



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION

ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE

E-ZINE

A Message from our Executive Director

Greetings!

As I write this message, I'm sitting on my back deck enjoying a little fall sunshine. The birds are singing, a cool drink is at hand, and the warmth of the sun is relaxing to my very core. It will always be like this, right?

While I've been sitting enjoying "doing" nothing, there has been a rambunctious squirrel that has been busily scampering all around the yard. Up one tree . . . throw down some cones . . . jump across to another tree . . . throw down some cones . . . run down that tree . . . and then trip after trip to gather the cones and place them in various safe hiding places only to be retrieved when needed in the winter. This busy-ness of the squirrel continued for hours on end without a single moment of stopping to kick back and enjoy the sun.

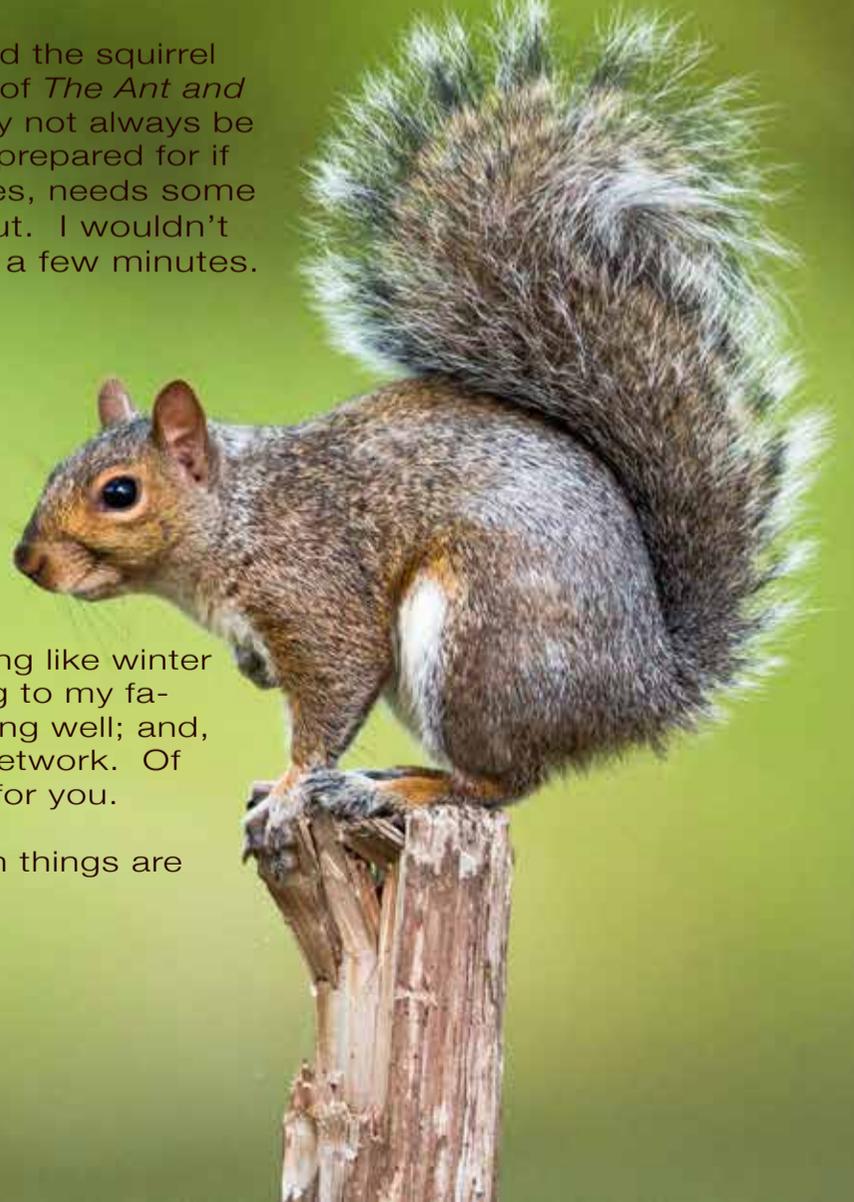
It occurs to me that I can learn something from the squirrel, and the squirrel could learn something from me. Much like the ant in the fable of *The Ant and the Grasshopper*, the squirrel reminds me that the weather may not always be warm and the day sunny. The squirrel is taking the time to be prepared for if things change. On the other hand, the squirrel, like all creatures, needs some downtime – a time to rest and recharge so as to not burn out. I wouldn't mind if the squirrel wanted to join me on the patio swing for a few minutes.

Our moods and circumstances, like the weather and seasons, can change. One day we can be light and warm with everything looking rosy. However, as experience tells us, its normal for life to have ups and downs and, at some point, we may find ourselves feeling cold and isolated. It's important that we take a little time when things are going well to prepare for potentialities in the future by asking ourselves, "What can I do to be prepared if things change?"

For me, my list of things that I can do to help myself if I'm feeling like winter is setting in include - going for a walk amongst nature; listening to my favourite music; watching sitcoms; getting regular sleep and eating well; and, if things are really not going well, reaching out to my support network. Of course, your list will be entirely different based on what works for you.

Thank you Squirrel for reminding me to be prepared even when things are good! Now, back to feeling the warmth of the sunshine.

Sincerely,
Sean Krausert
Executive Director, CASP



WORLD SUICIDE PREVENTION DAY: CREATING HOPE THROUGH ACTION

On September 10th, along with organizations spanning the globe, CASP observed World Suicide Prevention Day (WSPD), an event that has been recognized internationally since 2003. This year's theme focused on "Creating Hope Through Action." Accordingly, CASP aimed to create a movement of preventative action by recognizing the impact of suicide and the hope that can be reignited in those who are suffering.

CASP had a very busy day hosting an online panel focused on how families, friends and professionals can best help those struggling with suicidal thoughts and behaviours. The online panel was available at in English with French subtitles and was well attended by people from across Canada.

During the event, our panelists shared their personal experiences and invaluable insights with audience members through personal pre-taped videos followed by a live panel discussion.

The event was very well-received, with many audience members expressing their sincere appreciation to all the presenters for sharing their stories and suggestions for support.

In addition to our successful WSPD online event, we garnered a lot of attention in both traditional and social media, with a significant increase in engagement and media mentions in comparison to previous years.

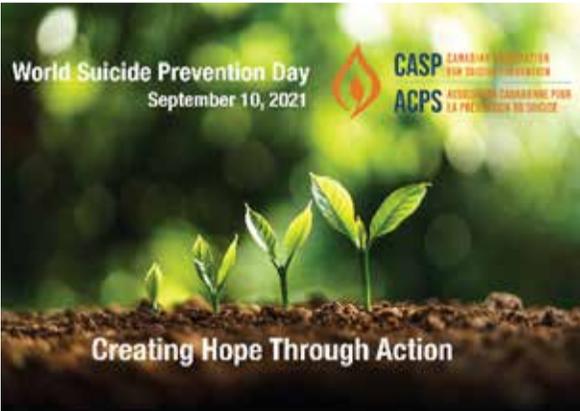
One of the impacts of this was a significant increase in donations, which will help enable us to continue to deliver on our mission during this challenging time.

Thank you to all of our attendees, presenters, members, staff, volunteers and other community members who made this day a big success. We are incredibly grateful for your continued support and strive to continue creating hope through action by working together to prevent suicide and promote life.



	World Suicide Prevention Day Friday, September 10, 2021 2 pm EST	Journée mondiale de la prévention du suicide le vendredi 10 septembre 2021 14h HNE
	OUR PRESENTERS...	NOS PRÉSENTATEURS...
<p>Ryan Luyk</p>	<p>Aly Raposo</p>	<p>Asante Haughton</p>

Creating Hope Through Action
Créer de l'espoir par l'action



World Suicide Prevention Day - a time to connect and reflect

Every year on September 10th, people in over 50 countries celebrate WSPD.

World Suicide Prevention Day is a chance for everyone to join us in promoting understanding about suicide: those impacted by a suicide attempt or loss, family and friends, community organizations, professionals, politicians, volunteers and community members.

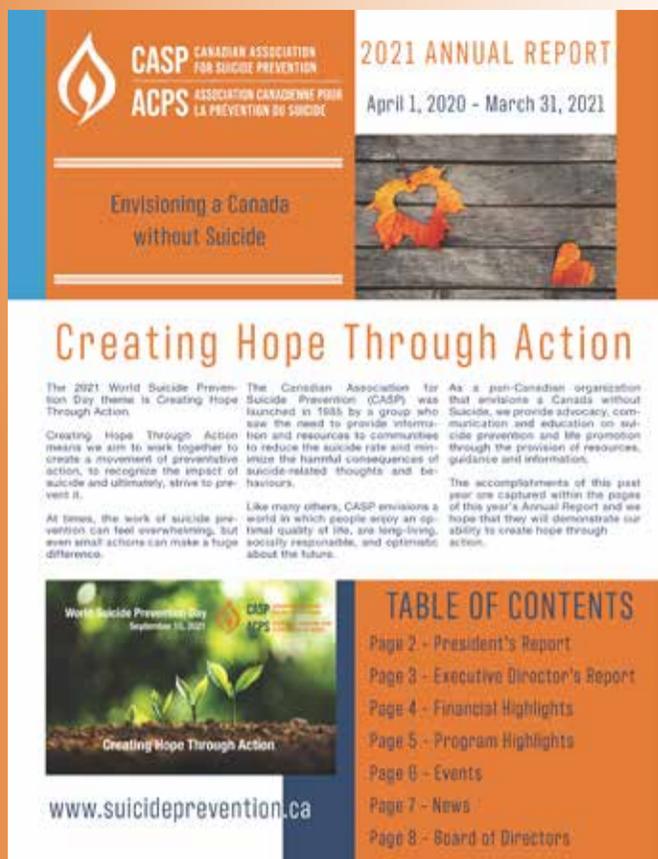
Every year, 80 million people worldwide contemplate suicide and, tragically, 800,000 of them die by suicide. This means that more than 100 million people suicide-related crises every year. There is no reason that anyone has to die by suicide and, if we all do our part, we can prevent those deaths that do happen and the devastating impact that they leave.

www.itsoktopretend.ca

Find out which country, by language, in different formats and other activities.

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CASP Holds Virtual Annual General Meeting

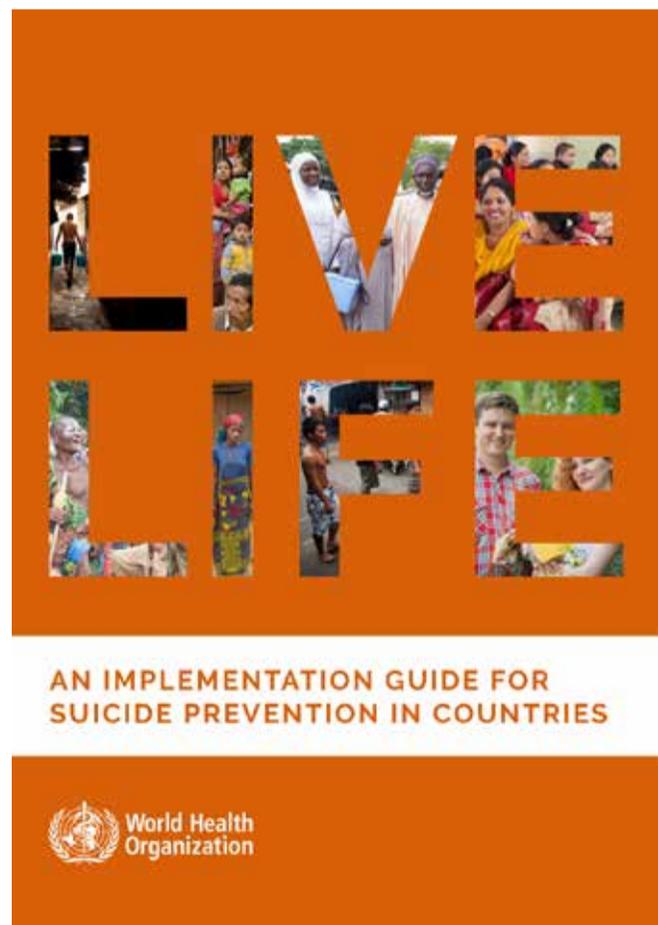
CASP's 35th Annual General Meeting was held on September 29, 2021 and, for the second year in a row, it was hosted virtually.

CASP welcomed three new board members elected at the AGM: Alysa Raposo (MB), Winnie Li (ON) and Stephanie Miede (QC) and we bid farewell to board member Amélie Gauthier (QC).

The accomplishments of the past year are captured in our Annual Report which can be found on our website: https://suicideprevention.ca/wp-content/uploads/2021/09/2021-AGM-Annual-Report_2021.09.29.pdf



World Health Organization releases implementation guide on Suicide Prevention



In June, the World Health Organization (WHO) launched a comprehensive guide and resource developed for the purpose of supporting countries in their efforts to prevent suicide entitled the Live Life implementation guide.

The guide lays out evidence-based strategies to prevent premature deaths by suicide. The four main interventions identified within Live Life include restricting access to means of suicide, increasing responsible media reporting of suicide, promoting life skills among young people, and the early identification and management of risk of suicide in healthcare and beyond.

Alongside Live Life, WHO also released a report based on 'Suicide Worldwide in 2019'. This report provides updated data on global suicide estimates as of 2019, aimed at providing an official data source for academics, development agencies, health professionals, media personnel, non-governmental organizations, policy-makers and the general public. The recent data included in this report offers an evidence-base to inform policy planning and review as well as targeted interventions for identified at-risk populations.

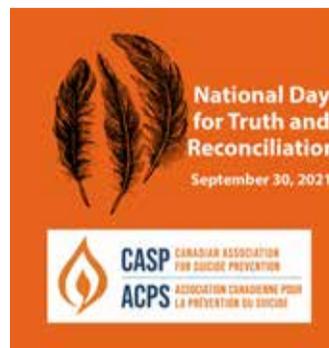
LIVE LIFE: An implementation guide for suicide prevention in countries:

<https://www.who.int/publications/i/item/9789240026629>

Suicide Worldwide in 2019:

<https://www.who.int/publications/i/item/9789240026643>

CASP Believes All Canadians Have A Part In Reconciliation



The Canadian Association for Suicide Prevention (CASP) would like to remind all Canadians and all organizations that we all have a responsibility to work toward reconciliation and a better, more equitable future for all. Everyone needs to understand past and present injustices against Indigenous peoples as a first step in order for things to change.

Similarly, CASP believes that suicide prevention is everyone's responsibility. For 35 years, we have been advocating and educating with respect to suicide prevention in Canada. While each of us as individuals and all of our communities have roles to play in life promotion and suicide prevention, a person's circumstances can adversely influence their mental health even to the point where they have thoughts of suicide.

A roof over one's head is life promotion / suicide prevention.
Clean water is life promotion / suicide prevention.
Proper health care is life promotion / suicide prevention.

The absence of any of these in a rich nation such as Canada is hard to believe, yet many Indigenous people still continue to experience deficits in these areas alongside the intergenerational impacts of cultural genocide, colonial violence, and systemic racism. The lack of these basic human rights on top of these grievous wrongs works against the themes of healing and hope which the Truth and Reconciliation Commission of Canada emphasized and identified. Healing and hope are critical elements in life promotion and suicide prevention.

CASP continues to call upon the Government of Canada to act on their pledge to make things right with the Indigenous communities across the country, ensuring the basic human rights of the First Nations, Inuit and Métis peoples are met.

With the recovery of children's bodies at multiple former residential schools, CASP shares in the sadness being felt across the land. CASP supports every effort towards life promotion so that residential school survivors, their families, their friends and all those who remember, can heal. We urge the Canadian government to respond to these tragedies to ensure healing, justice, and remembrance of lives lost is served in a fitting way. Further, we urge all levels of government to fully implement Jordan's Principle – a rule that pledges to provide Indigenous children with the services they need, when they need them, rather than first taking the time to sort out which level of government is responsible for the cost.

Senator Murray Sinclair, Dr. Ed Connors (First Peoples Wellness Circle and Feather Carriers for Life Promotion) and many others, refer to their Elders who brought forward four life path questions to reawaken and support people through life, at any life path stage. These questions of "Where do I come from? Who am I? Why am I here? Where am I going?" align with life promotion's central elements of hope, purpose, belonging, and meaning.

The frameworks of healing, hope and reconciliation all start with truth. Then, centred in truth, reconciliation invites us to learn and value Indigenous approaches and perspectives. Reconciliation also represents healing together, establishing new relationships with one another, and working together to break patterns of isolation, marginalization and oppression. Conversations and self-education are just a few things to start, as reconciliation will be, and is, a continuous process. In doing so, we can create the space for hope, to share, to learn and to grow from our past in order to establish an equitable and bountiful future that recognizes the many histories, languages and cultures that continue to influence a vibrant Canada.

At CASP, we embrace and value the Indigenous peoples of this land and believe we are stronger together. May we continue to remember and take time to reflect with a pledge to do more and continue these conversations.

For those experiencing pain or distress as a result of their Residential school experience, the Indian Residential Schools Crisis Line is available 24 hours a day: 1-866-925-4419. Alternatively, Crisis Services Canada can be reached 24/7 at 1-833-456-4566 if you or someone else is in distress.

CASP strongly believes Canada needs a national Suicide Prevention strategy

CASP recently had the privilege to submit an opinion editorial (Op-Ed) piece to Canada's national, political newspaper, *The Hill Times*.

The piece published on October 4, 2021, is as follows:

The Canadian Association for Suicide Prevention (CASP) strongly believes Canada needs a national suicide prevention strategy.

Launched in 1985 by a group who saw the need to provide information and resources to communities to reduce the suicide rate and minimize the harmful consequences of suicide-related thoughts and behaviours, CASP is a pan-Canadian organization that provides advocacy, communication and education on suicide prevention and life promotion.

The first in Canada to draft 1st and 2nd White Papers on Suicide Prevention entitled "The CASP Blueprint for a Canadian National Suicide Prevention Strategy", our documents provided the foundation for the development of Canada's national framework for suicide prevention. Consequently, legislation for suicide prevention put forth by M.P. Charlie Angus' private member's motion, M-174, established a 13-point National Action Plan for suicide prevention that was unanimously adopted by Parliament in May 2019. However, this falls short of being a national strategy.

Captured in CASP's white papers were a policy agenda, a national task list, a tool for identifying promising and best practices and a roadmap to an integrated solution, covering every aspect of our concern as a nation in respect to suicide prevention, research, education, treatment, crisis intervention and bereavement support. CASP's blueprint has been used across Canada to establish provincial suicide prevention frameworks and has received international recognition by other countries such as the U.S.A., U.K., Australia and New Zealand.

We believe CASP laid the foundation to challenge, motivate and assist our lawmakers and governments to fulfill their leadership

roles by bringing together communities, governments, organizations and resources across Canada to prevent death by suicide and to assist, educate and comfort those who have been impacted by suicide-related behaviours.

Can we prevent suicide? Experience teaches us that many suicide-related behaviours can be prevented. Canada has a wealth of experience, knowledge and expertise to approach suicide as a public health issue and as a preventable problem. Realistic opportunities exist for saving many lives. With a national commitment to reduce suicide and its impact, Canadians can move forward together.

As outlined in CASP's white papers, a national suicide prevention strategy should encompass at minimum:

- awareness and understanding;
- broad-based support for development of community-based suicide prevention, intervention and postvention programs, respecting diversity and culture at local, regional, and provincial/territorial levels;
- implementation of a strategy to reduce stigma;
- increased media knowledge regarding safe reporting;
- reducing the availability and lethality of suicide methods;
- increased training for recognition of risk factors, warning signs and at-risk behaviours;
- development and promotion of effective clinical and professional practice to support clients, families and communities;
- prioritized prevention, intervention and service delivery for high-risk groups;
- increased crisis intervention and support to those bereaved by suicide or who have attempted suicide; and
- promotion & support of the development of effective evaluation tools and suicide-related research.

Today in Canada 10 people will die by suicide; up to 200 others will attempt so. Suicide is currently ranked as the 9th leading cause of death in this country. To be certain, suicide is a critical public health issue in Canada. We



must have the courage to confront the stigma of talking about suicide and the determination to adequately address mental health on both a national and local level.

Suicide prevention, intervention and bereavement support is our responsibility as a people and as a nation of diverse communities.

A great deal of work to still be done. Together we must continue to encourage Canada's federal government towards national primary prevention efforts. Together we must continue to applaud initiatives such as establishing a 3-digit suicide prevention hotline that will increase access to crisis support, which was proposed by M.P. Todd Doherty and unanimously accepted by the House of Commons in December 2020. Together we must continue to advocate for life promotion; as an example, by voicing concerns with the Medical Assistance in Dying (MAiD) for those suffering solely from mental disorder and ensuring proper safeguards are in place to protect the most vulnerable. Together we must continue to provide input and education to our political leadership to bring home the issue of mental health care being significantly underfunded across Canada.

Together we must envision a Canada without suicide.

Co-authored by Sean Krausert, CASP's Executive Director and Erika Luoma, CASP's Communications and Fund Development Manager, this article can also be found on our website here: <https://suicideprevention.ca/media/articles/life-promotion/casp-strongly-believes-canada-needs-a-national-suicide-prevention-strategy/>

CASP REVAMPS VISUAL BRANDING AND WEBSITE WITH NEW LOOK AND FEEL!



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NEED HELP

DONATE

FRANÇAIS



HELP AND INFORMATION ▾ RESOURCES ▾ MEDIA ▾ EVENTS ▾ GET INVOLVED ▾ RIBBONS ABOUT US ▾ CONNECT



In Crisis? If you or someone you know is in distress call Crisis Services Canada 1-833-456-4566. In Quebec call 1-866-277-3553. Kids Help Phone 1-800-668-6868.

Envisioning a Canada without suicide

We envision a world in which people enjoy an optimal quality of life, are long living, socially responsible & optimistic about the future

Visit us on the web at:
www.suicideprevention.ca

CASP is pleased to share with you our new, updated organizational branding and a re-freshed website.

Accessible, vibrant and fresh, the new colours, typography and image style of our logo recognize how far we have come in the last 36 years and how we continue to trailblaze into the future in the name of suicide prevention and life promotion.

On that note, if you visit our website, you will also notice that we have recently revamped our site to match the new look and feel of our visual branding.

Chock full of resources, information and an updated support services directory, make sure to bookmark www.suicideprevention.ca and check back often to see what is new and current on the topics of suicide prevention and life promotion.

Please note, the FRENCH version of our website is in the works and will be coming soon!



Congrats to CASP Board Vice President, Ben Leikin!

We are thrilled to congratulate our very own, Ben Leikin, CASP Board Vice President, who in May 2021 was named one of Ottawa's Forty under 40 for 2021!

An annual joint initiative of the Ottawa Business Journal and the Ottawa Board of Trade, this widely recognized award is the region's most sought-after business award for people under the age of 40.

Ben is the Program Manager of Mental Health and Substance Use Unit with Ottawa Public Health and is an accomplished and well-recognized leader in Canada's mental health community.

As part of CASP, Ben brings a solid commitment and a firm understanding of what it takes to advance suicide prevention and life promotion in Canada and we are very grateful for his involvement and commitment to our organization!

A very well-deserved award to a very deserving individual! Congratulations Ben!

WE ARE TRULY A COMMUNITY THAT RELIES ON THE STRENGTH AND PASSION OF OTHERS!



CASP is pleased to announce a new addition to our team!

Welcome Glenda Ann Robertson, Event Strategist!

Glenda Ann has 30+ plus years of experience in hospitality and event management. She co-founded Kitchens 4 Missions in 2018 in response to a need for suicide prevention and mental health awareness, particularly within the hospitality industry, following the news of Chef Anthony Bourdain's death by suicide. She is a suicide survivor and holds a certification from the World Health Organization in "Engaging communities in suicide prevention" as well as the No Stigmas "Ally" certification and the LivingWorks "Start" certification. Glenda Ann's event organization experience include the NIKE World Jr. Tennis Tournament, The Caribbean World Boxing Championship and the launch of Kalik Beer on the US market.

At CASP, Glenda Ann's primary focus is to develop and execute unique food philanthropy initiative events in select cities across Canada, bringing the messages of CASP and Kitchens 4 Missions together to raise awareness and funds towards the important subjects of suicide prevention, life promotion and mental health. <https://www.kitchens4missions.com/>

Introducing a few of CASP's Changemakers from Coast to Coast to Coast...

Twenty-year-old Nolan Boyd from Fall River, N.S., a goaltender with the Grand Falls Rapids of the Maritime Junior Hockey League, has recently become a champion of CASP and a leading mental health advocate in his community.

Following the loss of a close friend by suicide and after hearing about the tragic story of a young girl in Fredericton who died by suicide early in 2021, Boyd, who was himself diagnosed with depression and anxiety in the summer of 2020, created the Saves for Life Campaign

Starting in early 2021, for every game save he made, he committed to donate \$1 for the rest of the regular 2021 season. Boyd also created a GoFundMe page for private donations. A number of supporters, including his own

hockey team organization, the Grand Fall Rapids, matched his personal donation at the end of the season, leading to a donation of \$6,040 to CASP.

For his efforts, Nolan was also recognized with the 2020-21 MHL Community Spirit Award. CASP is absolutely honoured and impressed with this young gentleman's commitment to mental awareness and would like to congratulate him and thank him for his generous donation while making a difference.

MARITIME GOALTENDER PLEDGES \$1 PER SAVE TO CASP!



Nolan Boyd in net for the Grand Falls Rapids

www.suicideprevention.ca

“Be The Light” virtual fundraiser concert for mental health raises money and awareness for CASP

In early February 2021, inspired by his own past mental health challenges along with a love for music and wanting to help others in his own small way, especially during a pandemic, Toronto musician, Darryl Seunath (also known by his stage name, Darryl Summers) approached CASP with the idea of hosting a virtual fundraiser concert for mental health.

CASP, always ready to be a champion of mental health initiatives, especially when a creative outlet such as music is involved, agreed: and, with Darryl at the helm, became involved with the “Be The Light” Virtual Concert for Mental Health. The event was created to connect people through music to achieve the goal of sharing music around the themes of hope, positivity, togetherness and mental health. As a result, CASP became a shared recipient of proceeds along with the Centre for Addiction and Mental Health.

Wanting to emphasize and highlight that we all have a story and to remind others that they’re not alone, especially those struggling with their own mental health challenges or living with a mental health illness, 14 musicians from across the country came together to bring messages of positivity and inspiration to a virtual audience on the evening of Friday, June 4, 2021.

When Darryl was asked why he was interested in donating to CASP, he indicated a musician friend had mentioned how CASP had helped them



get past that difficult moment in their life and were passionate about advocating and raising awareness for the organization. Unfamiliar with CASP himself, their story gave Darryl an opportunity to do some research and he connected with our mandate, having himself lost two friends to suicide.

Having had his own struggles with mental health and hoping to inspire and encourage those with their own mental health challenges to feel comfortable talking to someone about it, Darryl felt music was the perfect way of healing and connecting people while reminding others that it was okay not to feel okay.



Darryl Summers

Going into planning this event, Darryl's expected or intended audience was initially anyone who may be struggling with mental health challenges or living with a mental health illness. During the preparation of the event itself, the intended audience expanded to other musicians, friends, family, colleagues and really anyone and everyone who enjoyed listening to music. His philosophy for this event was to focus on making a difference for at least one person.

When asked what kind an effort it took to organize such a fundraiser like this, Darryl indicates he doesn't recall pushing himself for something as much as he did to strive to make this event as successful as possible. Thankfully, with the amazing support received and the contagious and electric energy he felt from everyone, that kept inspiring and pushing him to give his best effort possible.

Having never been involved in something like this before, let alone be the person creating the event itself, Darryl indicates it was certainly an experience he will never forget and surpassed his expecta-

tions. "Be The Light" was an all-around "team effort" which he is incredibly grateful and thankful for the support he received before, during and after the event.

Darryl found it challenging to work out a lot of the logistics and technical details for live music because of Covid-related restrictions. The musicians spanned across Canada and one of them was actually in The Bahamas. However, the pandemic itself was also one of the reasons Darryl wanted to do this event in the first place. He wanted to help keep music alive and vibrant while raising awareness for mental health – which, in his opinion, became a front and centre important daily conversation throughout the pandemic.

From the feedback he received after the event was over, especially from all the supporters and people involved in the event itself, he thinks it was received very well.

Happy with his efforts and results, Darryl learned a lot during this experience, which makes him excited to improve on the things. The knowledge he gained is something he would like to build on to hopefully make this event an even greater experience the next time around. He is looking forward to organizing something that can hopefully be shared and experienced in person one day.

In terms of Darryl's fundraising goals, originally he set the overall target for "Be The Light" at \$1,000. With the contagious and electric energy and support; he doubled his target to \$2,000. Having no previous fundraising

experience of this kind, he admits he was nervous and anxious about it. Thanks to the incredible and generous support from everyone, he was able to exceed his target reaching a final fundraising total of \$2,250 at the end of the campaign.

Darryl would like to extend a "thank you" to CASP for their support of "Be The Light", including CASP's Executive Director saying a few words during the event. CASP's flame logo is something Darryl envisions when he thinks about on how we all have our own inner light, ready to shine brighter than ever. He feels that inner light shines the brightest when we are able to be ourselves. Darryl feels the support and collaboration with CASP has helped him feel more comfortable being himself throughout his journey.

In terms of suicide prevention, Darryl feels this topic still needs to have more awareness and conversations. Reflecting on the time when he was growing up, it was a world that would not openly talk about it as it was a taboo topic in society. In today's world, there are more open dialogues, publications and conversations, which he thinks is a really good thing. Darryl hopes the dialogues and conversations allow those involved to feel comfortable with being themselves as he feels that is when the conversation becomes real.

CASP appreciates and would like to thank Darryl and all those involved with "Be The Light" and their efforts in raising both funds and awareness on the topic of suicide prevention and mental health.

SECONDARY SCHOOL IN VICTORIA WINS \$1250 FOR CASP!

In late March 2021, students from Reynolds Secondary School in Victoria B.C. approached CASP with a series of questions about our organization for a class philanthropy project they were working on.

Little did we know that we would be chosen to not only be the winner of their class project competition, but we would be both nominated and awarded a \$1250 grant from YPI Canada (Youth and Philanthropy Initiative Canada) as a chosen charity nominated by Reynolds Secondary School!

Obviously, we were extremely thrilled to hear we were one of the successful recipients. CASP will be using the grant towards buying valuable advertisement space on social media and creating meaningful content with powerful messages directed at youth around the subject of suicide prevention.

CASP would like to extend an enormous THANK YOU to Reynolds Secondary School for recognizing the importance of mental health awareness and suicide prevention amongst youth.



OUR DONORS MAKE A DIFFERENCE!

Thank you to our donors! As Darryl's story demonstrates along with the efforts of Reynolds Secondary School and Nolan Boyd, CASP has been blessed with the support and generosity of many donors. We are forever grateful!

Further, we genuinely would like to thank our many members, volunteers, board directors, staff and the community-at-large for their continuing support and assistance with advocacy in the prevention of suicide in Canada.

As a charitable non-profit organization that relies on donations to achieve its mission, making a donation is one way of partnering with us to reduce the impact of suicide. With the support of donations and dedicated commitment from individual Canadians, CASP continues to advocate and promote awareness on the crisis of suicide and the importance of mental health in this country.

Thank you for your support. Thank you for your effort. Together we can make a difference.

INTRODUCING A FEW MORE MEMBERS OF OUR BOARD OF DIRECTORS

CASP's Board of Directors are an invaluable part of our organization. Entirely made up of volunteers from different walks of life in rural, urban and remote locations throughout Canada, our Board contributes their expertise to make a positive impact in suicide prevention and life promotion. It is our pleasure to introduce these changemakers to you!



Tiffanie Tasane, Vice President

Tiffanie Tasane is currently the Executive Director of Canadian Mental Health Association-Yukon Division.

Her previous work experience includes Family Education and working with victims of violence.

She was drawn to work in the mental health field fueled by her passion to achieve parity between mental health and physical health.

As with many of her colleagues, her work on the board of directors with CASP stems from personal experience with loss by suicide.

Tiffanie is a Trent University graduate in English and Women's Studies. Her classic Yukon story includes visiting the territory for the summer many moons ago, falling under its spell and never leaving.



Sheeba Narikuzhy, Director

Sheeba Narikuzhy, a resident of Ajax, Ontario, has over 19 years of experience in the mental health sector as a psychotherapist as well as in various managerial roles.

Sheeba currently works as a manager in the Mental Health and Addictions Program at Lakeridge Health. She is a former Advisory Council member of the Mental Health Commission of Canada.

Together, her extensive experience in supporting youth who are facing mental health challenges and with being a first-generation immigrant, she recognizes the stigma related to suicidality and its associated challenges and barriers in various communities.

Sheeba is hoping to support CASP's efforts towards creating coordinated strategies to raise awareness, promote open dialogues, and create a national effort among all stakeholders to further support in enhancing the quality of mental health services to people needing such support in Canada.



Erin Dixon, Director

Erin, Ashati Sakahikan, belongs to the crystal-line waters of Skeleton Lake in the traditional territories of the Anishinabek Peoples in Williams Treaty territory.

A member of the Métis Nation of Ontario, Erin relates to being Otipemisiwak and works collectively with many Nations of peoples from across Akiikwe, Mother Earth.

Erin joined CASP to weave forward the vision of Dr. Ed Connors and all of those that have come before and gathered around life promotion within the circle of suicide prevention, intervention and postvention, centering around Indigenous knowledge from our original Matriarch and Earth Mother.

Erin is grateful for her life bundle and carries an MA in Global Leadership from RRU with post-grad studies in EcoPsychology and Getting to Maybe systems change residency. Erin is committed to the spirit of Feather Carriers: Leadership for Life Promotion movement, Banff Centre's work within Indigenous Leadership, wise practices and truth and reconciliation, and many circles of collective leadership.



Christa Baldwin, Director

Christa Baldwin currently resides in New Brunswick and is the Executive Director of CMHA New Brunswick. She has been a Social Worker for over 20 years and has worked in Newfoundland and Labrador, Ontario, and New Brunswick. Her passion for mental health and advocacy in suicide prevention led her to the Board of Directors at the Canadian Association for Suicide Prevention.

In her field she has been recognized with the National Strengthening CMHA Award, the Andy Scott Award for Social Policy as part of the NB's Disability Executive Network, and has led CMHA of NB to be recognized as an Employee Recommended Workplace by the Globe and Mail and Morneau Shepell.

Owen Stockden, Director

Owen Stockden is an experienced communications and marketing leader based in Calgary, Alberta.

He has a strong background in suicide prevention advocacy and public relations with a particular interest in media representation of suicide and how mass communications can support help-seeking and life-promotion.

For eight years, Owen served as the communications lead at Living-Works Education, an international developer of suicide prevention training programs. During his time there he collaborated with a broad range of groups on suicide prevention campaigns, including First Nations communities, Canadian transit authorities, the United States Department of Defense (DOD), and the Federal Bureau of Investigation (FBI). He has also worked with local and national suicide prevention groups including the Centre for Suicide Prevention (CSP) and American Association of Suicidology (AAS).

Owen holds an MBA in Marketing and Sales and a Strategic Communications Management Professional (SCMP) certification.

Owen is proud to serve on the CASP and advise on communications, partnerships, and fundraising in support of the organization's vital mission to save lives and promote life.





Together for life

NATIONAL CONFERENCE ON SUICIDE PREVENTION

May 2022 **11-13** Montreal

SAVE THE DATE CASP NATIONAL CONFERENCE Montreal, QC May 11-13, 2022

As a result of the pandemic, the annual CASP National Conference, where we come together to share and exchange information and best practices for reducing suicide and suicide-related behaviours, has had to be postponed both for the 2020 and 2021 calendar years.

However, CASP along with its conference co-organizers, the Centre for Research and Intervention on Suicide, Ethical Issues and End-of-Life Practices (CRISE – UQAM) and the Association québécoise de prévention du suicide (AQPS), are extremely hopeful that we will once again get to meet for our National Conference in Montreal, Quebec from May 11 – 13, 2022!!

Preliminary plans for the conference include focusing on recent developments in knowledge and practices in the vast field of suicidology and suicide prevention; and providing a forum for people working in suicide prevention - clinicians, researchers, administrators and members of the public, including people with lived experience and people bereaved by suicide.

Also, the event will combine the 31st Annual CASP Conference and the Grand Forum organized by AQPS every two years.

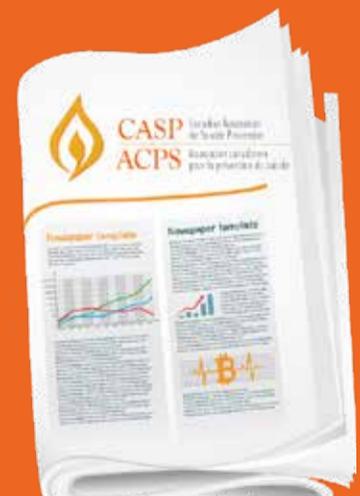
Program and registration information will be announced in the upcoming months.

For more information, please visit: <http://www.suicidepreventionconference2022.ca/>



If you haven't already done so, go to our website and sign up for our Newsletter to receive updates on our events and activities!

While there, be sure to check out our Suicide Prevention Awareness Ribbons for your organization's activities or personal fundraising efforts. Thank you as always for your support and interest!



Mark your Calendars!

CASP to recognize November as the Month for People Impacted by Suicide Loss



Each year we recognize a day in November, the Saturday before American Thanksgiving (November 20, 2021 this year), as International Day for People Impacted by Suicide Loss. Also known as International Suicide Loss Survivors Day in the USA, this is a day where people impacted by suicide loss, no matter where they live, can come together as communities to find and offer comfort and to remember their loved ones as they share stories of loss, healing and hope.

International Day for People Impacted by Suicide Loss was renamed by CASP as an alternative to the American term “Survivors Day” in order to be inclusive of all those individuals who have lost someone to suicide, no matter whether they consider themselves bereaved by suicide, a survivor of suicide loss, or any other term that reflects their loss experience. CASP recognizes that the experience of loss often extends into the community, well-beyond just close friends and family members.

Building on the success of last year’s inaugural renaming event, this year CASP would like to further recognize those impacted by suicide loss by making November the Month for People Impacted by Suicide Loss.

As a result, throughout November, CASP will host an array of awareness activities for those who have been impacted by suicide loss, including honouring the International Day for People Impacted by Suicide Loss, hosting an event for group facilitators of suicide bereavement support groups, and launching a social media awareness campaign.

As we are currently in the planning stages of these virtual activities and events, we ask you to refer to the events page of our website at <https://suicideprevention.ca/event/featured-events/> or sign up for our e-blasts here: <https://suicideprevention.ca/subscribe-newsletter/> for more details and information.

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