



Program Recommendations

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Based on the expert opinions of mental health professionals, the following programs have proved success rates. 1N5 can help bring these programs to your institution to help **STOP** the **STIGMA** and **START** the **CONVERSATION** toward mental health and suicide prevention.

BREAK FREE FROM DEPRESSION

Audience: High School Students

Developed with Boston Children's Hospital Department of Psychiatry, this a 4-module curriculum focused on increasing awareness about adolescent depression and designed for use in high school classrooms. The goals are to increase adolescents' awareness about depression, teach them how to recognize it in themselves and in their friends, and give them strategies for finding help. This curriculum is now available online for free.

childrenshospital.org/centers-and-services/boston-childrens-hospital-neighborhood-partnerships-program/break-free-from-depression-program

CLASSROOM MENTAL HEALTH

Audience: High School Students

Classroom Mental Health provides a toolkit for teachers and other school professionals to help them improve communication, promote wellness, and reduce stigma regarding mental health. The website was developed by experts at the University of Michigan Depression Center in partnership with teachers. The goal of the website is to provide high school administrators and personnel with access to strategies which can be utilized with students to help support wellness and mental health. The website provides referral resources and classroom strategies to promote positive mental health and positive coping skills for students. Free.

Classroommentalhealth.org

GO NOODLE

Audience: Elementary, Middle School Students

Serves teachers, and families, in addition to students, with hundreds of videos that activate kids' bodies and brain. The purpose of these activities is to make movement and mindfulness an integral part of the day both at school and at home. The program is free initially, but additional information and access requires payment.

Gonoodle.com

JASON FOUNDATION

Audience: Faculty/Staff

A series of online Staff Development Training Modules provide information on the awareness and prevention of youth suicide. These training modules are suitable for teachers, coaches, other school personnel, youth workers, first responders, foster parents and any adult who works with or interacts with young people or wants to learn more about youth suicide. This series of programs introduces the scope and magnitude of the problem of youth suicide, the signs of concern, risk factors, how to recognize young people who may be struggling, and how to approach the student and help an at-risk youth find resources for assistance. Free.

jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/

KOGNITO

Audience: PK – 12 Faculty

A suite of products to educate PK-12 educators about mental health and suicide prevention which supports improved student wellness and school safety. Kognito role-play simulations enable organizations to rapidly build the capacity of educators and students to lead real-life conversations that change lives.

<https://ohio.kognito.com> to access the training. For questions call 614-429-1528 or go to <http://www.ohiospf.org>



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MINDUP

Audience: Elementary, Middle School Students

Combines information on neuroscience with mindful awareness, positive psychology and social-emotional learning. This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUP throughout your day, week, and year. Available in a series of Scholastic workbooks for grades K-2, 3-5, 6-8 each \$24.99.

teacher.scholastic.com/products/mindup

MORE THAN SAD

Audience: High School Student and Parents

This program created by the American Foundation for Suicide Prevention is available in three downloadable version: student, parent and teachers. It teaches how to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. Free.

afsp.org/our-work/education/more-than-sad/ or American Foundation for Suicide Prevention Cincinnati: Heather Conroy, 513-582-6143, cincinnati@afsp.org

QPR

Audience: Faculty, Staff and Parents

An emergency mental health intervention modeled after CPR education: early recognition and early intervention yields successful outcomes. QPR seeks to educate the general public about warning signs of suicide crisis and how to respond appropriately. Lasting approximately one hour, training is conducted either in person or online and includes: techniques to help someone who is suicidal, how to help prevent suicide, common causes of suicidal behavior, warning signs, and resources to help someone in crisis. QPR is the most widespread gatekeeper training in the nation.

Child Focus—Melanie Palmer, 513-752-1555, mpalmer@child-focus.org; **Companions on a Journey**—Shelia Munafa-Kanoza, 513-870-9108, sheila@companionsonajourney.org; **Solutions Community Counseling** —Barbara Adams Marin, 513-228-7800, bmarin@solutionsccrc.org





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SIGNS OF SUICIDE

Audience: Middle School, High School Students

The Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle school (ages 11–13) or high-school (ages 13–17) students. The goals are to (1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, (2) encourage personal help-seeking and/or help-seeking on behalf of a friend, (3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, (4) engage parents and school staff as partners in prevention through gatekeeper education, and (5) encourage schools to develop community-based partnerships to support student mental health.

Both the middle and high school programs provide age-appropriate, educational DVDs for school staff to play for students. The middle school video, *Time to ACT*, and the high school video, *Friends for Life*, inform students how to ACT® (Acknowledge, Care and Tell), demonstrate the right and wrong ways to help, and show a student talking with a school counselor. The program includes an optional student screening that assesses for depression and suicide risk and identifies students to refer for professional help as indicated. The program also includes a video, *Training Trusted Adults*, to engage staff, parents, or community members in the program's objectives and prevention efforts. The program kit is available for \$665.

mentalhealthscreening.org

SOURCES OF STRENGTH

Audience: Middle School, High School Students

Strives to provide the highest-quality, evidence-based prevention for suicide, violence, bullying, and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact the world through the power of connection, hope, help and strength. The driving vision behind the program is to give voice and elevate the various strengths people have to offer and affect communities positively. There must be two to five adult advisors, who mentor a peer leader team. These advisors can hold a variety of roles including: teachers, counselors, spiritual leaders, community adults, etc. Advisors lead peer teams, often between 10-50 students in size. The initial peer leader training is provided by a certified Sources of Strength trainer in a three to four hour, highly interactive training process. It is mandatory that the local adult advisors participate in the peer leader training. After the initial training, the peer leaders and adult advisors begin a three to six month series of conversations with other trusted adults and their five to ten closest friends, as well as, create a wide range of Hope, Help, Strength messaging activities targeting a wider and diverse peer group. Sources of Strength provides a recommended step by step guide of peer leader activities, but teams are able to adjust based on their readiness level and perception of what will work best in their setting.

Sources of Strength templates and resources assist with peers connecting with adults and their friendship groups. These templates include examples of local faces posters, local voices audio, videos, presentations, skits, text forwarding, and internet social networking message. Peer teams are encouraged and expected to share their creative efforts with other teams across the country via Sources of Strength webpages, Facebook, Twitter, etc. Sources of Strength staff provides monthly teleconference support and planning materials and resources for each step of the way. The cost is \$5,000.

sourcesofstrength.org



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START WITH HELLO

Audience: Students, Grades 2 - 12

Developed by the Sandy Hook Project, Start with Hello teaches students the skills they need to reach out to and include those who may be dealing with chronic social isolation and create a culture of inclusion and connectedness within their school. Start with Hello is a no-cost, easy-to-implement, and life-saving program that can be delivered in classes, assemblies or via student ambassadors. Training takes 50 minutes or less with a wide range of post-training activities and events to ensure sustainability and integration into the school culture. SHP will train educators and/or students or you can download a digital kit with presentation and resource guides. sandyhookpromise.org/startwithhello

SURVIVING THE TEENS

Audience: Middle School, High School Students

Cincinnati Children's Hospital Medical Center created this program to provide in-school mental health education. This program is the most comprehensive, and it remains broadly used in the community. Plans are in place to not only revamp the program, making it more current and diversify the materials and delivery method, but also to expand its availability to approximately 75 schools in 2018. The program consists of a weeklong inoculation of middle and high school students on the signs and symptoms of mental health issues and available resources for not only themselves but others as well. CCHMC works with other private entities to cover costs and make the program free of charge to schools.

Cincinnati Children's Hospital Medical Center, Division of Psychiatry: Cathy Strunk, 513-636-4124, cathy.strunk@cchmc.org





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SERA

Audience: Admin, Faculty/Staff

The SERA (Suicide, Education, Research and Advocacy) Collaborative is dedicated to engaging, organizing, and working with the community to increase knowledge, resources, and support structures so all have access to the best suicide prevention and postvention programs. Created by Cincinnati Children's Hospital Medical Center in collaboration with a number of local agencies and school districts, the entity also serves as the outreach organization after the completion of a suicide by a student; they have a team of professionally trained individuals to provide guidance and counseling to both the students and staff. SERA's efforts are focused on providing programming to help support survivors and prevent suicide contagion through the following goals:

1. Identify and promote evidence based suicide prevention and postvention programs
2. Develop resource infrastructure to respond to postvention needs
3. Engage community leaders to raise awareness of these important issues
4. Establish advocacy in the schools and school leadership to provide the resources of time and effort to engage in prevention and postvention programs.

mindpeacecincinnati.com/suicide

To Join SERA please contact MindPeace at 513-803-0844