

SUICIDE PREVENTION COMMITTEE

c/o Liz Lychuk (Chair)
302 - 83 Churchill Drive
Thompson, MB

Phone: 204-778-6513
Tollfree: 1-877-677-5353
Fax: 204-778-9250
Email: elychuk@brha.mb.ca

24 - Crisis Phone Lines

MB Suicide Line.....1-877-435-7170
Kids Help Phone.....1-800-668-6868
Crisis/Sexual Assault 24 hr line.....1-888-292-7565
Domestic Violence Line.....1-877-977-0007
Klinik Community Help Center.....1-888-322-3019
Gambling Hotline.....1-800-463-1554

Day Support Phone Lines

Rural Stress Line.....1-866-367-3276
RCMP (Thompson).....204-677-6911
Thompson General Hospital.....204-677-2381
Mental Health (for adults).....204-677-5350
Child/Adolescent Mental Health 204-778-6513

Toll-free line.....1-866-291-7774

Mobile Crisis Services (for Youth)

2pm - 2am204-778-1472
Toll free1-866-242-1571

Helpful Websites

- www.livesinthebalance.org
- www.sourcesofstrength.org
- www.reachout.com
- www.teentalk.ca
- www.reasonstolive.ca
- www.honouringlife.ca
- www.mindyourmind.ca
- www.gov.mb.ca/triplep/
- www.livingworks.net



People who talk about suicide mean what they say. Most suicidal people warn those close to them. Too often these warnings are missed or ignored.

- Talking or thinking about death
- Making comments about being hopeless, helpless, or worthless
- Saying things like “It would be better if I wasn’t here” or “I want out”
- Depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse
- A sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Losing interest in things one used to care about
- Visiting or calling people to say goodbye
- Putting affairs in order, tying up loose ends, changing a will
- Serious changes in behaviour (i.e. excessive drinking / risk taking behaviour, etc.)

If you are concerned about yourself or someone that you know, contact your local services or one of the resources listed in this newsletter.

Calendar of Events / Training

<u>MHFA (Basic)</u>	<u>MHFA (For Adults who Interact with Youth)</u>	<u>Applied Suicide Intervention Skills Training (ASIST)</u>
<p>April 8 & 9</p> <p>CMHA hosting – contact Darren at 677-6057 for details</p>	<p>May 24-25</p> <p>NHR hosting – location TBA</p>	<p>May 24-25</p> <p>NHR hosting – location TBA</p>
<p>May 6 & 7</p> <p>NHR Hosting - contact Jennifer at 204-778-1589 for details</p>	<p>Note – this session is part of the HOPE Forum and is for individuals who register to attend the HOPE Forum, if space permitting we may take others</p>	<p>Note – this session is part of the HOPE Forum and is for individuals who register to attend the HOPE Forum, if space permitting we may take others</p>
<p>June 18 & 19</p> <p>CMHA hosting – contact Darren at 204-677-6057 for details</p>	<p>Kristen Douglas for details 778-6513 ext 0</p>	<p>Kristen Douglas for details 778-6513 ext 0</p>

Please direct all submissions of community events, training or stories to: Liz Lychuk - elychuk@brha.mb.ca
To be considered for the next issue, submissions must be received before: June 2013



HOPE North
Suicide Prevention Committee
Where there is LIFE, there is HOPE.

Volume 3 , Issue 3

Spring Issue - April 2013

In this Issue:

- HOPE Forum 4
(included inserts)
- Forum Information
 - Forum Registration Form

SHAPE Committee

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Newsletter Committee:

Newsletter Co-Chairs:

Donna Sanders & Patti Baird Millar

Editor:

Donna Sanders

Committee Member:

Blake Ellis

Contributors:

Liz Lychuk

Patti Baird Millar

Jennifer Whalen

Tricia Griffin

Treena Kuhl

Next Issue Date
Summer 2013

HOPE North Committee Greetings

HAPPY SPRING TO ALL OF OUR READERS!

We hope that this newsletter finds you well; looking forward to the sunshine of spring and summer and our FOURTH ANNUAL HOPE FORUM! We are wanting everyone of our readers to come and if at all possible bring a youth with you! What an exciting event this is going to be. For the first time ever, we are bringing to you **Keynote Speaker, Robb Nash**, through personal stories, song and video, Robb will talk about serious issues including drug and alcohol addiction, bullying, self-harm, depression and suicide. He will inspire youth and all of us to stay hopeful, to recognize our unique strengths, to make positive choices and to lead lives of significance and purpose.

Check out his website (<http://robbnash.com/band.html>) and watch his performance live on youtube.



Robb Nash

Day two of HOPE Forum 4, we will feature University of Winnipeg professor Kevin Lamoureux. Kevin works closely with schools and school divisions throughout Manitoba in support of Aboriginal education and the inclusion of Aboriginal perspectives; enrichment and talent development, as well as working with troubled and disengaged students. As a public speaker Lamoureux has presented to audience in Australia, Europe, Thailand, and throughout the United States and Canada.

In his presentation, Lamoureux will share his experiences working in the area of suicide prevention in several northern and isolated communities. Using the Circle of Courage as a model for service delivery Lamoureux will talk about the importance of nurturing the experiences of belonging, mastery, independence and generosity in the lives of young people. Wow! I know you will find Kevin’s presentation enlightening, empowering and inspiring.



Kevin Lamoureux

Also at this year’s HOPE Forum you can expect great resources, hands on training in the areas of Arts Music or Bike Repair. You can also attend post conference training. Most of all you can take home from the Forum, HOPE for the future, Community Action Plans to Inspire Hope in your communities and new friends and colleagues that can support you along the way!

As a reminder, everyone is welcome to attend. We are encouraging youth (aged 12 to 29) to attend.

See you in May for the 4th Annual HOPE Forum!

Liz Lychuk
HOPE North Committee Co-Chairperson

Hope in Action & Seeds of Hope

Approximately four years ago, a School-Based Initiatives Sub-Committee was formed to expand the HOPE North committee's resources focusing on preventative strategies within the School District of Mystery Lake (SDML). We meet about 6 times a year and are roughly 10 members strong. We have recently renamed our committee S.H.A.P.E., which stands for **S**afety, **H**ope **A**nd **P**revention **E**ducation.

Over the years, our committee has focussed on ensuring that research-based and government endorsed training is happening within our district. As a result, every Grade 7 student receives **Reaching Out** training and every Grade 9 student receives **Signs of Suicide** (SOS) training from the school counsellors in cooperation with the Child and Adolescent Mental Health Workers. However, we are always on the look-out for new and improved programs.

A couple of years ago, we, Treena Kuhl and Tricia Griffin, became certified safeTALK Trainers, with the goal of training all SDML employees in this program. Safetalk is a half-day gatekeeper training which is particularly effective in reducing suicide rates if geared toward persons working within the educational system. Earlier this school year, we attended an Administration meeting where we were able to share the program outline and request the support of all administrators within the district.

Last year, we were able to secure some grant money. As a result, our committee was able to enlist the expertise of Stephen DeGroot as a keynote speaker and daytime presenter at the School District of Mystery Lake's beginning of the year in-service day. As mentioned in the last edition of Hope in Action, Stephen shared his research, antidotes and experiences in creating the conditions for establishing healthy relationships with our youth. He then went on to do an evening session with any interested parents/community members.

With the funds we received this year, our committee is encouraging its members to plan events at their different schools which celebrate life and hope. These events will be occurring during the month of May, linking up with the Hope Forum and Mental Health Week. At RDPC, for example, the administration team is having a 5 km walk/run to promote healthy living and has invited the different elementary schools to participate on May 31st. Other RD Parker events will include hope promoting activities within the different departments such as Physical Education, Drama, Music, etc. As well, a positive mental health pizza party will occur on May 16/13 with key leadership groups within the school in attendance (i.e. Youth Aboriginal Council, H3 Group, GLOW, and Student Council) in partnership with NRHA representatives. Other partnerships are being considered with CMHC in their events during Mental Health Promotion Week to involve our students. As well, Robb Nash, the Hope North Forum Keynote speaker, has set a time for all RD Parker students during the week of the Forum, to reach as many students as possible with his positive messages of Hope.

As for the elementary schools, Robb Nash will be setting up at Westwood School, to spread his inspirational message of hope to all Grade 8 students within the district. This will happen the morning of May 22nd and will be of no cost to the district. In addition, Westwood School, which is where Tricia works, will be providing Reaching Out (Suicide Awareness and Prevention) presentations to both Grade 7 classes. They will be promoting the message of hope through the virtue of Unity, offering a wind-up assembly and school-wide activities to support this message. Westwood will also be hosting its fifth annual Gr. 6-8 Health Fair, bringing in a variety of community supports to present on health and wellness related topics of the student body's choosing.

In addition, our committee will be encouraging each school to connect with an elder who can share their personal experience sustaining wellness. Please stay-tuned for future updates, as our committee is small but mighty, when it comes to this life-promoting cause.

Submitted by: Tricia Griffin, Westwood School Counsellor and Treena Kuhl, RD Parker Collegiate Co-Chairs of S.H.A.P.E.

Dear Hope

Dear Hope,

I read the letter in the last issue of this newsletter that was from a parent of a child who was being bullied at school. I felt like I had to write because my son could be the kid who is being a bully. I don't think that the writer last time was actually talking about my son, but there are some similarities. The school has contacted me a few times now after he's been involved in incidents at school. The principal has said that Jason has been picking on another kid and saying he will beat him up. I don't know what to do about this. I have spoken with my son, I have met with the principal, and Jason has acknowledged that he has been picking on this one boy. He says that he doesn't mean to be a bully, but the other kid bugs him.

This is hard to deal with, because I don't support this kind of behaviour, and I feel that my family is being judged by other parents and by the school. We have had some problems at home in the past, and we are trying to put these problems behind us. My son already sees a counselor at school, and a mental health worker. What more can I do?

Signed,

Bullies Need Help Too

Dear "Bullies Need Help Too":

Thanks for your letter, you are raising a really important issue about bullying. Kids who engage in bullying behaviour really do need help, and most of their parents are trying to get the help needed. But we don't often think about what the "bullying" child might be experiencing, and this is a huge problem.

First off, I would like to say that I don't use the word "bully" to describe a child, because it is such a negative label, and often results in blaming of the child or the family. We need to look at the behaviour, for sure, and we also always need to look at the child's needs. In the words of Dr. Ross Greene, author of "the Explosive Child" and "Lost at School", kids do well if they can. He means all kids, including (maybe especially) kids who are struggling with aggressive behaviour. I would strongly recommend that you get a copy of Dr. Greene's book, available at most bookstores, libraries, and also through the Community Mental Health program of the Northern Regional Health Authority. This book, and the Collaborative Problem Solving approach, has helped many kids and their families. If your school is familiar with this approach, that's great, and if not, they should get familiar. Everybody being on the same page is really helpful when it comes to helping kids do well.

Keep having your son see the counsellors, and keep the communication open between you and your son, and the others who are trying to help. When your son tells you about an incident at school, be sure to listen first to the whole story, and let your son talk about his feelings. Then work out a plan to deal with the problem.

You mentioned that you and your family have had problems that you are dealing with, and although you did not say what the problems were, it is possible that these problems may have contributed to your son's feelings and behaviours. Try not to blame yourself for the problems of the past, and remember that everything that you do now that helps your family will have a positive impact down the road. Sometimes it feels like things get worse before they get better. Make sure that you have support for yourself. The mental health worker or school counsellor should be able to help you find the help that you need too. Knowing that you are doing your best may help to lighten the burden. Sharing your struggles with the school administration should help them to see that you want the best for your child and your family.

Hope

A few other things that I wanted to mention:

To protect identities of youth and their families, names are changed and some details may be omitted from the letters published.

The books mentioned in the above letter are excellent resources for all parents, as well as for schools and other services that work with children and youth. For more information about Dr. Ross Greene and the Collaborative Problem Solving approach, go to the website <http://www.livesinthebalance.org>.

Do you have a question for Dear Hope? Please submit to: Liz Lychuk - elychuk@brha.mb.ca

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