

Suicide Prevention in New Brunswick Newsletter

Volume 8, Fall 2013



MESSAGE FROM THE MINISTER OF HEALTH

We know that it takes community involvement to ensure that suicide prevention efforts are successful.

In New Brunswick, we are working at the provincial and community levels to improve mental wellness, which is the foundation of a healthy and productive life, and to remove the stigma associated with mental illness, a major barrier to people feeling at ease getting the help they need.

Much of this community work stems from strategies included in the *Action Plan for Mental Health in New Brunswick 2011-2018* which puts patients at the centre of care by restructuring the system to be responsive to individual and community needs and also focuses on increasing access to specialized services.

For example, a great deal of excellent work is being done in our province by regional suicide prevention committees and coordinators. These committees plan a variety of suicide prevention and resilience building initiatives in communities around New Brunswick. Activities include: regional community gatherings; various workshops on psychological fitness, suicide prevention, and initiatives for survivors; and activities promoting suicide prevention awareness within schools, workplaces and community groups.

Work is also continuing on delivering the Applied Suicide Intervention Skills Training (ASIST) program for those who want to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. The NB Suicide Prevention Program continues to provide the ASIST training including but not limited to front line mental health and addiction workers, nurses, school counselors, social workers, psychologists and law enforcement officers.

Another important program is the SafeTALK program which prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. The NB Suicide Prevention Program sponsored training for 20 new SafeTALK trainers from across the province since spring 2013. These new trainers will add their efforts to informing family, friends and co-workers to better recognize when someone in their community might be struggling with feelings of hopelessness and suicidal thoughts.

The province has also recently undertaken an integrated addiction and mental health marketing campaign to reach New Brunswickers who are struggling with all issues of addiction and/or mental health. "Even in your Darkest Hour, There is Always...HOPE" is a campaign which speaks to the element of hope and highlights that recovery is possible. Posters were distributed throughout New Brunswick communities and advertisements were run in newspapers.

These are just a few examples of the outstanding suicide prevention work being undertaken in our province. Those working on suicide prevention strategies and activities can be proud of their efforts. As minister, I am certainly very proud of the


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efforts and progress that continues to be made on this issue around our province and I commend all suicide prevention experts, front line workers and various community members across the province who are dedicated to suicide prevention.

Our government is committed to suicide prevention strategies and making sure that New Brunswickers have access to the mental health services they need to build a healthy life, free of suicidal thoughts. When it comes to mental wellness and suicide prevention, we are all important stakeholders.

Let's keep working together to make a difference.



Hon. Hugh J. Flemming
Minister of Health

THE NEW BRUNSWICK SUICIDE PREVENTION PROGRAM

In 1989, the New Brunswick government established a provincial suicide prevention committee to advise Mental Health Services on strategies to be developed implemented or reviewed. This committee also works with New Brunswick organizations to coordinate provincial efforts and to develop a common province-wide approach.

The New Brunswick Mental Health Service recognizes three basic principles:

- New Brunswickers have a responsibility to provide alternative ways of addressing psychological or physical suffering to counter suicidal behaviors;
- suicide is a social problem;
- and suicide has multiple causes.

The New Brunswick Suicide Prevention Program (SPP) mobilizes agencies and individuals who work provincially and locally. The goal of the program is to reduce the province's suicide rate.

The SPP Sponsors 15 (includes one First Nations Suicide Prevention Task Force which has one representative from each 15 First Nations' Communities in New Brunswick) Community Suicide Prevention Committees (CSPC) throughout New Brunswick. The committees also have

various ad hoc committees working on various projects. These committees advise their local Regional Health Authority, the Provincial Suicide Prevention Committee, and the Department of Health's Suicide Prevention Program Coordinator on actions required to meet the program's objectives. They also work with other regional organizations and their respective communities to coordinate their efforts.

SUICIDE PREVENTION MODEL

The New Brunswick Suicide Prevention Program is based on the Ecological Systems Theory model. It specifies a series of social and interpersonal networks that interact with individuals. The networks include family, peers, school, workplace, community, culture, society and the environment. The program identifies 3 scopes:

Prevention

Prevention activities are carried out provincially through health promotion, education and public awareness campaigns regarding the nature and frequency of suicide, common risk factors and available services. Suicide prevention seeks to build on and strengthen natural networks within the community.

Intervention

The focus of intervention is on restoring personal resiliency and coping abilities by providing needed support and by defusing the immediate impact of intense crises. Crisis intervention is a form of acute therapy that proceeds from assessment to treatment and follow-up. Medium and longterm care is available when needed.

Postvention

Following a death by suicide, healthcare providers ensure that appropriate support services are available. A formal post-suicide review is initiated to explore opportunities to improve the coordination and delivery of services.

Training and programs

The SPP sponsors and promotes training in Suicide Prevention, and Intervention. The training program the SPP has endorsed are those from LivingWorks Education Inc. The current programs offered are Applied Suicide Intervention Skills Training (ASIST), ASIST Tune Up, safeTALK, and suicideCARE.

In the past year, 13 new ASIST trainers have been trained. NB Trainers have offered 90 ASIST basic trainings to 1,682 participants. Of these 90 Trainings, 18 were French ASIST and 72 English. At the latest count, we have Over 67 active ASIST Trainers and 12 Safe Talk Trainers. Our safeTALK Trainers have offered 12 SafeTALK sessions (10 English and 2 French) for a total of 189 participants. SuicideCARE is the newest program implemented with initial trainings taking place since 2009 and a mentorship opportunity, presently in the planning phase. Since 1986, New Brunswick trainers have offered more than 1,048 ASIST workshops to a total of 23,044 participants.

Special Projects

The SPP also coordinates several other projects. Some of these are the recognition of February as Suicide Prevention Month, the creation of a New Brunswick First Nation Task Force on Suicide Prevention, a Provincial Trainers Network, provincial surveillance process for all reported deaths by suicide in collaboration with the Office of the Chief Coroner, intervention and postvention services, training and information web site, and the production of several brochures and pamphlets.

This year, a new marketing campaign was launched entitled: Even in Your Darkest Hour, There is Always... HOPE" to reach all New Brunswickers that might be struggling with an addiction and/or mental health problem. The darkness of the images are to reflect the despair someone might feel when suffering from an addiction or mental health problem. The element of hope is highlighted in this campaign and begins to complement the philosophy of recovery that is being adopted throughout New Brunswick. Feedback received from people with lived experience has been positive in that "it really hits home".

Future objectives for the coming year

For the next coming year, we will continue to develop strategies to reach individuals who may be struggling with despair; promote and encourage the delivery of more intervention training programs: safeTALK, ASIST, and suicideCARE; support an annual meeting for Trainers; organize a public awareness campaign during suicide prevention month; continue developing phase II of the "Even in Your Darkest Hour, There is Always ...HOPE" campaign; strengthen partnerships with other government departments; develop new promotional materials; to name a few.

Partnerships

We would like to thank all our partners and volunteers for their continued partnership and collaboration.

A special thank you to the coordinators of the CSPC as well as each community member of the Regional Community suicide prevention committees.

Keep up the great work!

COMMUNITY SUICIDE PREVENTION COMMITTEES

Goal: To develop strategies within the community that will aid in the prevention of suicide.

NB Provincial Suicide Prevention Guiding Principles:

- Suicide is recognized as a societal problem that has multiple causes
- There is a responsibility to provide psychosocial and/or psychological, interpersonal and physical support to those suffering
- Resources and services to help vulnerable persons need to be available and accessible

ZONE 1

Moncton..... 856-2444
Richibucto..... 523-7620

ZONE 2

Saint John..... 658-3737
Sussex..... 432-2090
St. Stephen..... 466-7380

ZONE 3

Fredericton/Harvey.....453-2132
Woodstock.....325-4419

ZONE 4

Grand Falls..... 475-2440
St Quentin/Kedgwick..... 284-3431
Edmundston..... 735-2070

ZONE 5

Campbellton..... 789-2440

ZONE 6

Caraquet.....726-2030
Bathurst..... 547-2110

ZONE 7

Miramichi..... 778-6111

Following, each CSPC has submitted a report identifying their initiatives for the past year.

Some warning signs

The person is:

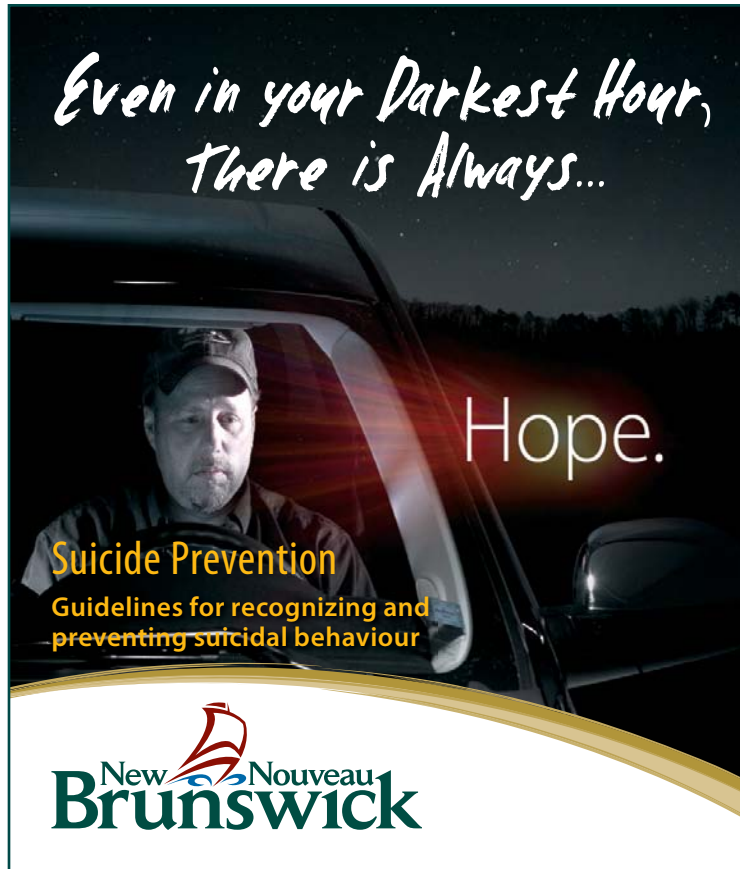
- depressed
- increasingly isolated
- giving away prized possessions
- doing poorly in school or at work
- making statements about wanting to die
- acting in an aggressive manner
- taking unnecessary risks
- threatening to commit suicide
- suddenly happy for no reason after a long depression
- abusing drugs and/or alcohol

More than one sign could mean that help is necessary. Note how long the signs have been present; how deeply the person feels about the things that have gone wrong in his/her life; and how many signs are present at one time.

What you can do to help a depressed or suicidal person

- Remain calm
- Take the person seriously
- Listen to the person with concern
- Be non judgmental
- Ask the person if he/she has ever felt unhappy for a long time and assure him/her that things can and will change
- Be especially concerned if the person uses drugs and/or alcohol because his or her judgment may be impaired
- Ask if the person has suicidal thoughts
- Give the person the number of a service that can provide help and make sure the person calls
- Stay with the person
- If the person is suicidal and refuses to get help, tell a professional who can help as soon as possible

What to say to a troubled person



"I'm here for you; don't give up"

"I want to hear about what's bothering you"

"I really care about you"

"Let's talk and try to make things better for you"

"Things are tough now, but they will change. You've got to hang in there, and I'm here to help"

"I would feel horrible if you hurt yourself, and I don't want you to die"

"If I can't help you, I'll help you find someone who can"

Don't

- Ignore or put the person down
- Change the subject
- Try to handle it alone if the person doesn't respond to your efforts to help
- Suggest drugs or alcohol as a solution

In the majority of suicides, drugs and/or alcohol are a factor. Be more vigilant if you know the person is using drugs and/or alcohol to deal with problems.

To get help, contact:

- A community member you trust
- A family physician
- Tele-Care 811
- Chimo helpline, 1-800-667-5005
- Kids Help Phone, 1-800-668-6868
- Mental Health Outreach/Mobile Services
- Your local community mental health centre
- The nearest hospital emergency department
- 9-1-1, in case of emergency

REMEMBER - If you are concerned that a person is suicidal, listen carefully, stay with him or her, and get professional help as soon as possible. You cannot take responsibility for another person's life. The decision is his or hers. You may, however, be able to help the person see other ways of dealing with his or her problems and pain.

Visit: www.gnb.ca/health



Your guide when someone close to you dies by suicide

Let's talk about grief

Albert-Westmorland Suicide Prevention Committee - Annual Report 2012-13 - Zone 1

The committee met six times during the year and has 11 active members. Three volunteers offer their time to help us with our activities.

We have four working groups that have carried out the following activities during the past year:

World Suicide Prevention Day (September 10) working group

Two booths were set up for the start of the academic year at the Université de Moncton and Mount Allison University in Sackville.

An evening on bullying entitled *Bâtir la résilience face à l'intimidation* (building resilience against bullying) with information booths and a panel in the community. Close to 100 people participated.

International Survivors of Suicide Day (November 17) working group

This day was successful for the second consecutive year. A total of 26 individuals shared special times at Rotary Park in Moncton.

Marche pour la vie (February 2) working group

For a third year, this activity has been part of Dieppe's Winter Carnaval. More than 125 people participated to celebrate life in memory of loved ones lost to suicide. We would like to thank the City of Dieppe for their invaluable cooperation.

Promotion, materials and recruitment working group

Our green cards with emergency numbers were reprinted for distribution because they are always in great demand by various members, groups, and agencies in our community. The committee is getting ready to reprint an updated version of the resource decisional tree.

In the fall of 2013, a recruitment campaign will be launched to recruit new members for the main committee, the working groups, and other committee activities.

An information booth is always set up at organized activities, and we had two more made up in May for a total of seven booths.

Applied Suicide Intervention Skills Training - ASIST

Three community ASIST training sessions were organized, one in English and two in French, with a total of 78 participants. Several other closed sessions were held in the Greater Moncton area during the year.

Miscellaneous

Two other working groups are being developed. The first group consists of ASIST and SafeTALK trainers from Albert, Westmorland, and Kent counties, and the second will look at the possibility of restarting a group for those affected by suicide.

We are pleased to welcome new trainers for the SafeTALK program in our region. We hope to add this program to the list of activities offered by our committee.

We sincerely appreciate all of the local media on hand at all of our activities. A special thank-you goes out to all of the current and former members of the Albert and Westmorland Suicide Prevention Committee and to our organizations that help us fulfill our commitment to prevent suicide in our communities.

Murielle Doucet
Regional Coordinator, Albert and Westmorland Suicide Prevention Committee

Kent Suicide Prevention Committee - Annual Report 2012-13 - Zone 1

Our committee has seen a positive and productive year with a community awareness campaign, new recruits, training and a very busy month of February.

To start the year, six new members were added to our committee from an eclectic background that gave new energy and increased our mission to help save lives.

In early fall we, as a committee, put forth the need to get crucial information out to our region's population on suicide prevention and resources available to all. A pamphlet was agreed upon and 20,000 copies were sent out to all residents of the Kent county area.

On World Suicide Prevention Day (September 10), local clergies were asked by our committee to add in their sermons, the lighting of candles on this day, in recognition of our loved ones lost by suicide.

Suicide Prevention Month

During our brainstorming these ideas were agreed upon:

- Creation of a social media page to promote life that would help us reach more people.
- Kiosks with varied information in two malls and three high schools in the region.
- Advertise information in the local newspapers on resources, signs and symptoms of suicide ideation.
- Announcements on local radio during the month of February on preservation of life.
- Information on grief and local resources at a local funeral home.
- Information on suicide prevention and resources in all local church bulletins.
- Clergy were asked to mention suicide prevention month and to encourage people to reach out to local resources.
- Posters (Even in the darkest hour) were to be distributed in bars, arenas, businesses, funeral homes, banks etc.
- Article placed in the coffee news paper that is in all Kent, Shediac restaurants

All our goals for the month of February were achieved with great success.

Training

A member of our committee attended the two day training course Changing Minds given by the Canadian Mental Health Association in order to increase his knowledge on mental health issues. He then shared this information with his colleagues at the local R.C.M.P Detachment.

Three members of the committee will take part in the two day safe-talk training on May 22-23, 2013. Afterwards these sessions will be offered in the Kent county area.

I would like to take this opportunity to thank all of the very dedicated and passionate committee members who continually work to reduce suicide in this region.

Nicole Belliveau
Kent Regional Suicide Prevention Committee Coordinator

Charlotte County Suicide Prevention Committee - Annual Report 2012-13 - Zone 2

Special Events:

Link to Life Campaign: November 16-30.

At 21 outlets in seven towns throughout Charlotte County we had posters, Link cards and buttons (5,000) available to the public. To help draw attention to the campaign we had green ribbons hanging on the main streets poles in these seven locations. We promoted SafeTalk and CHIMO information sessions through newspaper, radio, emails and posters. The 10,000 new link cards we ordered are an update on our old adult resource cards. The cards are green and include a new logo.

Men's Forum:

The last of our series; participants appeared grateful for the opportunity to share and brainstorm ideas on how to encourage men to ask for help.

Suicide Prevention Month:

Give a Day Get Away:

For the third year we offered this contest in which people volunteered five hours in their community. This event is promoted through newspaper and radio. After a few weeks a random draw produced a winner of a weekend at the Saint John Delta with tickets to a hockey game and the museum plus a gift cash card.

We increased participation from 80 to 107 this year. This event encourages volunteering and community networking.

Teen Link Program:

Cards were re-distributed to new students. New teachers and counselors were given overview of program.

Donations:

SafeGrad donation
WITS program
GSA (Gay Straight Alliance) conference

Presentations:

The Regional Suicide Prevention Coordinator presented three ASIST workshops; six SafeTALK sessions; and eleven Reaching Out sessions –suicide awareness for Grades 11-12. We have two new ASIST facilitators in our region.

Promotion:

Posters were distributed during February's Suicide Prevention Month. Local newspapers carried notices about suicide awareness sessions available upon request. An annual Wellness supplement in the local newspaper carried info on the Suicide Prevention Committee and the Link cards. Eastern and Western Charlotte County restaurants received 50,000 placemats with a "block ad" encouraging people to ask for help when needed with numbers to call.

Meetings:

Monthly meetings were held. We have contracted with Momentum Conferencing which allows more members to attend via teleconferencing.

Regional Suicide Prevention Coordinator attended Provincial Suicide Prevention Coordinators' meeting and the Annual General Meeting.

A sincere thank you to all the Suicide Prevention Committee members who are contributing to increase awareness on suicide and mental fitness in our communities.

Rosslyn Allen
Regional Suicide Prevention Committee Coordinator

Sussex and Surrounding Communities Suicide Prevention Committee - Annual Report 2012-13 - Zone 2

The Suicide Prevention Committee in Sussex experienced a year of transition. We are dedicated to education and awareness regarding suicide prevention with the emphasis on promotion of life.

Highlights of activities and events:

- Strategic planning session for new vision, programming and services
- Election of chairperson, vice-chairperson, treasurer and secretary took place
- We have placed strong emphasis on recruiting new members and this is still a work in progress
- LINK Program
 - Information sessions
 - Awareness blitz
 - Suicide prevention awareness in February
 - LINK baskets placed in schools for draws
- Suicide Prevention Month
 - Community presentation
 - Baskets for free draws placed in the community (two Shoppers locations, Mental Health Clinic, Pizza Delight, Library)

- ASIST Workshop (was scheduled for February but due to a being stormed out twice but was held in April)
- Articles in the local newspaper
- ASIST
 - ASIST Refresher was held in November with eight participants
- Special Projects
 - Scholarship Fund

Lorraine Pollock
Sussex Regional Suicide Prevention Committee Coordinator

Saint John Community Suicide Prevention Committee - Annual Report 2012-13 - Zone 2

The Suicide Prevention Committee-Saint John worked in five areas:

- Education
- Advocacy
- Community Outreach
- Community Partnership
- Operations Management

The committee's intention has been to raise awareness about suicide and its impact on survivors and the community and, by doing so, to build community skills in the early identification of suicidality and in prevention.

Education

The Committee sponsored two workshops this year: "Men and Suicide" and "Psychological Autopsy" – both at the centre communautaire francophone. The awareness workshop, Men and Suicide, targeted the general public, in particular, men. An overview of how to prevent suicide and, failing that, what resources are available to survivors was provided. Approximately 30 people attended.

The Psychological Autopsy workshop targeted clinicians. Twenty-five participants were led through the processes required in a psychological autopsy, providing rationale for the use of an autopsy in designing preventive programming for those anticipating self-harm. Discussions were led of several case studies. This workshop relied on the clinicians' understanding of Horizon's Sentinel Event Review process.

The committee sponsored two ASIST workshops in 2012, and has already sponsored one so far in 2013, with a second date to be determined for the fall. We have also begun sponsoring ASIST Tune Ups, with four, half day sessions held in March, and four more half-day sessions scheduled for Sept. 19 and 20, 2013.

The committee is currently working with the Occupational Health and Safety Committee and at Centracare, to develop a workshop about Suicide in the Workplace. The committee has been monitoring business media about this issue subsequent to the credit meltdown in 2008.

The committee has also proposed to the School Board, a workshop about Teens and Suicide. This workshop is very much in the formative stages.

The committee expressed an interest in understanding more about the relationship between acquired brain injury and suicide. To learn more about this topic, the committee has contacted Harry Zairns, executive director of the Canadian Brain Injury Association, to make a presentation. Members noted that community services for people with an ABI are notably lacking in this province.

The committee worked closely with the Community Advisory Committee-Saint John, to analyze the results of the latter's System Report Card. Based on this analysis, the committee identified five key areas for improvements by the local mental health system, if suicides are to be reduced:

- Enhanced crisis services;
- Timely (client) intake;
- More emphasis on services which promote recovery;
- Convenient entry to services;
- Enhanced supports to peers and family.

Advocacy

Based on its analysis of the report card, the committee responded to the Minister's *Mental Health Action Plan (2011-2018)*. The committee endorsed the Minister's proposal regarding:

- Enhanced treatment services for children;
- Early psychosis programming;
- Mental health court;
- Flexible assertive community treatment.

The committee recommended that closer attention be paid to the development of QI indicators for special care homes and the development of crisis/transition housing. The Minister thanked the committee for its comments and suggested that these observations be discussed within the context of the provincial (SPC) forum. The committee is looking forward to this opportunity.

The committee has had an opportunity to present its work, and recommendations based on that work, to the area's regional management team. This forum, coordinated by the area's administrative director provides an opportunity for community groups such as CMHA, S.P.C., CAC, and activity centres to discuss areas of concerns and interest with area managers in Addictions and Mental Health.

The committee reviewed the last provincial Coroner's report and submitted recommendations about how local resources, particularly those of a Forensic Suicidologist, might be used in the analysis of suicides and suicide trends. The committee also expressed interest in considering the relationship between determinants of mental health, the economy, educational levels, unemployment rates and suicide to determine if there were policy options which might be better pursued by government. The committee noted that there were 35 suicides in this area in the last Coroner's report. Statistically, this means that there would have been 385 attempts. Given that each suicide costs society about \$2.9m, this would mean that 35 suicides would have cost this area approximately \$102m in lost opportunity.

Community Outreach

The Committee considered several outreach strategies between 2012 and 2013. Included in these strategies was: awareness advertising through Harbour Station; awareness advertising on local radio stations (Mental Health Awareness Month, Mental Illness Awareness Month, Suicide Awareness Month), partnering with the School Board in the development of LINKS, family physician linkages; Initial contact has also been made with Saint John's Funeral Homes.

Community Partnerships

The Saint John Suicide Prevention Committee's closest partner over the last year has been the Canadian Mental Health Association, with whom the Suicide Prevention committee partners in outreach to Family Physicians and in whose offices the Suicide Prevention Committee holds its monthly meetings.

The committee has also begun partnering with SSNB-SJ to identify areas of mutual interest and the possibility of coordinating some advocacy and educational activities. As noted, the committee is reaching out to CBIA in an effort to explore how to engage families and survivors of brain injury.

Operational Management

The committee continues to review its budget and expenses annually and also strategies to enhance and expand its membership.

Michael Park
Saint John Regional Suicide Prevention Committee Coordinator

Community Suicide Prevention Committee, Fredericton - Oromocto Annual Report 2012-13 - Zone 3

This past year saw our committee grow to include members from University of New Brunswick Counselling, University of New Brunswick Nursing (students), Family Enrichment and Counselling Services, Fredericton Mental Health Mobile Crisis Unit and Youth in Transition. These are in addition to members from Chimo Helpline, Capital Region Mental Health and Additions, Canadian Mental Health Association - NB and Horizon Addictions and Mental Health. Along with Norwegian exchange students in nursing, we provided awareness booths on International Suicide Awareness Day in September. These were located at Kings Place Mall, UNB and Officers Square. Awareness booths were also provided during Suicide Prevention Month in February. Our banners were up and materials distributed at a various events and ASIST workshops. Complimentary ASIST workshop spots were offered to some non-profit high risk groups who had experienced recent suicides. We were very pleased to support a community conference on "Self-Care Without Injury". Once again, funding was provided for an awareness day in the community of Harvey.

In the coming year, we are looking forward to holding a conference on self-care and holding more awareness events. New members are always welcome.

Jill Fraser
Fredericton/Oromocto Regional Suicide Prevention Committee
Coordinator

Woodstock Suicide Prevention Committee - Annual Report 2012-13 - Zone 3

This year the Woodstock Suicide Prevention Committee worked diligently to provide our community with information on suicide prevention and also for families of those who took their lives. We were partners in the Canadian Mental Health Association NB Division's "Frost Festival," which had approximately 250 plus people attend. The Suicide Prevention Committee booth team were busy at the Frost Festival, talking with people and distributing information packages and yellow ribbons as take homes. We also had a very busy Suicide Awareness Week with booths set up all over our community. The Woodstock Suicide Prevention Committee has also partnered with Canadian Mental Health Association NB Division on a suicide survivors support group that is held bi-weekly. We distributed books to local elementary schools as well. We offered various suicide prevention presentations at our local first nation, New Brunswick Community College, and other locations which were very effective and well received. We will be working hard in the coming months as we prepare for the national suicide survivors day in November.

Chelsey Nicholson
Woodstock Regional Suicide Prevention Coordinator

Madawaska Suicide Prevention Committee - 2012-2013 Annual Report - Zone 4

The Madawaska Promotion of Life and Suicide Prevention Committee had another very active year. Our activities were carried out mainly by the members of the local committee and its subcommittees. Those activities included:

- Outreach in February
- Other outreach activities
- Other activities
- Incorporation of the Committee
- ASIST trainer's committee activities

Outreach in February

Suicide Prevention Month was marked by an activity where the public was encouraged to wear yellow on February 20, 2013, in a show of solidarity and support for the *T'es important pour moi!* [you're important to me] movement. Simple words that can make all the difference in a person's life. People were also encouraged to send us photos of their participation to be published in the paper. The invitation was sent out to the community at large by way of an ad in the Le Madawaska newspaper and through our Facebook page. The committee members also sent out special invitations in different settings: the New Brunswick Community College, the Community Mental Health Centre, the Department of Social Development, Emploi Habilité Plus, the Vitalité Health Network (zone 4), several schools in District 3, the Sunnymel plant, the Edmundston Chamber of Commerce, Pattison Sign Group, the Institut de développement et recherche sociale inc., and Downtown Edmundston. Through our Facebook page alone, we estimate that we were able to reach more than 2,700 people each week.

An ad with photos of people who participated in the February 20 event was then published in the newspapers *L'Étoile République* and *Le Madawaska*.

Brochures, pins, pens, posters and kits on suicide prevention were distributed in various places of business.

A DVD on suicide prevention was shown in the Community Mental Health Centre waiting room throughout the month of February.

Activity at the New Brunswick Community College - Edmundston during the month of February:

- The document *Advice for Surviving and Growing after the Suicide of a Loved One* was used in the paralegal and correctional courses at the Community College.
- Paralegal techniques instructor and Lise Ouellette gave an information session on the Link program. The 22 students who attended the session were organized into teams and did some peer training.
- Every Community College (Edmundston) instructor was presented with a Link program pen.

Other outreach activities

Continued awareness and promotion of our activities via our Facebook page.

Other activities

Prepared a *trousse du bonheur* (happiness kit) to be handed out on Anti-Bullying Day (Fluo pour sourire) [bright smile] in May 2013.

Incorporation of the Committee

The incorporation process and steps to become a charitable organization were completed. Hence, the committee is now officially a non-profit charitable organization.

ASISTtrainers committee activities

We have five active ASIST trainers.
Training dates

- June 1 and 2, 2012 for nursing students.
- June 11 and 12, 2012 for the UMCE and the UMCE suicide prevention committee.
- January 17 and 18, 2013 at the Edmundston Regional Hospital.
- February 2 and 3, 2013 at the UMCE for nursing students.

Tune-up

- Three tune-up sessions were held in October 2012 and in January and February 2013.
- The provincial annual meeting of ASIST trainers was held in Moncton on November 29 and 30, 2012. Four trainers from the region took part.

We wish to express our gratitude to the members of the local committee, whether active members or resource members, for their involvement and their dedication to the cause of suicide prevention and promotion of life in our region. With the activities carried out during the past year, we are sure we raised the awareness of many people.

Vicki Sirois
Acting Regional Coordinator, Madawaska Suicide Prevention Committee

Grand Falls Suicide Prevention Committee - Annual Report 2012-13 - Zone 4

The Grand Falls Suicide Prevention Committee is pleased to present its annual report on its suicide prevention and promotion of life activities.

The Committee is made up of 15 dedicated professionals who meet every two months. These professionals, from various community services, all have the same goal. It is our mandate to support initiatives designed to prevent suicide by promoting wellness through education and awareness and by encouraging people to seek help.

In the summer of 2012, the Committee helped organize a 5- and 10-kilometre run for the fourth consecutive year. Thanks to the partnership with Subway Canada and local sponsors, the run keeps gaining in the number of participants and popularity. This year, there were more than 150 runners. The run, named *Run from Suicide*, gives the Committee the opportunity to educate people about suicide, to introduce our committee, and promote physical activity.

To reach out to the male population in our community, we once again participated in the Truck and Tractor Pull this year. This is an annual event in our community and it attracts over 1,500 people.

During the year, several articles were published in our local newspapers. The main topic is always suicide, but a connection is made with other current issues, such as bullying, adolescence, the effects of abuse, The Link program, and suicide warning signs and myths.

The Committee also had the pleasure of sponsoring a speaker who gave a presentation to our students at John Caldwell School. Justin Boudreau was invited to motivate our students. He said he was on a mission to push our students to pursue their dreams. Mr. Boudreau is a trainer, presenter, and motivator unlike any other.

The committee observed SUICIDE Prevention Month in February in many ways. The theme of our campaign was the *Pouvoir d'une attitude positive* [the power of positive attitude].

The activities were as follows:

- A booth was set up at Walmart on February 1 with information and a chance to win a wellness basket;
- A video interview was posted on the *Le Nord Ouest* online newspaper;
- Awareness spots were aired on the radio (K93); local youth give us tips on the power of positive thinking;
- Place mats with positive thoughts were seen in local restaurants;
- Information cards listing resources were distributed to drug stores;
- Our Canadian Mental Health Association representative, Stephanie Lindsay, organized a conference in the region's schools on bullying and the power of positive thinking;

- Bookmarks were distributed in the region's libraries;
- Promotional items such as water bottles and backpacks were distributed at activities during the month;
- Advertised Suicide Prevention Month on electronic bulletin boards throughout the town, as well as on posters in specific locations;
- Mayor of Grand Falls proclaimed Suicide Prevention Month; did interview with *L'Acadie Nouvelle*;
- In cooperation with the Town of Grand Falls, organized free public skating and distributed promotional items;
- A DVD on suicide prevention was shown in the Mental Health waiting room and the provincial banner was revealed.

The Link

The Link is a highly respected program in our community. The Link Committee is made up of 15 people who care deeply about the program. This year was once again busy in terms of community involvement and program promotion. The Link was launched in all of the schools in the region at different times during the school year. Rubber bracelets were distributed to the students involved in the Potato Festival, and students gave out tattoos, suckers, and The Link cards. During Suicide Prevention Month, the poster for The Link program was placed on a community bulletin board. The students involved in The Link Committee did radio spots that were aired throughout the month on our community radio station, and The Link program was mentioned several times during the interview and in the articles published in the newspapers.

ASIST

No ASIST sessions were held in Grand Falls during the year. However, the trainer from Grand Falls gave three sessions in Edmundston.

Future Projects

- Recruit new members;
- Observe Suicide Prevention Month in September;
- Offer ASIST sessions in Grand Falls;
- Maintain our visibility to further our basic objective, which is to promote life, make people aware of this cause, and develop community strategies to assist in suicide prevention.

Monique Dubé-Michaud
Regional Coordinator, Grand Falls Suicide Prevention
Committee

Kedgwick / Saint-Quentin Suicide Prevention Committee - Annual Report 2012-13 - Zone 4

"Resilience is the art of sailing in raging waters."

Boris Cyrulnik

In keeping with the way we function, our Promotion of Life and Suicide Prevention Committee was able to carry out its various activities and address our challenges, more specifically the challenge of reaching the male population without neglecting the general population.

Our Committee met five times and we would like to thank our President, who was able to maintain considerable interest in our committee even during her maternity leave, and our Vice-President for her involvement. New members were recruited and we are making an effort to keep our members informed on an ongoing basis during our meetings.

Our main activities included distributing cards with our committee's logo to the golf club (summer 2012); installing big signs (48") in the two arenas; handing out Post-It notes to professionals, and distributing 2013 pocket-sized calendars (with resource card on the back) to post offices, banks, hardware stores, NB Liquor, and various government offices.

As for our donation cards, we have given some to funeral home directors and we have checked on the information to be given to families bereaved by the suicide of a loved one. We reviewed our decisional tree and distributed it to our community partners and all of the resources that appear on it. We are pleasantly surprised by how it is being received. This was also the case when we asked them to put up suicide prevention posters in their establishments.

With respect to Suicide Prevention Month, we have activities that we have always done over the last few years, i.e. restaurant place mats, radio shows, advertising blitzes, literature tables in libraries, and wellness weeks. Our recognition awards and the boomerang effect conference were a resounding success, so much so that this conference will be given again in the fall of 2013. We added gift basket draws where people had to answer questions about protective factors. We are very thankful for the support of our community partners (libraries, CFJU-FM radio, and Groupe Savoie Inc.), without which our finances would have been adversely affected. It should be noted that we are sharing our various expenses with our local Link committee.

In terms of the challenges we are going to be facing in the next year, we plan to maintain our visibility in the arenas and golf clubs, and we will try to obtain new promotional items, get our Facebook page set up, raffle off gift baskets at our information booth, and if possible, hold a SafeTALK workshop during Suicide Prevention Month. A calendar of annual activities will be presented to our members.

Lastly, after spending more than 20 years on suicide prevention, the time has come to prepare for succession. It all started in the early 1990s when I was a school social worker, and I was stunned to hear very young people (12 to 14 years old) talking about distress and suicide. I told myself that something had to be done. Back then, I attended a provincial suicide prevention

meeting in Moncton, and that is when the *semaine du mieux-vivre* was adopted in our schools and interest only grew from there.

I had the pleasure of working with people with warm hearts, and I am certain that the committee is on the right track to achieve its major goals. I leave my role as coordinator with a sense of accomplishment, and I am grateful for the support I was given over the years. Céline Fortin will take on the role of Suicide Prevention Coordinator for our region. I wish the committee the best of luck and a long life.

Pauline Whittom
Regional Coordinator, Kedgwick/Saint-Quentin Suicide Prevention Committee

Restigouche Suicide Prevention Committee - Annual Report 2012-13 - Zone 5

The Zone 5 Suicide Prevention Committee consists of 15 members from different community services working towards a common objective. The committee members are active and meet about four or five times a year. Every June, we do some operational planning for the coming year.

Information kits

All new members who join the Promotion of Life and Suicide Prevention Committee receive an information kit. The kit contains a description of the provincial and regional committees, as well as pamphlets and documents relevant to the regional committee.

Our committee is made up of two subcommittees that look after the different activities listed below:

Book Project Subcommittee

This committee was not active during the past year. The committee has a budget of \$600.00. The subcommittee distributes books to school libraries in the region and to the three community libraries in Dalhousie, Campbellton, and Atholville.

The Link Subcommittee

This year, we were able to recruit some members to sit on this subcommittee. At the moment, the committee has seven members. The Link is offered in all schools in the Francophone and Anglophone school districts, except for one Anglophone high school, which was inactive this year but should be back on track for next year, and the New Brunswick Community College - Campbellton.

This year, we have handed this over to the schools so they can organize their own Suicide Prevention Month activities by focussing on promoting the Link program, along with our help.

Here are a few of the activities sponsored and planned by our regional committee:

- May 2012 – As part of Mental Health Week – Mental health breaks for employees at the Community Mental Health Centre building (CMHC, Public Health, College Admission). Organized by the Canadian Mental Health Association.

- May 2012 – As part of Mental Health Week – information booth in Community Mental Health Centre waiting room.
- May 2012 – Participation in a CIMS 104 radio show – De la parole aux actes [from words to actions]. This show was with a family who lost their 17-year-old daughter to suicide and the Restigouche Suicide Prevention Committee.
- September 2012 – Booth for college admission in partnership with the Canadian Mental Health Association.
- We sponsored a self-esteem project aimed at girls in Grade 5. It was organized in an Anglophone school by the Mental Health Centre, St. Joseph Community Health Centre, the school, and the Community Development Officer.

Suicide Prevention Month 2013

This year, we recorded some radio spots. Those 15-second spots aired three times a day throughout the month of February, and were done by a family bereaved by the suicide of their daughter. Very moving.

Articles promoting the month were published in the local newspapers.

We encouraged and sponsored schools in organizing their own school activities for Suicide Prevention Month by promoting the Link program and promoting life with, for example a yellow day, cookies with smiley faces, etc. The schools were very creative. Examples include a tree with happy faces containing positive messages, friendship mail, face painting in the shape of a heart to represent love. It was a big hit.

We organized a pancake breakfast for all Restigouche residents.

We promoted the Bell Let's Talk campaign.

We also promoted Day of Pink, Bullying Stops Here, and sponsored an activity for the cause which took place on February 27.

A member from our Eel River Crossing First Nations committee, in cooperation with several committee members, organized an awareness walk and an evening information session. The Youth Priority Centre (group home for youth) also organized an activity in their centre.

We held two SafeTALK sessions in the community.

We held a SuicideTALK session in a high school.

SafeTALK Training

We have four trainers in our region. We held two SafeTALK sessions in December 2012 and two sessions in February 2013.

ASIST Training

Two ASIST (Applied Suicide Intervention Skills Training) workshops were offered in January and March 2013.

SuicideTALK Training

We offered four sessions in February and March 2013 in two high schools.

Sophie LeBlanc
Regional Coordinator, Restigouche Suicide Prevention Committee

Acadian Peninsula Suicide Prevention Committee - Annual Report 2012-13 - Zone 6

The Acadian Peninsula Suicide Prevention Committee has ten members. Meetings are held approximately every three months, and the subcommittees hold their own meetings. Last year, there were six subcommittees: The Link, Gay Info, Training, Postvention, Gathering, and the Je m'affiche project. An extra meeting was held in January to prepare for the month of February.

Subcommittees

The Link

There are 12 active members of this committee, which was restructured in 2012. It held five meetings this past year. The decisional tree was updated. A booth, presentations in the schools, radio spots, and a Wellness Week helped promote the program, inform people about the resources, and ensure the implementation of the program in the schools.

Gay Info

During the year, booths were set up for all of the high school students. On May 17, booths were set up and radio interviews were done.

Training

It was decided that two committee members would enrol for the SafeTALK training.

Postvention

A card project is underway in funeral homes for donation purposes and to inform people of the resources available. This project was discussed at meetings. It will be continued next year.

Je m'affiche Project

The project was developed during the year. Partnered with the youth centres of the Réseau des Complexes Jeunesses Multifonctionnels du Nouveau-Brunswick [network of multipurpose youth complexes]. Posters and radio spots were prepared by young people from the different regions of the Acadian Peninsula. The official launch of the project will take place in June 2013.

Gathering

A tropical-themed gathering was held to educate people about the Acadian Peninsula Suicide Prevention Committee, raise funds, and have some fun. Two committee members worked on this project and other members pitched in for the evening. Good public participation. The event was held in February to mark Suicide Prevention Month.

Suicide Prevention Month

In February, several booths were set up in various places of business on the Acadian Peninsula. The booths included tickets for a complementary draw and information on suicide (prevention, postvention, help guide). The tropical-themed gathering was held in February. Radio spots on the short videos done last year were updated and aired in February.

Marie-Hélène Robichaud
Regional Coordinator,
Suicide Prevention Committee Acadian Peninsula

Chaleur Region Suicide Prevention Committee - Annual Report 2012-13 - Zone 6

The Chaleur Region Suicide Prevention Committee seeks to promote awareness of the phenomenon of suicide and the use of assistance resources in our community. With 12 active members, the committee is well-equipped to continue its work in order to achieve its objectives. Meetings are held every three months or more often if needed, except during the summer period from July to September. The committee is currently operating with three subcommittees, which hold their own meetings.

Activities of the different Subcommittees

Pabineau First Nation

This subcommittee is currently on hold as the representative is pursuing her studies. We are waiting for her replacement.

Gay Info

The committee no longer exists. It joined forces with the Acadian Peninsula Suicide Prevention Committee.

Awareness

This year, we held a session on November 17 to mark World Survivors of Suicide Day. The day went very well. There were 11 registrations and 12 people in attendance.

Like every year, a number of activities were organized within the framework of Suicide Prevention Month in February. Those activities included information booths and a draw for gift baskets in various locations in the community such as schools, office waiting rooms, and a few malls. This year, the company Xstrata Zinc Canada requested four booths in their plant. There was also a lot of publicity in the newspapers and on the radio in the region throughout the month of February.

Training

The training subcommittee continued to provide an average of four ASIST training sessions per year. The trainers have all been trained on the new ASIST 11 program.

The Link Program

The subcommittee implemented the program in all the schools in the region except for Bathurst High School. The French and English versions of the Chaleur decisional tree were reviewed as were the cards for students, and everything was ordered in August 2011. The website remains to be updated.

Annette Landry-Garrett
Regional Coordinator, Suicide Prevention Committee – Chaleur Region

Miramichi Community Suicide Prevention Committee - Annual Report 2012-13 - Zone 7

Suicide Prevention Provincial Annual General Meeting (September 2012)

(Postvention Theme: Picking up the Pieces after a Suicide). In collaboration with Bell Aliant and surrounding Anglophone, Francophone and First Nations communities keynote speaker Scott Chisholm, creator of the Collateral Damage Project, travelled to Miramichi to present his work and compile personal stories of survival. Scott spoke to a large open forum at the Annual General Meeting at the Rodd River Miramichi on destigmatizing suicide and promoting dialogue because as he said “not talking about suicide is not working”.

During Scott Chisholm’s visit to Miramichi he hosted a number of large community events talking about his Collateral Damage Project. He hosted day events in several surrounding communities and collected a number of personal stories and pictures for his suicide survivor book. Scott’s project is a national project and his visit here facilitated the development of his New Brunswick photo gallery. In addition, Scott trained First Nations teachers from Eel Ground School on SafeTALK and facilitated a workshop to New Brunswick Community College students and local First Responders.

International Survivors of Suicide Day (November 2012) was hosted by the Miramichi Community Suicide Prevention Committee at New Brunswick Community College Miramichi campus. This was offered in both official languages. A playroom for children was offered for participants with children. Material was provided by the American Foundation for Suicide Prevention. A DVD was obtained with this presentation and is used as a teaching tool with committee partners.

Addiction and Mental Health Community Star Award (November 2012) The committee partnered with Addiction and Mental Health services in the celebration of the Community Star Award by donating funds for the event. This year our Miramichi Community Suicide Prevention Committee member Lesley Dickson was recognized as the recipient of this award for the work she does in advocating for an addiction free life.

Strategic planning – The committee met in April 2013 to develop a new two-year plan.

SMARTY Plan - This drug awareness pilot project has been initiated in the Anglophone North School District. The Miramichi Community Suicide Prevention Committee is a partner in this initiative.

Suicide Prevention Month (February 2013) was acknowledged at the 3rd Annual “LINK FOR LIFE”. This is an event where we invite community members to gather and make a human link of support around the Newcastle Town Square. A moment of silence takes place followed by a 1.5 hour event at the Kinsman Centre. At this event speakers who have been personally impacted by suicide offers their personal story, music is played in memory of lost community members and first voice poetry readings are offered. Information on the Miramichi Community Suicide Prevention Committee is also shared in our recruitment efforts.

- T-shirts are provided for participants to represent collaboration and unity
- Snack and refreshments are offered (prepared by the Autism Society in return for a charitable donation from the committee)
- Media utilized
- Pictures are taken and made into a collage to display in the community
- Travelling memory Quilt is displayed with names of family members and friends who lost their lives to suicide.
- Pamphlets and information are displayed at this event.

Miramichi Home Show / Wellness Fair (April 2013) - The Miramichi Community Suicide Prevention Committee attended this event. An information table was available as was a community presentation on the goal of the suicide prevention committee and the work that is being done in our community.

WEB-PAGE Development – The Miramichi committee is in the process of obtaining a Web-page in efforts to promote awareness and provide information.

Bell Aliant Funding - The committee has established collaboration with the Bell Aliant Let's Talk Funding Program. In 2012 Bell Aliant provided us with \$5000 in order for us to bring Scott Chisholm and his Collateral Damage Project to the Miramichi Region. Resulting from this the committee submitted a request for funds from the Let's Talk Program in 2013 in efforts to provide SafeTALK training to First Nations community members in our region.

ASIST Training -The Miramichi committee continues to provide financial assistance in efforts to train all our committee members in ASIST.

SafeTALK Training - Three committee members will be attending the SafeTALK train the trainer sessions being held in Moncton in May.

Be ALIVE Northumberland Wellness Committee – The Miramichi Community Suicide Prevention Committee continues to sit on this large stakeholder committee and is participating in a New Brunswick Website that will display a full-page dedicated to the Miramichi Community Suicide Prevention Committee. Links to outreach numbers and services complete this information webpage. Committee logo is appropriately called "Be Alive".

Committee training - Facilitating Suicide Bereavement Support Groups: A self- study manual was purchased from the American Foundation for Suicide Prevention. A training day was offered to committee members. This teaching tool is also available for the workplaces of committee partners. This was shared with the Provincial coordinators at the 2012 Annual General Meeting in Miramichi. At present we have one suicide prevention member and survivor considering facilitation of a community bereavement group.

Community Partners – The committee continues to work closely with many community partners in our efforts to address suicide prevention, intervention and postvention.

Michele Bushey
Regional Suicide Prevention Committee Coordinator

Healthy Mental Health:
a balanced life.
It only takes a few ingredients to inspire hope.

10 WAYS TO BOOST YOUR MENTAL HEALTH

- Set realistic goals.
- Exercise regularly.
- Foster healthy, meaningful relationships.
- Enjoy hobbies.
- Do one thing at a time.
- Share humor – laughter can go a long way!
- Volunteer within your community.
- Take a few moments each day: close your eyes, take a few deep breaths and unplug from your surroundings.
- "Collect" positive emotional moments.
- Each day, remember three things for which you can be grateful for.

New Brunswick

As the government recognizes that good mental health is a priority, the province in collaboration with its regional suicide prevention committees, has created Healthy Mental Health banners and handouts which teaches and encourages individuals to take steps towards their well being.

Healthy Mental Health:
a balanced life.
It takes only a few ingredients to inspire hope.

10 WAYS TO BOOST YOUR MENTAL HEALTH

- Foster healthy, meaningful relationships.
- Share humour. Laughter can go a long way to keeping us mentally fit.
- Do one thing at a time. Learn to enjoy the present moment fully.
- Enjoy hobbies. They will keep your brain active!
- Volunteer within your community. You will help others and make yourself feel great at the same time.

New Brunswick

Set realistic goals; reaching them will build confidence and foster a sense of satisfaction.

Exercise regularly to improve your psychological well-being and reduce depression, stress and anxiety.

Take a few moments each day: close your eyes, take a few deep breaths and unplug from your surroundings. This simple practice helps lower blood pressure and calms your mind.

"Collect" positive emotional moments. Recall times when you have experienced pleasure, comfort, peace or other positive feelings.

Each day, remember three things for which you can be grateful. An attitude of gratitude boosts our immune system. *

If you need help or are in distress:
Contact a trusted Community member;
Talk to a Friend or Family member;
Talk to your family doctor.

If in Crisis: 24 hour emergency numbers
CHIMO helpline: 1-800-667-5005
Kids Help Phone: 1-800-668-6868
OR
Go directly to the Emergency Department of the nearest hospital

Call 9-1-1

Addiction Services
Bathurst 547-2086
Edmundston 735-2092
Miramichi 778-6111
Saint John 674-4300

Campbellton 789-7055
Fredericton 452-5558
Moncton 856-2333
Tracadie-Sheila 394-3615

Gambling information line: 1-800-461-1234

Community Mental Health Services
Bathurst 547-2110
Caraquet 726-2030
Fredericton 453-2132
Miramichi 778-6111
Richibucto 523-7620
St. Stephen 466-7380
Woodstock 325-4419

Campbellton 789-2440
Edmundston 735-2070
Grand Falls 475-2440
Moncton 856-2444
Saint John 658-3737
Sussex 432-2090

Satellite mental health clinics
Grand Manan 662-7023
Perth-Andover 273-4701
Shippagan 336-3367
Tracadie-Sheila 394-3760

Kedgwick 284-3431
Sackville 856-2444
St. George 755-4044

www.gnb.ca/health...

CNB113

New Brunswick First Nations' Suicide Prevention Task Force Annual Report 2012-2013

The past year has seen many changes for the Task Force, albeit, these changes have strengthened the foundation of this group.

June 2012, the Task Force meeting was hosted in Eel Ground First Nation at the Rising Sun Treatment Centre. We took the opportunity to review what resilience means to us and how the many activities in our communities reflect the promotion of resilience, such as powwows, dance instruction, culture camps, youth groups, sweat lodge ceremonies, language classes, Sundance ceremony, and the NB Indian Summer Games to name a few.

It was agreed that the Task Force would celebrate and promote these types of activities.

The following meeting was held in Kingsclear First Nation where all representatives shared their celebration of events and activities which provided an opportunity for folks to ask questions and gain new ideas. It's important to take note that 12 of the 15 communities do not have a designated person to do specifically suicide prevention and resilience promotion tasks, so these opportunities to network and pick up new ideas are valuable.

The Task Force participated in computer training to learn to use a shared/common file created specifically for the Task Force Representatives. This tool will help break down barriers to communication and sharing, and will facilitate leveraging of the wonderful work being done throughout the province, collect and share data, journal articles, upcoming activities and training opportunities in one common location. This is yet to become a daily tool that we each use, but the first steps have been taken.

The Task Force had been discussing the need to "sing from the same song sheet", therefore, created and agreed to a common work plan that each community would follow. This monthly work plan is just the beginning, and will promote themed activities for specific dates, such as World Suicide Prevention Day, Survivors of Suicide day (watch a film, followed by a talking circle and a feast), and Suicide Prevention month. The activities will vary and be complimented with newsletter articles, pictures and information for the community newsletters, and to be shared in the Task Force's SharePoint site.

SafeTALK has also made its way in the spot light for the group. Several members were recently trained through the NB Suicide Prevention Program, in a train the trainer in Moncton, and they

each plan to provide the training within their communities. In addition to this, members are each collecting data pertaining to their own respective communities in the areas of who has training in ASIST, safeTALK, CISM; what month/year they received the training, if they require a refresher, along with their title or role in the community. This will allow each member to strategize the needed training for February.

Collaboration and leveraging between several First Nations and Non-aboriginal Regional Suicide Prevention Committees continues to gain momentum in a few regions of the province demonstrating exemplary respect and sharing of visions, experiences and cultures.

"The Link" program's regional Decisional Trees will also be amended in the near future with information gathered by Task Force members that is relevant to First Nations students. These decisional trees are being re-modeled, using, in part, the resource list that Elsipogtog Crisis Centre and Mental Health services has created (The Path). It's important to note that this activity will address yet another one of the items in the *New Brunswick Mental Health Action Plan 2011-2018*, specific to First Nations.

An area of interest for the Task Force is exploring the possibility of how ethnicity of those deceased by suicide can be collected. At this time, efforts are made between the NB Suicide Prevention Program and the Office of the Chief Coroner, in consulting with other jurisdictions, to determine if ethnicity monitoring can be facilitated here in NB.

The Task Force hopes to report next year that each of the 15 First Nations communities will have a "Community Policy on Suicide", which will include a Proclamation read by each Chief during World Suicide Prevention Day. It is our goal that this policy holds weight when it comes to prioritizing training, having mandatory training and suicide prevention activities.

It's been a busy year for the Task Force but relationships have strengthened and direction and vision is starting to solidify for the group.

Thank you to all representatives of the 15 First Nation Communities for their dedication and continued passion in the area of Suicide Prevention; as well as a special thank you to their Chief and Counsels, Health Directors and employers for their continued support and recognition of the importance of Suicide Prevention and Resilience for First Nations and all New Brunswickers.

Stephanie Francis (First Nations' Health Liaison) and
Ginette Vautour-Kerwin (NB Suicide Prevention Coordinator)