

SUICIDE PREVENTION COMMITTEE

c/o Liz Lychuk (Chair)
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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
Deaf Access Counselling TTY.....1-204-784-4097
Domestic Violence Line.....1-877-977-0007
Clinic Community Help Center.....1-888-322-3019
Gambling Hotline.....1-800-463-1554
RCMP (Thompson).....204-677-6911
Seniors Abuse Support Line.....1-888-896-7183
Thompson General Hospital.....204-677-2381

Day Support Phone Lines

Addictions Foundation of Manitoba

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

Mental Health (NRHA).....204-677-5350

MB Farm, Rural & Northern Support Services

Toll-free line.....1-866-367-3276

Mobile Crisis Services (for Youth)

2pm - 2am204-778-1472

Toll free1-866-242-1571

Helpful Websites & Resources

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

www.survivorsof suicide.com/

<http://www.mentalhealthcommission.ca/>

<http://www.brotalk.ca/>

<http://www.stresshacks.ca/>

<http://calminthestormapp.com/>



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 (risk taking behaviour / excessive drinking , 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.



HOPE North

Suicide Prevention Committee

Where there is LIFE, there is HOPE.

January 2016: Volume 5, Issue 1

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HOPE North Suicide Prevention Committee – Year 2015 in Review

2015 was a great year of training and learning, promoting mental wellbeing and reducing stigma, while at the same time, actively doing suicide prevention and promoting life worth living!

Special Events

Our biggest event of the year was our annual **HOPE Forum** which was held in the spring. This year marked our 6th annual and we were inspired by many speakers. Our keynote address was given by Former NHL All-Star, Stanley Cup winner and Olympic Gold Medalist, Theo Fleury, and was followed by many local and equally inspiring community residents who also shared their stories of recovery and resilience.

Running concurrently with the Forum, was our first ever **Anti-Stigma Youth Summit**, sponsored by the Mental Health Commission of Canada. This event boasts a record number of youth in attendance at our events! Again, there were stories of hope and recovery that came from young people from across our region.

In the fall, we once again ran our **“Wellness on Wheels” Bike Jam** in recognition of World Suicide Prevention Day. This event is aimed at promoting life, hope, and promoting meaningful opportunities for recreation and social engagement for youth. In partnership with the Boys and Girls Club of Thompson, this second annual event was a huge success that included group biking, dance, music, snacks and a whole lot of fun!

Training

In addition to special events, training opportunities were also made available to service providers and interested community members of Manitoba’s North. HOPE North has a training subcommittee and it functions to bring together trainers and to promote current educational activities within our region.

We are proud to inform that the following training/educational opportunities were available this past year:

Reaching Out - this training prepares youth to reach out to get help for themselves and their peers to overcome suicidal feelings. The target population this year was grades 7s and grade 8s in Thompson and area.

Applied Suicide Intervention Skills Training (ASIST) – Instead of direct intervention and referral, the ASIST Suicide Intervention Model (SIM) recognizes that referrals may not be the best solution (or even a possible solution) for the person at risk. Therefore, the SIM focuses on the quality of the interaction between the gatekeeper and person at risk, and how that interaction can result in reduced risk through the creation of a safe plan that connects the at-risk individual with a variety of community resources, including, if indicated, mental health services.

Mental Health First Aid (MHFA) - The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis

Networking

The committee is always discussing how networking could be beneficial in spreading awareness of upcoming training events and bringing trainers and participants together across the whole of the Northern Health Region.

Regional Suicide Prevention Committees Share & Learn – was one way to bring together folks who have a common interest in suicide prevention. This opportunity led to meaningful connections for future endeavors.

In addition, in efforts to be connected, there are plans to have a HOPE North **website** that can be accessible to all HOPE North members across our region to provide information and to link folks across our vast expanse.

Overall, the past year HOPE North has initiated and facilitated so many worthwhile efforts. We anticipate that 2016 will also be a year of knowledge, connections and memorable moments.

Newsletter Committee:

Donna Sanders

Patti Baird Millar

Adam Driscoll

Jennifer Lockhart

Liz Lychuk

Jennifer Whalen

Editor:

Donna Sanders

Calendar of Events / Training

HOPE Forum 7
April 14 & 15
2016
See attached
“Save the Date”
Poster

Applied Suicide Intervention Training
Date: Feb 8 - 9, 2016
Time: 8:30 - 5:00pm
Cost: \$175.00
Location: CMHA
43 Fox Bay, Thompson
Contact: Rhonda Heskin
selfhelp@cmhathompson.ca
204-677-6056

Mental Health First Aid Training
Date: Feb 23 - 24, 2016
Time: 8:30 - 5:00pm
Cost: \$75.00
Location: Faculty of Social Work
3 Station Road, Thompson
Contact: Tanya North
tnorth@nrha.ca
204-778-1401

Please direct all submissions of community events, training or stories to:

Liz Lychuk - elychuk@nrha.ca or Jennifer Whalen jwhalen@nrha.ca

Hope in Action

On April 16, 2015, HOPE North partnered with the Mental Health

Commission of Canada (MHCC) to mobilize Northern Manitoba youth to confront mental health stigma head-on. A growing number of young champions were in attendance at the Summit with the collective goal of making change in regard to how we look at mental health issues, how we support ourselves and others with mental health issues and how we can individually and collectively make a

significant impact in the fight against a serious problem that threatens the wellness of so many young Attendees were given the encouragement, knowledge, and tools they need to lead this fight. The highlight of the Summit, according to the youth, was the stories from persons with lived experience. These speakers were insightful, encouraging and opened a pathway for the youth to come forward and share their stories, support their peers or seek help themselves if needed. This national youth anti-stigma campaign was created by Opening Minds, the MHCC's anti-stigma initiative. It was launched at a national summit in Ottawa in November 2014, where it brought together youth from across the country who are committed to — and excited about — creating positive change - The HOPE North Committee in partnership with the School District of Mystery Lake was able to send three students. One of these students Glenn Shatford was a speaker at the Summit and a huge help in coordinating this wonderful and meaningful event.



The HOPE North Committee, with its partners, hosted this event at the TRCC in Thompson and UCN. There were 110 youth in attendance, representing ten northern schools. Thank you to the coordinator Tannis Morriseau-Merasty, the many volunteers, partners, chaperones, schools and to the Mental Health Commission for funding this event.

The HOPE North Committee is planning another regional Anti-Stigma Youth Summit on April 15, 2016! Please mark your calendars, bring your youth to join the movement to combat mental health stigma.

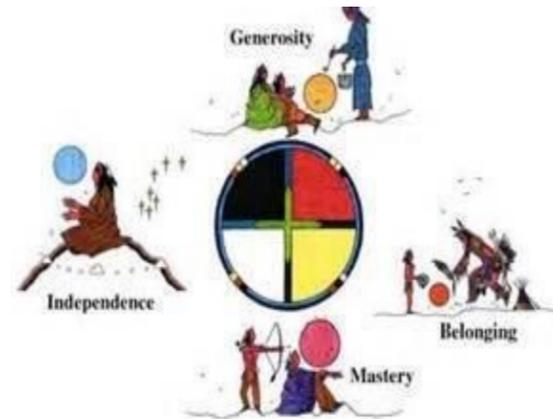


Seeds of Hope

While the youth were fighting stigma and sharing their experiences, at the Anti-Stigma Summit (described above), adults from across the Region gathered together to share stories of recovery and resilience, and plan activities within our communities that enhance belonging, mastery, independence and generosity. These values form the foundation of the Circle of Courage, developed by Dr. Martin Brokenleg and recognized widely. Activities that include these values have a greater likelihood of being truly meaningful to participants, supporting HOPE North's philosophy.

The day was filled with inspiration and action planning, as well as some time for fun and networking with others of shared beliefs and hopes. Participants completed "Life Promotion (Suicide Prevention) plans, identifying such goals as: greater parental involvement, family enhancement, community participation, stigma reduction, mental health understanding, traditional values and teachings, through achievable activities that involve working together with youth, families, organizations, and whole communities.

HOPE North members plan to find a way to support community members to move their goals forward, with the vision that we can share our successes, seek out others for ideas and feedback, and collaborate together not just once a year at the annual HOPE Forum, but ongoing.



<http://www.amareway.org/wp-content/uploads/2011/03/Circle-of-Courage-Martin-Brokenleg.jpg>

Dear Hope

Dear Hope,

I have been able to read the past few HOPE North newsletters and specifically your page caught my interest. I wanted to share a bit of my story, as well as some of my struggles during this holiday season in hopes that you may be able to help me.

I am a 15 year old girl from a remote community in Northern Manitoba. Life really has not been easy for me from a very early age. Many of my family members have struggled with substance abuse, which has led to violence and eventually me and four brothers and sisters being removed from our parents home. I have been in and out of foster care since I was nine years old and am currently in my fifth foster placement (this time in Thompson for the past 4 months). This time we were taken and separated into different foster homes far away from one another. Ever since I was a little girl, I have taken on the parenting role for my younger siblings while my family was out, away from the home for days using drugs or alcohol. Even though my parents have their struggles, I still love them a lot. Is that wrong? During the holiday season I miss my parents, brothers and sisters, and relatives so much more! Even more then I miss them on a daily basis. I haven't spent the holidays with all of my family back home in almost three years. Although most of my foster families have been nice and I have felt safe in their home, during the holiday season year after year I find myself feeling sad, depressed, anxious and extremely lonely (more than usual). I begin to withdraw from my friends, stop talking to everyone and spend most of my holidays in my room alone only with my thoughts. These thoughts become pretty negative and at times thoughts of suicide and dying have come to me as well. I know this is not the way I want to feel, especially during what should be a happy time of year. I just miss my family so much my heart hurts. Can you please help me Hope?

Sincerely, Hopeless Holidays

Dear Hopeless Holidays,

Let me start off by commending you on your bravery and honesty in writing this letter. It is not easy for many adults to put their thoughts and feelings on paper, let alone a young lady such as yourself who has been through so much in your short life this far. Your strength and determination to move forward is very inspiring.

HH, though I cannot know exactly how you are feeling (because only you know that), I may be able to offer some insight, support and help through my experiences and learning to live in Northern Manitoba, far away from my home and family as well.

You are not alone. You are not alone in the fact that your parents are struggling with addictions, something you may already know affects many families in remote northern communities. There could be many reasons why your parents and relative's abuse substances, but today I want to focus directly on you because you are the one reaching out and asking for help. Just know that this is not your fault, and it is absolutely okay that you continue to love your parents regardless of their struggles. They will need this love when they are ready to ask for help like you have.

It is really difficult being away from family, especially during the holiday season, no matter how old you are or where you come from. Many kids as well as adults struggle during the holidays for a number of reasons. Allow yourself to feel your emotions, whatever they are. Don't feel that you have to just get over it. I find that what works best for me is keeping a journal of my thoughts and feelings, that way they are not building up inside of my mind, creating depressive and negative thoughts and instead expressed on paper. Take time for reflection and take time to think of the positive times you have had with your loved ones. You may also wish to talk to your foster parents or social worker to find out if you are able to have a family visit back home with your parents or with siblings for a period of time over the holiday season.

I noticed that you had also mentioned that during the holiday season you withdraw from everything and everyone and spend much of your time in your bedroom. While time alone can sometimes be positive and reflective, it sounds like in your case it may be negative. I encourage you to seek out your friends instead of avoiding them. Find your closest, most trusted and positive friend and be in their company. It reminds me of a saying I had recently seen saying "friends are the family we choose for ourselves". If you have solid friends who are like family, don't be afraid to lean on them. What I also hear you saying is that you are feeling sad, lonely, depressed, anxious, and at times like you want to die. I am also taking away from your letter that this happens more often than just during the holidays, is that correct? If that is true, there are some amazing resources in and outside of Thompson for you to receive help and support. It sounds like from your letter you may be ready to explore some of these resources, so I will list some for you and explain.

Mobile Crisis Services for Youth (204) 778-1472 – If you feel depressed, anxious and lonely and start having thoughts of suicide or dying, call these people. They are able to support you through crisis, create a plan with you in regards to further help as well as a detailed plan on how to keep yourself safe.

School Counselors are able to assist with Personal/social issues that affect the student's psychological, emotional, social, physical, mental and academic well-being.

Kids Help Phone 1 (800) 668-6868 – a 24/7 counselling, support, and information service Canada wide. Kids are able to call at any time and speak with a live professional counsellor.

Calm in The Storm App- A stress management tool that is proven to work and available on your cell phone (if you have one). This app has many tools to help you de-stress, relax and calm yourself in times of possible crisis. You can also rate your stress, learn about it, and use these tools to help relieve stress. There are also tools to help plan your own safety.

HH, I hope that I have been able to help you in what seems to be a very difficult time in your life for you. Please know that you are not alone in how you are feeling, continue to love your family no matter what, write your thoughts and feelings down, lean on your solid friends, and know that it is okay to ask for help!

Sending thoughts and love to you this holiday season Ms. "Hopeful" Holidays!

Sincerely
The Handsome Hopeman

Do you have a question for Dear Hope?

Please submit to: Liz Lychuk - elychuk@nrha.ca or Jennifer Whalen - jwhalen@nrha.ca