

Here to listen. Here to Help | Please join us.



Ordinary People, Extraordinary Hearts

When Jim Brosseau came home one day to the news that his older sister had died by suicide, his world changed forever.

Reeling from this personal tragedy, Jim was left with a multitude of questions: Why his family? Why his sister? What could he and his family possibly have done to prevent this?

Jim knew that these answers would likely never come. But, by volunteering at the Crisis Centre, perhaps he could help others to find their own insights before tragedy struck.

Throughout his nine years as a Community Education volunteer, Jim found special satisfaction when serving as a speaker at schools for students with mental health issues. In addition to these at-risk students typically requiring a higher level of support, Jim also found that these students and their educators displayed a refreshing, down-to-earth mentality which facilitated an easy exchange of ideas.

Choosing to view the death of his older sister as a tragic event with no easy answers, he has been able to bring the subsequent insights to his role as a volunteer. The Crisis Centre has provided Jim with the chance to work through a personal crisis and allow the insight gained to benefit the community. Jim's work provides individuals at risk with the tools that, had they been applied in time, may have saved his older sister's life. ●

Bob Meyer was drawn to the Distress Lines in 2005 after retiring from a long and successful technical career. Fresh from the corporate sector and blessed with the unexpected gifts of free time and stable health, Bob derives great satisfaction from being able to successfully reach out to individuals in crisis.

Bob's tenure at the Crisis Centre has not been without its challenges. One of the most haunting moments he experienced as a volunteer on the lines occurred in 2006: a failure to successfully connect with a suicidal young man prior to the call being disconnected. Follow-up attempts were unsuccessful, and his fate remains a mystery.

Rather than letting the situation destabilize him, Bob chose to view the incident as a personal call to action, and a reminder of the importance of his work here.

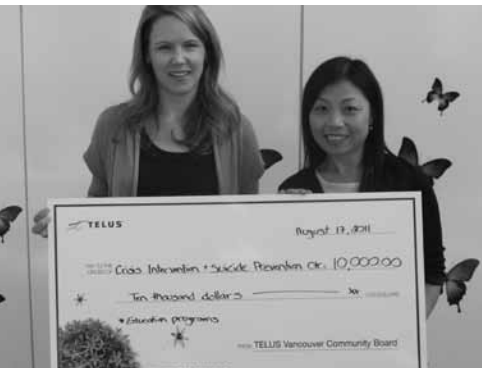
Looking back on his time at the Crisis Centre, Bob is proud of his developed capacity to provide support and insight to individuals in crisis. His lifelong axiom – that we are called to give back to the community substantially compared to what we take throughout our lives – has helped to shape our organization's culture immeasurably.

The Crisis Centre has always relied on ordinary people with extraordinary hearts in its ongoing efforts to help individuals in crisis help themselves to see their own strength and options.

Thanks to this inspiring commitment, we ensure each day that individuals in crisis can be heard, helped and rediscover hope. ●



The Crisis Centre is grateful for the ongoing generosity of our many committed volunteers, donors and supporters who share in our vision of hope.



Senior Community Investment Manager Katie Gove, representing the TELUS Vancouver Community Board, with Monica Chui, Director of Development and Communications, upon receipt of \$10,000 in funding.



First West Foundation Executive Director Seline Kutan, with Constantine Hatzipanayis, Board President, upon receipt of \$10,000 in funding from the Envision Financial Community Endowment.



London Drugs Cambie and West Broadway Store Manager David Woogman, with Ian Ross, Executive Director, upon receipt of \$5,000 in funding.

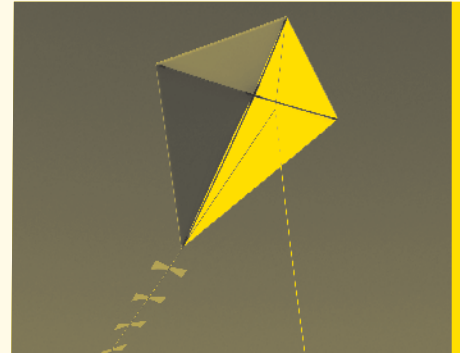
World Suicide Prevention Day

Working together with an array of contributing community organizations, the Crisis Centre helped to commemorate **World Suicide Prevention Day** on Saturday, September 10th, 2011.

Held on the steps of the Vancouver Art Gallery, the event provided over 250 attendees with the opportunity to reflect on those who have died by suicide and support individuals who grieve. The event helped to increase public awareness that reducing the risk of suicide requires community awareness and involvement.

Event organizers worked hard throughout the summer months to ensure that the day was a success. Several speakers from varied backgrounds whose lives had been in some way touched by suicide shared their perspectives on building suicide safer communities. Music and a dove release added an emotional high point to the event.

This event underscores the importance of public outreach and building suicide safer communities. ●



CONTRIBUTING ORGANIZATIONS:

- Canadian Association for Suicide Prevention
- Canadian Mental Health Association
- CHIMO Crisis Services
- The Child and Adolescent Response Team, Vancouver Coastal Health
- Crisis Intervention and Suicide Prevention Centre of BC
- Judy North, Private Mental Health Consultant
- The Josh Platzer Society for Teen Suicide Prevention and Awareness
- S.A.F.E.R. – Suicide Attempt Follow-up Education and Research, Vancouver Coastal Health

Community Day at the Track October 2nd, 2011

We are delighted to announce that we have been selected by the **Hastings Racecourse** to host a **Community Day at the Track** event in October. Hastings Racecourse will

donate \$5,000 in cash to the Crisis Centre, and support the event by providing the venue and catering.

Thank you to the Hastings Racecourse for this opportunity! ●

Volunteer Appreciation Night 2011

This memorable evening helped to celebrate the ongoing commitment of our many volunteers.

Door prizes donated by local businesses and organizations helped make this event a very special one for Crisis Centre volunteers.

Thank you to the following donors for their support!

Bard on the Beach
Doug Soo/Langara College
Inkeri Meharg
Les Faux Bourgeois Restaurant
McDonald's Restaurant –
Cambie and W. Broadway
Monica Chui
Pacific Theatre
Presentation House Theatre Society

Starbucks Coffee
Tamara Guyon
The BC Lions
The Crisis Centre's Board
of Directors
The Marble Slab Creamery
The Vancouver Opera
The Vancouver Playhouse
The Vancouver Whitecaps
Vivian Tsai



Long-term Crisis Centre volunteers Bob Meyer and Franz Schmitt (left and right) enjoy a moment with Board member Lani Ng prior to the awards ceremony.

YouthInBC.com Capacity-Building

In response to the fact that youth currently comprise 10% of all Distress Line calls, coupled with evolving access trends, the Crisis Centre has committed to a functionality upgrade for **YouthInBC.com** in the Fall of 2011.

The site will reflect a newly-refined look with a more clearly-defined homepage, enhanced ease of use and more effective access to supporting information and resources. Users will still be able to access the site discreetly and chat live with trained volunteers, but will benefit from simplified navigation and functionality.

Keep checking the website for updates!

Building Resiliency: learning through active mindfulness practices

We are increasingly living in a fast-paced and stressful society, making it all the more important for adolescents to develop inner resiliency and coping skills to help them navigate throughout their lives. The middle childhood years are recognized as a unique and critical developmental period, and thus a key time in which to build resiliency and coping skill competencies.

In response, the Crisis Centre's Community Education Department is developing an innovative resiliency building program for students in grades

5 through 7, rooted in a wide variety of mindfulness practices. Mindfulness can be defined as "paying attention to your life, here and now, with kindness & curiosity." Well-documented research now shows that integrating mindfulness into educational settings helps foster social and emotional intelligence, psychological well-being, and emotional self-regulation while decreasing acting out behaviours and aggression.

This fall, the Crisis Centre will roll out this pilot project in three Vancouver schools, including an inner city school and a program for gifted learners. Over

four sessions, students will be introduced to a variety of age-appropriate, experiential and reflective mindfulness activities, including breath awareness, physical postures, games, visualizations, and opportunities for home play. A key component of the pilot will be the development of a teacher guide and training program, designed to assist teachers and other school staff to utilize these tools and mindfulness pedagogies in the classroom on an ongoing basis.

We hope to utilize the learning from this pilot to build an ongoing resiliency building program to support other middle school aged students and their teachers. ●

"You can't stop the waves, but you can learn to surf."

— Jon Kabat Zinn

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Volunteer Recruitment: Older Adults (55+)

The Crisis Centre is currently placing special emphasis on the ongoing recruitment of qualified older adult (i.e., 55+) volunteers to assist us in increasing our capacity to effectively respond to older adults in crisis and to more closely reflect caller demographics.

Volunteer positions include frontline roles on our telephone support lines and interactive YouthInBC.com chat service.

These activities require the support and insight of committed volunteers who are interested in making a difference in their communities.

Volunteers aged 55 and above will receive priority in our application and screening process for opportunities within Distress Services.

If you have been looking for a way to give back to the community by applying your developed skills and acquiring new ones, this opportunity is for you.

Extensive on-site training and ongoing support from professional Crisis Centre staff will be provided.

For more information, or to apply to become a Crisis Centre volunteer, please visit <http://www.crisiscentre.bc.ca/volunteer> or email us at info@crisiscentre.bc.ca



Thank you for your wonderful, unique and supportive service. Thanks to you, I am still alive today. Your people are truly a blessing. I am on a new beginning!"

— a Distress Line Caller

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Charitable Registration # 10699-3322-RR001

The Crisis Intervention & Suicide Prevention Centre of BC (Crisis Centre) has been providing emotional support to youth, adults and seniors in distress since 1969. As a safe place to turn to when there seems to be no hope, the Crisis Centre is operated by 375+ frontline volunteers and a small team of professional staff, who support and empower individuals to see their own strengths and options, 24/7.

In 2010, the Crisis Centre impacted more than 75,000 lives across BC through its:

24/7 DISTRESS PHONE SERVICES

operating four crisis lines and two 1-800-SUICIDE lines which are connected to a network of crisis lines across BC.

YouthInBC.com

innovative, online service where youth can connect live, one-on-one with a crisis chat volunteer; obtain email support from professional staff, locate timely & accurate information on different issues, and connect to referral services in their own community.

COMMUNITY EDUCATION PROGRAM

providing specific programming for youth, seniors and adult gatekeepers aimed at cultivating resiliency and building skills for identifying and responding to crisis and suicide in our communities.

PRINCIPAL FUNDERS:

THE
Kelty Patrick Dennehy
FOUNDATION



vancouver
foundation

Vancouver
Coastal Health
Promoting wellness. Ensuring care.

The British Columbia
Gaming Policy and
Enforcement Branch