



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

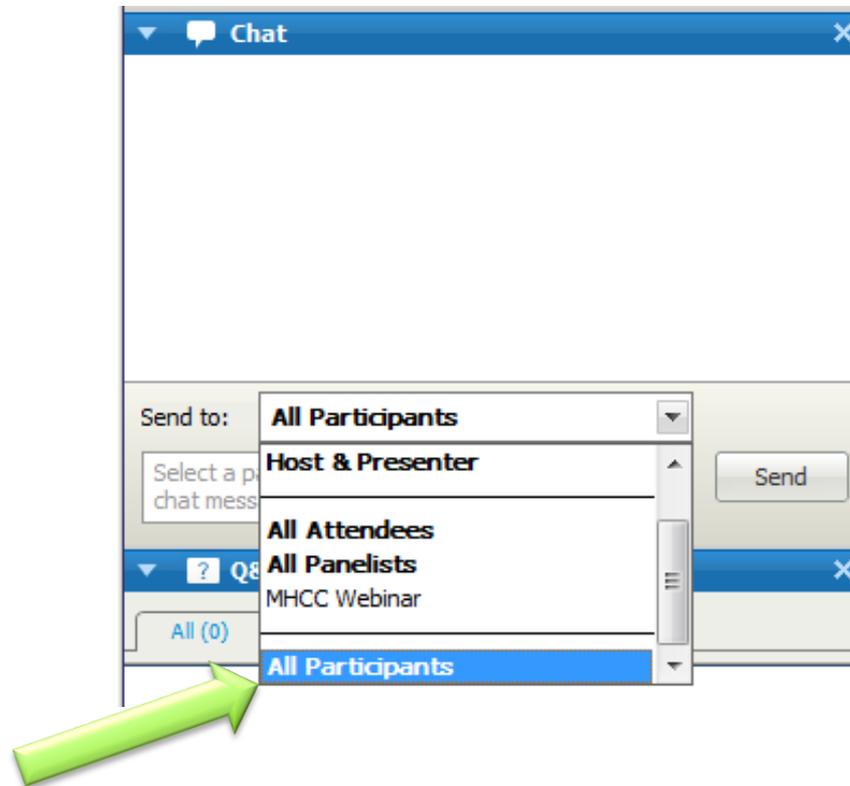
Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Skills for Safer Living – An innovative approach to dealing with recurring suicidal behaviour

Suicide Prevention Webinar:
Tuesday June 10, 2014
1 to 2:15 p.m. ET

Presented By:
The Mental Health Commission of Canada
& Allan Strong, Team Lead,
Skills for Safer Living, CMHA Waterloo-
Wellington-Dufferin

Important! Send questions/comments to 'All Participants'





Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

MHCC Mandate (2007-2017)

“The Mental Health Commission of Canada (MHCC) is a catalyst for improving the mental health system and changing the attitudes and behaviours of Canadians around mental health issues.

Through its unique mandate from Health Canada, the MHCC brings together leaders and organizations from across the country to accelerate these changes.”



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Program areas and priorities (2013-2015)

Workplace

Anti-Stigma

**Housing and
Homelessness**

**Mental Health
First Aid**

**Suicide
Prevention**

Mental Health Strategy of Canada



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Suicide Prevention Webinar Series

Purpose

- Focus on suicide prevention, postvention and intervention across the lifespan;
- Share knowledge, resources and lessons learned with Canadians; and
- Showcase promising practices from across Canada and abroad.

Learning Objectives

- Create and exchange knowledge about the topic;
- Understand link between suicide and mental illness;
- Increase levels of comfort and confidence in addressing and discussing suicide;
- Increase awareness of resources and how to access them.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

#308Conversations

Shine your light. Add your voice.

- Community conversations in 308 ridings across Canada
- Supported by local Ministers of Parliament, experts and Canadians
- Developing best practice community model
- Join us in conversation on suicide prevention, postvention and intervention

www.mentalhealthcommission.ca/308conversations



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Allan Strong

Allan has been actively engaged in the mental health field as a volunteer and employee for over thirty years. He is currently the Team Leader for the Skills for Safer Living Program and the Centre for Excellence in Peer Support, programs offered by the Self Help Alliance, the peer support program of The Canadian Mental Health Association Waterloo Wellington Dufferin.

Allan has shared his experiences as family member, a service provider and as a person with the lived experience of a mental health problem at several conferences, on television and in the print media.

Allan also performs with the local Stand Up for Mental Health group, a group that uses comedy to address issues about mental health.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

CMHA Waterloo Wellington Dufferin

CMHA Waterloo Wellington Dufferin is the new agency created by the merger of CMHA Grand River Branch, Trellis Mental Health and Developmental Services and the Self Help Alliance



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

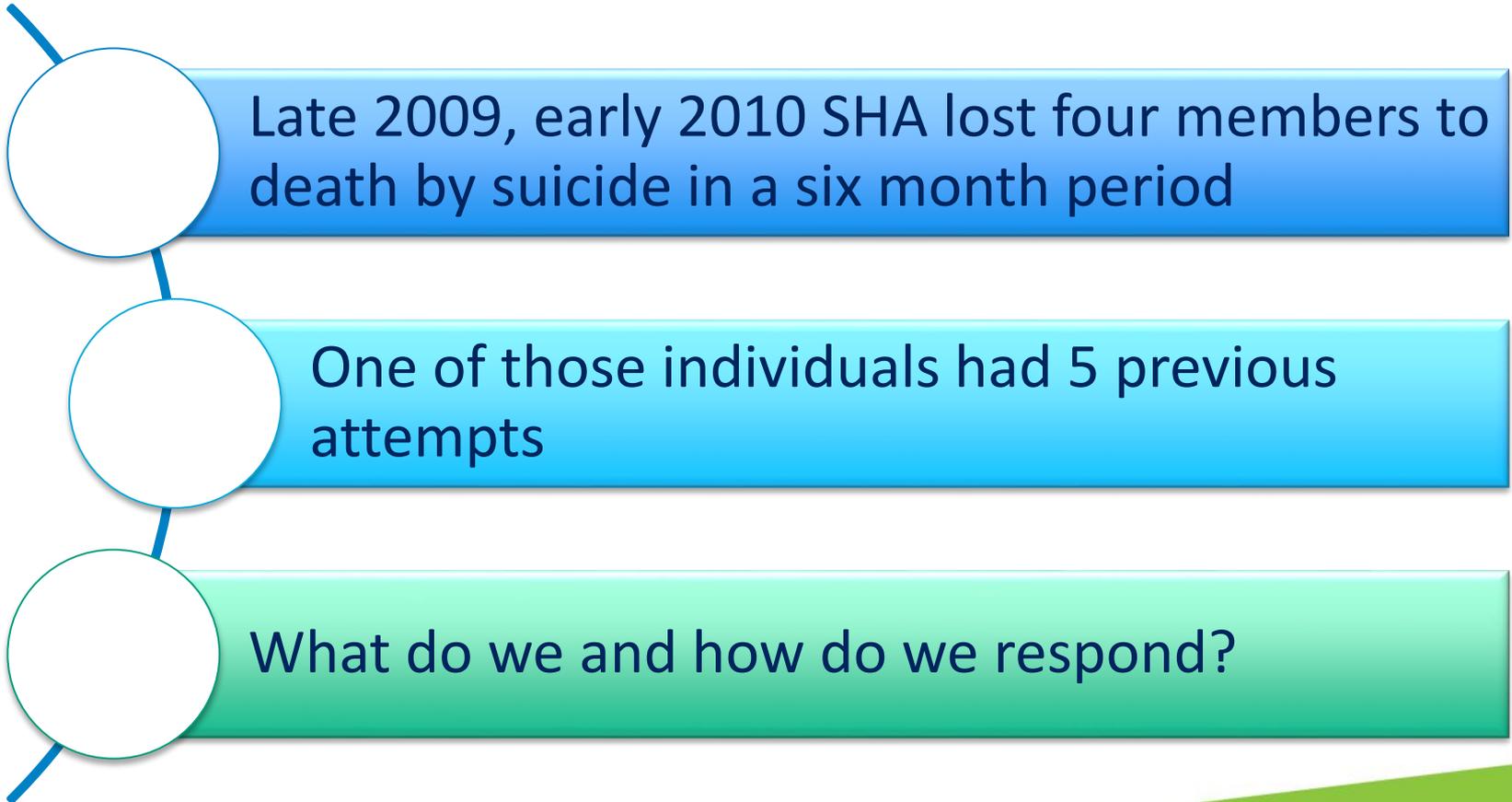
The Self Help Alliance

The Self Help Alliance is the peer support program of CMHA WWD

What distinguishes the SHA is that all of the staff identify as individuals that have used mental health services – it is the lived experience that frames our work



The Back Story



Late 2009, early 2010 SHA lost four members to death by suicide in a six month period

One of those individuals had 5 previous attempts

What do we and how do we respond?



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Connecting with St. Mikes

- We made a connection with Yvonne Bergmans at St Michael's Hospital
- They had been running the PISA group for 10 years
- Agreed to work together to bring group to Kitchener-Waterloo





Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Canada Post Funding

- Mental Health Foundation of Canada Post for funding to run two groups in Kitchener - 2010
- The first Skills for Safer Living group started in November 2010
- 2011 received a second grant to run two groups in Cambridge



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Funding from the LHIN

- An HSIP was submitted to our LHIN (Waterloo-Wellington, #3) late spring 2011
- Received official word of funding in November 2011 – started officially December 2011
- October 2013 – received a funding enhancement for University aged group



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

LHIN Funding

Committed to
doing a group
focusing on youth
in 2013

Committed to
running a group in
a rural community
in 2014



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

So far

- We have completed 8 groups
- Group # 9 at session # 16 (University Aged)
- Group # 10 first session last Friday
- Group # 11 slated to start in December in Guelph
- Suicide Ideation pilot to commence in November



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

So Far

- To date there have been over 100 individuals that have begun the group process
- @ 40% attrition rate
- Peer groups running in Kitchener (2) , Guelph and Cambridge



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Intervention Group

Two group coordinators

One peer facilitator



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Peer Group Team

Peer facilitator from intervention group

Where available site staff from Self Help Alliance
(Kitchener, Cambridge, Guelph)



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Criteria

1. At least one self reported attempt
2. Stable housing
3. Must be receiving support for the duration of the group (case manager, therapist, doctor, etc.)
4. Use of drugs, alcohol or other substances must not impair ability to participate in the group



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Intake Process

- Telephone screening to determine fit (meets criteria, willing to commit to group)
- Intake Assessment (history – mental health, family, suicide history, signing of consents)
- Pre-group questionnaires



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

The Group

- Twenty weeks – 90 minutes sessions
- Process – check in, review of skills used, any a-ha moments, challenges
- Content – prepared material that is about skill development that covers the four content areas



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Group Content

1. Keeping Safe – e.g. skills: personal rights, safety, crisis de-escalation, safety networks
2. Emotional Literacy and Diagnostic Education – e.g. skills: identifying feelings, negative self-talk, triggers and early warning signs
3. Problem Solving – e.g. skills: identifying needs, goals, problem solving techniques
4. Relationship Management – e.g. skills: communication skills, relationship management



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

The only rule

There is not any conversation about means (what and how) – focus is on what feelings were you experiencing at that moment and what choices can you make to keep yourself safe



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Other Stuff

- At the beginning of the group participants are provide contact information for community supports (crisis services, distress lines, crisis respite)
- Every individual is provided a copy of a crisis plan to complete over the course of the group



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

The Peer Group

At the conclusion of the twenty-week intervention group participants are invited to attend an ongoing peer group



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

The Peer Group

The peer group provides the opportunity to stay connected and the chance to review and practice skills learned in the intervention group



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

It's easy to take information from people who have experienced the same issues and have been suicidal themselves



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Now, we are going through the daily events and pulling out the skills that we used to get through those moments, and then the feedback from the rest of the peer group, and their experiences. So I always come out with the sense that you do have that strength to make it through one more week.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

I'm not so scared anymore, and I don't think it's just scared, it's how I—I think I've become a lot stronger to fight to live...I was living for dying for so many years... Now I'm completely opposite. Now I'm fighting to live.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

I'm not so scared anymore, and I don't think it's just scared, it's how I—I think I've become a lot stronger to fight to live...I was living for dying for so many years... Now I'm completely opposite. Now I'm fighting to live.





Questions/Comments?



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Questions for Mike?

Allan Strong, Team Lead, Skills for Safer Living, CMHA Waterloo-Wellington-Dufferin

Phone: 519-570-4595 ext 4050

Email: stronga@self-help.ca

Continue the conversation by visiting MHCC's Collaborative Spaces:

<http://www.mentalhealthcommission.ca/English/mhcc-collaborative-spaces>

Meg Schellenberg, Knowledge Broker, MHCC

Office: 613-683-3739

Email: mschellenberg@mentalhealthcommission.ca

Call for Abstracts

What: MHCC/CASP Virtual Conference:

Conversations about Community, Collaboration & Hope

When: November 19-21, 2014

Where: Online, WebEx

Deadline for abstracts: July 14, 2014

Web: www.caspconference.ca

Email: virtualconference@suicideprevention.ca



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Canadian Mental
Health Association
Waterloo Wellington
Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington
Dufferin

Thank you!

Contact us: info@mentalhealthcommission.ca

Visit: www.mentalhealthcommission.ca

Follow us:    

*The views represented herein solely represent the views of the Mental Health Commission of Canada.
Production of this document is made possible through a financial contribution from Health Canada.*

*Les opinions exprimées aux présentes sont celles de la Commission de la santé mentale du Canada.
La production de ce document a été rendue possible grâce à la contribution financière de Santé Canada.*