



Here to listen. Here to help.

C/O Administrative Officer 1

Executive Committee of Council (Grants), Clerk's Department

Burnaby City Hall, 4949 Canada Way

Burnaby, BC V5G 1M2.

24 Hour Distress Line

604-872-3311

Toll Free: 1-866-661-3311

Web-Based Hotline for You

[www.youthinbc.com](http://www.youthinbc.com)

Community Education

604-872-1811

To Whom It May Concern,

Please find enclosed a request for funding from the Crisis Intervention and Suicide Prevention Centre of British Columbia (Crisis Centre) presented to The City of Burnaby in the amount of \$5,000 to help fund our 2015 Youth Suicide Prevention Program.

For over 45 years, the Crisis Centre has been committed to empowering individuals to help themselves and others, in times of distress. **In 2014, the Crisis Centre impacted the lives of over 127,000 individuals through our Distress Service and Community Education Programs.** The Crisis Centre utilizes a holistic approach to suicide prevention in our communities, working to further our mandate to de-stigmatize suicide. Our Community Education team trains individuals of all ages in building resiliency against suicide, suicide awareness and intervention and mindfulness and stress management. Our Distress Services team provides accessible and confidential 24/7 distress services free-of-charge to our clients, as well as crisis centre chats that are available from noon-1AM daily via computer or mobile device.

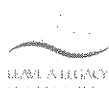
The Crisis Centre depends on the hard work of a dedicated group of 450+ volunteers to help deliver our life-saving programs and services to the community. We also depend on the generous support of our community to continue to reach out to people in need. When you donate to the Crisis Centre, you are providing life-saving phone calls that provide hope to people in crisis, eye-opening workshops which inspire young people to communicate about their feelings, opportunities for older adults to seek support from isolation and loneliness, or valuable training for community service providers to learn suicide intervention skills. **Your gift to the Crisis Centre saves lives.**

If you have any questions about the enclosed proposal, please do not hesitate to contact me directly at 604.872.1811, or by email at [rlipetz@crisiscentre.bc.ca](mailto:rlipetz@crisiscentre.bc.ca). Thank you for your time and consideration. I sincerely look forward to hearing from you.

In Best Health,

Rachael Lipetz

Development Assistant



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E Mail: [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca) \* Website: [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

Registered Canadian Charitable Organization No. 10699-3322-RR0001





## **Funding Proposal to**

## **The City of Burnaby**

### ***2015 Youth Suicide Prevention Program***

#### **Applicant Profile**

<b>Name:</b>	Crisis Intervention and Suicide Prevention Centre of BC ( <i>Crisis Centre</i> )
<b>Address:</b>	763 East Broadway, Vancouver, BC, V5T 1X8
<b>Primary Contact:</b>	Rachael Lipetz
<b>Primary Contact Title:</b>	Development Assistant
<b>Contact Details:</b>	P: 604.872.1811 x 222, E: <a href="mailto:rlipetz@crisiscentre.bc.ca">rlipetz@crisiscentre.bc.ca</a>
<b>Name of Program:</b>	<i>2015 Youth Suicide Prevention Program</i>
<b>Funding Request:</b>	\$5,000
<b>Registered Charitable #:</b>	10699 3322 RR0001

“I took out the bottle of pills and just stared at it...I stared at it so long that it scared me” Sophia told the YouthInBC.com chat volunteer, Weston. “He just won’t stop drinking” Sophia wrote, “I just can’t do it anymore. I just can’t.” For years, Sophia, a 16 year old Burnaby Central Student, had been dealing with a stepfather whose alcoholism turned him into an abusive, destructive force in her life. She was feeling deeply unsafe at home, and desperately unhappy in her own skin. Sophia had started cutting herself, and her eating disorder had begun to spiral out of control. In desperation, Sophia had logged onto the YouthInBC.com chat service, telling Weston that she had a plan to kill herself that evening.”

## STRATEGIC CONTEXT

Suicide is the second leading cause of death among young people aged 15-19 in Canada following motor vehicle accidents (Public Health Agency of Canada, 2005) and in British Columbia, 25% of students have reported having suicidal thoughts in the past year (McCreary Report, 2013).

The teenage years are often tumultuous; young people face pressure from their peers, school environment and parents. Adolescence is a time when mental illnesses tend to emerge, and many young people struggle with issues involving sexual orientation and identity, self-harm, abuse, depression, and suicidal thoughts. **The Crisis Centre is a safe confidential space for young people to seek help when these issues become overwhelming.**

In 2014, the Crisis Centre’s Youth Suicide Prevention Program impacted the lives of 91,930 young people through our school-based suicide prevention and mindfulness workshops and YouthInBC.com websites. Some highlights include:

- **81,301** visitors to our YouthInBC.com website accessed important resources and information on suicide prevention and stress management
- **31,902** young people accessed our YouthInBC.com website through their mobile device in times of need
- **2,803** youth contacted us through our YouthInBC.com chat service - receiving immediate, non-judgmental, and confidential support when they needed it most
- **7,826** young people engaged in our educational workshops on building resiliency in times of emotional crisis and practicing mindfulness as a coping strategy when experiencing stress
- **970** youth reached out on our Regional Crisis Line and 1-800-Suicide line to speak with a highly trained, caring volunteer in times of distress.

## **ABOUT THE CRISIS CENTRE'S YOUTH SUICIDE PREVENTION PROGRAM**

The Crisis Centre's Youth Suicide Prevention Program is based on the principle that suicide is a complicated, multi-faceted subject that must be approached holistically. Our comprehensive approach begins at the grassroots level, working to effectively reduce the stigma surrounding suicide in our communities, helping youth at their most vulnerable times of distress, and creating a strong network of empowered young people who have the capacity to help themselves, and others, in times of crisis. YouthInBC.com connects these young people with the support they need to help themselves, and their peers, when experiencing crisis.

### **Community Education – *School Based Workshops***

- **Work Your Mind Muscle – Four Tools For Navigating Life (Grades 8-12):** invites teens to talk about their life challenges, take charge of their stress and build their resiliency
- **Multi-Session Mindfulness Program (Grades 8-12):** research demonstrates the greatest outcomes in building resiliency, coping skills and mental wellness are developed as a result of multi-session mindfulness programming. School district administration, teachers, counsellors and students themselves have indicated a need for this type of enhanced mindfulness programming
- **Reaching Out: Suicide Awareness & Response Workshop (Grades 8-12):** breaks down stigma and encourages youth to seek help for themselves and others

### **Distress Services – *Online Chat Service and Resources***

- **YouthInBC.com (Ages 12-25):** provides distressed youth, and those concerned about them, with an opportunity to receive private online chat support, and obtain information and resources from highly trained volunteers (noon – 1AM daily)
- **Regional Crisis Line and 1-800-SUICIDE:** allow young people across our province experiencing thoughts of suicide, or who are in need of resources and information related to suicide and mental health, to seek free, confidential, non-judgmental phone line support from our highly trained volunteers (24/7)

## **CRISIS CENTRE IMPACT ON YOUTH IN BURNABY**

- **1,878** young people Burnaby were impacted by our Youth Suicide Prevention Program in 2014

In 2013, the Crisis Centre formed an instrumental partnership with the Burnaby School District that has now shifted the entire school philosophy around how they respond to suicide:

*"Our partnership with the Crisis Centre has been critical. There had previously been a tendency to negate our role in suicide prevention, and to seek outside experts to deal with the situation. As a result of the training we received, we have initiated a new plan for working with youth at risk of suicide that acknowledges our role in a young person's care. Access to evidence based, consistent training at the Crisis Centre has been so valuable for us, providing an opportunity to work and learn from others in the community, helping to see ourselves as an important part of the solution."*

- **Sue Dorie, Manager of Youth Programs at Burnaby School District**

In 2014 the Crisis Centre trained 30 an additional Burnaby school counsellors:

- This training included 9 counsellors that attended safeTALK, a half-day suicide awareness and response workshop.
- 21 counsellors participated in ASIST, an immersive, 2 day intensive suicide intervention training

The tools learned by the school counsellors have allowed them to develop first-hand knowledge of applied suicide awareness and intervention skills.

**The Crisis Centre's highly successful partnership with the Burnaby School District is being used as a model for new community partnerships. In 2015 we will continue to develop our partnership with the district, providing safeTALK and ASIST training to more counsellors, as well as training counsellors to deliver safeTALK workshops themselves.**

## 2015 YOUTH SUICIDE PREVENTION PROGRAM BUDGET

REVENUE	Distress Services	Community Education	Total
Request to The City of Burnaby	\$2,500	\$2,500	\$5,000
Corporations	79,500	63,500	143,000
Foundations	94,000	69,000	163,000
United Way	0	28,500	28,500
Government – Municipal	5,600	4,500	10,100
Gaming	80,000	15,000	95,000
Service Clubs/Associations	5,000	5,000	10,000
<b>Total Revenue</b>	<b>\$266,600</b>	<b>\$188,000</b>	<b>\$454,600</b>
EXPENSES	Distress Services	Community Education	Total
Salaries/Benefits	190,130	128,190	318,320
Staff Training/Development	1,600	2,900	4,500
Volunteer Support/Training	4,070	5,550	9,620
Building Expenses - Insurance	8,000	3,000	11,000
IT/Phones/Web Hosting	19,200	9,000	28,200
Administrative Expenses	10,000	5,360	16,360
Fundraising Costs	9,600	22,000	31,600
New Program Development	8,000	5,000	13,000
PR/Advertising	8,000	2,000	10,000
Amortization	8,000	5,000	13,000
<b>Total Expenses</b>	<b>\$266,600</b>	<b>\$188,000</b>	<b>\$454,600</b>

## **2015 PROGRAM GOALS**

- I. Increase the number of YouthInBC.com clients served in 2015 by 5%**
  - More than 86,000 will access the YouthInBC.com website for important resources and information on suicide prevention and stress management
  - More than 3,000 youth will receive support through one-on-one chats
- II. Commence Weekend Distress Room Support**
  - New weekend Distress Services staff will enable 24/7 volunteer support and supervision from Friday evening through to Monday evening and eliminate the need for on-call staff over the weekend
  - Distress Room Support will provide volunteers in-the-moment assistance and consultation, the chance to receive more helpful, in-depth written critical feedback, and suggestions for new strategies for both service delivery and documentation of our calls and chats
  - When volunteers are provided with full-time and immediate professional support, they will be able to support our clients with more confidence and efficiency, and provide a greater level of care to the people we serve
- III. Enhance Online Resources for Youth**
  - Our current capacity allows us to keep our YouthInBC.com chat service open from noon-1AM, so maintaining the accuracy and relevancy of website resources is a vital component of support to our clients 24 hours per day
- IV. Improve Online Training for Volunteers**
  - The creation of new online courses on our Moodle platform will expand on the learning volunteers receive in the face-to-face training component, building their skills and creating conditioning through visual, interactive situation management practices, including mock YouthInBC.com chats
- V. Increase the number of Youth Community Education workshops by 15%**
  - Volunteers will continue providing our 3 Community Education workshops to schools in the Lower Mainland and Sea to Sky Corridor
  - More than 9,000 students will participate in mindfulness and suicide awareness workshops

## HISTORY OF THE CRISIS CENTRE

2014 marked the 45<sup>th</sup> anniversary of the Crisis Centre. Since 1969, we have tirelessly worked to ensure the continued evolution and innovation of our life-saving services and programs, never forgetting our original mission – to provide non-judgemental, confidential emotional support 24/7 to youth, adults and seniors in distress.

The Crisis Centre is operated by the assiduous work of more than 450 frontline volunteers, who are supported by a small team of professional staff. Our mission is to help build the strength and capacity of individuals allowing them to seek options for themselves and others in times of crisis; ultimately building resilient, empowered communities.

## THE IMPACT OF YOUR SUPPORT

**Thankfully, because of our amazing volunteer Weston, Sophia stayed on the line that night....**

“ Sophia explained to Weston that she needed to take frequent breaks from typing because she was sobbing uncontrollably. Weston helped Sophia with some breathing exercises, allowing her to calm down and catch her breath. Weston slowly began engaging Sophia, asking her about her interests and passions, and waiting patiently for Sophia to respond.

At first, Sophia was so distraught that she was having trouble forming coherent sentences. Eventually, Weston was able to establish some common ground with her. Weston asked Sophia about the pills that were sitting beside her, and he told Sophia “I would like to make a plan to keep you safe tonight.” Sophia agreed, and moved the pills from her immediate vicinity.

Sophia spoke with Weston about resources for her eating disorder, and seeking alternative housing options for when her stepfathers drinking became out of control. She told Weston that she wasn’t sure how soon she would be able to deal with it all, but said “coming on here tonight has stopped me from hurting myself...Thank you.” Weston told Sophia to call back whenever she needed. Crisis Centre volunteers and staff checked in with Sophia over the next few days, making sure that Sophia had access to valuable resources that could positively impact her life, but most importantly, that she was safe, and felt supported.”

**Your gift saves lives.**

## RECOGNITION

The Crisis Centre will be thrilled to acknowledge the support of The City of Burnaby on the Crisis Centre's website Donor Wall [www.crisiscentre.bc.ca/supporters](http://www.crisiscentre.bc.ca/supporters) and in our 2015 Annual Report (presented at our Annual General Meeting in May 2016).

The Crisis Centre is always enthusiastically considering other opportunities for donor acknowledgement. We would be happy to discuss new means to recognize our amazing donors, such as social media outreach, cheque presentation ceremonies, and media spots