

Upcoming Conferences

2009 Conference
June 10, 11, 12
Glen House Resort
1000 Islands Parkway
Gananoque, Ontario

2010 Conference
June 9, 10, 11
Guelph, Ont.
Sponsored by: Waterloo Wellington
Dufferin Regional Crisis
Committee

Check out www.cwsontario.org for updates

The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world. For every completed suicide, there are approximately 100 more people who injure themselves from non-fatal suicidal behaviours. In any year, approximately 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when painful experiences prevent them from seeing a way forward?

The Opportunity

Most people considering suicide share their distress and their intent. Training can help you see and respond to these invitations to help. It can also give you the confidence to ask about suicide if you are concerned about someone's safety. Training can provide you with the tools to help prevent the immediate risk of suicide.

Evaluations have shown that the workshops increase a person's knowledge and confidence to respond to a person at risk.



LivingWorks

www.livingworks.net

The Workshops

safeTALK is designed for anyone in contact with the public who wants to help prevent the immediate risk of suicide.

Participants include anyone who connects with people in a school, recreational, security, community service, faith community, health, neighborhood or other community setting.

The emphasis of **ASIST** is on suicide first-aid. Participants learn to recognize invitations for help, reach out and offer support, review the risk of suicide and apply a suicide intervention model. Participants often include: emergency service workers, counsellors, teachers, ministers, health practitioners, community workers and volunteers.

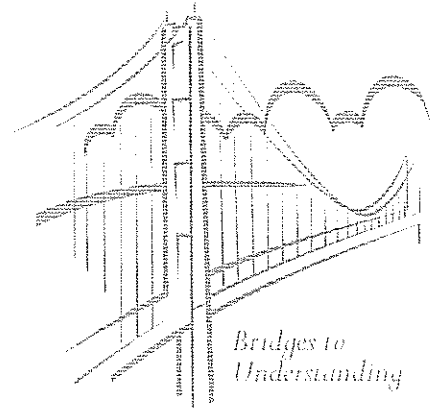
The Trainers

Suicide is a serious social issue that needs to be addressed on a community level. The best approach to this is the development of a Community Training Team that incorporates trainers from different organizations across our region. Each certified facilitator has undergone extensive training to deliver workshops that help caregivers of all types respond to someone at risk of suicide.

The community team consists of trainers from the following supporting organizations:

Canadian Mental Health Association Grand River Branch
Community Torchlight / Distress Centre Wellington/Dufferin
Grand River Hospital
Homewood Health Centre / ACTT
Special Education Teacher / Social Worker
University of Guelph
Wilfrid Laurier University

Trauma - Informed Support Skills



A one-day basic training to provide a framework for working with survivors of trauma (including sexual abuse), who also experience mental health issues as a result of the trauma.

This basic training is suitable for people who volunteer or work in shelters, drop-in centres, health, mental health and social service organizations. Participants will find it useful in understanding the impact of trauma and assisting individuals to improve their quality of life.

The facilitators have extensive experience in community and mental health services and have led workshops in a variety of settings on a wide range of issues. *Both have completed an intensive training program led by curriculum developer Clarissa Chandler.*

Participants will...

Discuss:

- The cluster of vulnerabilities observed in high-end users of health and social services
- The continuum of functioning observed in trauma survivors
- Three categories of services available for trauma survivors

Practice:

- Trauma-informed listening and support skills

Explore:

- Ways to counteract the effects of vicarious trauma

DATES & LOCATIONS

Wed. October 15, 2008 ~ Guelph

Wed. December 10, 2008 ~ Cambridge

Mon. March 2, 2009 ~ Fergus

Tues. June 16, 2009 ~ Kitchener

Call now to reserve your preferred date

REGISTRATION

e-mail: workshops@cmhagrb.on.ca
519-766-4450 / 1-866-448-1603 x365

COST is \$65.00

Only 4 persons per organization
Subsidized spots may be available

Sorry, no refunds



CANADIAN MENTAL
HEALTH ASSOCIATION
Grand River Branch



Suicide prevention...what can you do?

LivingWorks

safeTALK: Suicide Alertness for Everyone

Helps all members of the community identify persons with thoughts of suicide and connect them to suicide first-aid resources. People attending this workshop need no previous experience or training in order to become more ready, willing and able to become suicide prevention helpers. The cost of this workshop is \$45.00. SafeTALK can also be offered at your workplace, or to your community group, if there are a number of interested participants.

safeTALK Dates and Locations:

Wed Nov 5, 2008 (1:00 - 5:00) ~ Guelph

Thurs May 21, 2009 (1:00 - 5:00) ~ Kitchener

ASIST: Applied Suicide Intervention Skills Training

Helps all kinds of caregivers learn suicide first-aid intervention. Participants learn to identify who might be at risk, how to reach out and support the person and link them to resources. This is a full two-day workshop, offered from 9:00 to 5:00 each day. The cost of this workshop is \$135.00.

The half-day Livingworks ASIST TuneUp workshop is designed for those who have taken the current ASIST workshop (version 10), who wish to revisit the material and refresh their skills. The cost of this workshop is \$45.00. TuneUp can be offered at your workplace if there are a number of ASIST trained participants who would benefit from the program.

ASIST Dates and Locations:

Thurs Oct 2, & Fri Oct 3, 2008 ~ Guelph

Wed Mar 25 & Thurs Mar 26, 2009 ~ Baden

Wed Oct 29 & Thurs Oct 30, 2008 ~ Kitchener

Tues May 26 & Wed May 27, 2009 ~ Fergus

Wed Nov 26 & Thurs Nov 27, 2008 ~ Orangeville

Thurs June 11 & Fri June 12, 2009 ~ Cambridge

Wed Jan 14 & Thurs Jan 15, 2009 ~ Waterloo

Wed Aug 19 & Thurs Aug 20, 2009 ~ Guelph

Tues Feb 17 & Wed Feb 18, 2009 ~ Guelph

TuneUp Dates and Locations:

Wed July 8, 2009 (1:00 - 5:00) ~ Guelph

To Register: e-mail workshops@cmhagrb.on.ca or call 519-766-4450 / 1-866-448-1603 x 323

Enrolment is limited - A maximum of 4 individuals per organization / per session.

Further subsidies may be available. Sorry, no refunds. For more information, please visit our website:

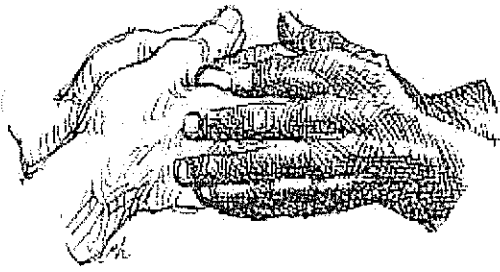
www.cmhagrb.on.ca

Funds received from the United Way allow for these programs to be offered in the Waterloo Region and Wellington-Dufferin area.



CANADIAN MENTAL
HEALTH ASSOCIATION
Grand River Branch

Suicide-Safer Communities Saving Lives for Tomorrow



“What many of us need most when we’re going through difficult times is the opportunity to talk to someone who knows how to listen without making judgements or giving advice, who can give us space to sort out our own thoughts and feelings.”

*-Moyra Buchan
former Executive Director CMHA
Newfoundland / Labrador
~ Origin of this training ~*

Building Community Capacity: Helping Skills

- What motivates you to help?
- Do you find that people often turn to you for support?
- Do you sometimes feel overwhelmed or not know how best to respond?

The Canadian Mental Health Association is offering a 24-hour interactive workshop series open to all community helpers in: workplaces, human service and volunteer organizations, self help groups, neighbourhood groups and faith communities. Anyone who would like to enhance their understanding of the helping process and their ability to respond is encouraged to register.

Dates:

**Wed. February 25, Wed. March 4
and Wed. March 11, 2009**

**9:00 - 5:00 for each of the three days
(light lunch is included)**

Location: Guelph

To Register:

e-mail: workshops@cmhagrb.on.ca

or

call: 519-766-4450 x385 or
1-866-448-1603 x385

Cost:

\$95.00 for entire series.

If cost is a barrier, ask our workshop coordinator about subsidies.

The Series Includes:

- Exploring the nature of helping
- Clarifying values & assumptions about helping
- Understanding what is helpful and what is not
- Creating a safe ‘Helping’ environment
- ‘Tuning in’ to feelings
- Practicing empathic skills
- Practicing active listening skills
- Knowing when to bring in other helpers
- Taking care of yourself as a helper



CANADIAN MENTAL
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Grand River Branch





Threat Assessment Training Two Day Training Program (sample)

Introduction

Threat Assessment Training is an initiative spearheaded by the Waterloo Region District School Board to train members of multidisciplinary teams with the knowledge and skills to assess violence potential in a school setting. Upon completion of the two-day training program, a Threat Assessment Training Level 1 certificate is granted. More boards and regions in Canada are now making Threat Assessment a priority.

Invitation to Community Partners

An invitation is being extended to Community Partners who work with students or who have serious concerns about safety in their work places (i.e. colleges and universities, hospitals, community mental health, etc.). Following is an outline of the Waterloo Region District School Board's Threat Assessment Training initiative to date, and details about the Board's invitation to Community Partners to participate.

Background and Training Information

Phase I

In the WRDSB, all secondary school Principals and Vice Principals, Guidance Department Heads, Social Workers, and Senior Administration participated in a two-day Threat Assessment Training in March 2008 and received Level 1 certification. The Board, in partnership with Waterloo Region Police Services, also included School Resource Officers in the two-day training last spring.

Phase II

In 2009, the Board will provide Threat Assessment Training to other key staff members including elementary school Principals and Vice Principals, Psychologists, and newly appointed school administrators. The intention is to ensure that a range of staff members within the education system are trained to fully participate on a multidimensional team to assess violence potential.

Trainer – Kevin Cameron (M.Sc., R.S.W., B.C.E.T.S., B.C.S.C.R.)

Kevin Cameron is the Executive Director, Canadian Centre for Threat Assessment and Trauma Response.

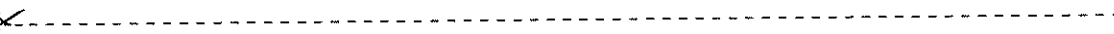
- Collaborated with the R.C.M.P. on the Threat Assessment Training model
- Consultant to U.S. secret service and the F.B.I.
- Has established protocols in many educational institutions across Canada
- Consulted in the Columbine, Dawson College, Virginia Tech tragedies across North America.

Training Sessions – 4 choices

- Session #1:** January 26, 2009 and January 27, 2009
Holiday Inn, Fairway Road, 8:30 a.m. – 3:00 p.m.
- Session #2:** January 28, 2009 and January 29, 2009
Holiday Inn, Fairy Road, 8:30 a.m. – 3:00 p.m.
- Session #3:** February 23, 2009 and February 24, 2009
Holiday Inn, Fairway Road, 8:30 a.m. – 3:00 p.m.
- Session #4:** February 25, 2009 and February 26, 2009
Luther on the Village, Father David Bauer Drive, Waterloo, 8:30 a.m. – 3:00 p.m.
- Cost:** \$185.00 (*Cheque payable to "The Waterloo Region District School Board"*)
Cost includes training manual, additional resources, lunch, and Level 1 Certificate of Training.

Space is limited.

Direct any inquiries to: Tom Connolly, Co-ordinator, Traumatic Response Team
Waterloo Region District School Board
519-570-0300 ext. 4296
tom_connolly@wrdsb.on.ca



Registration

Name: _____ Organization: _____

Work Telephone: _____ Email Address: _____

Select Session: Session #1 Session #2 Session #3 Session #4

Mail registration and payment to: Susan Chipman, Waterloo Region District School Board
51 Ardelt Avenue, Kitchener, ON N2C 2R5
susan_chipman@wrdsb.on.ca

Registration deadline for Sessions 1 & 2: January 16, 2009 • Sessions 3 & 4: February 13, 2009

RECOVERY STAFF TRAINING

2009 Training Schedule

Training	Training Dates	Location	Trainers
Two-day Session	February 11 – 12 9:00 am - 4:00 pm	Guelph – Orchard Park	CMHA – Anne Marie Trellis SHA
One-day Refresher	March 26 9:00 am – 4:00 pm	Guelph – Orchard Park	WRACTT – Alma Scully Homewood SHA
One-day Refresher	April 21 9:00 am - 4:00 pm	Kitchener – Waterloo Regional Homes	WRH – Mercedes Romero CMHA – Lee Henderson SHA
Two-day Session	May 27 - 28 9:00 am - 4:00 pm	Kitchener – Waterloo Regional Homes	WRHMH GRH – Deb Moskal SHA
One-day Refresher	June 9 9:00 am - 4:00 pm	Guelph – Orchard Park	CMHA – Sarah Palmer Trellis – Ruth Williams SHA
No training	July August		
Two-day Session	September 23 - 24 9:00 am - 4:00 pm	Guelph – Orchard Park	Trellis ACTT – Alma Scully SHA
One-day Refresher	October 20 9:00 am - 4:00 pm	Kitchener – Waterloo Regional Homes	GRH CMHA – Lee Henderson SHA
Two-day Session	November 18 - 19 9:00 am - 4:00 pm	Kitchener – Waterloo Regional Homes	WRH Homewood SHA
One-day Refresher	December 3 9:00 am - 4:00 pm	Guelph – Orchard Park	Trellis Homewood SHA

Reminder – Once a Support Coordinator has taken the **2-day** training, it is recommended that they sign up for a **1-day Refresher six months afterwards** and **then annually** from that point on. Refreshers focus on the planning taught in the 2-day training.