



WORKSHOPS

The Crisis Centre provides educational workshops aimed at building suicide safer communities. Our training includes skills training, healthy coping, communication, peer support and education to prevent and respond to crisis and suicide.

We collaborate with and support agencies, front line workers, social workers, first responders, education providers, industry and the general public to develop an approach to suicide prevention.

We offer both free and fee for service workshops within Northern Health's serviceable Region.

Healthy Coping: - Offered to elementary school students from grades four-seven, this workshop is about 30-45 minutes and covers stress, its causes and healthy ways to cope. Students enjoy the interactive nature of this workshop as they can choose to be involved in the process of identifying stressors by picking from a selection of various sized rocks to indicate a source of stress and its impact. This workshop is slightly different for grades six and seven as we cover self-harm in a safe and non-judgmental manner.

Reaching Out: - A 60-75 minute presentation that involves class discussion that includes a 22 minute DVD with young people speaking about their personal experiences with suicide and a dramatized example of how youth can help a peer in crisis and interactive discussion. This workshop has typically been shown to Planning 10 students but it is at a school's discretion if it is to be shown to other classes. There is also a counsellor's version of the video which includes a dramatized counselling appointment where a suicide risk assessment is done along with a safety plan.

Objectives of the workshops are:

- Ensure participants learn information about suicide and stopping pain.
- Teach and discuss warning signs prior to a suicide or an attempt.
- Teach participants ways they can respond to a potential suicide, it is okay to talk about suicide.
- Teach about resources available and let participants know that it is okay to ask for and give help.

suicideTALK: - Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants—regardless of prior training or experience—to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in a number of



different ways, session members can discover some of the beliefs and ideas about suicide in their communities—and in themselves. suicideTALK participants learn:

- How suicide is a serious community health problem that is often misunderstood
- How personal and community beliefs about suicide affect suicide stigma and safety
- How the steps taught in LivingWorks' safeTALK program can be used to help prevent suicide
- How to get involved in life protection, preservation, and promotion activities in the community

safe (Suicide Awareness For Everyone) TALK: is Living Works' three hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning. By the end of the training, participants will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide.
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with thoughts of suicide to a suicide first-aid intervention caregiver.

ASIST (Applied Suicide Intervention Skills Training): is Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention. This workshop is open to all caregivers, formally designated or not; adults and youth 16 plus. By the end of this workshop, participants will be better able to:

- Identify people who have thoughts of suicide
- Understand how beliefs and attitudes can affect suicide interventions
- Understand a person at risk's story about suicide as well as recognize turning points that connect the person to life
- Conduct a safety assessment and develop a plan that will keep the person at risk safe for now
- Confirm the person at risk's faith in the safe-plan and their intent to follow it through.

ASIST caregivers complete the process that safeTALK helpers start, providing life assisting, suicide first-aid intervention.

Crisis Communication Skills for Peer Support: is a two hour workshop that teaches valuable communication skills to use when dealing with a person in crisis. This workshop uses the ADEPT Model, which outlines five important phases of active listening that are necessary to deescalate an emotional situation. Participants will learn to avoid common pitfalls such as fixing, rescuing and advice giving but rather to use communication that is empowering and respectful of a person's self-determination regarding their own crisis situation. Anyone who deals with people can benefit from



becoming more empathic! This workshop can be modified to suit various groups such as students, people in helping professions, or supervisors/managers.

Suicide Awareness/Prevention for First Responders: is a 45-75 minute workshop that covers warning signs of suicide, how to ask about suicide, crisis communication, risk assessment and safety planning. This workshop is typically for police, fire, ambulance and emergency room personnel who deal with persons at risk of suicide and usually offered with Canadian Mental Health Association's Mental Health & Policing Project.

Suicide Awareness/Prevention for Communities: this three hour workshop is for communities where there has been a high rate of suicide. It is for community members who are interested in learning more about suicide and how to help those at risk. It includes a participant check in and check out time to gauge a general sense for what is going on in the community and covers warning signs of suicide, how to ask about suicide, crisis communication, risk assessment and safety planning. Discussion around community planning to address gaps to ensure a suicide safer community can follow if time permits.



Sandra Boulianne, BSW
Program Coordinator

Sandra is passionate about creating suicide safer communities and reducing the stigma of suicide. Her workshops are engaging, educational and interactive. Sandra recruits, trains and oversees crisis line workers who provide caring, empathic peer support to callers in crisis.

Call Sandra at 250-564-9312 if you are interested in scheduling a workshop or to obtain a rate sheet.