

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

Founder: Dr. Gregory A. Hudnall

Postvention

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



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

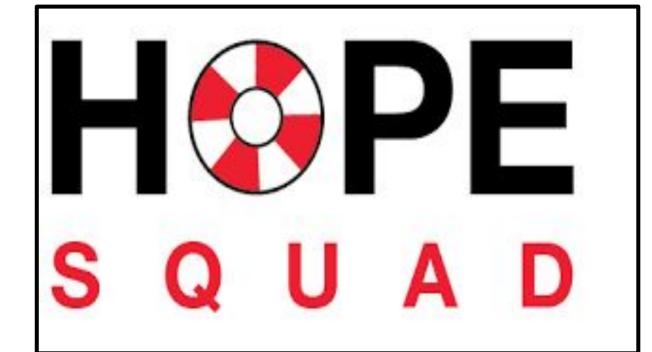
Hope Squads

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.



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



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

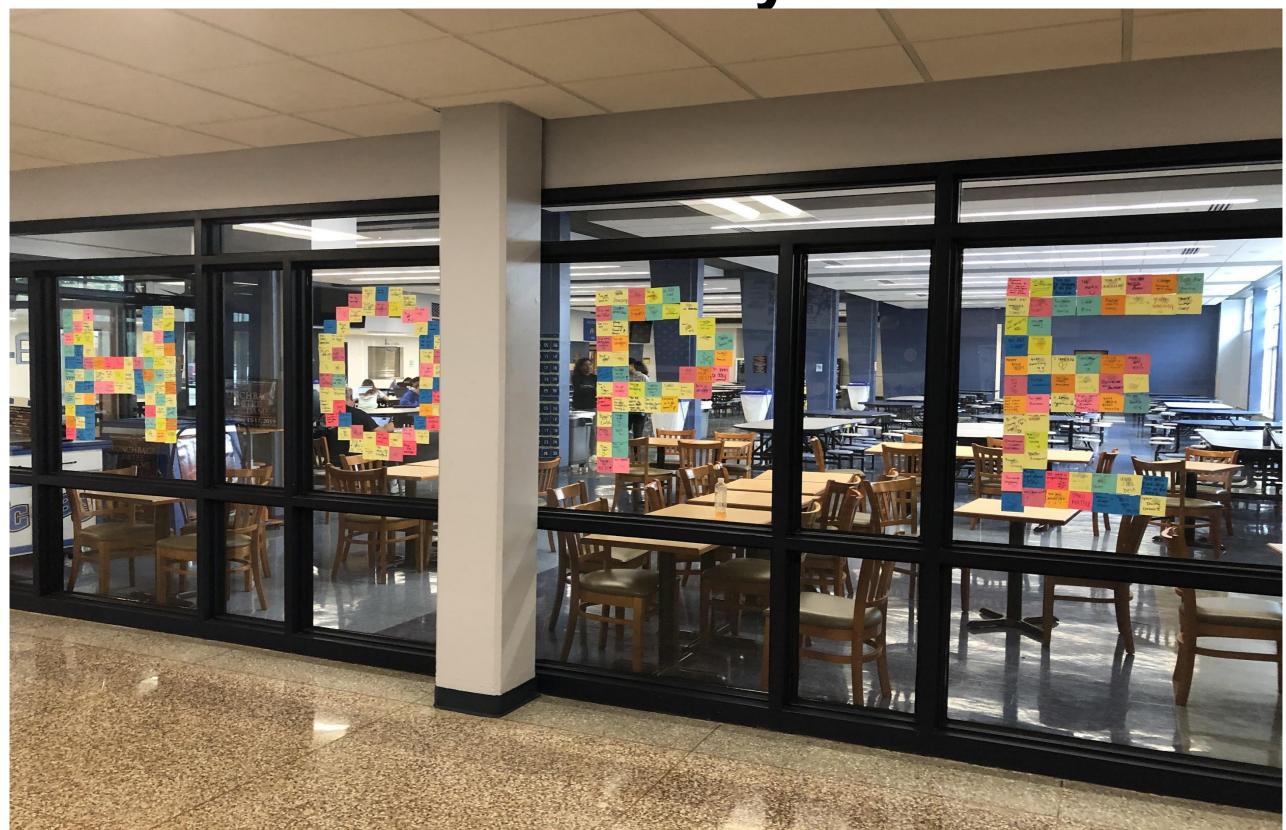




BC Hope Squad Members welcome students



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 BCHOPE

Commercial



INSTAGRAM BEHS.HOPESQUAD TWITTER @BEHSHOPE

A CLUB DEDICATED TO BRIDGING THE GAP BETWEEN STUDENTS AND ADULTS

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

MEMBERS



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

YES _____ NO _____

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

else?

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 is 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 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	Member- ship**
High School	\$6,000	\$4,200	\$1,050	\$1,050	\$1,050	\$1,050	\$500
Middle School	\$5,400	\$3,780	\$1,260	\$1,260	\$1,260		\$500
Elem School	\$3,000	\$2,100	\$700	\$700	\$700		\$180
K-12 (2 sets of curriculum		\$3,000	\$1,000	\$1,000	\$1,000		\$180
Training (2 advisors)	\$800	\$0					



Hope Squad Training Date

Friday, Jan 8th	Brookfield Central - Launch Space			
Monday, Feb 8	Brookfield East			
Friday, Mar 12	Brookfield Central - Launch Space			
Monday, April 12	Brookfield East			
TBD	TBD			
	Monday, Feb 8 Friday, Mar 12 Monday, April 12			



Contacts

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