

EDUCATION

SafeTALK Messaging

This is a 4 hour training designed to provide additional training to first responders on ways to safely communicate with those considering suicide. This can complement the YR Gatekeeper training or be a standalone training for those who want more information about how to safely help those in crisis.

**Available to those age 15+*

SUICIDE is the **2nd**
LEADING CAUSE of DEATH
for **young people** ages 15-24

Screening⁺ REFERRALS

Staff are stationed on campus & able to take referrals for any student is demonstrating concerns related to truancy, depression, anxiety, poor academic performance, etc. Staff will administer the Patient Health Questionnaire and link students to appropriate mental health services, including group & individual services based on the results of the screening.



**START THE CONVERSATION.
Save a LIFE!**

209.644.5319

It's OK to Ask 4 Help!



Child Abuse Prevention Council
OF SAN JOAQUIN COUNTY

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SUICIDE
AWARENESS
Education
+ Prevention

**AWARENESS
& EDUCATION**

**SCREENING
& REFERRALS**

SUPPORT GROUPS



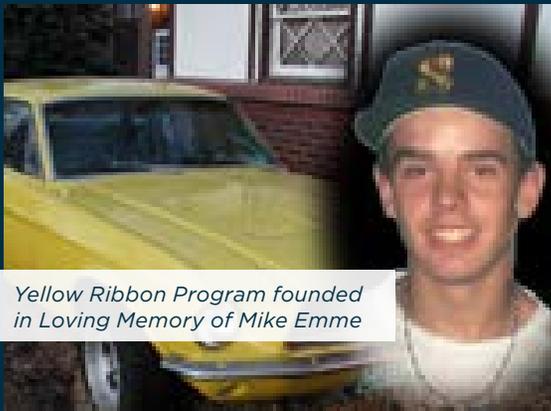
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AWARENESS

Yellow Ribbon Campaign

The Yellow Ribbon campaign is a nationally recognized campaign designed to bring awareness of suicide and suicide prevention strategies. This training can be completed in 90 minutes and will equip first responders with information about signs/risk factors related to suicide and suicide ideation in young people and adults.

Students and staff will learn how to stabilize crisis situations and refer those in need to the appropriate helpers to ensure their safety.



Yellow Ribbon Program founded in Loving Memory of Mike Emme

SUPPORT GROUPS

National Crisis Line
1.800.273.TALK (8255)

Staff on campuses are able to provide the following groups for young people who may:

- Have issues with truancy
- Have low academic performance
- Have a history of suspensions/disciplinary issues
- Be struggling socially
- Show any signs of depression/anxiety/suicidal ideation

CAST Coping And Skills Training

CAST delivers life-skills training and social support in a small-group format (6-8 students per group). The program consists of twelve 55-minute group sessions administered over 6 weeks. CAST's skills training sessions target three overall goals: increased mood management (depression and anger), improved school performance, and decreased drug involvement. Sessions focus on group support, goal setting and monitoring, self-esteem, decision making skills, better management of anger and depression, "school smarts," control of drug use with relapse prevention, and self-recognition of progress through the program. Every session ends with "Lifework" assignments that call for the youth to practice the session's skills with a specific person in their school, home, or peer-group environment.

BFD Break Free from Depression

Break Free from Depression is a school-based curriculum designed to increase adolescents' awareness and knowledge about depression, enhance their ability to recognize signs and symptoms in themselves and their friends, and increase students' skills and strategies for finding help for themselves and their peers. This 4-session curriculum for high school students combines didactic and interactive activities. The cornerstone of the curriculum is a documentary that focuses on a diverse group of real adolescents (not actors) talking about their struggles with depression and suicide in their own words. They discuss stigmas often associated with depression, their symptoms, the course of their illness, and the methods they have used to manage their depression. Each session lasts 45 to 60 minutes.

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