



A Comprehensive Mental Health Crisis Plan

Presented by

Williamsville High School Keepers Club

A chapter of Jared's Keepers Foundation, Inc



We the students at Williamsville High School, in cooperation with the faculty and staff, proudly present to the Williamsville School Board the following proposal to assist and support the growing needs of the students of our district.

We have learned many valuable lessons in 2020 that must be addressed for a better future. This plan will ensure better communications in times of tragedy, allow for an aggressive approach to prevention, give better direction to faculty and staff while giving students stability in knowing what to expect, allow needed support in the aftermath and provide equal recognition to all who are lost.

This plan focuses on preventing teen self-harming, suicide attempts and suicide completions. Our society has long ignored the mental health of its people that results in suicides, which are the leading cause of death among people ages 9-25, according to the World Health Organization. We have felt for too long that we were immune from this issue for many reasons. However, the recent losses of our peers have shown us we can no longer be silent and must take a stand and change the way we think and act towards mental health.

According to the CDC, “Suicide is a critical public health problem in the United States. Despite national, state, and local efforts to reduce suicide, rates continue to increase. A forward-looking effort, built upon new evidence and past accomplishments, is needed to reduce suicide and suicide attempts.”

The most common, yet most stigmatized, mental health issue is depression experienced by students due to a failing grade or failure to perform to standards of a sport or activity. Long term depression can also set in from lack of social interaction with our peers, a combination of school and home issues, or students who are at the point of discovering who they are that may conflict with family values and beliefs can also lead to mental health struggles. We acknowledge that our faculty and staff also suffer mental health issues and believe this plan will also assist them. It is our goal to assist and support our school community in assuring all mental health issues are quickly addressed and provide a light that may otherwise go unnoticed.

We feel that the success of our plan hinges on the creation and adoption of a Crisis Intervention Team (CIT). This team is led by the building’s counselors and consists of representative(s) from Lincoln Prairie and other volunteer staff and faculty members. We recognize all students are not comfortable talking to one person about all issues. We feel it is vital to have a diverse group on this CIT that is available both during the school day and outside of the school environment. Many coaches and teachers are already taking this approach, but we feel a more organized group is needed. Each member of the team will bring value by having multiple perspectives on life. We believe this team should consist of 5-10 members that agree to be available to the students, faculty, and staff, which allows for a 24/7 availability. The size of the team is crucial to ensure someone is always available to answer when needed.

We have launched a WHS chapter of Jared’s Keepers Foundation, Inc, and have been provided guidance and training on how to handle a situation when a peer in crisis reaches out to us. The CIT members will be trained in crisis intervention techniques and guided by protocols put into place by WCUSD15. Together with the CIT, the club will work hand in hand to assist students in getting the professional help they need. Students who reach out to club members will be

supported and CIT members will be contacted. We feel the district should create an extensive CIT program to support this plan.

We, as students and as a district, need this plan for a variety of reasons. Every 5 minutes in the United States, we lose a young adult from suicide. This is a truly devastating statistic. If we can do our part, and even just save one life, it will have been worth it.

Respectfully submitted to the Williamsville School Board by:

Kayla Overmeyer	Senior	Bethany Russell - Counselor
Katie Kennedy	Senior	Haley Chladny - Counselor
Mel Rhodes	Junior	Doug Furlow - Principal
Reganne Eyman	Junior	
Caden Crowder	Sophomore	
Marissa Carrell	Sophomore	
Natalie Gardiner	Sophomore	

Special Thanks to those who assisted in the creation of this plan:

Mr. Hendrickson – Fine Arts	Dr. Morrissey – English
Mr. Kunz – Math, Football	Mrs. J. Smith – Ag, Shop

**We dedicate this plan in loving memory of
Brody Wilson, Trystin Higginbotham,
and alumni we have lost to suicide.**



On behalf of Jared's Keepers Foundation, Inc I would like to thank you for the opportunity to empower the students at Williamsville School District in fighting teen self-harming and suicide. This foundation was born from a tragedy and grows from the hope for a future free of suicide. Jared Martin was just 17 years old with the promise of a professional soccer career ahead of him. He was a popular student and loved by all. It was his loss that impacted students, coaches, teachers, and acquaintances alike. His friends from around the world began reaching out to me for help after I lost him saying, "if this can happen to Jared it can happen to me." They were scared, angry, and determined to make a change. It was those students that brought to my attention that Jared was the 5th student from his school district in 5 years that was lost to suicide. They further brought to my attention there were 9 parents lost to suicide and more than 29 students in his class had attempted to take their life. I soon learned they were not the exception to the rule, they were the statistic. I could not tell the students no, so together we began the fight. The fight to spare other parents the hell of losing a child and to save the lives of teens.

A group of 45 students started the first Keepers Club and fought to make their school better. They became active and vocal advocates of helping their peers get to the professional help they needed. As time went on, they accomplished their first goal of having professional counselors in every building of their district (a total of 14 buildings). They then raised the bar when they felt their local administration was not listening to their concerns, as well as those of the faculty. So, they took it above their district to the State Capitol. They got the attention of a Tennessee senator who listened to them for hours. He came to their school and listened to the faculty. He then began his mission. That mission became Jared's Law signed into legislation July 1, 2016. That law mandated that all LEAs create a prevention, intervention, and postvention plan. It also required annual suicide prevention training that in cooperation with AFSP (American Foundation for Suicide Prevention), and the TSPN (Tennessee Suicide Prevention Network) is offered free of charge to all schools. It most importantly mandated training for every school employee including janitors, bus drivers, coaches, etc. because the students were honest in sharing, they are often the ones they feel most comfortable talking to before a teacher or counselor. Each club is unique to the school they represent but they have the same mission – save lives!

We at Jared's Keepers Foundation, Inc are proud of the fact that at the many clubs that exist on every continent except Antarctica and across the United States we have had no completed suicide at those schools. We do not take the credit for that; we were just the ones that supported the conversation to be opened in a positive, fun, and supportive way for the students. In 2021 recent reports have been released to address suicide prevention.

Below you will see ***Summary of Strategies and Approaches to Prevent Suicide*** developed by the CDC which is also in line with the ***Surgeon General's Call to Action to Implement The National Strategy For Suicide Prevention***. These plans are supported by Suicide Prevention groups around the world after the 2014 Call to Action from the World Health Organization naming suicide as the top health issue that is the easiest to solve with the fewest dollars spent. They challenged their members to reduce suicide by 20% by 2020 but the United States chose to take a slower approach to reduce by 2025. A red X has been placed in front of the Approach/Program, Practice or Policy that the Keepers Club has been meeting for over 6 years now.

Intervening at suicide hot spots: Keepers are in the hot spot of schools. Teen suicide is the leading cause of death in our 9 to 25 year-old population according to the WHO. During your 8-hour school/workday 96 teens are lost to suicide. It is hard to think of in one school week the population of your high school would be gone. These students learn the skills to support and assist their peers and carry those skills on to their college years as well as their professions. Likewise, data has shown us that rural areas, areas with high military/veteran populations, and areas with high senior citizen populations are most vulnerable.

Alcohol outlet density: Keepers are encouraged to participate in various activities to engage in positive behaviors. We encourage students to participate in multiple school sports, clubs, and activities as well as seek activities outside of the school environment that are positive. It is important for students who are at risk to avoid the temptation of alcohol and drugs.

Peer Norm Programs: Keepers set the example in schools to break down the stigma barriers to mental health assistance. They also share success stories of overcoming mental health struggles. They create a team that is safe and supportive to all around them in times of need. They lead the way for adults and peers alike to show mental health issues can be addressed and a healthy life can be lived.

Community Engagement Activities: Keepers are involved in numerous activities that include red out nights at sporting events, parades, community events, as well as activities within the school that promote positive mental health coping skills. The guiding agencies above also recognize activities and building of green spaces in this category. The inclusion of a future memorial garden at your school falls within this category.

Teach Coping and Problem-Solving Skills: The Keepers are recognized as a Youth Aware of Mental Health Program and often create Good Behavior Games or rewards within their schools. These have been friendly competitions during Suicide Prevention Week in September that allow for rewards of food or items to a class for best participation or other similar activities. Additionally, Keepers are the key to assisting in building bridges to positive Parenting Skill and Family Relationship Approaches in the strategy below. These Keepers will lead by example and will be watched by younger siblings and friends to learn how to build a strong relationship now and in their future family.

Identify and Support People at Risk: The Keepers are strategic partners in this strategy. They have been trained and will have continued training in Applied Suicide Intervention Skills Training as will the Crisis Intervention Team. They have already handed out Life Saver Cards to each student that has the National Suicide Prevention Lifeline and Text Line numbers that students always carry in their wallets with them. We often have students ask for additional cards with time as they hand them out to friends that are in need. These Keepers and those around them will improve the overall mood and atmosphere with time. Schools who have implemented the greeting of students as they enter and exit each class have seen improved attitude, attendance, homework participation, as well as increase in overall grades. A simple “good morning, good afternoon, have a great day, or I am happy you are here today”, can make a difference in everyone’s life.

Lessen Harms and Prevent Future Risk: Keepers support those students returning from professional mental health facilities. These students know they have a safe group to be with that will not judge them but rather support them and understand their struggles.

Once again, thank you for allowing us to be a part of your community and we look forward to watching your students lead mentally healthy lives.

Respectfully,

Deb Martin

Co-Founder/President Jared’s Keepers Foundation, Inc
615-347-3104










deb@jaredskeepers.com

Summary of Strategies and Approaches to Prevent Suicide

Strategy	Approach/Program, Practice or Policy	Best Available Evidence			Lead Sectors¹
		Suicide	Suicide Attempts or Ideation	Other Risk/ Protective Factors for Suicide	
Strengthen economic supports	Strengthening household financial security				Government (local, state, Federal)
	Unemployment benefit programs	✓		✓	
	Other income supports	✓			Business/Labor
	Housing stabilization policies				Government (local, state, Federal)
	Neighborhood Stabilization Program			✓	
Strengthen access and delivery of suicide care	Coverage of mental health conditions in health insurance policies				Government (local, state, Federal)
	Mental Health Parity Laws	✓		✓	
	Reduce provider shortages in underserved areas				Healthcare
	National Health Service Corps (NHSC)			✓	
	Telemental Health (TMH)			✓	Social Services
	Safer suicide care through systems change				
Henry Ford Perfect Depression Care (Pre-cursor to Zero Suicide)	✓		✓		
Create protective environments	Reduce access to lethal means among persons at risk				Government (local, state)
	✗ Intervening at suicide hot spots	✓			
	Safe storage practices		✓	✓	Public Health
	Emergency Department Counseling on Access to Lethal Means (ED CALM)			✓	Healthcare
	Organizational policies and culture				Business/labor
	Together for Life	✓			Justice
	US Air Force Suicide Prevention Program	✓		✓	Government (local, state, Federal)
	Correctional suicide prevention	✓			
	Community-based policies to reduce excessive alcohol use				Government (local, state)
	✗ Alcohol outlet density	✓		✓	Business/labor
Promote connectedness	Peer norm programs				Public Health
	✗ Sources of Strength			✓	Education
	Community engagement activities				Public Health
	✗ Greening vacant urban spaces			✓	Government (local)

¹This column refers to the lead sectors well positioned to bring leadership and resources to implementation efforts. For each strategy, there are many other sectors such as non-governmental organizations that are instrumental to prevention planning and implementing specific activities.

Summary of Strategies and Approaches to Prevent Suicide

Strategy	Approach/Program, Practice or Policy	Best Available Evidence			Lead Sectors ¹
		Suicide	Suicide Attempts or Ideation	Other Risk/ Protective Factors for Suicide	
Teach coping and problem-solving skills	Social-emotional learning programs				
	 Youth Aware of Mental Health Program		✓	✓	Public Health
	 Good Behavior Game		✓	✓	Education
	Parenting skill and family relationship approaches				
	 The Incredible Years			✓	Public Health
	 Strengthening Families 10–14			✓	Education
Identify and support people at risk	Gatekeeper training				
	 Applied Suicide Intervention Skills Training			✓	Public Health
	Garret Lee Smith Suicide Prevention Program	✓	✓		Health Care
	Crisis intervention				
	 National Suicide Prevention Lifeline		✓	✓	Public Health
	Treatment for people at risk of suicide				
	 Improving Mood – Promoting Access to Collaborative Treatment (IMPACT)		✓	✓	Healthcare Social Services Justice
	 Collaborative Assessment and Management of Suicidality (CAMS)		✓	✓	
	Dialectical Behavioral Therapy (DBT)		✓	✓	
	Attachment-Based Family Therapy (ABFT)		✓		
	Translating Initiatives for Depression into Effective Solutions project (TIDES)			✓	
	Treatment to prevent re-attempts				
	ED Brief Intervention with Follow-up Visits	✓			Healthcare
	Active follow-up contact approaches	✓	✓		Social Services
	CBT for Suicide Prevention		✓		
Lessen harms and prevent future risk	Postvention				
	 StandBy Response Service		✓	✓	Healthcare
	Safe reporting and message about suicide				
	Media Guidelines	✓			Public Health Media

¹This column refers to the lead sectors well positioned to bring leadership and resources to implementation efforts. For each strategy, there are many other sectors such as non-governmental organizations that are instrumental to prevention planning and implementing specific activities.

Prevention

Prevention Plan

Purpose & Overview

The purpose of a prevention plan is to educate the community on facts, resources, and ways to support the district. Our school district taking action on a suicide prevention plan would greatly benefit not only the student body, but the entire community as well. By having a prevention plan, it helps to reassure students that they are not alone in time of crisis. Implementing a plan like this would help to stop suicides before they occur, which is something all schools should have in place regardless. Ending the stigma on mental health and bringing awareness to the very serious matter of suicide in our district is something that is necessary in our community and all across the globe, and it starts with **PREVENTION!**

Proposals

1. **Community Support:** Since September is Suicide Prevention Month, we would like for there to be a guest speaker that comes in at the beginning of the year and shares their story with the entire student body and staff about suicide prevention, possible warning signs and other things to watch out for, and its impact on those left behind. Once this plan is finalized at the high school, this plan should be implemented into the Middle/Junior High buildings. We also ask that certain community-wide fundraisers, red out nights, and other events designed to promote positive mental health awareness in Sherman and Williamsville be implemented. It is just as important to educate the community as it is to educate the students, and this would be a good start.
2. **Crisis Resources:** We need to add some form of district-wide online crisis webpage. This webpage could have helpful links and the numbers for crisis hotlines, alongside signs to watch for that could indicate a possible suicide. It needs to be on the district webpage, so that it is easily accessible to everyone. There can be a lot of stigma around going to an office and picking up a paper resource, and having it be accessible at all times online would help to reduce the stigma. In addition to this, sending out materials to help mental health during stressful times (finals week, beginning of the year, etc.) could also be useful to students. Having useful coping mechanisms in place could be beneficial to students going through times of high stress and anxiety, which would overall help to improve mental health. In addition, mandatory posting of the crisis text line must be in all classrooms, bathrooms, and public areas

(741741). This could be on a poster on a wall, the whiteboard, etc. These posters will be provided by Jared's Keepers, Inc. at no charge.

3. **Keepers Club Activities:** There are many possible activities the Keepers could organize throughout the year. These could be as simple as putting positive messages on sticky notes and leaving them on lockers, which could increase positivity of an individual who may be feeling alone. One opportunity is having a Suicide Awareness Spirit Week during the national awareness week, which is the first or second week of September. Activities during this week could include certain district-wide spirit events, such as dress up days or positive decorations throughout the buildings. Having this in place helps to promote positivity in the schools while also spreading awareness about the severity of suicide.

4. **Administration Support:** The success of this plan in its entirety is dependent on support from the school board and administration as we address the mental health issues our student body faces day to day. If we make it a point to get students the help they need to feel accepted and loved earlier on, we can do our part to help prevent mental illness from worsening to the point of suicide. Students within our district may feel out of place because of any other matter. The CDC states that "Promoting connectedness among individuals and within communities through modeling peer norms and enhancing community engagement may protect against suicide... in a randomized controlled trial conducted with 18 high schools (6 metropolitan, 12 rural), researchers found that the program improved adaptive norms regarding suicide, connectedness to adults, and school engagement." Because of this, among many other reasons, it is imperative that we keep reminding the student body as a whole how important it is to include others.

Reserved for CIT Protocol

Intervention

Intervention Plan

Crisis Intervention Plan and Purpose

Who are you most likely to turn to if you are having trouble in life? Students are more inclined to reach out to their peers than to an adult or authority figure¹ and may trust peers more than adults². This is why this plan, and the overall Williamsville Keepers group, is especially important. Peer to peer interaction will help save students' lives. A plan to help students in crisis, such as attempting to take their own life, is the number one priority. Complete anonymity and confidentiality are required and will be mandated in this plan. Williamsville Keepers and the Crisis Intervention Team will follow school directed protocol on notifications of emergency services, parents or guardians, and administration. This plan, though it may be rarely used, is the key to keeping a student with us. Jared's Keepers Foundation Inc. will cover training for both Keepers and staff. A student, during and after an attempt, needs to be with people they know will care, love, and understand them in their situation. This plan is to show every student, whether they have attempted or are contemplating, that they are needed.

Proposals

1. **Hope Bags:** Hope bags are for students that have attempted suicide. The members of the Williamsville Keepers Club will decorate and fill these bags with items provided by Jared's Keepers Foundation. This will contain a Keeper bear, a journal, a lifesaver card, a wristband, an ink pen, and inspirational notes to the student in crisis. The Keepers may also decorate the outside of the bag. Before giving a Hope Bag to a student in crisis, a designated school employee will review the items in the Hope Bag. A member of the Crisis Intervention Team will deliver the bag to the student. Students who are receiving a Hope Bag will remain anonymous except for gender and age. The Keeper and/or Crisis Intervention Team member who was contacted is responsible for giving out this information.
2. **Crisis Intervention Team Utilization:** A team led by our building's counselors and built from Williamsville trained volunteer staff members, representatives from Lincoln Prairie, and trained community members (doctors, ems, fire department) to assist Keepers and students in crisis. Jared's Keepers Foundation will provide and cover training. This team will be diverse enough to make every student feel safe, and utilized all hours of the day, no matter how severe the situation is. Williamsville Keepers will use this team in situations where a student is having thoughts or is attempting to take their life. Keepers will contact a team member to assist in talking and walking through the Q.P.R. process (defined below) with the student. The

¹ ["Teens and Peer Relationships" MentalHelp](#)

² [MacNamara, Deborah. "When Peers Matter More than Parents." Jan. 2015.](#)

team member would then contact a Suicide Prevention hotline or someone close to the student to make sure that they are safe and getting proper help. As it is a Keeper's responsibility, the members of the Crisis Intervention Team have the same responsibility to keep all information confidential.

3. **Availability In and Out of School:** An open form of contact to Keepers and members of the Crisis Intervention Team outside of school is crucial. This makes sure that students always have someone to reach out and talk to. This includes advertising Keepers' and the Crisis Intervention Team's contact information on the school's website and around the Williamsville High School campus for easy access. This would include email addresses, phone numbers, and other forms of contact they are most available on. All of this information will be available and easily accessible through the Crisis Intervention/Counselor web page on the WCUSD15 district website.

Plan

1. **Question:** If a student in crisis has reached out to a Keeper or Crisis Intervention Team member, knowing their situation is the most essential and crucial thing to helping that student. Ask the student where they are, what they are thinking, and if they have taken or done anything to harm themselves. Learning all that you can from the student is very important. **Do not force the student to do, say, or tell you anything. This could push them further into their attempt or put you in a position to be harmed. Do not get "physical" with the student. If a student is comfortable with you, they will come to you, but never try to hug or approach them quickly.** If a Keeper is contacted by a student in crisis, the Keeper will immediately reach out to the Crisis Intervention Team and whoever is most available. It is up to that team member to follow WCUSD15 protocol for contacting the suicide prevention hotline, parents, or emergency services. This step will also be followed by the Crisis Intervention Team, including a Keeper could help the student feel more secure and safe, but it is still up to the Crisis Intervention Team member to contact parents, emergency services, and/or a suicide prevention hotline. We also acknowledge we may have students reach out to us who just need to talk and have peer support through the stress of an overwhelming day. We may also identify a peer in crisis and offer assistance if needed.
2. **Persuade:** Using our knowledge of the student and the information gathered to understand if we are in a support role, and urgent support role, or a crisis role, we must lead them into a better place and state of mind. Talk to the student about their lives and what problems they may be facing. Offer them support, confidentiality, and understanding no matter what. Ease the student into a better state of mind by reminding them they are needed and wanted. Do not overwhelm

them. This step will take time, be patient and calm. Show no hostility, negativity, or aggression towards the student or to yourself. Converse with them on subjects that interest them, about their life, friends, family, and what they do outside of those things. Bring them into a safe state of mind, and where they know they are safe with you.

- a.** If a student goes further and continues with their plans of taking their life, contact emergency services **immediately**. You never know what a student is doing and having emergency services at the ready will save their life.

- 3. Refer:** The student has been brought back to a stable state of mind and has agreed to further professional assistance or peer support. Make sure the student is aware of resources that are available within Williamsville Schools as well as those that may be available outside of the district. Assist in finding “a place to fit in” if the student is in need of peer support. This could be introducing them to members of the Fine Arts, Athletic, or Academic teams to make sure every student is included. Peer leadership is showcased as members of the Keepers Club will assist in walking a peer through a dark time in their life where they can one day look back and see what a true friend looks like.

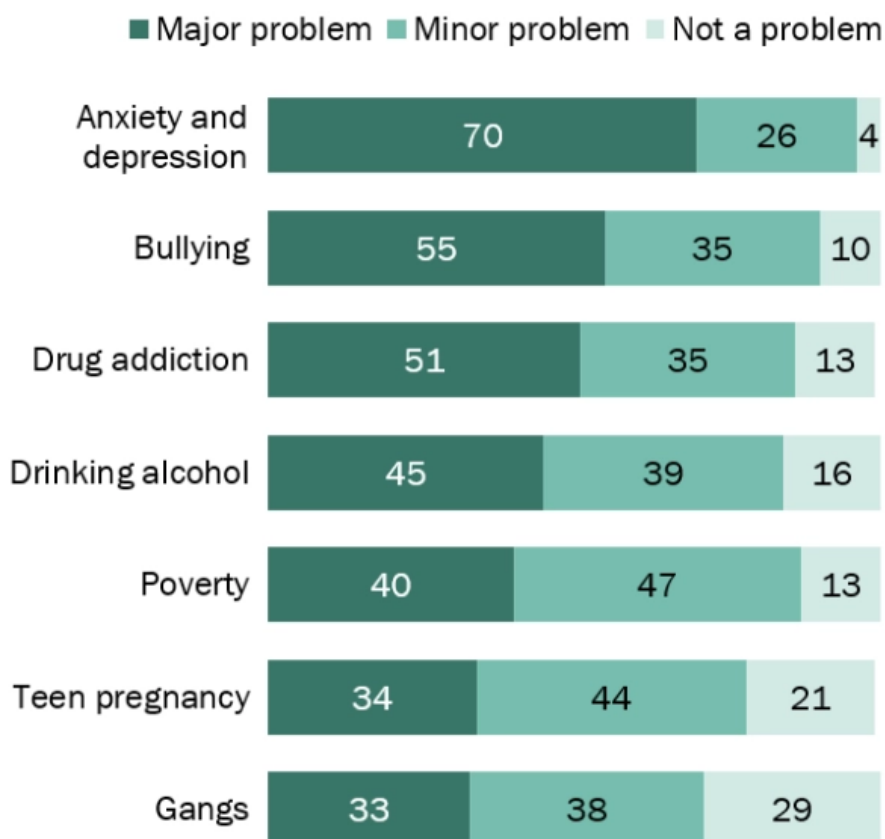
Meets the following Strategies to Prevent Suicide:

- **Create Protective Environments**
 - Intervening at suicide hot spots
- **Promote Connectedness**
 - Sources of Strength
- **Teach coping and problem-solving skills**
 - Youth Aware of Mental Health Program
 - Good Behavior Game
 - The Incredible Years
 - Strengthening Families
- **Identify and Support People at risk**
 - Applied Suicide Intervention Skills Training
 - National Suicide Prevention Lifeline/Textline
 - Improving Mood – Promoting Access to Collaborative Treatment
 - Collaborative Assessment and Management of Suicidality
- **Lessen harms and prevent future risk**
 - StandBy Response Service

Additional Information

Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a ____ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

PEW RESEARCH CENTER

Post-vention

Postvention Plan

Purpose and Overview

Having a postvention plan in place is something our district is in desperate need of. This portion of the plan will assist in guiding Williamsville High School faculty and staff on how to respectfully handle the loss of their former student and gives guidelines on how to navigate the aftermath. This procedure will provide the student's friends and loved ones necessary support and let them know that we, as a district, are standing beside them as they grieve. We have learned valuable lessons with the recent losses of Brody Wilson and Trystin Higginbotham. Changes must be made!

Proposals:

Before School Begins: Crisis intervention team is activated. A district-wide notification will be sent out informing the community of the loss.

During School Hours: In the first day of class following the loss of a student an announcement will be made by the Administration at the start of the day. (See Sample Script for Post Tragedy Announcement) All first hour teachers in the building will support their students processing the grief. This ensures that all students are notified with accurate information and are supported as they begin their grief journey. Sticky notes will be provided for students to write positive messages about the student. These sticky notes will be consolidated into a book by the Keepers Club and presented to the family of the student. Counseling and extra support services will be present at the school for a one-week period. This allows time for students and faculty to process their loss. The Keepers Club will engage in peer support as students begin to find their new normal. Keepers will remain alert and assist peers who continue to struggle to access available services. Bringing in outside help such as grief counseling or additional trained therapists will also be beneficial. These individuals, with a commitment to support students in need, will be available during and outside school hours to ensure all are supported.

Remembrance Activities: A memorial garden should be constructed in the near future. This garden could include a bench or benches designed and built by WHS students in cooperation with the Ag/Shop classes as well as the design and plants that could be included. This garden will serve as a quiet place for relaxation and reflection. All students, faculty, and staff lost in WCUSD should be remembered with equal recognition regardless of the way we lost them. This could be done through name plates being attached to the bench(es) or a brick in a pathway with the names and class year or subject taught engraved into the brick. This

involvement will allow multiple groups of students to be involved in the Keepers project and increase the awareness of the Keepers Club at Williamsville High School. (See Potential Memorial Garden Locations and Memorial Garden Examples)

- **Jared's Keepers Foundation will be notified of a loss to suicide in the Williamsville – Sherman area and they will provide a Keepers Box to the family free of charge.**
- **Friends and teams will be brought together with counselors for extra support/discussion to process grief in a healthy way.**
- **A memorial activity will be created for every student lost- sport game, candle lighting, balloon release or other similar activity that honors the one we lost.**

Meets the following Strategies to Prevent Suicide:

- **Promote Connectedness**
 - **Sources of Strength**
 - **Greening Vacant areas**
- **Teach coping and problem-solving skills**
 - **Youth Aware of Mental Health Program**
 - **Strengthening Families**
- **Identify and Support People at risk**
 - **Applied Suicide Intervention Skills Training**
 - **National Suicide Prevention Lifeline/Textline**
- **Lessen harms and prevent future risk**
 - **StandBy Response Service**

Sample Script for Post Tragedy Announcement

Good Morning,

It is with a heavy heart that I share the news of the loss of one of our family members here at WHS. Sadly (name) was taken from us too soon. It is important today to remember (name) and the many ways he/she brightened our lives. (name) was a member of the (groups, sports, activities) and will be dearly missed by all of us. We must not dwell on the way we lost (name) but celebrate the wonderful life and legacy of (name).

Members of your Crisis Intervention Team are available throughout the day to talk with you as needed. I encourage you to share stories today of the fun and happy times with (name) as we remember him/her today.

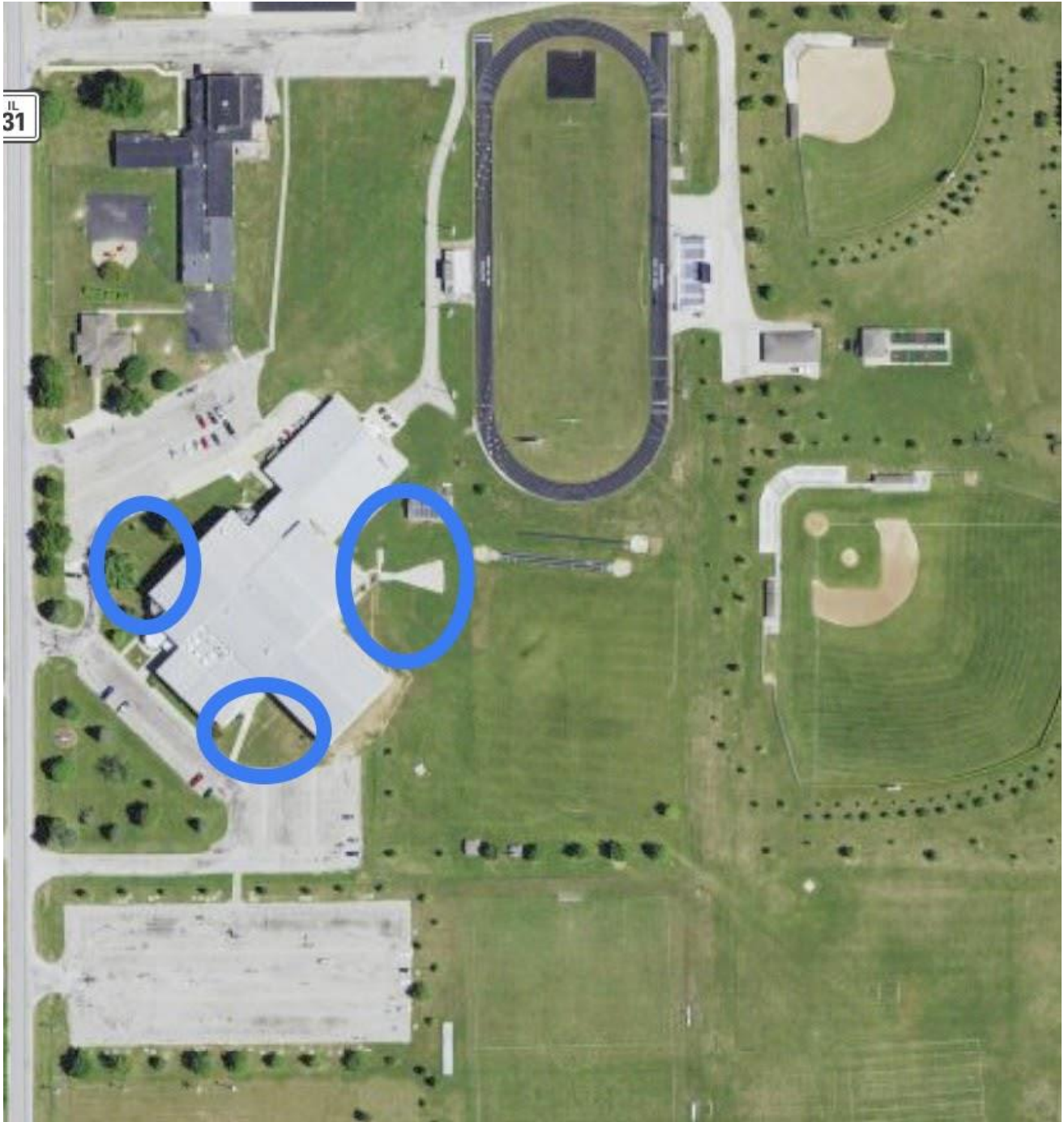
Sticky notes will be available today at (name's) locker for you to write a positive message as you work through your grief. These notes will be assembled into a memory book and presented to (name's) family in the coming days.

I ask that you all join me in a moment of silence as we remember (name). (allow approximately 1 minute of silence)

We will miss you (name).

Teachers, please take the time this morning to remember (name) as you and your class begin to process the loss. Please remember counseling services are available if you are in need.

Potential Memorial Garden Locations



***Potential locations for the Memorial Garden are marked with blue ovals. These locations would allow room for expansion over the years while ensuring a peaceful place to relax.**

MEMORIAL GARDEN EXAMPLES



Final design plans should be created in partnership with school administration. A design plan and cost proposal should be finalized and submitted for Board approval. Estimated timeline is 2 years.