



2004-2005

Annual Report

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Our Mission is to

Continuously improve the safety of individuals and communities on the South Shore by enhancing a culture of safety and wellness.

Our Goals are to

- Reduce the incidence of bullying
- Pull community partners together to cooperatively reduce the incidence of suicide
- Collaborate with successful seniors falls prevention initiatives to reduce falls in seniors
- Reduce the number of falls in children 0-4 years that occur in the home and play
- To reduce the number of Off-highway injuries
- To reduce the number of workplace injuries,

In Lunenburg and Queens Counties.

Executive Summary

The 2004-2005 year for South Shore Safe Communities brought change to the organization with the departure of the previous Coordinator and the hiring of a new Coordinator. The coalition adjusted well to this change and within a few months there was a buzz in the air about the upcoming summertime annual general meeting BBQ and the launch of our web site (www.southshoresafecommunities.ca). The National Safe Communities Conference was held in Nova Scotia this year so there was no time to put our feet up. We worked together with the other two Safe Communities Coalitions in the region to prepare for this exciting event.

The Bullying group has been focusing their actions and activities around a coordinated approach to bullying prevention in the community. They work to ensure collaboration of all of the involved partners and decrease duplication which could exhaust resources. This approach works to enhance existing efforts to reduce bullying in our community.

The Suicide Prevention group has been working congruently with the 10 Best Practices, around suicide prevention that were researched and compiled in the formative stages of the South Shore initiative. Partnerships with Mental Health and Addiction Services have remained strong throughout the evolution of the work undertaken by this committee. This relationship has been an asset to the achievements and progress attained in this area of focus in the community.

The focus of the activities implemented by the Falls 0-4 yrs working group has been education for community members through the display created by the group, holding focus groups throughout the area to determine priorities, and providing the educational video “Be a Home Detective” to community members through a number of easily accessible routes. The group is presently focused on investigating what path they will follow in the coming year to address the issue of falls among children.

With the newly released provincial direction and action plan for off highway vehicles, this group has decided to put on hold their work towards the previously determined objectives. This will allow for the roll out and implementation of new legislation, and give the group an opportunity to work out their role, locally and provincially.

With the start of a new year, 2005, the Workplace group re-examined their previously defined objectives and decided to re-focus their attention on youth workplace safety. Workplace safety has proven to be a challenging area to generate community and corporate interest and support. This group continues to work together and adjust their priorities according to the evidence, data, and the experiences of the Working Group members.

Paul Fynes
Chair
South Shore Safe Communities

Bullying Group's Activities

Objective	Year 2 Activities	Results
<p>1. Work with community groups to develop strategies to reduce bullying.</p> <p>2. Determine what current programs are occurring in schools/communities.</p>	<p>-Meet regularly as a group of committed individuals from a number of local partner organizations, such as; Restorative Justice, School Board, RCMP, Town Police, Women's Centre, Big Brothers/Big Sisters, Public Health, and Empire House</p> <p>-South Shore Regional School Board held a summer institute to in-service staff further in Positive Effective Behavior Supports (PEBS) and set up lead teams at the schools. Goal is to have one third of schools starting to implement PEBS by the end of the 2005-06 school year.</p> <p>An anti-bullying classroom resource guide is presently being developed by the Safe Communities Anti-Bullying Working Group.</p>	<p>-Have formed a committed working group that meets monthly.</p> <p>- Determined what programs and activities are currently being implemented to address bullying. Providing support to local schools as needed throughout the implementation of PEBS</p> <p>-Presently about half of the South Shore Regional Board schools are involved in PEBS at some stage of implementation. With the PEBS system there is an element of evaluation and tracking, which records the incidence of bullying occurring within the school.</p> <p>-This resource kit has been distributed for pilot in four local schools</p>

<p>3. Increase the communities' awareness of what bullying actually is by 10% by 2004.</p>	<p>-Received funding requested from the United Way to implement the Respect-Ed: Beyond the Hurt Initiative in 2 local Schools in Lunenburg County.</p> <p>-Prepared and presented a display of information on local resources for children and their families who may be effected by bullying, set up this display at Dignity Day, an Anti-Bullying Conference held at a local high school.</p>	<p>-Presently looking at options for implementation of the Red Cross Initiative.</p> <p>- This conference was held Nov.5th, 2005 hosted by the South Shore Regional School Board with support from groups such as South Shore Safe Communities, local RCMP and businesses. It was well attended by students and their family members. Approximately 30 individuals viewed the Safe Communities, Anti-Bullying Group Display and obtained further information through concurrent sessions held throughout the workshop, therefore increasing awareness of what bullying actually is.</p>
<p>4. Increase parent's awareness on how to effectively prevent bullying and how to help their child if they are the victim or the bully.</p>	<p>-Researched existing credible parent and child toll-free hot lines.</p> <p>-Prepared and printed a current list of the Crisis/Help Lines for Lunenburg and Queens Counties.</p>	<p>-Existing toll-free support lines promoted in school handbook.</p> <p>-Help Line List for Lunenburg/Queens created by the anti-bullying group, to be distributed throughout the schools in Lunenburg/Queens Counties and shared with other community partners and doctor's in the area.</p>

The group has been focusing all of their actions and activities around a coordinated approach so the various agencies involved in Bullying Prevention in the community are aware of the work each other is participating in. This ensures collaboration of all of the involved partners and decreases duplication which could exhaust resources. This approach also enhances existing efforts to reduce bullying in our community.

Suicide Prevention Group's Activities

Objective	Year 2 Activities	Results
<p>1. Ensure all actions in this area are done in consultation with the mental health and addictions professionals and have been documented to have a positive outcome on the community</p>	<p>-Mental Health and Addictions Services represented on suicide working group. -Mental Health and Addictions Services have started to work co-operatively around concurrent disorders</p>	<p>-A positive working relationship has been established, based on trust and mutual respect.</p>
<p>2. To increase the knowledge of those working with populations at risk of the most effective prevention strategies.</p>	<p>-Held a meeting with local RCMP and media representatives to discuss the draft guidelines released by DOH around reporting of Mental Health Issues and suicide in the media.</p> <p>-Determined that Applied Suicide Intervention Skills Training (ASIST) was a reputable training program for frontline workers. Worked with another committee in the community (the interagency committee) to explore the possibility of training community members as ASIST trainers.</p> <p>-Identified front line workers by using the Provincial Benchmark report and by asking community partners for their advice. Training of 4 community members so they could hold ASIST workshops in the communities of Lunenburg and Queens. These new trainers have linked with the 2-3 existing trainers and formed</p>	<p>-Create awareness amongst these organizations around the importance of sensitivity when reporting on Mental Health and suicide issues.</p> <p>-Through partnerships and funding supports, ASIST is being offered at \$125.00 per person, an amount below the regular price for the training. Funds put in place to establish a bursary fund for anyone who is unable to pay the registration cost of ASIST training.</p> <p>-At present 5 courses have been held and 86 people trained. The last course had a full number of participants.</p> <p>-An ASIST Committee, consisting of partners involved with the implementation and delivery of ASIST training has been formed and meets regularly to ensure that the training is equally accessible to all and that training is being carried out</p>

	<p>a committee to avoid duplication and pool resources to ensure the training happens.</p> <p>-Currently working to modify a Physician’s Information Package around suicide that was initially developed by the HRM Safe Communities Coalition in conjunction with the Helpline</p>	<p>in an accountable and ethically sound manner.</p> <p>-Exploring ways to encourage physicians to obtain ASIST training. Through distribution of this package, to local physicians, we want to raise the awareness of suicide risk, in their patients. Also to provide resources to support physicians, to work with their patients through a suicidal situation.</p>
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This group has been working congruently with the 10 Best Practices, around suicide prevention that were researched and compiled in the formative stages of the South Shore initiative. This is critical because suicide is a very sensitive issue that needs be addressed in a manner that will ensure that the actions taken will not cause more harm than good, causing harm is a potential outcome if actions are moved upon too quickly without the evidence being taken into account. Partnerships with Mental Health and Addiction Services have remained strong throughout the evolution of the work undertaken by this committee. This relationship has been an asset to the achievements and progress attained in this area of focus in the community.

Falls In Children 0-4 Years

Objectives	Year 2 Activities	Results
Reduce the incidence of falls in children 0-4 years by 5% by the year 2006.	-Obtained and previewed the video “Be a Home Detective”. The group have purchased copies of the video and guide to lend out to parents so they can do their own home injury risk assessment. A “Keep Kids Safe” Brochure, produced by Child Safety Link is also available to act as a supplement to the audio-visual information provided within the video.	- Have purchased 5 copies of the “Home Detective” video and guide to lend out to parents of young children. These are located at the Queens County Family Resource Centre, Lunenburg County Family Resource Centre, Lunenburg County Library System, Chester Family Resource Centre, and the Healthy Beginnings Program through Public Health Services for loan to community members. -The video is used regularly by the Home Support Workers within the Healthy Beginnings Program, Public Health Services. They find it relevant and effective in stimulating discussion and creating awareness in families that need the safety information.
Increase parent and child care workers ability to identify fall risk factors in the home and play areas and the appropriate action to take to reduce fall risk factors.	- Created a comprehensive display that incorporates key messages around Falls prevention in children. The display includes both pictures and factual information that combined with the expertise of the group members on hand at display events proves very effective in stimulating conversation around the topic, with interested community members/partners.	- Set up the display at a local Children’s Fair where approximately 50 – 75 people viewed the display and collected information around Falls prevention in children 0-4 yrs.

The focus of the activities implemented by the Falls 0-4 yrs working group has been education for community members through the display created by the group, holding focus groups throughout the area to determine priorities, and providing the educational video “Be a Home Detective” to community members through a number of easily accessible routes. The group is presently focused on investigating what path they will follow in the coming year to address the issue of falls among children. They are doing this through the research of promising practices and are anxiously awaiting the release of the “Safer Homes for Children” Tool kit from Safe Kids Canada, which is anticipated to provide some helpful resource information to the group.

Senior's Falls

Objectives	Year 2 Activities	Results
<p>In partnership with coalition members and community resources, identify, support and promote effective falls prevention initiatives in Lunenburg and Queens.</p>	<p>-Maintained a working relationship with Lunenburg-Queens Falls Prevention Society. A member of the Falls Prevention group sits on the Steering Committee and regularly reports back on the work of this Falls prevention Initiative.</p> <p>-Regular exchange of minutes between our two groups occurs.</p> <p>-SSSC provided some financial support for an activity hosted by the Lunenburg-Queens Falls Prevention Society.</p>	<p>- Through exchanging minutes we are able to keep up to date and informed regarding each others group support, activities and programs available.</p> <p>- This donation helped enable the group to host an event that reached out to seniors in the community and to create an awareness of Falls prevention.</p>

Off-Highway Vehicles

Objectives	Year 2 Activities	Results
<p>Reduce the incidents of Off Highway Vehicle Crashes by 5%.</p> <p>Gather local Off Road incident data by: summarizing scrapbook data collected over the past two years. -Explore obtaining the data from RCMP Citizens on Patrol.</p> <p>Support the pilot project of the “Citizens on Patrol, Off Road” (COPOR).</p>	<p>- Created and produced an information brochure entitled “Safe & Sound: A Parent’s Guide to Off-Highway Vehicle Use”. This was designed with the intent to create awareness among parents regarding their children’s Off-Hwy vehicle use.</p> <p>-It has been difficult to attain information from the RCMP as Bridgewater has been without a Community Policing Officer since Spring ’05. This officer was our primary contact and an active member of this group. Attempt to attain the data will continue.</p> <p>-Ongoing discussions with Queens County RCMP</p>	<p>- 2000 copies of the brochure have been printed and distribution of these brochures was initiated through local ATV clubs and posting on the South Shore Safe Communities Web site. The brochure has been endorsed by the Royal Canadian Mounted Police, Canadian ATV Distributors Council, and the ATV Association of NS.</p> <p>- Presently, with the release of the Off-Highway Vehicles Provincial Direction and Action Plan and the pending legislative changes, distribution of the brochure has been put on a hold and the content will be reassessed in the Spring of ‘06.</p> <p>- A number of members of the Off-Highway Vehicles committee are heavily involved with Citizens on Patrol and with special interest in the off road section. These individuals have made presentations to an interested group in Queens County including one RCMP officer from that area and expect the group to become active soon.</p>

<p>Increase the number of users who participate in safety courses by 15% by the year 2006.</p>	<p>-Met with Sheila Campbell around the possibility of holding a trainer course here on the South Shore. Two candidates have been identified as interested from Lunenburg County. Recruitment for more interested parties continues as there is a need for at least six candidates in order for the course to be offered here.</p>	<p>-With winter fast approaching the group will have to revisit this objective in the spring, when the weather is more conducive for holding such a course.</p>
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With the newly released provincial direction and action plan for off highway vehicles, this group has decided to put on hold their work towards the previously determined objectives. This will allow for the roll out and implementation of new legislation, and give the group an opportunity to work out their role, locally and provincially.

Workplace Injuries

Objectives	Year 2 Activities	Results
<p>Increase the communities' awareness of the importance of improving workplace safety for youth.</p>	<p>-Organized a meeting between Kerry Morash, the Minister of Environment & Labor for Nova Scotia, and the local Chamber of Commerce.</p> <p>-Hosted an event, "What you can't Afford not to Know about Youth Safety in Your Workplace" featuring presentations from Passport to Safety, Occupational Health and Safety, Nova Scotia Safety Council, and Workers Compensation Board.</p>	<p>-The purpose of this meeting was to provide a background for this group of professionals regarding the importance of workplace safety among youth and create an awareness of an upcoming community event, "What you can't afford not to know..." that the workplace group was hosting.</p> <p>-This event was a success, with approximately 75 participants, 25 of which were youth attending. The purpose of the event was to create awareness among both youth and employers about the importance of workplace safety information being available for youth workers in order to educate them in protecting themselves from injury.</p>
<p>Involve the youth in meaningful ways in making their workplaces safer.</p>	<p>-Invited Candace Carnahan to a local high school to present her motivational speech to a group of students in the STEP program.</p>	<p>-Through sharing her workplace experience Candace spreads the message of the importance of workplace health and safety among youth throughout the province. Received positive feedback from the students about Candace's presentation.</p>
<p>Increase employer, youth, parent and community awareness of and use of existing resources that are effective in reducing youth</p>	<p>-Held focus groups with local youth around the British Columbia Workers Compensation Board's Video <i>Lost Youth</i>. Purchased and shared copies of the video with various partners including the school board and Michelin Tire</p>	<p>-This video is now available for teachers to use within their classroom and incorporate into the curriculum as time permits. Michelin Tire shows the video to all newly employed youth in conjunction with standard factory and job specific safety training.</p>

workplace injury.	-Set up a display with computer and internet access at the Michelin Safety Fair, for youth to log on and attain their Passport To Safety Certificate.	-This display was well received, approximately 20-30 youth visited the booth to discuss workplace safety, 8-10 of these youth went ahead to log on and attain their passport to safety but many of them had already achieved recognition as they are Michelin employees, and Michelin has had a history of supporting the program and encourages their youth employees to obtain their certificate.
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With the start of a new year, 2005, this group re-examined their previously defined objectives and decided to re-focus their attention on youth workplace safety. They devised 3 new objectives that they have been working towards achieving for the past year. Workplace safety has proven to be a challenging area to generate community and corporate interest and support, but this group continues to work together and adjust their priorities according to the evidence, data which shows this community's needs are, and the experiences of the Working Group members.

Communication Strategy:

This year we were pleased to unveil a major advancement in our communication strategy, the launch of the South Shore Safe Communities web site (www.southshoresafecommunities.ca). With the increasing use of the internet in the 21st century, our group felt that this would be a key approach to spreading the injury prevention messages of Safe Communities. We were able to develop this web site with the generous volunteer assistance of a local professional web designer, who continues to be involved with the Coordinator in the upkeep and maintenance of our web page.

The Annual General Meeting of South Shore Safe Communities is a public event which we advertised through the local radio station (CKBW) and ran an ad in the two local community web-based newspapers. A reporter from our local print based newspaper at Lighthouse Publishing attended the AGM. Some of the highlights of the meeting included brief presentations by each of the working groups, the financial report presented by Ken Smith and the unveiling of our web page.

The Suicide Working Group held a session with media representatives from all 4 of the newspapers produced on the South Shore, CKBW radio and RCMP and Town Police were in attendance at this session (all policing services were represented). We seized the opportunity of having all these individuals together to give a brief synopsis of South Shore Safe Communities and the initiatives we have participated in. This will help to increase the awareness among local media and law enforcement of our presence in the community.

By attending children's, family, and health & safety fairs around the community with our Safe Communities and/or specific working group displays we have been increasing the appreciation for injury prevention by our population. Our Falls 0-4yrs, and Bullying working groups have created displays specific to their focus areas that convey messages of promotion and prevention.

Funding Access:

We began the year with \$9 100.00 from the National Safe Communities Foundation and this money has supported our coalition sufficiently throughout the year.

The Bullying Committee received a grant for \$2 400.00 from the United Way to assist in implementing the Red Cross, Respect Ed Program; Beyond the Hurt.

\$8 500.00 was received from Nova Scotia Health Promotion (NSHP) to support the Suicide Prevention Initiative in a number of areas and activities. A report on the use of this money was required by NSHP (please find that report attached).

**South Shore Safe Communities
Statement of Revenue and Expenditures
For the Year Ending June 30, 2005**

Revenue	<u>2005</u>	<u>2004</u>
Safe Communities Foundation	\$ 9,100	\$ 13,510
Provincial Grant	6,775	-
Donations	<u>289</u>	<u>747</u>
	16,164	14,257
Expenditures		
Administration	113	-
Bank Charges	69	115
Registry of Joint Stocks	25	25
Launch Day	-	415
Logo	-	200
Quilt	29	-
Programme Costs		
Bullying	-	60
Falls	691	197
Off-Highway	49	261
Suicide	<u>6,835</u>	<u>2,349</u>
	<u>7,811</u>	<u>3,622</u>
Excess of revenue over expenditures	<u>\$ 8,353</u>	<u>\$ 10,635</u>

Note: In-kind services have not been included in the above.

	2005	2004
Assets		
Bank	<u>\$20,713</u>	\$ <u>10,635</u>
Liabilities		
Deferred revenue	1,725	-
	1,725	-
Accumulated surplus	18,988	<u>10,635</u>
	<u>\$20,713</u>	\$ <u>10,635</u>

	2005	2004
Net Assets		
Balance, beginning of year	\$10,635	\$ -
Excess of revenue over expenditure	8,353	<u>10,635</u>
Balance, end of year	<u>\$18,988</u>	\$ <u>10,635</u>

Steering Committee Members

South Shore Safe Communities Steering Committee		
Paul Fynes Chair	Safety Officer Michelin North American (Canada) Ltd.	Work place Group
Barb Anderson Vice Chair	Manager Public Health Services; SSH, AVH, SWH	Suicide Group Chair
Ken Smith Treasurer	Town Manager Bridgewater	Finance Committee Chair
Heidi Gould Coordinator	Public Health Nurse South Shore Health	
Theresa Hawkesworth	Director of Communications and Special Projects South Shore Health	Workplace Group
Dale Saulnier	Family Violence Coordinator Bridgewater Town Police	Bullying Group
Norm Amirault	Director, Region of Queens Recreation Department	0-4 Falls Group Chair
June Zwicker	Nurse Manager, Mental Health South Shore Health	Suicide Group
George McKiel	Lunenburg/Queens Senior's Falls Prevention Volunteer	Seniors Falls Group
Debby Smith	South Shore Sport and Recreation Division, Office of Health Promotion	Off-Highway Vehicle Group Chair
Shirley Burris	RCH Consultant South Shore District School Board	Bullying Group
Nancy Herman	Lunenburg County Community Health Board	

Suicide Working Group

The South Shore Safe Communities first began in the spring of 2001 when Paul Kells, the founder of the National Safe Communities Organization presented in Bridgewater to a large group of community members and partners. Following this, a Steering Committee was formed, and this group went on to identify five priority injury areas to address, based on research and the evidence available at that time. These priority areas are workplace, bullying, falls for seniors and children 0-4 years, off-highway vehicle safety and suicide prevention.

Each of the priority areas formed a working group to start looking at how to address these issues in the community. These groups all took a similar approach starting with the evidence available to determine what interventions had been successful elsewhere, (best or promising practice), what resources existed in the community already, and how Safe Communities could build on to what already existed. Each working group has moved forward requiring few resources by taking this approach. The greatest resource that has been needed to this point has been human resources to coordinate the working groups and steering committee, and to ensure things are followed through on. For more information on what the working groups have accomplished, please visit South Shore Safe Communities website at www.southshoresafecommunities.ca.

The suicide prevention working group began cautiously by determining their most effective role in preventing suicide. They knew if they didn't work in an effective manner, they could actually do harm. They worked closely with mental health partners right from the beginning. The working group presently includes representatives from Public Health Services, Mental Health Services, Addiction Services, South Shore Regional School Board, and South Shore Safe Communities. The group gathered available information around best/promising practices and this information was used to form 10 best/promising practices that have used to guide all the actions of the group.

Before moving forward into the action stage, the community needed to be involved in the planning process. The suicide prevention group organized a

two day symposium; open to anyone in the community. The community members who attended assisted in the identification of what was presently happening in the community and what resources existed in the community to address suicide prevention. Possible actions to address each of the 10 best/promising practices, and who could support moving these actions forward were also identified. Some indicators for success were generated by the group at that time to assist with evaluation. At the following meeting, one priority action for each of the promising practices was identified. This has formed the basis of a multi-strategy approach to address suicide prevention in Lunenburg and Queens Counties.

Nova Scotia Health Promotion has supported the work of the South Shore Safe Communities Suicide Prevention Group by providing \$8000.00 in support. The following outlines the progress of the committee to this point and how the funds received from the Office have been used.

Better Research and Data Collection

- Provincial Initiative currently addressing this
- Continue links with Nova Scotia Health Promotion for updates of progress
- 2003 Vital Statistic Report became available

Media Awareness Policies that Restrict Reporting of Suicide

- Models for working with the media were explored. Discussions were held around the importance of including help line numbers in articles that cover suicide
- Draft Media Awareness Protocols released by Mental Health Services of the Department of Health. Met with Stephen Kisely to discuss the screening of these with local media representatives.
- An informal meeting with local media and R.C.M.P. was held to discuss the draft media guidelines. The meeting was successful in creating awareness amongst these organizations regarding the importance of sensitivity when reporting on Mental Health and suicide issues.

Request \$500.00 - \$400.00 used for lunch and printing materials for the Media Awareness session

Increase Protective Factors in Youth and Community to Lower Suicide Risk

- The Safe Communities Anti-bullying group recognized Positive Effective Behavioral Supports (PEBS) as a best practice in preventing bullying and in building protective factors in youth.
- During 2004, The South Shore Regional School Board began staff in-servicing and two schools in Lunenburg County began to implement this approach.
- Bullying group sent letters to all schools offering support as they implemented PEBS.
- Crisis number sheet developed at the request of a school.
- In 2005 The South Shore Regional School Board held a summer institute to in-service staff further in PEBS and set up lead teams at the schools.
- Their goal is to have one third of schools starting to implement PEBS by the end of the 2005-06 school year. Presently about half of their schools are involved in PEBS at some stage of implementation.
- An Anti-bullying Classroom Resource Kit is presently being developed.

School Based Awareness Programs that Educate Youth in Identifying Peers at Risk.

- Explored what currently exists to address this. Help line had developed a program for grade 9 and 10 students that fit the PDR and CALM curriculum outcomes. Living works also has a program to address this.
- Investigating teacher in servicing around discussing suicide safely in the classroom.
- Help line was developing a teacher education program (3.5 hours) which would build on the ASIST training.
- Help Line has been transferred to feed N.S. so are no longer providing Suicide prevention training sessions.
- The Suicide Prevention Working Group is currently determining their next step in addressing this area in light these changes.

Request \$2000.00

Link suicide prevention strategies with Mental Health and Addictions Services.

- Provincial draft media awareness guidelines released to begin to address the reporting of mental health issues in the media
- Mental Health and Addictions Services represented on suicide working group
- Mental Health and Addictions Services have started to work co-operatively around concurrent disorders in District 1.

Promote Crisis Centers\Hot Lines that have Trained Staff.

- Discussions held around the importance of including helpline numbers in media articles that cover suicide.
- The Anti-bullying Working Group developed a crisis number sheet that has been circulated throughout the schools of Lunenburg and Queens Counties and shared with other community partners.

\$75.00 Printing Costs.

Restrict Availability of Lethal Means

- The issue of safe storage of guns in at risk situations was raised. Discussions were held with Constable Smith of the Lunenburg County RCMP. He interpreted the existing policies and procedures (the Criminal Code) available to police as it relates to the removal of lethal weapons (especially firearms from homes). Need to investigate if there is an education component of the gun registry to increase public's awareness of how safe gun storage can reduce suicide
- Explored other models for addressing the restriction of lethal means (from Australia)

Standardized Assessment Training for Front Line Workers

- ASIST was identified as a reputable training program for frontline workers.
- Linked with another committee in the community (the Interagency Committee) to explore possibilities of obtaining training for front line workers in ASIST.
- Trained 4 community members to be ASIST Trainers for Lunenburg and Queens Counties.
- Identified front line workers by using the Provincial Benchmark Report and by asking community partners.
- These new trainers have linked with existing trainers and formed a committee to pool resources and ensure training happens.
- Through the partnerships, ASIST is being offered at \$125.00 per person, well below the regular price for the training.
- Funding in place to ensure funds are available for anyone ~~who is~~ unable to pay the registration cost of ASIST training. (\$1500.00 from Safe Communities and \$500.00 from Service Groups donations.)
- At present 5 courses have been held and 86 people trained.
- Exploring ways to encourage physicians to obtain ASIST training.
- Obtained the HRM Physicians package, which is being modified to reflect the local rural community.

Request: \$5000.00

\$5000.00 paid to the South Shore Regional School Board to cover the cost of course materials and some training expenses.

Rapid access to services for those at risk

- Monitor the systems ability to handle referrals.

After hospitalization\ treatment, discharge plans are for one year follow-up, minimum.

- Continue to explore opportunities with community partners around establishing these links.

Communication and Sustainability of the Suicide Prevention Strategy.

Request \$500.00

Financial Report:

Total Financial Request	\$ 8000.00
Standardized Assessment Training	-\$ 5000.00
Media Awareness	-\$ 400.00
Promote Crisis Centres/Hot lines	-\$ 75.00
School Based Awareness Programs	(request \$2 000)
Communication/Sustainable of Strategy	(request \$500)
Total spent	\$ 5475.00
Money unspent at present	\$ 2525.00

Future Plans:

The Helpline were in the process of developing a post ASIST teacher training program for teachers to enable them to discuss suicide in the classroom in an appropriate way. During this time Helpline staff during the development of programs was transferred to another organization, so the teacher program was not developed. ASIST is developing a program which could be released in the summer of 2006 and it is hoped we can use the existing trainers to provide this information to teachers during in service days in the 2006-07 school year.

Cost estimated \$1200.00

To help ensure sustainability, the South Shore Safe Communities Suicide Prevention Group would like to develop an evaluation framework by contracting a consultant to support this work. The framework could be shared with others working to prevent suicide in the community.

Estimated cost \$1500.00

(The \$175.00 short fall will come from Safe Communities)

Recommendations:

Based on the experiences of the South Shore Safe Communities Suicide Prevention Group we would make the following recommendations to future suicide prevention initiatives;

1. Align your group with what is occurring provincially and nationally
2. Any actions taken need to be guided by the best evidence available. This will ensure the best use of available resources and indicate what actions are most likely to meet with success
3. Your initiative needs strong leadership and a dedicated core committee
4. Work under a neutral body, such as Safe Communities
5. Ensure mental health professionals play a key role
6. Build on what already exists in the community
7. Build a strong evaluation component into the process
8. Always be open to new members and partnerships. Partnerships are key to success.
9. Support evidence based work that builds protective factors in the community
10. Obtain sustainable funding to support human and other resources.

The South Shore Safe Communities would like to thank Nova Scotia Health Promotion for their support. The funding provided will make a lasting difference in our community.