut First Nation and Stz'uminus First Nation. As a Coast Salish man, it has become his life's goal to encourage and be a voice for his people as well as to create connection and hope for all people with his message and his story.

In that sense, his journey has not been an easy one. Like many indigenous peoples, Patrick has had to learn how to cope with and survive the cultural legacies that post colonization and the residential school system have had on his community. In his 28 years he has experienced hardship and difficulty that would make most people's knees buckle; and yet, his voice continues to grow stronger because he has chosen to look at adversity as a challenging gift.

As a child, Patrick was told he would probably never walk. This is because he was born with what he refers to as an ability: cerebral palsy. He says, "My ability doesn't define me, it hasn't stopped me, it has actually helped me move forward."

It's hopeful messages like this that have propelled Patrick into a speaking career. In 2012 he was given the Youth Champion award at the annual Gathering our Voices conference for Indigenous youth. The same year he went out for the first time on Tribal Journeys – an experience, he says, that changed his life, "It helped me to be proud of who I am as an indigenous person, it helped me to be proud of my culture. I'm still learning about these things and my goal is to help people work together not against each other because I believe that change can happen."

Most recently, Patrick has started his own business: Warrior Ambitions Consulting where his cornerstone belief in the gifts and learning inherent in challenge inform all that he does. Truly, sitting across from Patrick it becomes difficult to remember that he is only 28 years old because he has so much hard earned wisdom to share. Patrick says, "The cool thing about my ability is that it's helped me to understand other people and the things that challenge them. Because I walk differently, I have compassion for people who look different, act different, or think differently."

These are powerful words coming from a young person, and more powerful still is to see the effect his words have on an audience. The community education department of the Crisis Society has been fortunate to have opportunities to work with Patrick on many occasions. He has co-facilitated our youth mentor program, GRASP, for students at Snuneymuxw First

Nation, and has joined us on many occasions when we present our popular youth suicide prevention program Speak Out, Reach Out, Help Out. He was also the key note speaker this year at a staff wellness day the Crisis Society hosts annually for its crisis line workers, training, and supervisory staff.

No matter the audience, when Patrick gets people to rise to their feet and declare what they stand for, the ripple of inspiration and hope he generates in a room is powerful. And he does it all with great humility. Patrick will let you know "This is what I'm learning. I'm learning that so many of us feel unloved or unloveable and as I learn how to let people love me I achieve my goal – and that is to inspire people to be themselves and know they are worthy of this same kind of love.

Through speaking, drumming, and singing Patrick takes audiences on a journey of hope and resilience and all of us at The Vancouver Island Crisis Society are proud to know him. If you would like to book Patrick for one of his powerful motivational talks he can be reached at: carlaleck@hotmail.com

Traditional Name Xwaluputhut





safeTALK

Creating Suicide Safer Communities

In honour of Crisis Line Awareness Week the Vancouver Island Crisis Society will be hosting a 3 hour workshop of safeTALK in various communities listed below for a one time reduced rate of \$25.00. safeTALK is alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper.

Dates & Locations:

Mon Mar 21	1:00pm- 4:00pm – Crown Isle Golf Course, 399 Clubhouse Drive, Courtenay
Wed Mar 23	1:00pm- 4:00pm – Travelodge Hotel, 140 Trans-Canada Highway, Duncan
Tue Mar 29	1:00pm- 4:00pm – Hospitality Inn, 3835 Redford Street, Port Alberni
Thu Mar 31	1:00pm- 4:00pm – Bowen Park, Club House, 500 Bowen Rd, Nanaimo
Tue Apr 5	1:00pm- 4:00pm – Quarterdeck Inn, 6555 Hardy Bay Rd, Port Hardy

Seating is limited to 30 per session, so register early at www.vicrisis.ca

Certificate received upon completion of workshop



Vancouver Island
Crisis Society



LivingWorks

Slice of Life Raises Money for Suicide Awareness

Marc Fillion, owner of Mambo's Pizza along with Tina Coldwell, local concert promoter, hosted the second annual *Slice of Life Block Party* in downtown Nanaimo this last August! Marc shared, "This party is a great opportunity to brag about our end of town and some of our favourite local musicians!"

The Slice of Life Block Party came to life last year to celebrate our 20th anniversary. With the help of Tina Coldwell and Matt "Sirreal" Dunae we created a positive family friendly event with purpose. All involved in this event tonight are proud to support the Vancouver Island Crisis Society!

Tina's son Ben Ruotsalainen, who had worked for Mambo's Pizza in the past, took his life December 31, 2012. Matt Dunae aka "Sirreal" has also lost his father and brother to suicide. Together Tina, Marc along with Sirreal wanted to make meaning out of this pain and do something for those who may be suffering and feeling like no one cares. They want to support the crisis society in their efforts to get the message out that no one has to go it alone, there are people who can help.

All funds raised that night, \$1,850.00, were donated to The Vancouver Island Crisis Society to be allocated to Crisis Intervention Skills Training, youth suicide prevention programs, Applied Suicide Intervention Skills for non-profit frontline workers, postvention support for communities who have experienced suicide loss along with crisis chat and crisis text services.

A shout out goes to the following people, for without them the event would not have been possible: Moonshine Mollys, Femme Fatales, Sirreal, Boomshack, DJ Gwaja, DJ Social Satus, Tom Jones and Kenneth Brault, Level 2, Tina Coldwell, DNBIA, VISound, 4 On the Floor, Imprint, Amanda Fillion, The Waiting Game, Yeosmith Photography, Jackson Robertson Kwakiutl Carver, What's on Digest, Shaw TV, our staff at Mambo's and our wonderful neighbours downtown!!

Look for this event next August and come out to enjoy a great night of entertainment. Hope to see you all there!!



Vancouver Island Community Resource Update

Note: In light of the recent earthquake on Vancouver Island we have highlighted here some of the resources that are distinctly designated as “Emergency Preparedness 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 “Emergency Preparedness”

Provincial Connections:

BC Min Public Safety & Solicitor General

24 hour toll-free province wide number that connects to the Provincial Emergency Program Emergency Coordination Centre in Victoria to report emergencies such as flooding, earthquakes, wildland fires, HAZMAT, disease outbreaks, etc. and to receive emergency assistance, including financial help and trauma counselling. Emergency Management in BC. Emergencies include: weather events (severe storms, winter power failures, storm surges), tsunamis, flooding, earthquakes, back country accidents, wildland fires, wildlife interface, disease outbreaks, landslides, avalanches, HAZMAT and spills, volcanoes, and droughts.

1-800-663-3456

www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

Canadian Coast Guard

To report maritime incident (24/7). Serves all of Vancouver Island region. For search and rescue, navigational hazards, or reporting polluting incident

1-800-567-5111

[Website: www.ccg-gcc.gc.ca/](http://www.ccg-gcc.gc.ca/)

[Email: info@dfo-mpo.gc.ca](mailto:info@dfo-mpo.gc.ca)

Emergency Social Services

TESS provides short-term assistance to British Columbians who are forced to leave their homes because of fire, floods, earthquakes, or other emergencies. Assistance includes food, lodging, clothing, emotional support, and family reunification

1-800-585-9559

[Website: www.ess.bc.ca](http://www.ess.bc.ca)

[Email: ess@gov.bc.ca](mailto:ess@gov.bc.ca)

Victoria:

Peninsula Emergency Measures Organization

Volunteers assist first response teams in all sorts of emergencies: fuel spills, fires, accidents, air crashes, earthquakes, floods, land search, power outages, major water line breaks, etc.

250-656-1931/North Saanich

250-544-4238/Central Saanich

250-656-2121/Sidney

2240 Sidney Avenue, Sidney

[Website: www.pemo.ca](http://www.pemo.ca)



Colwood Emergency Preparedness

The mandate of the program is to help people to help themselves by preparing for any disaster which would take away the resources leaving the community vulnerable and/or isolated for at least 72 hours. Key volunteer groups in our community include: West Shore Emergency Support Services (ESS), who provide basic essentials like food, lodging and clothing & Emergency Communications Amateur Radio Operators whose expertise with radio operations provides a critical link with other municipalities, provincial and federal agencies as well as partners such as the Red Cross.

Geoff Amy, Emergency Program Coordinator

250-478-5033 ColwoodEPC@shaw.ca

District of Highlands Emergency Preparedness

Information on various hazards in the area and what individuals can do to prepare themselves in the event of an emergency.

250-474-1773 - 1980 Millstream Road, Highlands

Ryan Hobbs, Municipal Emergency Coordinator

rhobbs@highlands.ca

Esquimalt Emergency Preparedness

The Emergency program is responsible for: Emergency planning, training, resourcing and activating the municipal Emergency Operations Centre and liaising with provincial emergency management organizations, Training volunteers to provide assistance with: Emergency Radio Communications, Emergency Social Services, Neighbourhood Emergency Preparedness Program: Public education. The Emergency Program also provides resources (online information packages) for: Tsunami preparedness, Earthquake preparedness, West Nile virus safety information Sara Jansen, Emergency Program Manager

250-414-7120

Juan De Fuca Emergency Preparedness

The Juan de Fuca Emergency Program covers the outlying areas of Southern Vancouver Island including Port Renfrew and Jordan River.

Jeri Grant, Emergency Program Coordinator

250-642-8105

Oak Bay Emergency Preparedness

The Oak Bay Emergency Program addresses all incidents of potential severity, and adopts the principles of the BC Emergency Response Management System (BCERMS).

Eileen Grant, Emergency Program Manager
250-592-9121 ext. 7504, egrant@oakbay.ca

Sooke Emergency Preparedness

Emergency Services through the Emergency Operations Centre are activated when a disaster strikes to assess and assist the public; however it is critical that individual households, residential building managers, Senior Centre's and others prepare their own premises to handle their needs for a minimum of 7 days.

2205 Otter Point Rd, Sooke

Steve Sorensen, Emergency Coordinator, Fire Chief

250-642-1634

Southern Gulf Islands Emergency Preparedness

The Southern Gulf Island Emergency Program (SGIEP) is a strong and vibrant organization consisting of over 600 volunteers, assisting the public in preparing for, responding to, and recovering from 18 identified hazards in our area. SGIEP includes Island Community Coordination Centres, Emergency Services Support Reception Centres and Neighbourhood Preparedness Programs. Together with Disaster Communications and Search & Rescue, these services provide comprehensive support to the First Responding Agencies: RCMP, Fire Depts, BCAS, Canadian Coast Guard, Parks Canada, and the general public.

Brigitte Prochaska, Emergency Program Coordinator

1.866.308.6160

Salt Spring Island Emergency Preparedness

The Salt Spring Island Emergency Program is a CRD entity made up of allied emergency response groups including Search and Rescue, RCMP, Emergency Social Services, BC Ambulance, Coast Guard, CRD, BC Hydro, BC Ferries, Vancouver Island Health Authority, North Salt Spring Water District, Amateur Radio Communications and Salt Spring Island Fire/Rescue.

250.537.1220

118 Fulford-Ganges Road, Salt Spring Island

Victoria Emergency Management Agency

Responsible for coordinating an emergency response in the event of a disaster, VEMA also educates and empowers Victoria citizens on how to be "emergency prepared." This is accomplished through emergency preparedness training events, exercises, and public education.

250-920-3373

View Royal Emergency Preparedness

The View Royal Emergency Program encompasses the following areas: Emergency Support Services (ESS) formerly Emergency Social Services, Neighborhood Emergency Preparedness Programs (NEPP), Emergency Radio Communication, Emergency Operations Centre, Public Education, Staff and Volunteer Training.

Emergency Program Officer

250-479-7322

emergencyprogram@viewroyal.ca

Duncan:**Canadian Red Cross Society – Cowichan**

Loan of equipment without charge and for limited period for care of patients at home. Hours: 10 - 2 Mon - Thurs

#2 - 5855 York Road, Duncan, BC, V9L 3S3

250-748-2111

Service Area: Brentwood Bay, Chemainus, Cobble Hill, Cowichan Bay, Crofton, Duncan, Honeymoon Bay, Lake Cowichan, Malahat, Mesachie Lake, Mill Bay, Shawnigan Lake, Thetis Island, Youbou

Cowichan Valley Regional District Emergency

24/hour emergency response coordinated via 9-1-1. Providing Public Safety Education programs fostering public awareness and emergency preparedness. Coordinating Emergency Planning, Response, Recovery and Mitigation with local governments (CVRD, City of Duncan, Town of Ladysmith, Town of Lake Cowichan, Municipality of North Cowichan) and First Nations. Hours: 8 - 4:30 Mon - Fri

175 Ingram, Duncan, BC, V9L 1N8

1-800-665-3955

Service Area: Brentwood Bay, Cobble Hill, Cowichan Bay, Crofton, Duncan, Honeymoon Bay, Ladysmith, Meshachie Lake, Mill Bay, Shawnigan Lake, Thetis Island, Youbou

Nanaimo:**Canadian Red Cross Society - Nanaimo**

Temporary loan of medical equipment (ie, wheelchairs, walkers, crutches, etc) - must have referral from health care professionals. Hrs: 9:30–4:30 Mon - Fri

#3 - 2525 McCullough Rd., Nanaimo

250-756-9363

Website: www.redcross.ca

Service Area: Cassidy, Gabriola Island, Ladysmith, Lantzville, Nanaimo, Nanoose Bay

Nanaimo Emergency Program

The goals are to help people work towards the objectives of personal, neighbourhood and community preparedness. Workshops, training and information programs are available.

580 Fitzwilliam Street, Nanaimo

250-754-4251

Website: www.nanaimo.ca/EN/main/departments/Fire-Rescue/4232/emergency-preparedness.html

Service Area: Cassidy, Gabriola Island, Ladysmith, Lantzville, Nanaimo, Nanoose Bay

Nanaimo Search & Rescue Society

Non-profit organization. Training in swiftwater rescue, tracking, rope rescue, first aid, mountaineering, survival, and communications. Volunteer training for land based and inland waterway search and rescue. Hrs: 9:30–4:30 Mon - Fri

#3 - 2525 McCullough Rd., Nanaimo

250-591-3336

Website: www.nanaimosar.bc.ca

info@nanaimosar.bc.ca

Service Area: Bowser, Cassidy, Coombs, Errington, French Creek, Gabriola Island, Ladysmith, Lantzville, Lasqueti Island, Nanaimo, Nanoose, Nanoose Bay, Parksville, Qualicum Beach, Qualicum Bay

Are You Ready?



Emergency Preparedness



District 69:

Emergency Preparedness Services

Provides short term (3 days) disaster or emergency relief. Will help in the evacuation and relocation of group of people in case of emergency or natural disaster. Hrs: 9:30–4:30 M - F
 100 Jensen Avenue, Parksville

250-954-3411

Website: www.city.parksville.bc.ca/cms.asp?wpID=62

Service Area: Bowser, Coombs, Errington, French Creek, Lasqueti Island, Nanoose Bay, Parksville, Qualicum Beach, Qualicum Bay

Port Alberni:

Alberni Valley Rescue Squad

The AVRS provides SAR services on ground and inland waters. This means that the AVRS will conduct searches or render assistance to those lost or injured on land and on our rivers and lakes. by members with specialized training in ground search and rescue, swift water rescue, first aid, tracking, rope rescue, avalanche rescue, boat operation, communications and search management.

4790 Tebo Rd. Port Alberni, BC

250-723-3260

Website: www.avrs.ca/

Port Alberni Emergency Preparedness Program

The Alberni-Clayoquot Regional District (ACRD) is responsible for emergency planning for the Alberni Valley
 Hrs: 8 – 4:30 Mon to Fri 3008 5th Ave, Port Alberni

250-720-2700

Website: www.acrd.bc.ca/63

Email: mailbox@acrd.bc.ca

Service Area: City of Port Alberni, Beaufort, Sproat Lake, Beaver Creek, Cheery Creek, Bamfield and Long Beach, Cathedral Grove.

West Coast:

Tofino Emergency Preparedness Program

The District of Tofino offers emergency preparedness information and planning .

4790 Tebo Rd. Port Alberni

250-725-3229

Website: www.tofino.ca/content/emergency-preparedness

Email: arodgers@tofino.ca

Ucluelet Emergency Preparedness Program

The Emergency Management Department brings the following community services under one leadership: Ucluelet Volunteer Fire Brigade, Ucluelet Emergency Social Services, and Ucluelet Emergency Coordinating Committee

250-726-4780

Website: www.ucluelet.ca/community/emergency-management-ucluelet-bc

Email: emergency@ucluelet.ca

Comox Valley:

Canadian Red Cross Disaster Management

Red Cross provide assistance to those affected by small or

large disasters locally and around the world. Basic Humanitarian Needs Disaster Management : Partnering with communities & government authorities to share information & provide expertise during community recovery, Family Reunification: Reuniting family members that have been separated during a disaster or from conflict or war.

250-334-1557

Website: www.redcross.ca

Email: comoxvalley@redcross.ca

Comox Valley Emergency Program

The Comox Valley Emergency Program provide coordinated emergency programming to the entire valley. Personal Emergency Preparedness (PEP) and Neighbourhood Emergency Preparedness Program (NEPP) courses are held.

250-334-8890

Website: www.comoxvalleyemergencyprogram.com/

Email: cvep@shaw.ca

Service Area: Black Creek, Comox, Courtenay, Cumberland, Denman Island, Fanny Bay, Forbidden Plateau, Hornby Island, Lazo, Little River, Merville, Miracle Beach, Mt. Washington, Oyster Bay, Royston, Texada Island, Union Bay.

Campbell River:

Campbell River Emergency Preparedness Program

The City of Campbell River is a funding partner and active participant with the Strathcona Regional District Emergency Preparedness Program.

250-830-6702

Website: www.campbellriver.ca/city-services/public-safety/emergency-preparedness

Email: preparedness@strathconard.ca

Service Area: Campbell River, Cortes Island, Esperanza, Gold River, Heriot Bay, Kyuquot, Miltlenatch, Quadra Island, Quathiaski Cove, Sayward, Tahsis, Whaletown.

Sayward Emergency Preparedness Program

The Sayward Emergency Preparedness Program informs residents of potential hazards in their area in the event of a disaster or emergency. The program aims to educate residents and provide safety training upon request.

Steve Jewell, Emergency Program Coordinator

250-282-3347

Website: hcw.eplc@saywardvalley.net

Mt Waddington:

Port Hardy Emergency Preparedness Program

The District of Port Hardy works with the regional Emergency Preparedness Program (EP) to ensure that response efforts are coordinated quickly and efficiently in the case of an emergency.

Website: www.porthardy.ca/your-municipal-hall/emergency-information

Port McNeill Emergency Preparedness

The Port McNeill Emergency Preparedness Program prepares individuals of the town for the various hazards they may encounter in the region during a disaster or emergency.

Grant Anderson, Town of Port McNeill Emergency Coordinator

Email: portmcneill.epc@gmail.com



In the early stages of our peer helper program GRASP, which stands for Growth - Resiliency - Acknowledgment - Suicide Awareness - Planning for Safety, the Crisis Society was fortunate to have Dr. Jennifer White from the University of Victoria sit in on all four of the workshop's three hour sessions as part of her research on youth suicide prevention programs. Many positive learning occurred as a result of Dr. White's research, including the idea that a program's success might be measured in a few different ways. Evaluation of the program right after the fact clearly told us that students were overwhelmingly positive about GRASP and the effect it had on their lives. But we wondered if there might be a longer term impact as well,

With that in mind, we created a mentoring program where we encouraged "GRASP alumni" to come to future sessions of the workshop and in some cases, facilitate portions of the program. We also began to include them in our shorter presentation "Speak Out, Reach Out, Help Out" – which created the ability to form ongoing connections with the youth.

This was exciting on many levels as we were now getting to see the growth that we hoped would happen as a result of this program flourish. Not only did we have mentors helping us in the class rooms, students created groups like "Empathy NDSS," (Nanaimo District Secondary School) and "The Ripple" at Timberline High

in Campbell River to keep the ripple of hope and inclusion they felt in GRASP going.

Soon we began to see students volunteering in other capacities; helping out at public events, talking about Vancouver Island Crisis Line in the community, volunteering on our crisis lines, and speaking at our Suicide Bereavement gathering Soles Remembering Souls.

Davina Binng, a mentor from the first GRASP workshop we ever did was hired onto our staff team at the Crisis Society in 2015!

This has been so exciting that we've now gone a step further and have begun a pilot project to include GRASP alumni as volunteers in our Community Education department. Currently a GRASP alumni, Tianna Perry from Ladysmith Senior Secondary School, is co-facilitating the program with Heather Owen from our community education department.

To the hundreds of GRASP students who we've met over the last 10 years of teaching GRASP, we would like to say THANK YOU! Without your courage, big hearts, and willingness to participate in being "The Change" none of this would be possible.

Keep on making a difference!

Lyndsay Wells,
Community Education Program Coordinator

Random Act Of KXndness Day®

November 6th, 2016

**Make
KXndness
a Priority!**

#RakDay #Nanaimo

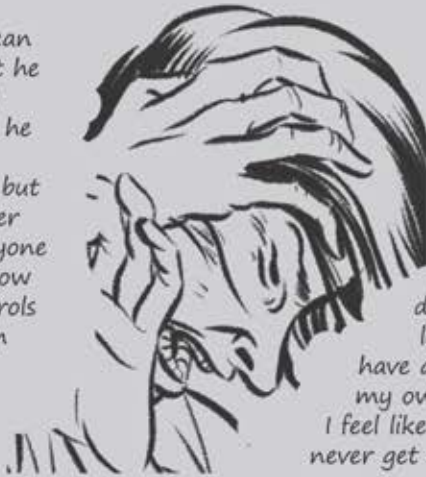
Nov. 6th, 2015 marked the first official Random Act of Kindness Day® in Nanaimo! Spearheaded by the Nanaimo Foundation, residents and local businesses participated in this national campaign by promoting and performing a simple act of kindness for someone – a neighbor, a friend, a co-worker, or even someone they don't even know. From buying a dozen coffees for strangers, paying extra time in a parking meter to even something as simple as holding a door open for someone else, these acts of kindness big and small made many people in our community smile, and pass kindness forward on Nov. 6th. To learn more about the Random Act of Kindness Day campaign please visit. <http://www.nanaimofoundation.com/random-act-of-kindness-day>

Let's prepare for next year and make this campaign a huge success!
But let's also remember that a random act of kindness is effective all year round.



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 **Tube** /LegalAidBC
www.lawbc.help/clearskies



Legal
Services
Society
British Columbia
www.legalaid.bc.ca





BE MORE THAN A BYSTANDER

BREAK THE SILENCE ON VIOLENCE AGAINST WOMEN

Be More Than a Bystander is a groundbreaking partnership between the BC Lions and Ending Violence Association of BC (EVA BC) that sees sports icons from the BC Lions using their status and public profile to create awareness and urge everyone to “Break the Silence on Violence Against Women”. Founding partner of the Be More Than a Bystander initiative are Status of Women Canada, the BC Ministry of Children and Family Development and Encana Corporation.

Since its inception, this initiative has continuously gained momentum and broadened its audience. Now in its fifth year, the publicity reach of this program is conservatively estimated to be in excess of 142 million impressions, it has won several awards, been highlighted in a global session at the United Nations in New York, and been directly responsible for a number of spin-off campaigns across Canada. The highly successful youth education component connected BC Lions spokespersons in-person with close to 54,000 students throughout BC in the first four years through in-school presentations. Additional special events like youth conferences bring the total audience reached in-person to more than 64,000.

www.bclions.com/bemorethanabystander/

www.havensociety.com

www.endingviolence.org/prevention-programs/be-more-than-a-bystander/

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

or call

250-753-2495



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.

Check out the new ariel videos posted describing the project.

Stay informed with the progress at www.nihp.viha.ca



Neil Cutler

Shares From His Own Suicide Loss

November 21st is celebrated worldwide as "International Survivors of Suicide Day" and this year to commemorate the day, the Vancouver Island Crisis Society held an educational forum at the Vancouver Island University on the Nanaimo Campus.

The evening began with a performance of *One Last Breath* by the winner of Nanaimo Idol, Kyle Stephen, followed by a moving rendition of *In The Arms Of An Angel* by Jona Kristinsson accompanied by Marty Steele and the night closed out with a performance by the 2nd place winner of Nanaimo Idol and a GRASP (a program put on by the Crisis Society that stands for Growth-Resiliency-Acknowledgment-Suicide Awareness-Planning for Safety) student from Nanaimo District Secondary School (NDSS), Kasumi Robinson who sang *How To Save A Life*.

The night was hosted by The Vancouver Island Crisis Society emceed by Matt Dunae who interspersed excerpts from his own experiences throughout the evening. Lyndsay Wells and Heather Owen wove personal stories with education excerpts to support those who may be struggling through that complicated grief that comes from suicide loss. The evening's message strongly highlighted the fact that there are people who care and are willing to support anyone who is struggling or who is supporting someone through their own journey of grief.

Other speakers that night gave us a glimpse into the struggles of our youth which came from a GRASP alumni student from NDSS, a grade 12 student Rose Hough who shared her personal experiences of crisis and loss. And with a message of hope that even in such loss and pain there can come gifts, Neil Cutler shared his own journey from suicide attempter to suicide loss survivor and how he found his way through it all.

Following are some of the important messages Neil shared with the crowd that evening, "Yoga and Meditation is about being okay with what is. But how can you be okay with what is, when you've lost someone to suicide? All the what if's, the if only's, am I crazy's? It's the hardest thing to accept that things are the way they are."

"Suicide makes everything impossible to understand. No matter how you look at it, your answers are never sufficient. Such incredible loss leads to strong beliefs & perspectives that are unchanging and permanent. I will never be the same. Meditation is about letting go. Letting go of the need to have answers, letting go of the need to feel a certain way. It's about accepting



whatever comes up. You don't need to label things as good and bad."

"The unique thing about meditation is that it acts on a subtler level of the mind than our beliefs and thoughts. It asks the mind to let go of logic and creates a new path with less importance on the mind's perspective. It acts as a reset switch." Neil shared his gifts by wrapping up the evening with a short meditation focused on breathing.

It was an amazing evening that brought the whole audience together in their efforts to learn more about this type of sadness, this individual journey of grief. Whether they were there as a survivor of loss or a supporter of someone who had experienced that loss they left the evening with a greater understanding and a feeling of being uplifted, even if only for a short while.

Those attending were asked to bring a pair of warm socks and/or a pair of new shoes that were donated to Snuneymuxw First Nation and H.O.S.T., the Homeless Outreach Street Team. The act of helping others can give us a feeling of making meaning of our pain. Anyone that is struggling with grief or thoughts of suicide themselves please know that there are people who care and who are here to listen. Call the crisis line at 1-888-494-3888 24 hours a day, Crisis Chat online at www.vicrisis.ca or Crisis Text at 250-800-3806, and connect with someone 6 to 10 pm every night. Don't go it alone.

Do you have questions about refugee mental health?

**Are you a mental or primary health professional
working with refugees in
British Columbia?**

**Are you a settlement worker or social service
provider working with refugees in British
Columbia?**

**Are you a private sponsor of a refugee or refugee
family in British Columbia?**

We can help you!

1-866-393-3133

If the answer is “yes”, call the

Provincial Refugee Mental Health Coordinator

toll-free throughout British Columbia

Mondays to Fridays

9:00am to 5:00pm.

The Vancouver Association for Survivors of Torture (VAST), an organization that has been providing community-based mental health services to refugees in British Columbia for 30 years, has established a toll-free telephone support line for service providers working with refugees throughout British Columbia, including mental and primary health professionals, settlement workers, social service providers, and private sponsors. The service is free of charge, and is funded by the Province of British Columbia.

We can assist by providing you with information, referrals and case consultation. We can also consult with you on assessment for vulnerability, individual and group counselling and working with interpreters.

Whether you are working with refugee claimants, government-assisted refugees, or privately sponsored refugees, this service is for you.



Volunteer Spotlight

In my time at the crisis line, I've been continually surprised at the wide variety of coping skills out there.

I've come to appreciate the strength of the human spirit and the extent to which we don't appreciate that in ourselves when we're in the middle of a crisis. I find I learn so much from callers; about the variety of experiences in life and about myself.

The people at VI Crisis are amazing individuals. I've often thought that large corporations could take a page from VI Crisis' book on communication and respect.

What I get from volunteering is the good feeling that I've contributed to the community and that I may, in some small way, helped someone push through the hard place they're in, to give them a chance at a better life.

Chris

THANK YOU

Helping People Find Their Way



Vancouver Island
Crisis Society



"The volunteer was able to help me view the situation in a new light, and provide resources for me. I found the service easy to use, friendly, caring, and would definitely reach out in time of crisis again. Very thankful!"

-Caller-

"You are inspirational, and we really value the work that you do with our students."

-Teacher-

"I can't say a big enough thank-you for your presentation. It was FABULOUS!!!! Our students clung onto the words, the music and the message."

- School Counselor -

"Thank you all for what you do. If it wasn't for one of you on the other end of the phone to help me a little while ago, I might not be here any more. I wanted to thank you, and let you know that I am trying to pay your kindness forward..."

- Caller -

"You guys are life-changing! Awesome job, love the course!"

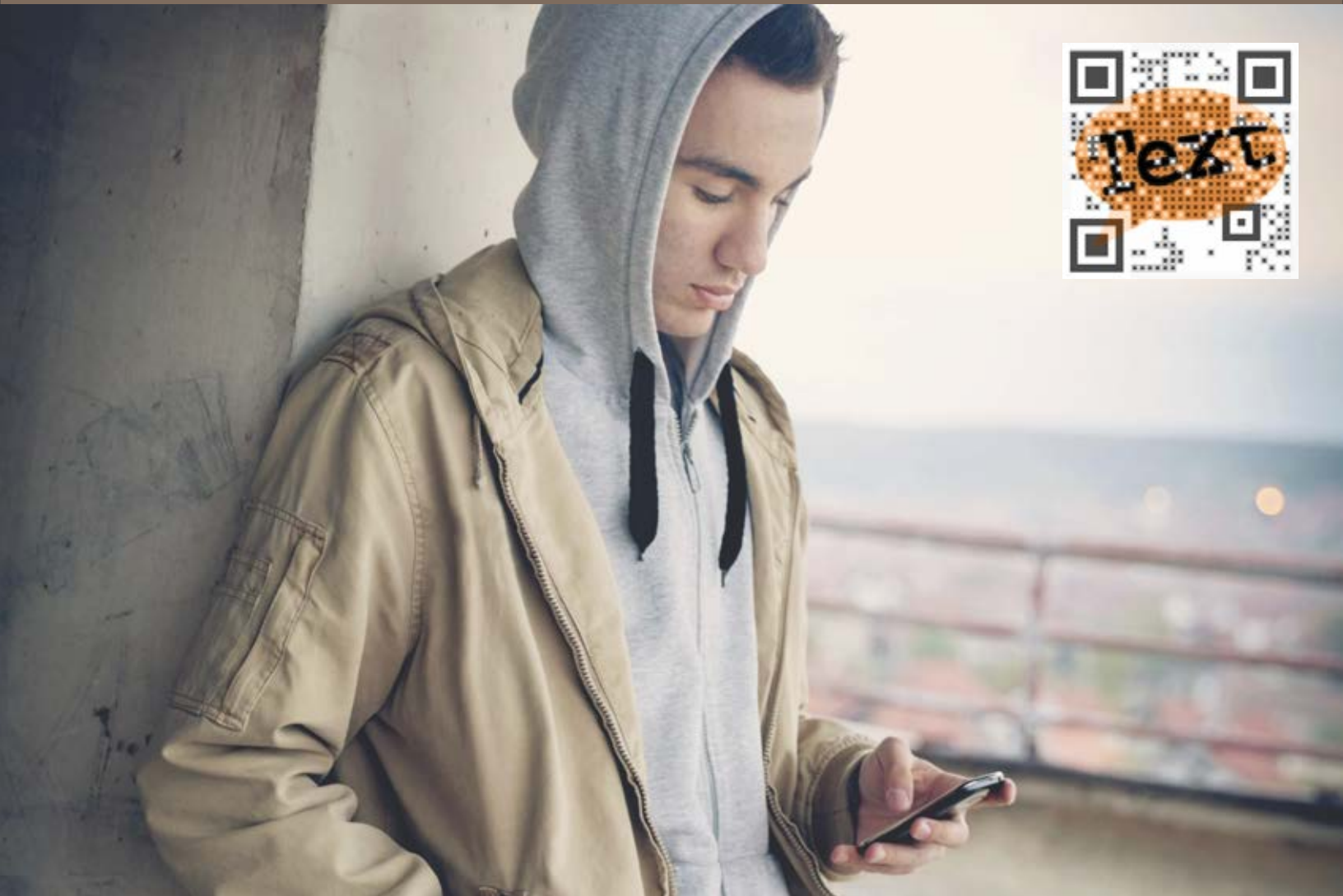
- Student -

"I am writing to personally thank you for the dynamic and engaging presentation that was provided to my staff and I on *Men & Suicide*, as part of our professional development day. Their realistic and blunt conversation, mixed with a compassionate sense of humour, displayed their deep knowledge of the subject matter and imparted it in a manner that both engaged and guided my staff and I to an understanding of what the obstacles are in recognizing the potential personnel in distress..."

- Commanding Officer -



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





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 August 2015. The donations listed are from August 1, 2015 to January 31, 2016. 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)

Board of School Trustees Sd68 (Nanaimo-Ladysmith)
 Cowichan Hospitality Group Ltd. (Travellodge Duncan)
 David M. Paton
 Duncan A.O.T.S. (Duncan United Church)
 Great Canadian Oil Change
 Knight's Mid-Island Charitable Society
 Luxe Studios
 Moksha Yoga
 Parksville Newcomers Club
 Provincial Employees Community Services Fund
 Royal Canadian Legion Branch 10
 Royal Canadian Legion Branch #257
 SOS Orthotics Strathcona Ortho Solutions Ltd Comox
 Steven Barre
 Tigh-Na-Mara Resort
 Woodgrove Centre
 Zelma Hopson

Life Preservers (\$500-\$999)

Chemainus Crofton Auxiliary #4400
 Don Moores Maximum Yield Publications Inc.

Hub International Limited
 Island Timberlands LP
 OM Town Yoga
 Rotary Club of Nanaimo Daybreak
 Royal Canadian Legion Malahat Branch 134
 Sharon Ball
 Women of the Moose #197

Lighthouse Keepers (\$1000 - \$2499)

Country Roads Marathon - Liz Royer
 Marc & Amanda Fillion (Mambo Gourmet Pizza Ltd.)

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
 United Way Central & Northern Vancouver Island
 United Way Cowichan



Did You Know:

According 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

As 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.

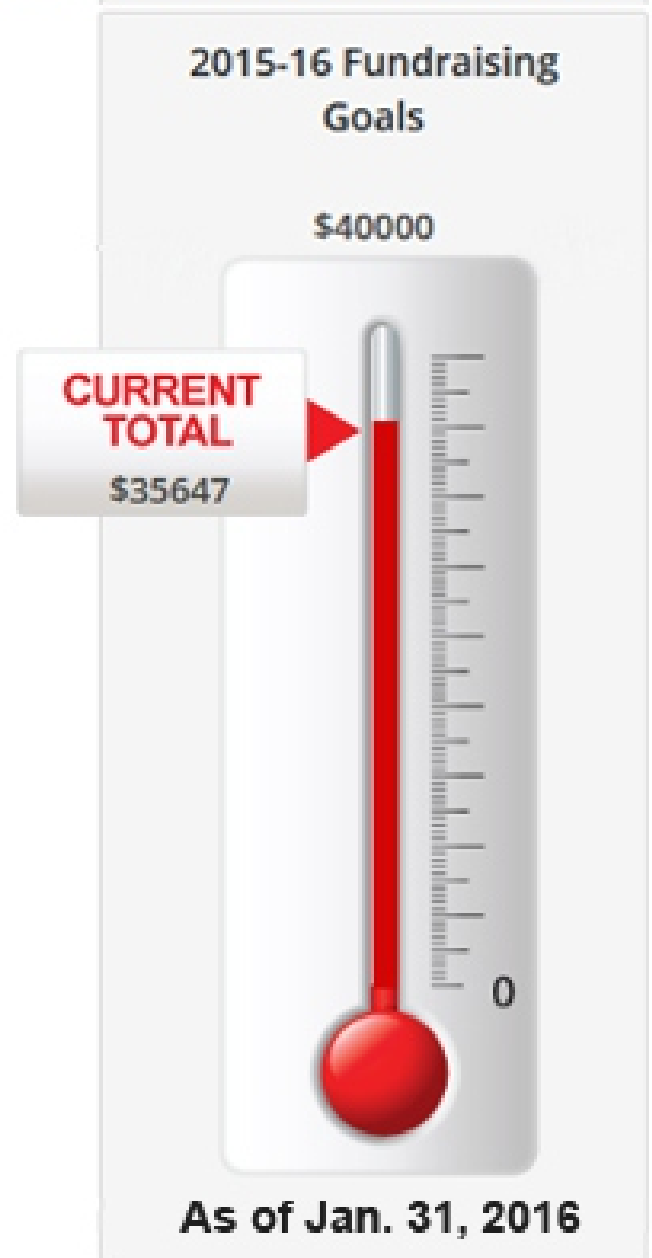
2014/2015 Expansion

- ☒ 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



ANNOUNCING

**The Vancouver Island Crisis Society
is launching a new workshop**



safeTALK

Frontline workers can arm themselves with safeTALK so they can become confident with how to handle suicide situations and can do their part to assist the person, feeling safe and sure that they will know when it is time to pass the person on to those who can take the next step and apply suicide first-aid skills learned in ASIST. It's a perfect system.

Everyone knows their part and feels ready, willing and able to engage in this unusual conversation knowing they are offering the best support possible.

Suicide Alertness for Everyone

safeTALK is a three-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and proactive stimulate learning. Upon completion the participant will receive a safeTALK Certificate.



LivingWorks

Training Opportunities



Next workshop, employing ASIST Version 11, to be held on **April 14 & 15 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



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 **March 31 & April 1**, from **9:00 to 4:00 both days**. For information or registration, please see our website at www.vicrisis.ca

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

Communication In The Workplace

Employees who feel capable and confident about handling difficult situations will experience greater job satisfaction, heightened productivity, and less sick time thus creating a positive impact on the entire team.

Participants will learn:

- ➔ The role of stress in the workplace
- ➔ Building a cohesive team
- ➔ Presentation: The cornerstone of communication is effective listening
- ➔ The impact attitudes, perceptions and judgements have on communication
- ➔ Communicating with distraught people
- ➔ Setting personal and professional boundaries

Here is what participants had to say:

- ➔ "Great Instructors!"
- ➔ "This would be a valuable workshop for any business."
- ➔ "To many people do not know how to communicate effectively!"
- ➔ "The training was truly phenomenal! It knocked my socks off. Everyone in the community should learn these skills!"
- ➔ "I highly recommend it."

Other Workshop Titles:

Check out our website for other workshop titles: Trauma Informed Approaches to Suicide Prevention; ManTherapy; Crisis, Compassion & Boundary Setting; Brain Injury & Suicide; Suicide Bereavement; Creating New Conversations; and How to Avoid The 10 Most Common Errors in Suicide Prevention; or, give us a call to arrange a custom workshop created specifically for your groups needs at 250-753-2495, toll free at 1-877-753-2495, or via email at info@vicrisis.ca.

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)



Country Marathon Raises Funds For Suicide Awareness

The 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. 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 turned out.

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 reaching a total donation of \$1,750.00.

Pictured to the right are race organizer, Steven Royer presenting the cheque and a race tshirt to

Vancouver Island Crisis Society's Heather Owen, Promotions & Community Relations Coordinator. This donation will go to support suicide prevention education programs. Heather stated "We know that suicide prevention is personal to you and we wholeheartedly thank you for your efforts in putting this event together. We want you to know that this donation will make a difference."

Top Photo by EARLE COUPER



SUICIDE PROTOCOL SIGNED

A protocol between the Vancouver Island Crisis Society and the Gwa'sala-'Nakwaxda'xw Nations in the Mt Waddington area was approved on December 19, 2015, following the transition of the Port Hardy Crisis Line operated by the North Island Crisis Counselling Centre Society (NICCCS) in September, 2015 to the Vancouver Island Crisis Line.

The terms of this protocol govern the working relationship between the Gwa'sala-'Nakwaxda'xw Nations and the Vancouver Island Crisis Line in providing *Follow Up* services to Gwa'sala-'Nakwaxda'xw community members in crisis.

The Gwa'sala-'Nakwaxda'xw Nations are responsible for the provision of mental health and addictions services, including Suicide response, as per their *Contribution Agreement* with the Federal government's First Nation/Inuit Health Branch. The Vancouver Island Crisis Society provides crisis line services through the Vancouver Island Crisis Line on Vancouver Island including the north, and has a particular expertise in connecting to crisis response including Mental Health crisis response teams, and providing follow up support with island communities.

This protocol seeks to develop an effective linkage between the Gwa'sala-'Nakwaxda'xw Nations and the Vancouver Island Crisis Society to better meet the needs of community members in crisis and result in improved outcomes. Working together ensures that both agencies are using their resources as efficiently as possible, provides more seamless service, and supports a collaborative process.

The Gwa'sala-'Nakwaxda'xw Nations and the Vancouver Island Crisis Society agree to work collaboratively, respectful of their mutual roles and responsibilities, to enhance existing services to at-risk Gwa'sala-'Nakwaxda'xw community members.



Gwa'sala-'Nakwaxda'xw
Nations



Vancouver Island
Crisis Society



CLABC

SINGLE NUMBER ACCESS

Currently, the Crisis Line Association of BC (CLABC) operates its crisis lines network under 2 names - 1800SUICIDE and 310Mental Health Support. In 2016, CLABC will operate the crisis line network under a single, easy to remember name and toll-free number that everyone in the community can access for support. In preparation for this upgrade, CLABC is reaching out to community stakeholders to increase awareness about the upcoming change, and to ask for your feedback in choosing a new name for the network.

The Vancouver Island Crisis Society operates the Vancouver Island Crisis Line who is a network partner that answers provincial calls from the networks. Focus groups will be planned with selected stakeholders in the next couple of months in various island communities. The Vancouver Island Crisis Line will continue to operate locally on Vancouver Island while continuing to participate in taking calls from the provincial network.

Another way that you can have a voice in choosing the name for the network is to go to this link and complete a short survey of eight questions. www.crisislines.bc.ca/#!/survey/cmdl

Thank you for taking the time to participate in the CLABC's survey.

Make it yours!

Island Wide Online

Community Resource Database

**Guide to Resources
in your community**

GO HERE

*Add this button
to your
website*

Check it out on our website @ 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. Just hit print and give the information to your client to take with them. EASY!

*nothing
ever
changes*

Can someone
help me find
resources?

VI CRISIS LINE
1-888-494-3888
24 Hrs 7 days/week

*what's
the
point*

where
can
I turn?

CRISIS TEXT 250-800-3806

CRISIS CHAT www.vicrisis.ca

6pm to 10pm every night

*I can't
go on
like this*



Let's Keep The Conversation Going!



The Vancouver Island Crisis Line appreciates the on-going support 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!

