

SPRING 2022

Healing Day Programme

PRE-CONFERENCE SESSION



Together for life

**NATIONAL CONFERENCE
ON SUICIDE PREVENTION**

May
2022 **11-13** Montreal



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION

ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE

SPRING 2022

Healing Day Programme

INTRODUCTION

The purpose of Healing Day is to provide participants with several workshops and sessions with experiential activities to potentially offer both new tools and resources to explore their experiences in a way that will help to support life promotion and healing. A provided lunch will allow participants to engage in personal conversations in a relaxed, informal setting.

If you are a person impacted by a suicide loss, suicide-related thoughts or behaviours, or support someone who is struggling with thoughts or attempts, you are welcome to join us.

If you are a family member, friend, clinician, researcher, a person who struggles with suicidality, you are welcome to join us.

If you are attending the full conference, we hope that the Healing Day will provide you the opportunity to build connections and support with others that will serve as a touchstone throughout the conference.

OVERVIEW

Schedule:

Session 1:

10:30-11:00: Community Gathering and opening

Session 2:

11:05-12:35: Breakout Workshops along 3 streams:

Each will have a French and English option

- People with lived experience of suicide-related thoughts or behaviours
- People impacted by a suicide loss
- Friends and Family who support someone who struggles with suicide-related thoughts or behaviours

Session 3:

12:35-13:35 Lunch (provided)

Session 4:

13:35-14:05 Community Gathering: mindfulness/grounding

14:05-14:15 Break/transition time

Session 5:

14:15-15:45 Breakout Workshops along 3 streams:

Each will have a French and English option.

Session 6:

15:45-15:55 Break/transition time

Session 7:

15:55-16:25 Community Wrap-up and Closing

TIMETABLE

TIME	ACTIVITY	PEOPLE WITH LIVED/LIVING EXPERIENCE OF SRB	PEOPLE BEREAVED BY SUICIDE	PEOPLE WHO SUPPORT SOMEONE with SRB	TIME
10:30 - 11:00 am	<p>Opening Community Ceremony hosted by Anishinaabe Elder Zhaabadiis Menoomii, John Rice, founder of Feather Carriers Leadership for Life Promotion, and Erin Dixon together with a circle of Life Promoters.</p> <p>*With English consecutive interpretation/ avec interprétation consécutive vers le français</p>	--	--	--	30 minutes
11:05 am - 12:35 pm	<p>Breakouts</p> <ul style="list-style-type: none"> - Discussions - Activities - Workshops 	<p>English Option 1</p> <p>Getting Better: Connection, Identity, Growth, Release and Meaning</p> <p>Asante Haughton, Peer Development and Training Manager Stella's Place</p>	<p>English Option 2</p> <p>Beyond Surviving: Meaning Making in Long-Term Loss Survivorship (2 or more years after)</p> <p>Rebecca L. Sanford, PhD, MSSA, RCSW</p>	<p>English Option 3</p> <p>Giving care—a reflective writing workshop</p> <p>Allison Crawford, MD, PhD & Chantalle Clarkin, RN, PhD,</p> <p>Canada Suicide Prevention Service CMHA Toronto</p>	90 minutes
		<p>French Option 1</p> <p>La sérendipité de la vie</p> <p>Lucie Bruneau, responsable Strength Found de Voice Found</p>	<p>French Option 2</p> <p>Prendre soin de soi dans la tempête, en pleine conscience</p> <p>Julie Kathleen Campbell, MPs Psychologue clinicienne et communautaire</p>	<p>French Option 3</p> <p>Atelier pour les proches ayant un décès suicidaire dans leur entourage</p> <p>Amélie Gauthier, directrice générale, CPS Le faubourg</p>	
12:35 - 1:35 pm	LUNCH	--	--	--	60 minutes

TIMETABLE CONTINUED...

TIME	ACTIVITY	PEOPLE WITH LIVED/LIVING EXPERIENCE OF SRB	PEOPLE BEREAVED BY SUICIDE	PEOPLE WHO SUPPORT SOMEONE with SRB	TIME
1:35 - 2:05 pm	<p>Group gathering, grounding/ mindfulness activity hosted by Julie Kathleen Campbell, MPs, Clinical and Community Psychologist</p> <p>*With English consecutive interpretation/ avec interprétation consécutive vers le français</p>	--	--	--	30 minutes
2:15 - 3:45 pm	<p>Breakouts</p> <ul style="list-style-type: none"> - Discussions - Activities - Workshops 	<p>English Option 1</p> <p>Climbing the Healing Mountain, Even If the Thoughts Come with Us</p> <p>Yvonne Bergmans, MSW, PhD, Adjunct Lecturer, Department of Psychiatry, Temerity Faculty of Medicine, University of Toronto & Gina Nicoll, Lived Experience Researcher, Centre for Addiction and Mental Health</p>	<p>English Option 2</p> <p>Weaving self-compassion, resiliency and hope through the dual-process model as it relates to suicide loss</p> <p>Jane Brown, M.Ed, Peer Navigator & Kim Campbell, M.Sc., RP, RMFT, Mental Health Clinician, Support After Suicide CMHA WW/Wellington OPP</p>	<p>English Option 3</p> <p>13 Doors Down</p> <p>Ryan Luyk, CASP & Jonathan Sherwood</p>	90 minutes
		<p>French Option 1</p> <p>Be Unique</p> <p>Mathew Luciano Orlando, conférencier</p>	<p>French Option 2</p> <p>Le deuil par suicide chez les enfants</p> <p>Camille Dupuis, intervenante de crise de deuil et Gabrielle Gratton, intervenante de deuil, CPS Le faubourg</p>	<p>French Option 3</p> <p>Cultiver l'espoir chez la personne suicidaire</p> <p>Melissa Lutchman, BA, Spécialiste en intervention de crise et en prévention du suicide, Université McGill</p>	
3:55 - 4:25	<p>Group gathering and closing discussion/ grounding with Veronica Marshall-Bernard, a Clinical Therapist, Nova Scotia Health Authority, Mi'kmaw Community of Potlotek</p>	<p>A reflection on the day's main takeaways from Veronica's perspective as a person with lived experience of suicide bereavement.</p>	<p>With English consecutive interpretation/ avec interprétation consécutive vers le français</p>	<p>With English consecutive interpretation/ avec interprétation consécutive vers le français</p>	30 minutes

Session Descriptions:

OPENING CEREMONY

Hosted by Anishinaabe Elder Zhaabadiis Menoomnii, John Rice, founder of Feather Carriers Leadership for Life Promotion, and Erin Dixon together with a circle of Life Promoters: Will Landon, Julia Landon, Marshall Morrisseau, Gabrielle Jubinville, Tia Piché, and Connor Lafortune.

Session Description:

Anishinaabe Elder Zhaabadiis Menoomnii, John Rice, will lead us together in an opening ceremony to acknowledge the gift of Mno Bimaadiziwin, our good life, through song, teachings and a water bundle offering.

With a circle of life promoters, we will lift up the water bundle offering as a community, providing an opportunity to participate in a ceremony to memorialize loved ones that we wished could have lived long prosperous lives that would have transitioned into a smooth spirit journey through a natural death. Together in our season of Ziigwan, the spirit of spring, a time of healing and regeneration, we will release and return the water bundle into her fast-flowing waters.

*With English consecutive interpretation/avec interprétation consécutive vers le français

BIOS:

John Rice Zahgausgai: “Sun Ray”, Mukwa “Bear Clan” is an Ojibwa Anishinaabe and a 3rd Degree member of the Three Fires Midewiwin Society. John’s home community is Wasauksing First Nation near Parry Sound, Ontario, Canada.

John’s Midewiwin Education began in 1982 and is ongoing. He has made it a life passion to study the “Mlikaans” Teaching which is about the whole development of the human before, during and after life.

John generously shares his knowledge throughout the Central Ontario Region. He currently works as Elder/Knowledge Keeper at Dnaagdawenmin Binnoojiiyag Child and Family Services, Western Region. John has worked as Elder/healer at The Counselling and Wellness Team at Mamaway Wiidokdaadwin Indigenous Inter-Professional Primary Care Team, Early Psychosis Intervention Team—CMHA Simcoe County, Fenbrook Institution—Bracebridge ON, Waypoint Centre for Mental Health Care—Penetanguishene ON. He also worked as an Instructor at Georgian College—Barrie, ON,

John employs Anishinaabe stories and teaching as a narrative to guide individuals through life events and mental health struggles. He travels internationally and is a well-respected teacher and elder in the Anishinaabe Nation. John is a Storyteller, Big Drum Carrier, Ceremonialist, Singer and Dancer. His greatest joy is watching Indigenous youth learn and practise the culture.

Erin Dixon, MA—Giizhagate: Growing with the crystal-clear waters of Benessai Ochininissing, Skeleton Lake, Erin walks with vision and all of life in mind, sharing her Otipemisiwak-Métis heritage and love for collective intelligence, Indigenous science and living systems transformation. Erin works in shared leadership at Reconciliation Canada as the Director of Indigenous Leadership and Knowledge and is honoured to be an associate professor with Royal Roads University, actively supporting the development of the Indigenous and First Peoples Leadership stream within the International Leadership Association and as a Board Director with Feather Carriers Leadership for Life Promotion and the Canadian Association for Suicide Prevention.

Erin works together with many circles and collectively at home with the Gojijing Truth and Reconciliation Roundtable Gatherings. For over 8 years, she was dedicated to the community as an Indigenous awareness trainer for the OPP, leading community initiatives, co-facilitating weeklong sessions for law and community service partners, alongside youth leadership and cultural reclamation.

MORNING SESSIONS

English Option 1 for People with lived/living experience of SRB

Asante Haughton, Peer Development and Training Manager, Stella's Place

Session Description:

Getting Better: Connection, Identity, Growth, Release and Meaning

In this interactive session designed for persons with lived experience, Asante will leverage his story of mental illness and recovery to illustrate how those who have lived/living experience of suicide-related behaviours can move toward solace.

Those who attend this session can expect to leave with concrete and accessible strategies for rebuilding a life impacted by depression and suicide. Most specifically, Asante will address the impact of traumas on life trajectory, how to grieve possibilities lost, connection with oneself and others, de-centering identity from mental illness, and finding meaning in the life that we have.

BIO:

Asante Haughton is a mental health advocate devoted to changing the world. He is focused on amplifying the stories of everyday people to illuminate gaps in the system while working to build bridges between community members and policy-makers in order to find solutions to challenges together.

Asante is the co-founder of the Reach Out Response Network, an organization advocating for non-police led mobile crisis emergency response. Asante is also a 2x TEDx speaker and a CAMH Difference Maker, awarded with the distinction of being one of the top 150 mental health influencers in Canada. Asante has also recently contributed his poetry and writing to a book called, AfriCANthology, a collection of poems, stories and essays by Black artists and thinkers. When Asante is not speaking and advocating he is designing, managing and facilitating peer support training programs at Stella's Place, a youth mental health service agency in Toronto and hosting the web show, Cypher, which turns peer support stories into original songs by Juno nominated musicians. Young at heart, silly, self-deprecating and able to find a sports analogy for virtually anything, Asante tries not to take himself too seriously despite being engaged in the serious work of change-making!

English Option 2 for People bereaved by suicide

Rebecca L. Sanford, PhD, MSSA, RCSW

Session Description:

Beyond Surviving: Meaning Making in Long-Term Loss Survivorship (2 or more years after)

This workshop is intended for people who lost a loved one to suicide at least two years ago. After the loss of a loved one to suicide, the grief journey tends to be rather consuming in the initial weeks and months—it can be difficult to see a clear path forward or to even believe that a path forward exists. Over time, the focus tends to shift from merely surviving to something more, and many people find themselves questioning how to integrate the loss into their life moving forward. Through sharing and experiential activities, participants will be encouraged to reflect on their loss and grief experience, the range of meanings encountered throughout the journey, and the ways in which they may integrate those meanings and beliefs in the future, particularly as they move beyond surviving to reengaging with life.

BIO:

Rebecca L. Sanford, PhD, RCSW is a clinical social worker, educator, researcher, and suicide loss survivor. Rebecca's research and clinical interests are in the area of suicide prevention, exposure to suicide, and suicide bereavement. She has provided individual and group interventions for those who have lost a loved one to suicide, and she is involved in community outreach efforts to promote awareness of suicide.

English Option 3 for People who support someone with SRB

Allison Crawford, MD PhD and Chantalle Clarkin, RN PhD

Canada Suicide Prevention Service
Centre for Addiction and Mental Health, Toronto, ON

Session Description:

Giving care—a reflective writing workshop

This experiential session is designed for caregivers, peers, etc. who is or has supported someone struggling with suicide, as well as healthcare providers and community members involved in suicide prevention.

Participants of this writing and narrative-based workshop will engage in supported writing activities, and have the (voluntary) opportunity to share and receive feedback on their writing from the group.

In this session, participants will:

- Use a narrative/storytelling method to reflect upon caregiving experiences of supporting or journeying with someone struggling with suicide
- Share and reflect upon experiences of caregiving/support with the group
- Learn about psychological safety and the telling and sharing of stories related to suicide.

Session Description continued...

Providing care and support to a friend, peer, colleague, or family member who is experiencing distress and suicide-related behaviour can be simultaneously rewarding and challenging. Often this task of care can feel incompatible—how can you truly validate and empathize with someone’s wish to die, while also desperately wanting them to live. How can you offer care while also attending to self-care? How can you navigate the judgment and stigma you will likely encounter as a caregiver?

We seek to lessen some of the weight of these questions and experiences through meaning-making, reflection, and social connectedness. Experiences of uncertainty and care can also become wellsprings of personal and shared resilience and meaning. Evidence for what is helpful for those providing support to some struggling with suicide is emerging, but there is support for storytelling and narrative as important approaches to healing.

BIOS:

Allison Crawford, MD, PhD is the Chief Medical Officer of the Canada Suicide Prevention Service, and a psychiatrist and clinician scientist at the Centre for Addiction and Mental Health. She brings arts-based practices into her research, education and clinical work, and is Founding Director of HeART Lab (www.healthequityART.com). She is also Editor in Chief of the journal *Ars Medica: A Journal of Medicine, the Arts and Humanities* (www.ars-medica.ca), which publishes writing and art by patients and providers.

Chantalle Clarkin, RN, PhD is a Nurse Researcher at the Centre for Addiction and Mental Health, and a Filmmaker with a focus on public engagement in health through film. Chantalle is a Project Scientist with the Canada Suicide Prevention Service. She is Associate Director of HeART Lab (www.healthequityART.com).

Français Option 1 pour les personnes ayant une expérience vécue de pensées et/ou de comportements liés au suicide

Lucie Brunneau, Responsable du programme Strength Found Voice Found

Session Description:

La sérendipité de la vie

En discutant de son histoire, Lucie Bruneau partagera la sérendipité que la vie nous montre, puisque son histoire lui a donné les outils pour aider les autres, mais surtout un de ses fils qui a également tenté de se suicider.

BIO:

Lucie Brunneau a toujours voulu redonner à la communauté. Il y a plus de trente ans, alors qu’elle est entrepreneure de réussite dans le design de mode et le travail du cuir, elle fonde l’organisation Artisans Christmas Collection, pour les jeunes dans le besoin à Ottawa. Mais c’est depuis 7 ans que Lucie a trouvé sa place et sa vocation en tant que pair aidant au sein d’un organisme à but non lucratif où elle a pu mettre à profit ses années d’expérience personnelle. En partageant le parcours de l’un de ses fils en matière de toxicomanie, de vie dans la rue et de maladie mentale, elle aide maintenant les parents confrontés à des défis similaires.

En tant que survivante d’abus sexuels dans l’enfance Lucie a aujourd’hui une nouvelle vocation, elle a terminé sa formation de soutien par les pairs avec Peer Support Canada et a été nommée responsable du nouveau programme de l’organisme Voice Found intitulé Strength Found.

Français Option 2 pour les personnes endeuillées par suicide

Julie Kathleen Campbell, MPs, Psychologue clinicienne et communautaire

Session Description:

Prendre soin de soi dans la tempête, en pleine conscience

BIO:

Julie-Kathleen Campbell travaille depuis plus de 30 ans en prévention du suicide. Présentatrice accomplie, elle a animé des ateliers et des formations à l'échelle nationale et internationale. JK a obtenu son diplôme l'Université de Sherbrooke et sa maîtrise en psychologie communautaire à l'Université du Québec à Montréal. Avant sa pratique privée en psychothérapie, elle a fondé le Centre de Prévention Suicide le Faubourg dans les Laurentides (Québec) et en a été la directrice générale et la superviseuse clinique pendant plus de 20 ans.

JK est praticienne certifiée en travail Rituel, formée au Canada et aux États-Unis, où elle reconnaît l'importance des rituels dans la vie quotidienne. Son travail thérapeutique est basé sur les approches alternatives et novatrices qui intègrent les aspects de la personne dans son ensemble (esprit, corps, émotions et spiritualité), ainsi que sa relation avec l'environnement social et écologique. Elle offre des rencontres individuelles et de groupe pour la dépression, l'anxiété et autres problèmes de santé mentale ainsi que pour des problèmes psychosociaux (difficultés de la vie en général tel que des deuils, difficultés relationnelles, estime de soi, etc.).

Français Option 3 pour les personnes qui soutiennent ceux qui ont des pensées et/ou des comportements liés au suicide

Amélie Gauthier, directrice générale, CPS Le faubourg

Session Description:

Atelier pour les proches

Il est évident de vivre avec un proche qui a des idées suicidaires. L'inquiétude et la peur sont parmi les nombreux sentiments que l'on peut ressentir. L'absence de compréhension sont parmi les nombreux problèmes que l'on peut rencontrer. L'absence de compréhension sont parmi les nombreux problèmes que l'on peut rencontrer. L'absence de compréhension sont parmi les nombreux problèmes que l'on peut rencontrer.

Amélie Gauthier est directrice générale du Centre de Prévention Suicide le Faubourg dans les Laurentides. Elle a travaillé dans le domaine du suicide depuis 25 ans. Son expérience terrain touche autant la ligne d'intervention de crise, que le soutien au deuil par suicide, en passant par la formation et l'offre de conférences auprès des professionnels en intervention de crise suicidaire.

Elle croit fortement aux réseaux de la prévention suicide au Québec et à l'importance des organismes communautaires.

ANNULÉ

MIDDAY GATHERING:

Hosted by Julie Kathleen Campbell, MPs, Clinical and Community Psychologist

Session Description:

Group grounding/mindfulness activity

*With English consecutive interpretation/avec interprétation consécutive vers le français

AFTERNOON SESSIONS:

English Option 1 for People with lived/living experience of SRB

Yvonne Bergmans, MSW, PhD, Adjunct Lecturer, Department of Psychiatry, Temerity Faculty of Medicine, University of Toronto

Gina Nicoll, Lived Experience Researcher, Centre for Addiction and Mental Health

Session Description:

Climbing the Healing Mountain, Even If the Thoughts Come with Us

In this workshop participants will have the opportunity to reflect on their journey of healing from suicidal thoughts and/or behaviours, discuss skills and strategies to aid in climbing “the mountain” of healing, and engage in an activity to help them remember they are not at the place in which they began.

BIOS:

Yvonne Bergmans: With a history as a child and youth worker, a special education teacher and guidance counsellor for marginalized and at-risk youth, Yvonne Bergmans became and worked as an MSW, RSW suicide interventionist. For 21 years she worked at the Arthur Sommer Rotenberg Chair in Suicide Studies at St. Michael’s Hospital, developing a group intervention for people who have experienced suicide attempts, working with an interprofessional team to provide risk assessments, crisis intervention, education/training and research. She obtained her PhD from Dublin City University where her thesis was focused on understanding and responding to recurrent suicide attempts.

When not warming herself by the heat of her wood stove in Gilmour Ontario, Yvonne lives in Toronto, where she has her own business providing supervision and consultations to care providers, education and training to community health providers, and research focused on suicidality.

Gina Nicoll is currently a Research Student in Suicide Prevention at the Centre for Addiction and Mental Health and is completing her undergraduate degree in Psychology at the University of Toronto. She also works as an educator and consultant for the Canada Suicide Prevention Service and the psychiatry residency program at the University of Toronto. She has previously been a peer facilitator of Skills for Safer Living, group therapy for people who have attempted suicide two or more times, at St. Michael’s Hospital. Her work pulls from her lived experience of suicidal ideation and attempts.

English Option 2 for People bereaved by suicide

Jane Brown, M.Ed., Peer Navigator

Kim Campbell, M.Sc., RP, RMFT, Mental Health Clinician, Support After Suicide
CMHA WW/Wellington OPP

Session Description:

Weaving self-compassion, resiliency and hope through the dual-process model as it relates to suicide loss

Participants will explore ideas related to self-compassion, resiliency and hope and reflect on how they can become their companions on their grief journey. Participants will be guided through a discovery of concepts strengthened with ideas sharing and reflective discussion.

BIOS:

Jane Brown & Kim Campbell: The facilitators, Kim Campbell and Jane Brown are from the Support After Suicide team, a made in Wellington County program that reaches out to and supports those impacted by a suicide loss. Kim is the Mental Health Clinician on the team, a Registered Psychotherapist (CRPO) and Registered Marriage and Family Therapist (RMFT). Jane is the Peer Navigator and brings lived experience with loss of loved ones to suicide.

English Option 3 for People who support someone with SRB

Ryan Luyk, CASP

Jonathan Sherwood

Session Description:

13 Doors Down

First meeting over 30 years ago and growing up in downtown Burlington, Ontario, Ryan & Jonathan have formed a lifelong friendship and brotherly bond. They have found themselves Together for Life through devastation, good times, joy, loss, trauma and now ultimately healing together. Both have dealt with suicidal ideation & thoughts during their lifetime. Learn how Jonathan was a vital part of Ryan's support network following a nearly fatal alcohol & prescription pill overdose—over 6 years ago.

During this talk, you will hear a firsthand retrospective on how two men navigating life's highs & lows mostly on their own terms, separated and ultimately reconnected to find strength together in healing, hope & wellness.

BIOS:

Ryan Luyk: As a suicide attempt survivor, Ryan Luyk, is passionate about giving back by sharing his wellness and recovery story openly and honestly with organizations such as Joseph Brant Hospital & Foundation, Canadian Mental Health Association—Hamilton, Halton—ADAPT, podcasts and other online and in-person platforms.

Having accessed mental health & addiction support services, both inpatient & outpatient, over the last 8 years, Ryan has rediscovered previous interests and passions, developed new coping skills and strategies and ultimately found joy, meaning & purpose in life once again. Ryan recently celebrated 4 years & 9 months of sobriety on May 6th.

A resident of Hamilton, Ontario, Ryan possesses a Diploma in Human Resources Management from McMaster University and a Certificate in Disability Management and Attendance Support from the University of Guelph. He is certified in ASIST—Applied Suicide Intervention Skills Training, Mental Health First Aid & Safetalk—Suicide Alertness for Everyone. Ryan works as an Account Executive & HR Consultant with Calyx Wellness and is also a member of CASP’s People Impacted by Suicide Working Group.

Jonathan Sherwood: As a sexual assault survivor, Jonathan Sherwood is passionate about supporting & giving back to those who are most vulnerable. Abandoned at an early age & diagnosed with a speech impediment due to sexual abuse, Jonathan experienced horrific early child events and learnt many unhealthy ways to cope & survive with Post Traumatic Stress Disorder. Through healing, today he is a firm believer of incorporating a holistic wellness approach to all areas of your life. He incorporates diet, fitness, reiki & counselling into his wellness practice. As a retired bodybuilder & gym owner he has appeared on local news features & podcasts sharing his journey.

As a resident of Oakville, Ontario, Jonathan is a proud father. He works as a Strategic Business advisor to many clients including his role as VP—Strategic Business.

Français Option 1 pour les personnes ayant une expérience vécue de pensées et/ou de comportements liés au suicide

Mathew Luciano Orlando, conférencier

Session Description:

Be Unique

Faire son coming out peut sembler normal en 2022, mais le stress lié au rejet et à la façon dont les gens réagissent est extrêmement difficile à gérer, ce qui empêche de nombreuses personnes de le faire. Mathew examine les questions de santé mentale du point de vue des LGBTTTQ2S+, le rôle des parents et surtout, l’importance de la personne. Mathew s’ouvre sur ses montagnes russes personnelles et explique comment il est encore parmi nous aujourd’hui.

BIO:

Mathew Luciano Orlando: Lancée par Mathew Luciano Orlando en 2013, la tournée «Be Unique» a visité plus de 300 écoles secondaires au Canada. Les principaux objectifs de la tournée sont de sensibiliser les enseignants, les parents et les élèves aux réalités de la communauté LGBTTTQ2S+ en ce qui a trait à la santé mentale. Mathew parle de son coming out et de l’importance d’avoir un plan B. Mathew a tenté de mettre fin à sa vie à trois reprises en 2010. Comme personne dans sa famille ne s’attendait à son coming out, il s’est tourné vers les drogues dures pour combler le vide. En 2011, il obtient son diplôme d’études secondaires et fait un virage complet. Aujourd’hui, Mathew est propriétaire d’une petite entreprise, il travaille avec les groupes communautaires de jeunes LGBTTTQ2S+ et participe à la création d’ateliers pour les commissions scolaires du Québec.

Français Option 2 pour les personnes endeuillées par suicide

Camille Dupuis, intervenante de crise de deuil et Gabrielle Gratton, intervenante de deuil, CPS Le faubourg

Session Description:

Le deuil par suicide chez les enfants

Le suicide est un sujet difficile à aborder, peu importe d'où l'on vient. C'est encore plus vrai lorsqu'on doit aborder le sujet avec un enfant. Même rempli de bonnes intentions, on ne sait pas nécessairement comment aborder l'annonce d'un suicide avec un enfant tout en tentant de le protéger. Cet atelier a pour objectif d'aider les parents, les proches et les professionnels à accompagner un enfant à travers le deuil par suicide.

BIO:

Camille Dupuis : Camille vient de terminer sa deuxième année au baccalauréat en travail social à l'UQAT et travaille au Centre Prévention Suicide Faubourg depuis 2019. Au sein de l'organisme, elle fait de l'intervention de crise téléphonique, de l'accompagnement avec les professionnels, de la formation à l'interne ainsi que de l'accompagnement au deuil par suicide. Ayant une facilité depuis toujours avec les enfants, elle se spécialise dans l'accompagnement des jeunes vivant un deuil par suicide.

Gabrielle Gratton : Gabrielle est fraîchement titulaire d'un baccalauréat en travail social de l'UdeM, détient un certificat en art et science ainsi qu'une technique en travail social. Ayant fait son stage de technique en travail social au Centre Prévention Suicide Faubourg, elle est maintenant employée au sein de l'équipe pour accompagner les personnes vivant un deuil par suicide depuis 2019. Polyvalente et ayant à cœur le bien-être de ses usagers, Gabrielle travaille à moderniser et améliorer la pratique au sein de l'organisme.

Français Option 3 pour les personnes qui soutiennent ceux qui ont des pensées et/ou des comportements liés au suicide

Melissa Lutchman, BA, Spécialiste en intervention de crise et en prévention du suicide, Université McGill

Session Description:

Cultiver l'espoir chez la personne suicidaire

Il peut être difficile de comprendre le vécu de la une personne suicidaire. Les émotions sont souvent complexes et influencées par plusieurs événements. Cette présentation interactive vise à discuter certains mythes et réalités en prévention du suicide et mieux comprendre des comportements suicidaires. L'atelier vous donnera l'opportunité d'expérimenter avec des outils d'intervention inspirés de l'Approche orientée vers les solutions. Ensemble, nous allons partager les besoins et défis professionnels ainsi que personnels afin d'offrir du soutien auprès des personnes suicidaires. La présentation abordera comment la pandémie a pu changer nos stratégies d'aide et comment prendre soin de soi.

Melissa Lutchman détient un baccalauréat en psychologie et un mineur en sociologie, elle travaille dans le domaine de prévention du suicide et de l'intervention de crise depuis plus de 26 ans. Elle est spécialiste en intervention de crise et de prévention du suicide à l'Université de McGill. Melissa est formatrice accréditée par l'Association québécoise de prévention du suicide et a animé plusieurs formations et ateliers de perfectionnement en prévention du suicide.

CLOSING GATHERING:

Session Description:

Group gathering and closing discussion/grounding hosted by **Veronica Marshall-Bernard**, a Clinical Therapist with the Nova Scotia Health Authority who is based in the Mi'kmaw Community of Potlotek.

A reflection on the day's main takeaways from Veronica's perspective as a person with lived experience of suicide bereavement.

*With English consecutive interpretation/avec interprétation consécutive vers le français

BIO:

Veronica Marshall-Bernard, BSW, MSW, RSW

Veronica Marshall-Bernard is a member of the Potlotek First Nation in Nova Scotia. She is currently a clinical therapist with training in child welfare and politics. She holds a Registered Social Worker (RSW) designation and has just completed her Master of Social Work.

It was after losing her brothers to suicide that Veronica decided to join CASP and promote suicide prevention in a more concrete way. She has made it her mission to always try to help others in this and any other way possible. Whether it is volunteering or working, for Veronica, helping others is a way of life and over the years she has demonstrated her dedication to her community in many ways.



Together for life

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May 2022 **11-13** Montreal



CASP CANADIAN ASSOCIATION
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LA PRÉVENTION DU SUICIDE