

**H O P E**



**S Q U A D**

**Preventing Suicide**  
**Eliminate self-destructive behavior**  
**Eyes and Ears of the school**

[Founder: Dr. Gregory A. Hudnall](#)

2015

# Postvention

- Community Conversation
- REDgen
- NAMI Waukesha
- QPR
- YMHFA
- YRBS

Signage of Spiritual Poster



# WI 2019 YRBS RESULTS

## -Suicide and Help Seeking-

***Seeking & finding help is critical component of mental health.***

- ❖ Of the students who reported having such feelings, over 80% indicated that they do have someone who they were likely to talk to.
- ❖ Over half of the students listed friends as their most likely confidantes.
- ❖ Altogether, students were much more likely to mention a peer (e.g.: friend or sibling) as an adult (e.g.: parent, teacher or other adult).

# Our Culture is our Strength

## Hope Squads

Train students and staff in schools to recognize suicide-warning signs and act upon those warnings to break the code of silence.

Build positive relationships among peers and faculty in schools to facilitate acceptance for students seeking help.

Work to change the school culture regarding suicide by reducing stigmas about suicide and mental health.

30 minutes, 3-4 times per month with Hope Squad Members and Advisors.



**HOPE**  
**SQUAD**

### **What is a Hope Squad?**

*Hope Squads are the “eyes and ears of your schools.” They are comprised of students who are trained to watch for at-risk students - provide friendships, identify warning signs, and seek help from adults.*

# Youth-Specific Protective Factors

- Contact with a caring adult
- Sense of connection or participation in school
- Positive self-esteem and coping skills
- Access to and care for  
mental/physical/substance disorders

Zenere, F. *Youth Suicidal Behavior: Prevention and Intervention*. Miami-Dade County Public Schools.  
[http://www.helppromotehope.com/documents/Zenere\\_for\\_parents.pdf](http://www.helppromotehope.com/documents/Zenere_for_parents.pdf)

# Steps

**Step 1 - Question** *“Are you thinking about suicide?”*

**Step 2 - Persuade** *“I’m concerned about you.”*

**Step 3 - Refer** *“Let’s get help together.”*

High School

# Fundamentals – Year 1

Phase 1: \*QPR

Phase 2: What is Hope?

Phase 3: \*Suicide Warning Signs

Phase 4: \*How to Help a Friend

Phase 5: \*Talking about Suicide

Phase 6: Setting Boundaries

Phase 7: Staying Grounded

Phase 8: Everyone has a Story

Phase 9: Bullying

Phase 10: Stages of Grief

\* Core Phase



High School

## Essentials - Year 2

Phase 1: \*QPR

Phase 2: \*Suicide Risk Factors & Warning Signs

Phase 3: Introduction to Mental Health

Phase 4: \*Learning Peer Advocacy

Phase 5: \*Discussing Suicidal Thoughts

Phase 6: Stress Management

Phase 7: Bouncing Back

Phase 8: Understanding Grief

Phase 9: Response after a Crisis

\* Core Phase

High School

## Essentials - Year 3

Phase 1: \*QPR

Phase 2: \*Identifying Suicide Risk Factors &  
Warning Signs

Phase 3: Understanding Mental Health

Phase 4: \*Becoming a Peer Advocate

Phase 5: \*Addressing Suicide with a Peer

Phase 6: Building Resiliency

Phase 7: Teaching my Family

Phase 8: Teaching my School

Phase 9: Teaching my Community

\* Core Phase

# Hope Week

- School-wide suicide prevention activities
- Increase suicide awareness (e.g. knowledge of warning signs, not keeping deadly secrets, and how to get help)
- Reduce mental illness stigma
- Promote a caring school environment
- Provide visibility of Hope Squad members

# BC Hope Week - Spirit Rock



## BC Hope Squad Members welcome students



# BC Hope Week - Notes of Hope & Positivity



# Hope Squads...

Promote mental wellness in schools through positive interactions with peers and through activities that encourage inclusion and connectedness.



BE & BC Hope

Week

Commercial





INSTAGRAM  
BEHS.HOPESQUAD  
TWITTER  
@BEHSHOPE

**A CLUB DEDICATED  
TO BRIDGING  
THE GAP BETWEEN  
STUDENTS AND  
ADULTS**

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*Mental Health  
is not Something  
to be Embarrassed  
by, but Rather  
a Journey that  
NO ONE Should  
be Alone on*

## MEMBERS

DERRICK BOLD  
BRADY FREY  
ABBY HALL  
OLIVIA MCSORELY  
SARA MALTHAUF  
CLAIRE PEPLINSKI  
BRENNA WHEELER  
ALAN ZHONG  
TAYLOR CRANKOVICH  
HAYDEN DOYLE  
MADISON KEILER  
JACOB KOOPS  
AIDEN LEMCKE  
ALEXANDRA MCLAIN  
ISABEL MCLAIN  
RACHEL PLATZ  
ANNA ZIMMERMAN  
SIMON ATTENBERGER  
BRIDGET BERENG  
MARK BROWN  
JENNA ERNST  
CLARE FREITAG  
ANNA GASKELL  
EMMA HALL  
ERIN MALLOY  
HADLEY MUELLER  
LEXI PENNY  
MICHAEL POKER  
PYPER SCULLEN  
GRACE ZERONS



# HOPE SQUAD GOES REGIONAL

Take a few minutes to watch  
Bridget, Erin and Madison on  
the Morning Blend  
talking about Hope Squad

[MORNING BLEND](#)



# Action on the Square

NAMI sponsored event at the State Capital with Hope Squad members from BC and BE



## To Have a Successful Hope Squad...

1. Involved principal and faculty
2. Dedicated advisor
3. Supportive parents
4. Committed Hope Squad members
5. Partnership with mental health and community agencies
6. Continuous program improvement through data collection

# We are here to help.

- I **need** to talk to someone about myself or a friend.
- I **do not need** to talk to someone about myself or a friend..
- I **have a question** about today's presentation and would like to speak with someone about it.

Name (print) \_\_\_\_\_

My School Counselor is \_\_\_\_\_

Do you have an adult in the building you can go to when you have a safety concern about yourself or someone else?      YES \_\_\_\_\_      NO \_\_\_\_\_

Name a peer in your grade level who people talk to when struggling or in need of support.

\_\_\_\_\_

## Hope Squad Members

- The Hope Squad is not for everyone. While youth suicide is rare, suicide attempts by youth is high and one of the things we want to prevent.
- Although your child was nominated, that does not automatically mean that they are a good fit for the program.
- Some students may not feel comfortable with visiting with a friend who may be struggling with a mental health issue.

# Expectations of Hope Squad Members

- Obtain parent permission form signed before participation.
- Be the “*eyes and ears*” of the school. Listen to peers when they need to talk and refer them immediately to an adult if there are signs of risk.
- Attend all Hope Squad training meetings (3-4 per month).



## Expectations of Hope Squad Members

- Facilitate culture of change by talking out loud with friends, teacher, parents and other community members about mental health and suicide prevention.
- Be an unconditional friend to all students. At any point in time, someone may need help.
- Maintain confidentiality!
- Plan and facilitate Hope Week.

# 19-20 Hope Squad Members (Gr. 10-12) & Advisors



# BE 19-20 Hope Squad Members & Advisors



## Expectations of Hope Squad Parents...

- Sign permission form
- Understand the role
- Support participation
- Monitor well-being and self-care of Hope Squad member

## Expectations of Hope Squad Parents...

- Be sure to communicate often with your child. Check in to see how their day went and if they had any positive or negative experiences.
- You know your child better than anyone. Watch for signs that may cause worry.
- In the latest research, 84% of the Hope Squad members surveyed felt the pressure of being on the Hope Squad was a positive one.

## Hope Squad Process

- 1. Contact Hope Squad at [support@hopesquad.com](mailto:support@hopesquad.com) to get started**
- 2. Obtain principal or administrative approval**
- 3. Partner with a local mental health organization**
- 4. Secure funding**
- 5. Select Hope Squad advisors (ideally one administrator, one student services member)**
- 6. Attend Hope Squad Licensed Advisor training**
- 7. Hold Student Nominations (peer nominated)**
- 8. Hold student orientation/parent meeting**
- 9. Collect permission forms from participating students**

## Hope Squad Pricing

Wisconsin	Current Price	WI Price (4 yrs)	Year 1	year 2	Year 3	Year 4	Membership**
High School	<del>\$6,000</del>	\$4,200	\$1,050	\$1,050	\$1,050	\$1,050	\$500
Middle School	<del>\$5,400</del>	\$3,780	\$1,260	\$1,260	\$1,260	-----	\$500
Elem School	<del>\$3,000</del>	\$2,100	\$700	\$700	\$700	-----	\$180
K-12 (2 sets of curriculum)		\$3,000	\$1,000	\$1,000	\$1,000	-----	\$180
Training (2 advisors)	<del>\$800</del>	\$0					

## Hope Squad Training Date

<b>January</b>	<b>Friday, Jan 8th</b>	<b>Brookfield Central - Launch Space</b>
<b>February</b>	<b>Monday, Feb 8</b>	<b>Brookfield East</b>
<b>March</b>	<b>Friday, Mar 12</b>	<b>Brookfield Central - Launch Space</b>
<b>April</b>	<b>Monday, April 12</b>	<b>Brookfield East</b>
<b>May - July</b>	<b>TBD</b>	<b>TBD</b>



# Contacts

**Aimee Schneidewent**

**School Psychologist - Elmbrook School District**

**Hope Squad Master Trainer for WI**

**[schneiai@elmbrookschoools.org](mailto:schneiai@elmbrookschoools.org)**

**Jennie Katrichis**

**School Psychologist - Elmbrook School District**

**Hope Squad Master Trainer for WI**

**[katrichj@elmbrookschoools.org](mailto:katrichj@elmbrookschoools.org)**