



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Roots of Hope

A Community Suicide
Prevention Project



Roots of Hope Case Studies

Spotlight on Stony Plain, Alberta

Spotlight on Stony Plain, Alberta

THE ROOTS OF HOPE MODEL

Roots of Hope is a community-based model that supports populations across Canada in reducing the impact of suicide in their local context. The model builds on community expertise as it implements suicide prevention and life promotion interventions.

In the first Roots of Hope cohort in 2018, eight communities across Canada became part of a research demonstration project. The aim was to support them as they built their capacity to reduce the impact of suicide and to gather evidence on the model's effectiveness with an eye to establishing best and promising practices for wider adoption in the future.

In the Roots of Hope model, communities tailor their suicide prevention efforts around its 5 pillars:

1. **Means Safety.** Identify “hot spots” and implement measures to limit access to the suicide methods being used.
2. **Public Awareness.** Create local educational campaigns (e.g., posters, brochures, social media).
3. **Research.** Set research priorities, surveillance, and monitoring and evaluation to increase the suicide prevention evidence base.
4. **Specialized Supports.** Develop a range of possible prevention, intervention, and postvention services (e.g., peer support, support groups, workplace interventions, and coordinated planning and access to services).
5. **Training and Networks.** Provide training and learning opportunities for community gatekeepers (e.g., physicians, first responders, nurses, HR staff and managers, and teachers).

ROOTS OF HOPE EARLY ADOPTERS (2021-23)

The second Roots of Hope cohort involved 11 additional communities — or Early Adopters — from coast-to-coast-to-coast. As the initial demonstration project continued, these new communities were eager to learn about the model's potential benefits and use it to support their own suicide prevention and life promotion projects, including those for specific groups such as youth, men, and Indigenous populations.

Early Adopters are scaling up Roots of Hope by advancing its implementation and testing how effective Mental Health Commission of Canada (MHCC) supports are for sustaining the model.



THE STONY PLAIN EARLY ADOPTER COMMUNITY

Stony Plain is part of a tri-region area (with Spruce Grove and Parkland County) that lies west of Edmonton and has a combined population of about 85,500. Our Roots of Hope team currently includes representatives from the RCMP, the Victim Services Society, Alexis Nakota Sioux Nation, Paul First Nation, the Bredin

Centre for Career Advancement, the Evergreen Catholic School Division, Spruce Grove Family and Community Support Services, and a person with lived and living experience. Our identified priority populations include men, youth, Indigenous peoples, and members of the 2SLGBTQ+ community.

COMMUNITY ACTIVITIES AND ACHIEVEMENTS

1. **Public Awareness:** The community provided many awareness events and activities over the last year, including Self-Injury Awareness Day, the Canadian Mental Health Association Mental Health Week, the Buddy Up campaign, and Suicide Awareness Week.
2. **Training and Networks:** Mental Health First Aid, safeTALK, and QPR Institute training have all been offered throughout this past year, free of charge to residents. We also engaged with local pharmacies in the community, connecting them to the Centre for Suicide Prevention's pharmacy tools and resources.
3. **Specialized Supports:** We have been organizing and preparing to implement the Skills for Safer Living program in our community,

which will start in 2023. This is a suicide-intervention group both for youth who have experienced suicide ideation or attempted suicide and their caregivers.



COMMUNITY IMPACT

Increasing community awareness and participation is critical to the further development of our action plan, but the awareness events and activities have been a great start and show that the community appreciated these types of initiatives.

There has been a shift of perspective within our close municipalities about the importance of collaboration and of coming together as an entire community to address service gaps and offer specialized supports.





Mental Health Commission
of Canada

Commission de
la santé mentale
du Canada

Financial contribution from



Health Canada

Santé
Canada

Mental Health Commission of Canada

Suite 1210, 350 Albert Street
Ottawa, ON K1R 1A4

Tel: 613 683-3755
Fax: 613 798-2989

 @MHCC_  /theMHCC

 /1MHCC  @theMHCC  @theMHCC

 /Mental Health Commission of Canada

mhccinfo@mentalhealthcommission.ca
www.mentalhealthcommission.ca



Roots of Hope

A Community Suicide
Prevention Project