



## SURVIVOR CHALLENGE

### Program Description

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## **Survivor Challenge**

*Aged 12+ Years & Up*

### **Introduction**

*Survivor Challenge is an interactive suicide awareness program that engages participants in a variety of fun activities that all relate to the key messages of suicide prevention and life promotion. It takes a hands-on life promotion approach to suicide prevention.*

### **Key Topics**

- Life Promotion, Suicide Prevention

### **Key Messages**

- Know the warning signs of suicide and available supports.
- The importance of making meaningful connections.

### **Purpose and Objectives**

- To promote key suicide prevention and life promotion messages.
- To support the promotion of positive mental health (life promotion).

### **Training**

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

### **Resources:**

- [Survivor Challenge Planning Guide](#) and *Survivor Toolkit* (Available through CMHI's Suicide Prevention & Awareness Committee).
- See [Survivor Challenge Planning Guide](#) for a complete list of activities to determine required resources.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

### **Budget**

- Survivor Toolkits are available to be borrowed free of charge from CMHI's Suicide Prevention & Awareness Committee (Contact 634-4322 or [cmhi.adm@gmail.com](mailto:cmhi.adm@gmail.com)).
- Some materials are not available in the Toolkit and will need to be purchased.
- Total program costs are usually \$150.00 or less. Grants up to \$150.00 are available through CMHI's Suicide Prevention & Awareness Committee. Contact 634-4322 or [cmhi.adm@gmail.com](mailto:cmhi.adm@gmail.com) for application and deadlines.
- Facilitator transportation costs for program delivery may be needed.

## **Implementation**

1. Identify Need (Target Group?)
2. Identify Date/Time/Venue/Co-facilitator
3. Arrange orientation with [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).
4. Visit [website](#) to access [Survivor Challenge Planning Guide](#).
5. Contact CMHI to book the Survivor Toolkit (634-4322 or cmhi.adm@gmail.com).
6. See [Survivor Challenge Planning Guide](#) for details on implementation of this program.
7. Purchase/prepare program materials and supplies. Checklist available in [Survivor Challenge Planning Guide](#).
8. Promote program to recruit participants. Sample poster available in planning guide.
9. Deliver program. Timing depends on the number of activities selected and the number of participants and teams.
10. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

## **Evaluation Plan**

Evaluation for the program consists of participant feedback collected in the Tribal Council activity of the program. Program evaluation also consists of a [Survivor Challenge Organizer Feedback Form](#) to be completed upon delivery of the program.

## **Evidence**

Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).