



ROOTS OF HOPE 2025 SUMMARY



Roundtable Members

Active members in 2025 include:

Town of Stony Plain Community and Social Development/ Coordinated Suicide Prevention Program

Brooklyn Bignell

City of Spruce Grove Community and Social Development

Arianne Lacelle

Centre for Suicide Prevention

Robert Olson

RCMP Parkland Detachment

Corporal Zanbak

Alberta Parenting for the Future Association

Kathryn Way

Lived Experience Member

Wesley Jones

Community Advocate

Cindy Tetz

Meetings

In 2025, a total of 13 meetings, comprising both general sessions and working group discussions—were conducted, representing 20.5 hours dedicated to Roots of Hope initiatives.

Stakeholders & Partners

In addition to Roots of Hope Roundtable members the following stakeholders and organizations played an integral part of the initiatives completed this year:

- CN Railway
- Operation Lifesaver
- Canadian Association for Suicide Prevention
- Elder Ann Marie Campiou
- WestView Primary Care Network

Initiative Overview

- 15 Completed Initiatives
- 323 participants **add in CHP when able**





Awareness

988 Promotion

Throughout 2025 portable signs were visible at various locations throughout the Town of Stony Plain and 9-8-8 promotional material was available at each mental health and suicide related event or program to help increase awareness of the resource in community.

January Let's Talk

In January, the Let's Talk Mental Health campaign inspired community members to step away from daily distractions and focus on presence, connection, and self-care. The initiative aimed to reduce stigma, promote mental wellness, and encourage open conversations. Alongside a social media campaign, pop-up booths were set up at key community locations, including the TransAlta Tri-Leisure Centre, WestView Health Centre, Stony Plain Public Library, and Meridian Housing Foundation. These booths provided valuable resources, with over **480** Mental Health and Wellness materials distributed for community use and **271** visits to the Town of Stony Plain Help and Supports Page.

Love Letter to Men

On February 19th, a watch party was held in partnership with the Alberta Men's Collaborative, Town of Stony Plain, City of Spruce Grove and Parkland County for the 4th Annual Men's Mental Health Forum—Love Letter to Men: A Celebration of Men and Mental Health with **35** people from our region, in attendance. The forum aimed to advocate for men's wellness by providing valuable information and fostering a space for the community to share personal experiences. The event featured presentations from experts in the field, as well as individuals from our community who shared their stories and presented information on local supports that they provide the Tri-Region.

Quote from participant: "It was good to really see that the challenges men have traditionally faced in silence, alone, and many times afraid are being brought to the light."

Mental Health Week

Mental Health Week 2025 promoted the theme "Strong Body, Strong Mind: The Power of Physical Wellness" through sessions focused on the connection between physical activity and mental well-being. The Town of Stony Plain partnered with the City of Spruce Grove, Parkland County and MetaFitness. Total Mind & Body Fitness and Relax & Renew Movement provided practical tools to **17** individuals to reduce stress, boost mood, engage in physical fitness and support overall mental health to enhance their well-being.

Participant Quote: "It was great to see these sessions offered, I appreciate the wholistic approach".

Awareness

Drive for Change

In July of 2025, a community event highlighting men's mental health and wellness brought together **36** participants for an evening of discussion, connection, and disc golf. This regional initiative was hosted by the three municipalities in partnership with the Parkland Disc Golf Association and VIV Mental Health. The event fostered open conversations about mental health and local supports, followed by a friendly game of disc golf that encouraged participation from all skill levels. All 18 evaluations indicated a positive impact, with every respondent agreeing that the importance of men's mental wellness is being addressed in the Tri-Municipal Region.

Forest of Hope

The Forest of Hope was officially opened on September 10th in honour of World Suicide Prevention Day, with over **80** community members gathering to honour resilience, remembrance, and hope. Created in partnership with the Canadian Association for Suicide Prevention, Roots of Hope, the Coordinated Suicide Prevention Program, and the Town of Stony Plain, the green space offers reflection, healing, and connection. Through the planting of trees, meaningful words of dedication, and the unveiling of the revitalized space, the event highlighted the importance of collective support for those impacted by suicide. All 35 event evaluations reflected a strong impact, with every participant agreeing that the event strengthened their sense of community support when facing personal struggle or supporting others.

Participant Quote: *"I finally feel like I have a place for my sister's memory to be, thank you."*

Training & Programs

Leading with Mental Health in Mind

In April, **20** participants attended the Leading with Mental Health in Mind session, focused on reducing stigma and fostering psychologically healthy workplaces. The training covered the 13 Factors that Impact Mental Health at work, the unique roles of managers and individual contributors, and practical tools for addressing workplace challenges. Participants gained language for discussing mental health, strategies for supporting coworkers and themselves, and steps toward improving psychological health and safety in their organizations.

Suicide Prevention Series

The Suicide Prevention Series was created in partnership with the Town of Stony Plain, City of Spruce Grove, Parkland County and WestView Primary Care Network.

A total of **31** participants attended two Community Conversations on Youth Suicide Prevention, aimed at parents and caregivers to foster open dialogue around mental health and suicide. Topics including signs to watch for, understanding and managing natural emotional responses during difficult conversations, and ways to connect to local supports were presented by experts from Dochas Psychological Services, WestView Primary Care Network, the Canadian Mental Health Association Alberta Division, and the Centre for Suicide Prevention.

All 17 of the participants who completed the survey reported feeling more prepared to understand and engage in meaningful conversations about suicide with youth in their lives after attending the community conversation.

Participant Quote: "Very helpful information, it was to the point yet very gently presented."



**YOU ARE NOT
ALONE, TAKE IT ONE
DAY AT A TIME**

SafeTALK, a 3.5-hour Suicide Awareness Workshop, was delivered to **30** community members. This training enhanced participants' ability to recognize individuals at risk, communicate with empathy and confidence, and connect them with appropriate support and services.

The more intensive two-day ASIST was attended by **17** participants. This interactive workshop provided individuals with practical skills to identify those at risk and make life-saving interventions. The training emphasized suicide first-aid techniques to help keep individuals safe and support them in accessing further help.

Community Helpers Program

CHP delivered a range of prevention and wellness-focused activities across multiple schools and youth settings. At St. Thomas Aquinas, 13 students completed the full Core 9 training, with evaluations showing increased confidence in recognizing supports and strong overall engagement. An introductory My Path session with 17 Parkland School Division students helped establish a solid baseline understanding of mental health resources and interest in future programming. During Mental Health Week, CHP reached 638 St. Thomas Aquinas students through grade-level presentations that were well-received for their practical coping strategies and knowledge on where to access mental health support in the community. An additional 56 students at Wabamun School participated in an introductory session, with teachers noting improved conversations and curiosity afterward. Lastly, five youth at the Stony Plain Youth Centre took part in a Healthy Relationships session for Family Violence Prevention Week, where the small-group format allowed for deeper discussion and a highly supportive learning environment. This resulted in a total number of **729** students.

Walk for Wellness

The Walk for Wellness program promotes mental well-being and physical health by bringing community members together for guided neighbourhood walks and meaningful discussions on mental health topics. In 2025, the program was facilitated by three Town of Stony Plain volunteer Neighbourhood Connectors, engaging a total of **45** participants from June through September. Participants were encouraged to connect with others, learn about mental health in a supportive environment, and enjoy the benefits of physical activity. Feedback from 20 participants highlighted that the program helped them feel more connected to their neighbours.

Means Safety

Life Promotion Signs in Community - CN Project

The CN Suicide Prevention and Life Promotion Signage Project, was completed in 2025. A total of seven signs and six rail-arm stickers were installed at high-risk locations identified through local data, including sites in Stony Plain, Paul Band First Nation, and Spruce Grove. These "Need to Talk? We'll Listen. 9-8-8" signs provide visible, low-barrier access to the national Suicide Crisis Helpline and are intended to encourage help-seeking, enhance community safety, and reduce suicide attempts across the Tri-Municipal Region.



Specialized Supports

Health IM App

RCMP began using the Health IM app in March 2023.

RPACT Team

An RPACT (Regional Police and Crisis Team) member has been assigned to the Parkland RCMP Detachment as of November 2023.

Support Groups

Support Groups in the area include Living with Loss to Suicide and many other grief resources provided by the Tri-Region Grief Collaborative.

Living with Loss to Suicide Annual Event

Research

General Data Information:

- The data is derived from the AHS Injury Surveillance Dashboard.
- The Injury Surveillance Dashboard gathers data throughout regional zones in Alberta.
- The dashboard was last updated in 2025.
- Mortality data are currently available to 2022. Emergency Department Visits and Hospitalization data are available to 2024.
- Data are not available when the count is 10 or less to protect privacy.
- As per the AHS data, the figures below represent residents with Spruce Grove or Stony Plain addresses who accessed hospitals within the Edmonton Zone. “WestView” specifically refers to visits to the Stony Plain hospital.

Local Geographic Area	Suicide Related Emergency Department and Urgent Care Visits Average Count between 2020-2024 All Ages	Suicide Related Hospitalizations Average Count between 2020-2024 All Ages	Suicide Related Mortality Average Count between 2018-2022 All Ages
Stony Plain & Spruce Grove	112	24	N/A
Westview excl. Stony Plain & Spruce Grove	67	14	N/A

Note: Data are not available when the count is 10 or under to protect privacy.

- **Monitoring RCMP and CN data** at the locations where 9-8-8 signs were placed to see if there is any reduction in mental health/suicide related calls from 2026-2029.







CANADIAN ASSOCIATION FOR SUICIDE PREVENTION
FOREST OF HOPE

DEDICATED TO THOSE IMPACTED BY SUICIDE

The Town of Stony Plain, together with the Tri-Municipal Region, recognizes that the impact of suicide reaches far beyond immediate family and close friends. Each life lost in our communities sends a ripple that touches coworkers, neighbours, caregivers, and many others in profound ways.

On September 10, in alignment with World Suicide Prevention Day, we stand in solidarity with all those affected by suicide. We honour the lives lost, acknowledge the grief carried by those left behind, and offer hope through compassion, connection, and continued support.

You are not alone. Together, we remember. Together, we heal.

The Forest of Hope is a space created to bring comfort to those impacted by suicide, offer opportunities for connection, and support the growth of a healthy and resilient community.

Each year, the Canadian Association for Suicide Prevention (CASP) partners with communities across the country to plant trees in dedicated areas as a symbol of hope and healing. Our Forest of Hope is a place of reflection, connection, and renewal for those impacted by suicide.

CASP has been a leader in suicide prevention efforts for over 40 years. CASP envisions a future with long, meaningful lives. Join us in creating a better future for all.

www.caspsuicideprevention.ca

