

New Brunswick First Nation Task Force on Suicide Prevention and



White Stone Program

- White Stone Aboriginal Youth Suicide Prevention for Youth Educators
- Tune up Suicide intervention
- Youth suicide workshops
- Suicide Awareness Presentations



Suicide Prevention Training Programs (SPTP)

Established in 1983, the (SPTP) delivers a variety of high quality and practical skill development workshops across Canada and in other parts of the world. With access to a widespread trainer network

SPTP can provide training anywhere.

White Stone Program
*Aboriginal Youth suicide
Prevention for Youth Educators*

Was developed in partnership between the RCMP, National Aboriginal Policing Services and Suicide Prevention Training Programs

SPTP

The project has 2 components:

- Teaching young adults and community caregivers about suicide prevention
- Training them to present suicide prevention education sessions to youth in their home community

Youth Educators Components

- Education sessions to the youth in their communities
- To be flexible and responsive to local needs.
- Life-skills development focus
- Larger community suicide prevention strategy

Tune Up: Suicide Intervention

- Risk estimation
- Suicide intervention tips (For example: engaging the person-at risk and using intuition etc.)
- Reviewing the Suicide Intervention Model.

Youth Suicide Workshop

- Magnitude of adolescent suicidal behaviors
- Risk Indicators: Stress factors and symptoms related to the adolescent experience
- Influences on Youth Suicide:
 - Developmental issues
 - Impulsivity
 - The role of risk taking behavior, including self-mutilation and other self-harm behaviors
 - The role of family & friends

Suicide Awareness Presentations

- Definition of suicide
- Magnitude of the problem in Canada
- How to recognize the warning signs of suicide behavior
- How you can help
- Community resources