

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

**CRISIS INTERVENTION & SUICIDE PREVENTION CENTRE of BC**

763 East Broadway,  
Vancouver, BC V5T 1X8

**T** 604.872.1811

**F** 604.879.6216

**E** [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca)

[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

Charitable Registration # 10699-3322-RR0001

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 280+ front line volunteers and a small team of professional staff who support and empower individuals to see their own strengths and options, 24 hours a day, 7 days a week. As an award-winning organization, the Crisis Centre has been a pioneer in the industry, offering a comprehensive range of leading-edge programs that are evidence-based and utilize best practices.

In 2007, the Crisis Centre impacted more than 47,000 lives across BC through its:

**24/7 DISTRESS PHONE LINE**

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

**YouthInBC.com**

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

**COMMUNITY EDUCATION PROGRAM**

delivering more than 400 Youth suicide prevention and stress management workshops to teens in grades 8 to 12 throughout the Lower Mainland and Sea-to-Sky corridor

## Helen's Story

**W**hen Helen first called the Crisis Centre, she was feeling overwhelmed with all the health problems she was having, and was in a tremendous amount of physical and emotional pain. She was frustrated with her doctors and was having trouble navigating the healthcare system. She felt powerless and degraded.

Helen is in her eighties, lives by herself, and has recently lost many of her friends. She feels alone, and very scared to think about the future and all the surgeries and pain she is going to have to endure. She is also upset that her relationship with her son has disintegrated.

Helen was craving a connection with people, but feared that she would never be able to have it. "Tonight," she said, "I just really need a hug."

The volunteer taking this call showed Helen that he cared and that he was glad that Helen had called. At hearing this, Helen began to cry and said "I'm glad I called, too."

Helen told the volunteer that she was thinking about suicide and had attempted it three times in the past. She did not want to die. Each of her previous attempts had been impulsive and aimed at ending her unbearable physical and emotional pain. The volunteer supported Helen through the exploration of her feelings,

options and coping strategies. They agreed that Helen would call them back if she thought of hurting herself again, and the volunteer arranged for a follow-up call to be made to Helen the next day.

The next morning, when Helen connected with a different volunteer, she said:

**"Thank you from the bottom of my heart! Last night was my first time calling the Crisis Centre and I was suicidal. I often have attacks without any warning and feel very depressed. You saved my life last night and I am so grateful to have access to a service like this one and caring people like you."**

*\*Names and some details have been edited to respect the privacy of the caller.*



## What people are saying about REACHING OUT

**“This** video provides a realistic role model of how to simply do and say all the right things.

As part of a comprehensive school prevention programme, this video reinforces all the essential messages. It should both help young people become better equipped to react to a suicidal peer and help suicidal youths better understand that seeking help is not as difficult as they may think.”

**BRIAN L. MISHARA, PH.D.,**

Director, Centre of Research & Intervention on Suicide, University of Quebec, Montreal

President, International Association for Suicide Prevention

**“If** the presentation is about getting friends to seek help, it was most effective. We had 8 drop-ins from kids who were directly affected by the presentations and we referred three to Child & Adolescent Response Team.”

**GRADE 9 HIGH SCHOOL COUNSELLOR**

**“Thanks** for doing this. I think that maybe if my sister’s friends had seen this, she would still be alive.”

**GRADE 9 STUDENT**

# Community Education Update

**Susan Sorrell, MSW, DIRECTOR OF COMMUNITY EDUCATION**

**I**n the 2007-08 school year 30 Volunteer Classroom Educators presented close to 400 workshops to more than 10,000 students in five communities, incorporating Choices 2: Reaching Out – the Crisis Centre’s new youth suicide prevention DVD. These presentations also included our revised Suicide Awareness & Response Level I workshop. These changes to our overall school program reflect current research in youth suicide prevention and bring us into greater alignment with a recent program evaluation. The new DVD and workshop package address the relationship between mental health, overwhelming adversity, and suicidality. We also introduced

new evaluation tools for both the revised workshop and our Stress Management seminar.

In May 2008 we launched the second phase in the development of our comprehensive school-based youth suicide prevention program. Program staff worked with volunteer educators and two groups of secondary students to build the 4-module expanded classroom series that will be piloted in 2008-09 in a Vancouver high school. The students and project staff gathered together five times to enact, evaluate, and re-envision early materials. The outcome is a dynamic hands-on curriculum that will be next reviewed by eight classes of grade 11 students.

youthinbc.com  
**youth  
IN  
bc**  
BE HEARD. GET HELP.

## UPDATE

**Shannon Saunders, YOUTHINBC.COM PROGRAM COORDINATOR**

**I** am very excited to join the Crisis Centre as the new

YouthInBC.com Program Coordinator. I am honoured to join such a passionate team of staff and volunteers in enhancing our current YouthInBC.com program.

In Fall 2008, we will launch our redesigned and enhanced website and continue the redevelopment of our chat program.

The new branding will make the website more visually appealing and the site has been reconstructed to foster youth interaction and input. The new architecture will enable youth to better access and navigate the site to:

**GET HELP** by having real-time online chat with a trained volunteer or getting email support from the Crisis Centre’s professional staff

**LEARN MORE** about common issues and concerns such as bullying, disordered eating, depression and self-harm

**FIND RESOURCES** by connecting to our online library of useful websites and community resources

**BE HEARD** – share experiences and ideas by posting on the YouthInBC blog or sharing art

The YouthInBC.com chat program is commencing renovation and various phases will be launched over the next few months. Enhancing our chat program will allow us to provide improved service and support while strengthening the communication between our volunteers and youth in need.

With changes throughout the summer and continuing into the fall, YouthInBC.com will continue to ensure that youth can “Be Heard and Get Help”.

# Why I Volunteer

| Megan Bruneau, DISTRESS LINE AND YOUTHINBC.COM VOLUNTEER

I tried, unsuccessfully, to donate blood on two occasions last spring. The first time my iron count was too low, and the second time my veins weren't pronounced enough to get a needle into (which left me somewhat curious as to what might occur if I were to all of a sudden need an IV). I still haven't given up, though. The nurses told me to come back again in warmer weather. My motivations behind my relentless attempts to give blood are not unlike my motivations behind volunteering at the Crisis Centre. Like blood, time is a resource of which we can often spare a little. So, if I can use a resource to possibly save someone's life,



why wouldn't I? The practical skills and training I have received from the Crisis Centre have allowed me to generate and distribute a

valuable resource that can make a colossal impact on someone's life.

Time and the ability to learn are in everyone 'to give,' and the immediate result is usually significantly more rewarding than a cookie.

## VOLUNTEER OPPORTUNITIES

Volunteering at the Crisis Centre is a great way to make a contribution to the community. You will receive extensive, high-quality training and obtain practical experience.

**Distress Line** volunteers provide emotional support to individuals in distress over the phone. A portion of our volunteers' time is dedicated to YouthInBC.com (web-based hotline for youth) by conducting one-on-one chats with youth requesting support.

**Community Education** volunteers facilitate stress management and suicide awareness and response workshops to high school students.

**For more information** or to apply to become a Crisis Centre volunteer, please visit our website at: <http://www.crisiscentre.bc.ca/volunteer> or email us at [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca)

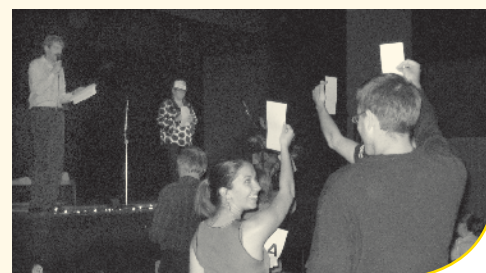
# Volunteer Appreciation Night

During this year's National Volunteer Week, the Crisis Centre hosted our 25th Annual Volunteer Appreciation Night on April 25th 2008. Attended by 117 volunteers and special guests, our volunteers' dedicated service was honoured with dinner, entertainment, awards and prizes.

## Special thanks to the generous supporters of the Crisis Centre's 2008 Volunteer Appreciation Night

- A&W
- Bard on the Beach Shakespeare Festival
- Beauty Solutions
- Blueprint Fundraising
- Cactus Club Café
- Capilano Suspension Bridge
- Costco
- Daniel Le Chocolat Belge
- Earl's Restaurant
- Fairmont Waterfront Hotel
- HMV
- Doug Soo/Lanagara College
- Marble Slab
- Mark James Group
- Memphis Blues BBQ
- Milano Coffee
- Open Sundaes
- Old Spaghetti Factory
- Opus Hotel

- Pacific Baroque Orchestra
- Provence Marinaside
- Rocky Mountain Soap Company
- Seb's Market Café
- Sequoia Company of Restaurants
- Spa Kwu
- Stratosphere Salon
- SuperValu
- The Umbrella Shop
- Urban Fare
- Vancouver East Cultural Centre
- Vancouver Playhouse Theatre Company



# Board of Directors

President: Bruce A. Stewart  
 Past-President: Doug Soo  
 1st Vice-President: Dave Elder  
 2nd Vice-President: Joanne Waxman  
 Secretary: Constantine Hatzipanayis  
 Treasurer: Mike Giannelli

Directors: Morgan Gough  
 Hilda Green  
 Natalee Popadiuk  
 Danae Slater  
 Deborah Williams-Walshe  
 Jodi Wilson  
 Executive Director: Ian Ross



## 40th Anniversary

**T**he Crisis Centre will celebrate its 40th Anniversary in 2009! Past and current volunteers, board members and donors can connect with each other at an event celebrating the centre's history and all the people who have contributed to it over the years.

## Calling all Crisis Centre Alumni!

**D**id you volunteer for the Crisis Centre? We will profile our former volunteers in a special Alumni Connection edition of our newsletter to celebrate the Crisis Centre's 40th Anniversary in 2009. Tell us what you have been doing and how volunteering at the Crisis Centre has impacted your life!

## Your Donation at Work...

- > **\$50** provides 3 adult callers the lifesaving and immediate support they need.
- > **\$500** provides 1/2 day professional development training to 15 teachers, counsellors and youth service professionals, equipping them with information and tools for recognizing and responding to potentially suicidal individuals
- > **\$1,000** empowers 30 high school students to break the silence that typically surrounds the subject of suicide.
- > **\$1,500** provides 1 day of training to 25 front line volunteers, equipping them with active listening skills and tools to help individuals in distress
- > **\$5,000** provides hope to 290 youth through the online support of YouthInBC.com.

## Save the Date!

# NOVEMBER 13, 2008



## Crisis Centre Comedy Night

**T**he Crisis Intervention & Suicide Prevention Centre of British Columbia will be hosting the Crisis Centre Comedy Night on Thursday November 13, 2008.

Featuring comedy from Stand Up For Mental Health, a comedy troupe that teaches stand up comedy to people with mental illness, the Crisis Centre Comedy Night will help reduce stigma around mental illness and spread a message of hope and empowerment.

**TO BOOK YOUR TICKET NOW!**

**RHIZOME CAFE**, 317 East Broadway, Vancouver, BC  
 Food and beverage available for purchase beginning at 6:00pm  
 Entertainment beginning at **7:00PM** • Tickets: **\$20**

Visit [www.crisiscentre.bc.ca/news/events](http://www.crisiscentre.bc.ca/news/events) for more information.

**Contact:** 604.872.1811 or [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca)

**YES!** Life is precious and I want to help save lives. *Here is my tax-creditable gift of:*

Aeroplan Miles: \_\_\_\_\_ (minimum of 10,000)     Stock Donation (we will contact you to arrange this)

\$50     \$75     \$100     Other \$ \_\_\_\_\_    CREDIT CARD NO. \_\_\_\_\_

I prefer to make my gift by:     Visa    EXPIRY \_\_\_\_ / \_\_\_\_    SIGNATURE \_\_\_\_\_

Mastercard    PHONE \_\_\_\_\_

Cheque    EMAIL \_\_\_\_\_

*Please return this reply with your gift and any name or address changes. Thank you.*

I want to join the **Circle of Life!**

I authorize the Crisis Centre to receive a **monthly** gift of:     \$50     \$25     \$10     Other \$ \_\_\_\_\_

I prefer to make my **monthly** gift by:     Visa     Mastercard (Credit Card details above)

Chequing account (Please enclose a cheque marked VOID.)

*The Crisis Centre greatly respects your privacy and protects your personal information. We do not sell or exchange our donor's information with any other organizations. From time to time, we communicate to our donors. If you do not wish to receive future communications from the Crisis Centre, please contact us at 604.872.1811 or [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca) and we would be pleased to comply.*



Here to Listen.  
Here to Help.

Please...  
Join Us!