

Vancouver Island Crisis Society

# IN CONNECTION



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Summer 2018

## Communities Help Us Help Communities



## We Honour The Many Who Give

### In Appreciation of Your Donations!

Intraworks: The company that keeps on giving . . .	3
Legacy Fundraising: Honouring the RCMP . . . . .	3
Our Funders & Donors (2017-18) . . . . .	4-5
Honouring John Jordan . . . . .	4
We couldn't do it without YOU!	
Ways to give to the Crisis Society . . . . .	5
Community Spirit! Dedicated Vancouver Islanders raise funds for the Crisis Society . . .	9, 15

### In Every Issue

Contacts and Crisis Services Statistics . . . . .	2
We appreciate your feedback . . . . .	6
Training Opportunities . . . . .	13
Bringing safeTALK and ASIST to your group . . .	16

### Features

How your brain processes certain words can help predict your risk of suicide . . . . .	6
Staff Update: Matt Dunae, Community Learning and Engagement Coordinator . . . . .	7
GRASP Mentor Training, by Lyndsay Wells . . . . .	9
Soles Remembering Souls 2018 . . . . .	10
Teen film-maker wins award for Therapeutic Riding documentary . . . . .	11
The Facts: Crisis Chat and Crisis Text . . . . .	12
Empowering Youth (2017-18) . . . . .	12
Self-care, the disease that is suicide, and the ripple effects of advocacy, inspiration and hope, by Karen VanderSluis . . . . .	14-15

## Contacts

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 Fax: (250) 753-2475  
 Email: [info@vicrisis.ca](mailto:info@vicrisis.ca)  
 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  
 6:00 pm to 10:00 pm every night  
 Accessed through our website at  
[www.vicrisis.ca](http://www.vicrisis.ca)

Crisis Text  
 6:00 pm to 10:00 pm every night  
 Text 800-250-3806

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



**United Way**  
 Central and  
 Northern Vancouver Island



## Vancouver Island Crisis Services Statistics

April 1, 2017 to March 31, 2018

	Crisis Line	%	Crisis Chat	Crisis Text
<b>Total Calls</b>	<b>32,926</b>	<b>%</b>	<b>898</b>	<b>812</b>
<b>Victoria &amp; area</b>	<b>15,077</b>	<b>46</b>	<b>281</b>	<b>191</b>
<b>Nanaimo/Ladysmith</b>	<b>7,123</b>	<b>22</b>	<b>220</b>	<b>252</b>
<b>Unknown</b>	<b>2,558</b>	<b>3</b>	<b>26</b>	<b>31</b>
<b>Cowichan Valley &amp; area</b>	<b>1,758</b>	<b>5</b>	<b>127</b>	<b>57</b>
<b>Comox Valley &amp; area</b>	<b>1,515</b>	<b>4.5</b>	<b>49</b>	<b>59</b>
<b>Campbell River &amp; area</b>	<b>818</b>	<b>2.5</b>	<b>101</b>	<b>189</b>
<b>BC Off Island</b>	<b>1,381</b>	<b>4</b>	<b>36</b>	<b>17</b>
<b>Parksville/Qualicum</b>	<b>1,915</b>	<b>6</b>	<b>19</b>	<b>6</b>
<b>Pt Alberni/West Coast</b>	<b>403</b>	<b>1</b>	<b>13</b>	<b>5</b>
<b>Mt. Waddington &amp; area</b>	<b>164</b>	<b>.5</b>	<b>18</b>	<b>5</b>
<b>Rest of Canada/USA</b>	<b>214</b>	<b>.5</b>	<b>8</b>	<b>0</b>

### Why People Call the Crisis Line

Mental Health .....	48%
Suicide .....	15%
Information & Resources .....	13%
Individual/Family Life .....	7%
Addiction .....	5%
Physical Health Issues .....	4%
Basic Needs & Homelessness ....	4%
Abuse & Family Violence .....	3%
Other .....	1%

### Mental Health & Substance Use Crisis Response Interventions (Crisis Calls, Chats, and Texts)

Campbell River Crisis Nurse .....	16
Courtenay Crisis Intervention Nurse .....	132
Duncan Crisis Response Team .....	96
Nanaimo Community Outreach Response ..	900
Oceanside Crisis Response Nurse .....	42
Port Alberni Community Response Team ...	34
Mt. Waddington Mental Health Daytime .....	2
Victoria Integrated Mobile Crisis Response Team .....	1,426

Note: Communities with lower intervention numbers have the option to access mental health crisis services directly.

### 1800SUICIDE

1-800-784-2433 (provincial)  
 1,377 calls – 4%

### 310Mental Health Support

310-6789 (provincial)  
 2,946 calls – 9%

### VI Crisis Line

1-888-494-3888  
 28,603 calls

### VI Crisis Chat/Text

1,710 visitors – 85.6%

### Canada Suicide Prevention Service

1-833-456-4566

Nov. 28, 2017, to Mar. 31, 2018  
 469 calls & 988 visitors – 1.4%

### Crisis Call/Chat/Text Interventions

911 .....	267
Police non-emergency ..	10
MCFD .....	42
Other .....	104
MH Crisis Response ..	3,036
<b>Total .....</b>	<b>3,459</b>
Represents 10% of Total Calls/Chats/Texts	



# The company that keeps on giving...



In 1999, our Executive Director, Elizabeth Newcombe and **Phil Stiller** (far right) began comparing stories about being Cub Scout Leaders and thus began a long-standing relationship. Phil serves currently as President and has served on the Vancouver Island Crisis Society board since August 2003. His firm, [Intraworks I.T. Management](#), has donated over \$128,000 worth of technology support since 1999, invaluable to our non-profit organization. As Crisis Line

technology has grown in leaps and bounds, Phil and his team have facilitated two server upgrades, two phone system integrations, and ongoing technical support. And, we cannot thank the Intraworks team enough for helping set up the system when the Vancouver Island Crisis Society became a pilot site for the Canada Suicide Prevention Service.

**Thank You!** with big hugs to Joanna, Michelle, Nick, Steve, Derek, Jin, Lee, Alex, and Phil! 🐾

**Legacy Fundraising:** We recall with great affection the special dinners held in collaboration with the RCMP detachments of Central Vancouver Island, which took place in 2007, 2008, 2009, and 2011. Many sponsors contributed to these events. We appreciate anyone who remembers attending these wonderful events who wishes to donate once again to our suicide prevention programs. **Thank You!**

## Honouring the RCMP whose Central Vancouver Island detachments raised funds for the Crisis Society



# Our Funders & Donors (2017-18)

## **VISIONARIES (Funders)** (\$5000+)



Vancouver Island Crisis Line  
An Island Health Contracted Service



Jim Pattison Broadcast Group  
Promotion of the Vancouver Island Crisis Line

We acknowledge the financial support of the  
**Province of British Columbia**  
for Community Education programming



**United Way**  
Central & Northern  
Vancouver Island

Youth Suicide Prevention Programs



Vancouver Island Crisis Line  
and Community Education



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

Community Education



**coastcapital.**  
SAVINGS

Youth Suicide Prevention Programs

These two pages list all of those who supported the Crisis Society financially or with in-kind donations from April 1, 2017, to March 31, 2018. We would especially like to thank those organizations that contributed to keep our Youth Suicide Prevention Programs in our schools, and who supported our Crisis Chat and Crisis Text services.

## **NORTH STARS** (\$2500 to \$4999)

Odd Fellows Columbia Lodge No. 2, Victoria – Disc Golf Jamboree

## **LIGHTHOUSE KEEPERS** (\$1000 to \$2499)

460 Realty Inc.

Cowichan Valley Ride for Suicide Awareness

Mambo Gourmet Pizza

Peter Hudson Comedy

Royal Canadian Legion Branch #76 Qualicum Beach

Wanderlust Tattoo Company

## **LIFE PRESERVERS** (\$500 to \$999)

Sharyn Ball

Chemainus-Crofton Aerie No. 4400

Emily Craig

Knights of Columbus Ascension Council #7991

Knights of Columbus Mid-Island Council #3842

Nanaimo Ballroom Dance Society Fundraiser

**The MacIsaac Group of Law Firms** has supported the Vancouver Island Crisis Society (known as the Central Vancouver Island Crisis Society prior to 2012) for more than 20 years. Mr. Walker and Mr. Butterfield preceded **John Jordan**, who served on the Crisis Society's board of directors from 2001 to 2017 – for 14 of these 16 years as President. We appreciate the legal advice he has provided, which has guided many of our policy decisions. He is a kind, generous and compassionate person who gives a lot to his community. We wish him the best going forward. We miss his presence at our monthly board meetings.  
*With much appreciation!*





# We couldn't do it without YOU!

## Ways to give to the Crisis Society



There are many ways to contribute to our services to help us support as many members of our Vancouver Island communities as possible.

Your donations are always appreciated. They help support the following services:

- Vancouver Island Crisis Line
- Crisis Chat and Crisis Text
- Community Education
- Suicide Prevention Programs
- Youth Suicide Prevention Initiatives

You can choose to pay via:

- Email [etransfer at etransfer@vicrisis.ca](mailto:etransfer@vicrisis.ca)
- MasterCard or VISA by phone
- Via [CanadaHelps.org](http://CanadaHelps.org)
- Cheque via post or in person at our office

We are very grateful as well to those who choose to donate their time, whether it is by volunteering on the Crisis Line or in the planning a fundraising campaign to support the services we provide.

And your generous in-kind donations help us show our gratitude to our devoted volunteers. 🐾

Royal Canadian Legion Branch #171 Ladysmith  
Royal Canadian Legion Branch #191 Chemainus  
Nolan Stewart  
Women of the Moose #197

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

Cactus Club Café  
Campbell & Fairweather Psychology Group  
Raven Castle-Griffey  
Helen Cheng  
Kelsey Croft  
M and B Demens  
Duncan United Church A.O.T.S.  
Sharon Erickson  
Flying Fish ...Cooking, Living & Giving  
Frank Allen Financial Group Inc.  
Fraternal Order of Eagles Chemainus-Crofton #4400  
Chantal Gates  
Holy Trinity Anglican Church, North Saanich

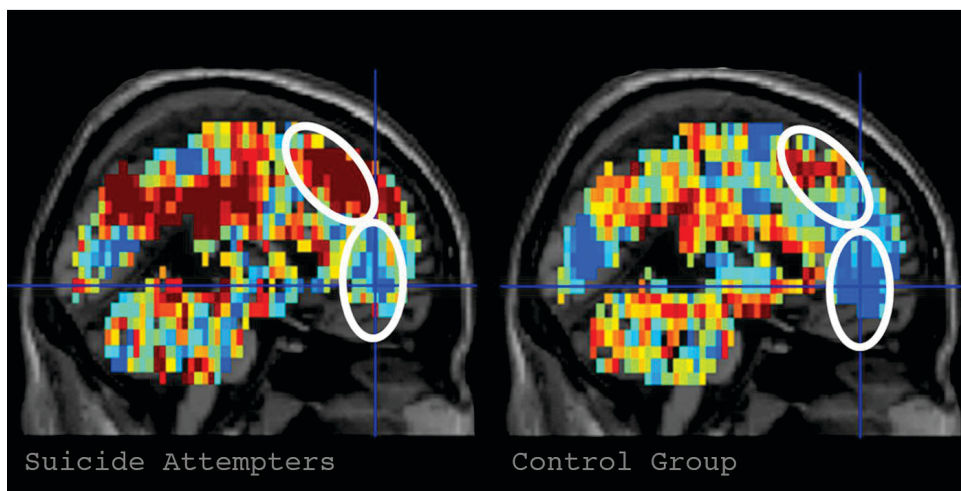
Stefan Jonsson  
Leonard Krog, MLA  
Ladysmith Lions Club  
Charles Long  
Long Lake Sports & Orthopaedic Physiotherapy  
Brenda Martin  
Parksville Newcomers Club  
Kim and Brenda Pirie  
Pomme Natural Market  
Provincial Employees Community Services Fund  
Real Meals Nanaimo  
Royal Canadian Legion Branch #211 Bowser  
Jacqueline Smith  
Smythe LLP Chartered Professional Accountants  
Grant Thornton  
Tigh-Na-Mara Seaside Spa Resort & Conference Centre  
TimberWest Forest Corp.  
Debra Vincent  
West-Barr Contracting Ltd. 🐾

**Thank You!**

# How your brain processes certain words can help predict your risk of suicide

**W**hen a person's distress, depression or discouragement appears to have taken a sharp turn for the worse, it's time to ask him or her a weighty question: Are you thinking of harming yourself?

If only the answer were a better guide. One study has found that nearly 80% of patients who took their own lives denied they were contemplating suicide in their last contact with a mental healthcare professional.



**A brain scan might be able to predict who might attempt suicide.**  
**(Carnegie Mellon University)**

*by Melissa Healy*

Friends and family suffer the guilt and anguish of not having divined a loved one's intentions, but mental health professionals rarely fare much better at doing so.

But what if the brain's response to a series of questions — never the question, but a more indirect probe of a person's feelings — yielded a more accurate signal?

New research suggests it can. [READ MORE...](#)

*Article introduction and photo reprinted with the kind permission of the Los Angeles Times. Originally published on October 31, 2017.*



We appreciate your comments to help us as we continually refine and update our service delivery. Please let us know how we're doing by completing our straightforward [online feedback form](#).

## VOLUNTEERING

**JOIN US!**

**Makes a difference!**

**Next session begins  
Sept. 27, 2018**

Training and Volunteering on the **Crisis Line** take place in Nanaimo

For further information, please visit our website at **vicrisis.ca**

Volunteering can be **a gateway to employment!**

Did you know that **80% of staff** at the Crisis Society began as volunteers?

And there are more **employment opportunities to come!**



Vancouver Island  
Crisis Society





## Staff Update:

### Matt Dunae talks about his expanded role as Community Learning and Engagement Coordinator

**H**ello there! Some of you will know me in my role as Community Education Trainer. I would like to re-introduce myself in my new expanded role as the Community Learning Engagement Coordinator here at the Vancouver Island Crisis Society.

Our colleague Heather Owen, who was our Promotions and Community Relations Coordinator, has now retired. You will now see me attending more meetings in various communities on the Island as I take on her responsibilities of engaging with helping agencies. I am very happy to begin my new position here at the Crisis Society but I am sad to see Heather leave. She was an integral part of our team and she is greatly missed by all. Fortunately for us, she has stayed on in a casual capacity and luckily we do get to see her for lunch every once in a while.

I am very excited to visit each community and meet everyone in person so that I can keep the strong connections that Heather has built over the years. I look forward to meeting all of those who I haven't had the chance to meet and to finding out what we as a society can do to help support what you are doing in your communities.

I will also continue to facilitate our **GRASP** and **Speak Out Help Out Reach Out** programs in schools throughout Vancouver Island, as well as **safeTALK** and **Crisis Intervention Skills Training**, depending on need and scheduling.

I am only a phone call away so please don't hesitate to call if there is a meeting that you feel I should attend or if you have any questions for me regarding our services and how we can better work together to make sure that people aren't struggling alone. Thank you. 📞

**Matt Dunae**  
Community Learning and Engagement Coordinator  
250-753-2495 ext.110  
[mattd@viccrisis.ca](mailto:mattd@viccrisis.ca)



Reverend Vicki Vanderhorst of Unity Comox Valley presents a generous donation to Matt Dunae. **Thank You!** to the Reverend and to the members of [Unity Comox Valley!](#)



#### 460 Realty

Our Executive Director Elizabeth Newcombe (far left) and Matt Dunae gratefully accept a cheque from Leslie Kaardal, Doug Schiebel, Peter Gallacher, and Cory McNabb. A special event called [460 For Kids](#) was held in December 2017 and funds for the Crisis Society were donated along with toys to The Great Nanaimo Toy Drive.

**Thank You!**



## There is a lot of information out there!

What is the best way to find the best services available to you on Vancouver Island that meet your needs?

There are a number of databases that offer many answers. Herewith, we present these with you, with the hope that our discussion will help make your searches efficient and relevant.

## VANCOUVER ISLAND CRISIS SOCIETY: Our own database!

Let's begin with an analysis of the recently deployed provincial database. Since the launch of [bc211](#)'s phone and text services on September 18, 2017, we have received many inquiries about bc211 from Vancouver Island residents. Let us clarify the status quo for you.

**Question:** Since bc211's service has expanded to Vancouver Island, will the Vancouver Island Crisis Society continue to publish their on line resource database?

**Answer:** The Vancouver Island Crisis Society is contracted by Island Health for the Vancouver Island Crisis Line operation, which includes the administration of a public resource database for Island residents. Our [Community Resource Database](#) is available on our website. These data are also extensively accessed by our Crisis Workers as they support service users in need. This database offers over 1700 resource listings for services that are primarily located on Vancouver Island. The Crisis Society has been mandated by Island Health to continue evaluating whether our database is still requisite in light of the launch of bc211. At this time, the need for our Vancouver Island database continues while bc211's database features only a limited number of Island resources. The majority of its resources serve the residents of the Lower Mainland only.

## OTHER RESOURCE DATABASES AVAILABLE TO VANCOUVER ISLAND COMMUNITIES

### bc211:

Originating in 1953, the province-wide directory database changed significantly in its mandate and its service providing methods in 2017. Its data comprise over 12,000 resources. It offers confidential telephone, texting and online referral services, connecting individuals to community, social and government services.

### Island Health Services:

Island Health delivers many types of services for residents, clients and patients. This database's entry page offers quick links for the following categories: Find A Doctor; Tests and Treatment; Ongoing Care and Wellness; Palliative and End of Life; Aboriginal and First Nations; Children and Youth; Seniors, and more.


### Cool Aid Online Resource Guide:

Cool Aid offers resources for folks who live in Greater Victoria. Part of its REES program (Resources, Employment, Education, and Support), this "Guide connects people of all ages with access living with mental health and addiction challenges to the availability of finance, jobs, food, clothing, shelter and contacts."

### Comox MFRC:

This Military Family Resource Centre, affiliated with Comox Morale & Wellness Services, provides extensive resources to military personnel and their families, which range from mental health, employment, education, childcare, teen support, housing, and fun activities!

### Esquimalt MFRC:

Serving military personnel and their families in southern Vancouver Island, Esquimalt MFRC's mission is "to enhance resilience in military families through provision of programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle and will result in enhanced quality of life and enable military operations." 

We invite you to add this graphic to your website or email. Right-click on the graphic to **Save Image As...** to your hard drive. Insert the graphic into your website

or your email. You can then copy the following link and add it as a hyperlink to the graphic to help others access the community database:  
<http://www.vicrisis.ca/community-resource-database/>

**Guide to Resources  
in your community**

**GO HERE**



## Community Spirit!

Throughout the years, a number of good citizens of Vancouver Island have presented memorable events, which also served to raise funds for the Crisis Society. We acknowledge their many hours of hard work and their dedication to helping us help others! Please see page 15 for more fundraisers!



Since 2015, many riders gather at Royal Canadian Legion Branch 134 in Shawnigan Lake in June to get their motor runnin' and head out on the roadways of Comox Valley, in memory of a lost loved one.



The Odd Fellows Columbia Lodge No. 2's website states, "A Charitable Organization... And Having A Blast Doing it!" So true. Check out this video from their 2nd Annual Odd Fellows Disc Golf Tournament, also held in June.



### ROYAL CANADIAN LEGION

The kindness and giving spirit of Vancouver Island's many service groups is ongoing and crucial in helping us sustain our Crisis Chat and Crisis Text services and our youth suicide prevention programs. We appreciate the devotion with which they continue to support the Crisis Society. Recent donors are shown on pages 4 and 5.

youth creating change



## Mentor Training

by Lyndsay Wells, Community Education Program Coordinator for the Vancouver Island Crisis Society

One of the most exciting things about working with youth is discovering how empathetic and savvy they are. With this in mind, the Crisis Society launched two very successful pilot projects this school year. These arose out of our popular gateway school program, GRASP (Growth, Resilience, Acknowledgement, Suicide Awareness, Prevention and Personal Planning).

The first was a Mentor Training program, where students from Grades 10 to 12, learned how to present information about anxiety, overthinking, stress, and safe social media use to Grade 8 students. The students were required to sit in on four training sessions where they were helped to customize their own personal introductions and stories relating to the topics. From there, students received their own set of personalized presenter's notes to go along with a PowerPoint presentation.

The project, which had originally begun in 2016 with the RCMP Strategic Crime Prevention Services in Campbell River, was piloted at Nanaimo District Secondary School in Nanaimo, British Columbia. All Grade 8 students at NDSS attended the presentations. It was most exciting to witness the mentors' personal growth and their pride in receiving their personalized notes.

An abbreviated version of the Mentor Training program also took place at Frances Kelsey Secondary School in Mill Bay, also on Vancouver Island, for the school's Peer Counselling students. 📱

# Thank You!



# Soles Remembering Souls

Coming together to support those who are grieving alone

Sunday, September 9, 2018

4:00 pm to 6:30 pm

Maffeo Sutton Park

Nanaimo

Opening and  
Closing Ceremonies  
with Patrick Aleck

Performances by  
Raymond Salgado  
Sirreal  
Nanaimo Idol  
2018 Winner  
and more

For further information,  
contact Matt Dunae  
[mattd@vicrisis.ca](mailto:mattd@vicrisis.ca)  
250-753-2495

Join us for a memorial gathering for survivors of suicide loss



# Teen film-maker wins award for Therapeutic Riding documentary

**T**his February, 15-year-old film-maker Geoff Arrowsmith was awarded "Best Documentary" at the Inaugural Cowichan Valley Film Festival. His short film, **Just Like Them**, tells the story of a young man's experience with Cerebral Palsy and therapeutic riding at the Cowichan Therapeutic Riding Association (CTRA).

Arrowsmith's winning film features Neil Cutler, a Nanaimo-based yoga instructor, as he looks back on childhood with a disability. In the documentary, Cutler reflects on his time at CTRA and how therapeutic riding helped him overcome barriers, gain confidence, and realize his potential during difficult teen years.

In the film, Cutler explains how riding provided an important sense of belonging at a time in his life when he struggled to fit in. On camera, Cutler recalls, "I remember the joy of coming and being with an animal... a being that worked with me and helped my disability be different." After his start with therapeutic riding, Cutler became a very successful para-equestrian athlete, ultimately competing at the national level.

Arrowsmith made his award-winning documentary under the tutelage of Nick Versteeg (DV Media). Commenting on Arrowsmith's win, Versteeg says, "We at DV Media are very proud of Geoff's first award on his very first production. We will keep supporting Geoff's goal to become a film-maker."

"I had no idea that this project would take me as far as it has," comments Arrowsmith. "It was a pleasure representing CTRA's work in the community, and a great learning experience being mentored by Nick Versteeg."

The film was supported by a cast of CTRA participants, staff, volunteers, and therapy horses. It was created to help raise awareness about the program's positive impact on the lives of young people with special needs. Both Arrowsmith and



**Documentary team, left to right:** Vegas Dargatz (CTRA staff), Geoff Arrowsmith, Nick Versteeg, Neil Cutler, Alan Culter (Neil's father), Lisa Pink (CTRA staff/Neil's childhood coach), Cate Scally (back), Atticus Scally (front), and Aaron Scally.

**[Neil Cutler has volunteered with the Crisis Society since 2004. Thank You!]**

Versteeg volunteered their time and resources to film and produce the documentary for the charity.

The documentary can be found under [www.ctra.ca/media](http://www.ctra.ca/media).

Information on the Cowichan Film Festival can be found at [www.cowichanvalleyfilmfestival.com](http://www.cowichanvalleyfilmfestival.com).

Those interested in learning more about equine-assisted therapy services are encouraged to visit [www.ctra.ca](http://www.ctra.ca) or contact the Cowichan Therapeutic Riding Association directly ([info@ctra.ca](mailto:info@ctra.ca) or 250-746-1028). CTRA is currently seeking volunteers to help even more children like Neil realize their dreams. No experience is necessary and all training is provided.



Reprinted with the kind permission of  
**Anne Muir, Executive Director**  
Cowichan Therapeutic Riding Association  
250-746-1028, [info@ctra.ca](mailto:info@ctra.ca)

## The Facts: Crisis Chat and Crisis Text

**Crisis Chat** services have been online since June 2013. Crisis Chat is accessible from 6:00 pm to 10:00 pm daily via our website at [www.vicrisis.ca](http://www.vicrisis.ca)

**Crisis Text** services have been available online since October 2014. Like Crisis Text is accessible from 6:00 pm to 10:00 pm daily by dialling 250-800-3806.

To date, we have interacted with the following number of visitors:

**Crisis Chat: 4391**  
**Crisis Text: 1611**

*(Please note that one text or chat visit represents the entire conversation.)*

Over a three-year period (since 2015), Crisis Chat and Crisis Text volume has increased by 17 per cent.

The number of visitors to chat and text under 18 years of age is 30 per cent of the total volume.

With regard to our Crisis Chat and Crisis Text services, since 2013, the total number of interventions involving either contacting 911, the Ministry of Children and Families, or liaising with Mental Crisis Services is 179, with lives being saved.

## Empowering Youth (2017-18)



- ➔ We presented 10 **GRASP** (Growth, Resilience, Acknowledgement, Suicide Awareness, Prevention and Personal Planning) gateway programs to 183 students.
- ➔ A total of 34 **Speak Out Reach Out Help Out** (SOROHO) were offered to 3,553 students.
- ➔ Six new **Mentor Training** programs were offered this to over 90 students.
- ➔ Youth suicide prevention workshops were presented as far north as Alert Bay and as far south as Shawnigan Lake on Vancouver Island.
- ➔ Workshops are now offered to elementary school students from Grades 4 to 7.




**CRISIS CHAT**  
 hosted by Vancouver Island Crisis Line 1-888-494-3888  
**Chat Now**  
[www.vicrisis.ca](http://www.vicrisis.ca)  
 7 days/week 6 to 10 pm



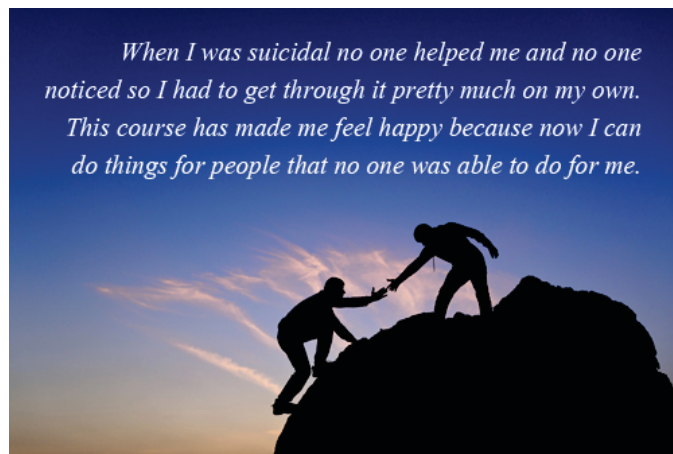
**Crisis Text**  
 Provided by the Vancouver Island Crisis Line 1-888-494-3888  
**250-800-3806**  
 Text this number 7 nights a week 6 to 10 pm

**To help us continue to provide these vital services and programs, we invite you to make a donation**



**Thank You!**

*When I was suicidal no one helped me and no one noticed so I had to get through it pretty much on my own. This course has made me feel happy because now I can do things for people that no one was able to do for me.*



A GRASP student's testimonial



# Training Opportunities



Next workshop:  
**October 18 & 19, 2018**  
**8:30 to 4:30 both days**  
Crisis Society Training Centre  
30 - 1708 Bowen Road, Nanaimo



Next workshop:  
**September 19 & 20, 2018**  
**9:00 to 4:00 both days**  
Crisis Society Training Centre  
30 - 1708 Bowen Road, Nanaimo

**Applied Suicide Intervention Training Skills (ASIST)** is a 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 is highly evaluated, and remains the most widely used suicide intervention training program in the world.

Participants learn to:

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

**Crisis Interventions Skills Training (CIST)**, developed by the Vancouver Island Crisis Society, is a 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.

Participants 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

**CONTACT THE VANCOUVER ISLAND CRISIS SOCIETY to facilitate ASIST, CIST, or your CUSTOMIZED WORKSHOP on your premises**

## 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 learn:

- ➔ The role of stress in the workplace
- ➔ Building a cohesive team
- ➔ 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

## Additional Available Workshops

Here is a sampling of workshops which the Crisis Society has developed, which can be customized to suit your needs:

- ➔ Trauma-Informed Approaches to Suicide Prevention
- ➔ Man Therapy
- ➔ Crisis, Compassion and Boundary Setting
- ➔ Brain Injury and Suicide
- ➔ Creating New Conversations
- ➔ How to Avoid The 10 Most Common Errors in Suicide Prevention
- ➔ *Workshop in development which addresses loneliness*

Contact us to arrange a custom workshop created specifically for your group's needs at 250-753-2495, toll free at 1-877-753-2495, or via email at [info@vicrisis.ca](mailto: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)**

# Self-care, the disease that is suicide, and the ripple effects of advocacy, inspiration and hope

Karen VanderSluis, Training Coordinator for [Canada Suicide Prevention Service](#), reflects about presentations at the 2018 Conference of the American Association of Suicidology

**W**e are a group that is infinitely exposed to trauma.” I heard this statement and the above quote in a workshop at the 2018 [American Association of Suicidology](#) conference. Since then, I keep coming back to this quote as it feels like such an accurate description of what we face every day. When we either volunteers or are employed in the field of Crisis Line work, we often take for granted the day-to-day trauma and emotional pain to which we are exposed. Sometimes it feels clichéd to talk about self-care or self-compassion, something we hear about all the time, so much so

Knowing this, how can we begin to build our compassion satisfaction so it doesn’t turn into compassion fatigue? One presenter at the AAS Conference said that every clinician working in this field should have the Virtual Hope Box app on their phone. I confess I downloaded this app after the last conference and then didn’t do anything more with it. I have now downloaded the app again and have made sure to load it with some personal photos of things that give me hope and joy in the *Remind Me* section. I have launched it several times in the past couple weeks when I feel my stress level rising and it



that we can even begin to tune that out as a “been there, done that” issue. Even if we are adept at self-care, it can seem so simplistic that I believe we underestimate the intentional aspect of taking care of ourselves, and that we pat ourselves on the back for doing something for self-care without truly giving thought to what it is. Self-care isn’t just about what we can do for ourselves; it is more about what we actually need.

The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.

[Dr. Rachel Naomi Remen](#)

helps calm me. I love the *Distract Me* section, in which I can play with of my own pets (some of the cutest animals in the world!) [Editor’s note: *This is true!*]

At another presentation, [David Covington](#), CEO and President of RI International, shared a story where someone came up to him and said, “David, I announced to my family that I am taking suicide off the table, it will never happen to me.” David’s response was, “Great idea! I’d like to take cancer off the table! I’d like to promise my family to never get cancer.” The idea that we can say with confidence we will never think of suicide is impossible and should be thought as no different than someone struggling with a physical health issue. I have been



intrigued by David Covington's comparison of suicide to cancer and I feel he is doing so much to break through the stigma and misperception that surround suicide. I share this story also because it had me thinking about the unpredictability of all of our futures. None of us knows what lies ahead and the more we can build our hope and our resiliency, the more it will help everyone in our lives. Hope is a skill and hope can be taught.

With all those stories and thoughts swirling through my head, here is what I imagine for our team – and for our families: The ability to create hope boxes (or virtual hope boxes!), and then share them with each other. We could ask each other, "Why did you put what you did in your hope box?" Imagine that a year from now, something has happened that has you thinking about suicide, how will the hope box, and what is in it, help you? I strongly believe this gathering would build greater connectedness, which is a cornerstone in helping everyone remain focussed on life and hope.

As a final thought, I have been thinking about a [Kevin Hines](#) documentary film, [The Ripple Effect](#), that was shown at the conference. In this film, he focusses both on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal and stay alive. In an area of work that is often filled with sombre discussions, the stories of those who have lived experience with suicide are shining hope into our discussions in a way that never has occurred before. The ripple effects of these hope-filled stories help those of us involved in the crisis intervention field reconnect with why we are dedicated to our work and with the compassion satisfaction we feel at being a part of something that is bringing people hope and connecting them to life every single day. 🚫

Appreciate Grateful  
Helpful Listening  
Honest FollowUp  
Talk Nice Time Talking  
Calmer Better Thanks  
Understanding  
Help Kind Calming  
Concern Relief Helped  
Kindness  
Amazing Perspective

## Community Spirit!

*Continued from page 8*

### United Way Central and Northern Vancouver Island

*continues to support our youth suicide prevention programs. This helps us reach students attending elementary, middle, and high schools.*



Hilarity and his commitment to increasing mental health awareness are [Peter Hudson's](#) goals in the many shows he's hosted at The Queens Night Club in Nanaimo. Tickle your funny bone at his next show on September 15, 2018.



The t-shirts! The amazing Slice of Life shows in Nanaimo's Lois Lane! The wonderful owners of [Mambo Gourmet Pizza](#) are true supporters of community!

A fundraiser was held at this [popular Nanaimo venue](#) in tribute to DJ Avicii.





# safeTALK

Presents the basic steps for helping a person with thoughts

## Creating Suicide Safer Communities

Thanks to subsidies provided by the BC Ministry of Health in an effort to encourage BC residents to access more suicide awareness training we are now able to offer the following rates:

### safeTALK

Individual: \$35/person\*

Group registration: \$250/group\*

(min 10 participants, max 30 participants)

*\*\$10/person material subsidy when available*

### ASIST

Individual: \$160/person\*\*

Group registration: \$2500/group\*\*

(min 14 participants, max 30 participants)

*\*\*\$45/person material subsidy when available*

If you are interested in having us present ASIST or safeTALK at your agency or business place, please call us at 250-753-2495, toll free at 1-877-753-2495.

You can also register individually via our website at [www.vicrisis.ca](http://www.vicrisis.ca).

Internationally recognized and standardized two-day suicide intervention training designed to help caregivers learn suicide first aid intervention.



## LivingWorks



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