



**CASP** CANADIAN ASSOCIATION  
FOR SUICIDE PREVENTION  
**ACPS** ASSOCIATION CANADIENNE POUR  
LA PRÉVENTION DU SUICIDE

# Annual Report

April 1, 2022 - March 31, 2023





# Table of Contents

Message from the Board Chair	03
Message from the Executive Director	04
Financial Highlights	05
Program Highlights	06
Event Highlights	08
News and Updates	11
Board of Directors	13



# Message from the Board Chair

I have been reflecting on the dynamic of hope and loss, and thinking how this plays out in our collective work in the area of Life Promotion and Suicide Prevention. The CASP conference in May, “All Walks of Life”, was a deep and rich highlight of the year. Everyone there walked with the memory of a loved one, colleague, friend, that had died a premature unnatural death. Choosing to work in this space keeps a connection to the presence of loss alive. It is often the “why” to our choices to connect in various ways to this work. The other side to the “why” we connect to this work is the belief that we can make a difference – hope.

At the time of writing this, the 2023 Conference has taken place. We were blessed by a beautiful composition commissioned from the conference that was written by Tanya Davis, Poet Laureate of Prince Edward Island. Below is an excerpt:

***It's nice to be in rooms so infused with hope. So imbued with hope no one to be too cool for hope, this place is like school for hope, and I am glued to hope like kindergarten hands holding a whole bottle of Elmer's, like macaroni on styrofoam covered in glitter. Some say we're fools for hoping, but this place shows us hope's wisdom, proves we need more hope in the system***

I have been privileged to sit on the CASP Board two separate times, and these past 5 years to serve as the Board Chair. Being part of the transformation of CASP with increased staffing capacity, and how that has leveraged what CASP can bring to the national table has been inspiring. My thanks to all the Board members I have served with, and to Sean Krausert, our current Executive Director, who has led CASP into this new era with such compassion and kindness.

With gratitude for everyone across Canada that dreams of a Canada without suicide, and works selflessly every day to bring hope to our world,

Nancy

*Nancy Parker*

**NANCY PARKER**

CASP BOARD PRESIDENT

# Message from the Executive Director

Greetings!

When I tell people about what I do for a living and the work of CASP, I generally receive two responses. First - "Ohhhh, that's important work!" I totally agree with this response as working towards suicide prevention and life promotion saves lives and reduces suffering. Second - "Isn't it really depressing?" On this one I have to disagree. While the topic of suicide/death is serious and sometimes heavy, the focus of suicide prevention and life promotion is hope.

Is there anything greater in this world than hope? Hope is a light that works against darkness. Hope motivates one to persevere through difficult times. Hope draws one forward to something better rather than languishing in the pain of the present or the past. Hope unifies people towards a common goal and vision. At CASP, that vision, our hope, is a Canada without suicide.

This past year CASP continued to grow its work of advocating, educating, and communicating about suicide prevention and life promotion. This took many forms - advocacy to mitigate the impacts of medical assistance in dying for those whose sole underlying condition is mental illness; connecting with the suicide prevention sector while exchanging ideas and best practices with the resumption of in-person conferences following Covid; planting the first of many Forests of Hope; continuing to strengthen collaborations and networks in the sector; embracing life promotion; funding multiple projects; and so much more.

A big thanks to the Board and staff at CASP for their mammoth efforts this past year. I also have so much gratitude for everyone who is walking with us to reduce and eliminate suicide in Canada. And, of course, we could not accomplish anything without the incredible support of our donors.

Blessings to all,  
Sean



**SEAN KRAUSERT**  
EXECUTIVE DIRECTOR



# Financial Highlights

REVENUE	2021 - 2022	2022 - 2023
Donations	\$437,690	\$237,654
Conference, Foundations, Corp Fundraising	-	\$96,821
Miscellaneous	\$699	\$9,801
Ribbon Sales	\$4,925	\$2,577
	\$443,315	\$346,853
EXPENSES		
Administrative Services	\$17,692	\$23,644
Miscellaneous Expense	\$3,525	\$11,483
Professional Services	\$7,965	\$7,840
Program Costs	\$100,393	\$290,438
Salaries & Benefits	\$261,773	\$247,803
Travel & Meeting Expenses	-	\$28,254
	\$391,348	\$609,462
SURPLUS/DEFICIT	\$51,967	(\$262,609)*

\*Deficit in 2022-2023 was planned in order to use a portion of retained earnings from previous years.



# Program Highlights



## Partnerships & Collaboration

- Member of the National Collaborative for Suicide Prevention (NCSP)
- Member of the International Association for Suicide Prevention (IASP)
- Member of the Canadian Alliance for Mental Illness and Mental Health (CAMIMH)
- Continued work with the CASP First Peoples Circle to support Life Promotion and related activities for our nation's Indigenous communities
- Partnership with the Canadian Suicide Prevention Coordinators Network (CSPCN)
- Partnership with the Centre for Suicide Prevention to develop a guide for Suicide Bereavement Support Groups
- Partnership with Kiwanis Club of Pembroke, Algonquin College and the Ontario Woodlot Association for the Forest of Hope program
- Collaboration of Project All In - a project for first responders

Through our mission to advocate, communicate, and educate for suicide prevention, intervention, postvention, and life promotion in Canada, CASP continued to focus advocacy on mitigating the effects of MAiD (Medical Assistance in Dying) for those suffering solely from mental illness.

Such advocacy saw Executive Director, Sean Krausert, testify before the Special Parliamentary Committee and included CASP endorsing a Call to Action from the Society of Canadian Psychiatry seeking a delay in the implementation of MAiD for mental illness.

CASP also supported MP Ed Fast's Bill C-314, an Act to amend the Criminal Code so that a mental disorder is not defined as a grievous and irremediable medical condition as required for MAiD and continued to release its own statements outlining serious concerns about the further expansion of Medical Assistance in Dying (MAiD) to include mental illness conditions, which was set to be implemented in March 2023 and was subsequently paused.

Although we are encouraged by the pausing of the expansion of MAiD as well as MP Ed Fast's Private Member's Bill C-314, we know our work is far from over, and we remain steadfast in our continued advocacy efforts.



# Program Highlights



## Fund Development

100% of CASP's work is made possible by the generosity of its donors and the dedicated commitment from individual Canadians.

Whether it's through raising awareness, a fundraiser, a monthly, or one time donation, or a birthday fundraiser on Facebook, we know that a little can add up to a lot! Each contribution makes a difference in the lives of people impacted by suicide and we are so grateful for each person who gives what they can in support of our vision of a Canada without suicide.

With the support of our donors our work this year included hosting the National Suicide Prevention Conference and pre-conference Healing Day, promoting initiatives such as World Suicide Prevention Day, and International Day for People Impacted by Suicide Loss and offering free educational events, toolkits and resources.

CASP's work also focused on creating awareness of organizations that provide crisis support, connecting organizations in the suicide prevention sector to share best practices and research, and lobbying the government with calls to action.

## Communication & Education

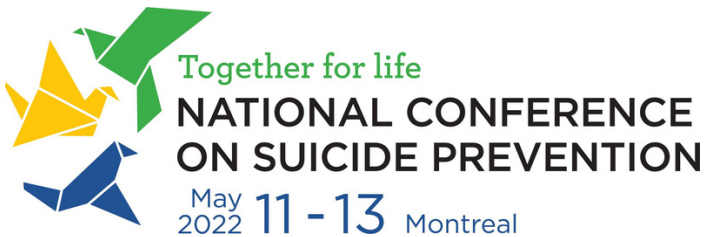
CASP continues to raise awareness of the crisis of suicide and the importance of mental health through various initiatives, educational events, and outreach efforts. Notably, this year, our World Suicide Prevention Day event garnered a lot of attention in both traditional and social media with a significant increase in engagements and media mentions in comparison to previous years.

We also continue to be a touchstone for everyday Canadians and members of the media who want resources, guidance, and education with many visitors to our website using our nationwide support services directory.

Along with newsletters to our membership that we issue on a regular basis, CASP's Membership Advisory Group (MAG) developed a new welcome letter for all those who sign up for CASP's newsletter. The aim of the letter is to both welcome them and to increase their awareness and engagement with the various educational, service and networking opportunities offered through CASP.



# Event Highlights



After having to postpone the Annual National Suicide Prevention Conference in 2020 and 2021 due to the pandemic, CASP and 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) held the National Conference in Montreal, Quebec on May 11-13, 2022 which was also joined by the Grand Forum on Suicide Prevention, organized by AQPS.

Themed “Together for Life” the three day conference saw close to 500 attendees which included researchers, front-line clinicians, people with lived experience and sector professionals from across Canada.

Knowledge exchange opportunities included a variety of presentations, keynotes, workshops, panel discussions, paper presentations, TED-style presentation sessions, roundtables, and poster displays. Sessions were available in English and French and the conference also included a gala networking event and pre-conference Healing Day.



Pre-conference Healing Day offered people with lived and living experience with suicide the opportunity to connect to one another through planned activities and workshops that focused on wellness, healing, hope, and life promotion.

Breakout sessions were offered based on the individual attendees interests and needs, recognizing that people may identify with more than one experience. These sessions were activity and/or discussion based and included art, creative expression, spirituality, journal writing, and mindfulness.

Participants included people who have personally experienced suicide-related thoughts and/or behaviours, people who provide care and support for those people in their lives who experience suicide-related thoughts and/or behaviours, and people who have lost someone to suicide.





# Event Highlights



On October 20, 2022, we hosted our inaugural tree planting event for our first Forest of Hope in Beachburg, Ontario. The Forest of Hope planting was in partnership with the Kiwanis Club of Pembroke, Algonquin College, and the Ontario Woodlot Association. 1,500 white spruce seedlings were planted by staff, students, and volunteers and students in the Forestry Technician program at Algonquin College will continue to help with the various phases of the Forest Management Plan on the property.

This new program aims to raise awareness about suicide prevention and healing, while managing a sustainable forest ecosystem. Forest of Hope will be established across Canada, so as many people as possible can learn, join our important work to prevent suicide, and comfort family and friends that have experienced the loss of a loved one by suicide.

When you become a CASP member, we will plant a seedling in honour of a loved one or simply in the name of hope. Once a year, all new-member trees will be planted in a specific area of the forest by volunteers who understand the importance of instilling hope in everyone.



Each year on September 10th, people in over 50 countries around the world connect with each other by officially recognizing World Suicide Prevention Day. CASP hosted 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 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.

# Event Highlights

## Canadian Suicide Prevention Coordinators Network

The Canadian Suicide Prevention Coordinators Network (CSPCN) hosted a Teleconference on the topic, 'MAiD and Suicide Prevention' with guest speaker Dr. Brian Mishara in February 2023.

## Suicide Bereavement Support Group Facilitators Network

CASP's People Impacted by Suicide Working Group (PISWG) provides guidance and support for the Postvention Alliance which includes the Suicide Bereavement Support Group Facilitators Network, for those who currently facilitate a group, and a smaller group for people who are interested in starting a group in the future.

With PISWG's coordination and support, the Suicide Bereavement Support Group Facilitators Network (SBSGFN) hosted several gatherings this year including, Support Group Facilitator Perspectives on Suicide Bereavement and the Role of the Group, with guest speaker Rebecca L. Sanford PhD, RCSW in June 2022 and Traumatic Loss and Bereavement, with guest speaker Dena Moitoso, Reg. Psych in March 2023.



*International Day For*  
**People Impacted by Suicide Loss**  
November 19, 2022  
12:00 pm ET - Online



Every year in mid-November, people come together for International Day for People Impacted by Suicide Loss (IDPISL) also known as International Survivors of Suicide Loss Day (ISOSLD)

This year, CASP held its free event on November 19th and featured a conversation with Carol Todd, mother of Amanda Todd who died from suicide 10 years ago following bullying and cyberstalking.

Carol founded the Amanda Todd Legacy Society, which works to create awareness about bullying, internet safety, mental health and suicide.

During the session, Carol shared her story of suicide loss and healing, as well as reflections on her advocacy work and quest for justice for her daughter. This was followed by a Q&A period, a candle lighting and a reading – lighting our pathway towards hope and healing.

# News and Updates



## CASP and CSPCN Announce New Partnership

In December 2022, The Canadian Association of Suicide Prevention (CASP) and the Canadian Suicide Prevention Coordinators Network (CSPCN) announced a partnership to strengthen collaborations and create new opportunities for sharing, learning and networking. This has included hosting a teleconference on the topic of MAiD and Suicide Prevention in February 2022.

Membership to CASP and CSPCN is free and open to those interested in preventing suicide in Canada. Those interested can learn more by visiting CASP and CSPCN. To receive news and information about suicide prevention and events, please subscribe to CASP's free [newsletter](#).

**“The Canadian Suicide Prevention Coordinators Network has been connecting suicide prevention coordinators for over a decade and we are proud to support the Networks’ efforts and to welcome their members to CASP.” - Sean Krausert, Executive Director**

## One-Time Grant Program Launched by CASP

CASP piloted a one-time grant program where CASP provided \$5,000 to \$20,000 in funding to organizations and interested individuals for life promotion and suicide prevention, intervention and postvention activities such as campaigns, resource development, research, and creative projects.

We received an overwhelming response to the one-time grant program with over 90 applications. Proposals that were aimed at removing barriers, serving underserved or populations at high risk of suicide and/or projects that addressed social determinants of suicide were given a higher priority.

Successful recipients included: CMHA Simcoe County, HQ Health Club, Lethbridge College, Thompson University, the University of Calgary, and YMCA Northern BC for a variety of initiatives.





# News and Updates

## CASP Welcomes Three New Directors to the Board



### Alexia Marsillo

As a communications advisor and freelance writer, Alexia is skilled in journalism, communications, and media relations.

Her professional experience and her lived experience with suicide loss has led to her devotion for mental health awareness, suicide prevention, and life promotion. She is particularly interested in raising awareness about the way in which we talk about suicide and portray it in the media, as well as the importance of an intersectional approach to mental health education. Learn more on our website.

### Andrew Perez

Andrew Perez (he/him) is a Toronto-based public affairs strategist, freelance writer, and political activist and commentator.



Over the past decade, Andrew has worked in a variety of diverse public and private sector environments advising senior leaders on communication strategies in their interactions with governments and the media. He has also worked on central party campaign teams advising elected officials and candidates at the provincial and federal levels, and remains active in politics today. Learn more on our website.



### Elder John Rice

An Anishinabe Nation Elder, John is currently with the Dnaagdawenmag Binnoojiiyag Child & Family Services as an Elder/Knowledge Keeper.

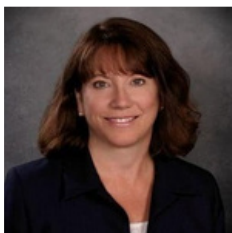
He was previously engaged with the Early Psychosis Program at CMHA, working with many first nations in the region through the Enahtig Mental Health Outreach Program. He has been a previous faculty member in the Aboriginal Social & Community Development Program at Georgian College. John has helped co-develop and facilitate training in Simcoe County called Feather Carriers: Leadership for Life. Learn more on our website.

## CASP Welcomes Two New Members to the Team

Pat Doyle, from PEI has filled a new role of Community Education & Engagement Coordinator. She has over 20 years of experience coordinating, developing and facilitating various suicide prevention and life promotion strategies with CMHA/PEI. She's coordinated the research, design and implementation of PEI's school-based suicide awareness and response program, ACTT for Life, as well the Life After Suicide Loss program for people impacted by suicide loss.

Lisa Gunn, from British Columbia filled the role of Communication and Development Manager. She is a fund development and communications professional with 16 years of marketing experience, extensive experience in content creation, graphic design, communications and has years of successful experience in fund development, donor relations, and event management.

# Board of Directors



Nancy Parker



Ben Leikin



Tiffanie Tasane



Corey Cadeau



Christa Baldwin



Erin Dixon

Nancy Parker (MB), President

Ben Leikin (ON), Vice-President

Tiffanie Tasane (ON), Vice-President

Corey Cadeau (NS), Treasurer

Christa Baldwin (NB), Director

Erin Dixon (ON), Director

Dr. Juveria Zaheer (ON), Director

Owen Stockden (AB), Director

Sheeba Narikuzhy (ON), Director

Aly Raposo (MB), Director

Veronica Marshall-Bernard (NS), Director

Elder John Rice (ON) Director

Alexia Marsillo (QC), Director

Andrew Perez (ON), Director



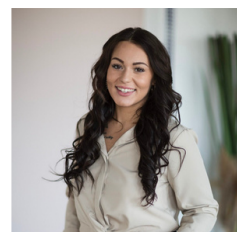
Dr. Juveria Zaheer



Owen Stockden



Sheeba Narikuzhy



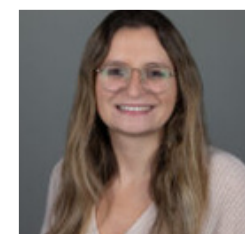
Aly Raposo



Veronica  
Marshall-Bernard



Elder John Rice



Alexia Marsillo



Andrew Perez

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.




# Thank You

We would like to express our gratitude to our many members, volunteers, board members, staff and the community-at-large for their continuing support and assistance with advocacy in the prevention of suicide in Canada. Together, We Bring Hope!



## Stay in Touch


 PMB #619  
104-743 Railway Avenue,  
Canmore, AB T1W 1P2

 [www.suicideprevention.ca](http://www.suicideprevention.ca)

 <https://www.facebook.com/CanadianAssociationforSuicidePrevention>

 <https://www.instagram.com/casp.acps/>

 [https://twitter.com/CASP\\_CA](https://twitter.com/CASP_CA)

 <https://ca.linkedin.com/company/canadian-association-for-suicide-prevention-casp>