



CHADS

Coalition

FOR **Mental Health**

**COMMUNITIES HEALING ADOLESCENT
DEPRESSION AND SUICIDE**

Our mission is to save young lives by advancing the awareness and prevention of depression and suicide.

Individual Services

Family Support Counseling
Social Emotional Mentoring

Universal Prevention

Signs of Suicide

Chad



- **Age: 18**
- **Academics: Honor roll – top 15%**
- **Athletics: Recruited by D1 for soccer, distance runner**
- **Church: Active in youth group, retreat leader**
- **Activities: Boy Scouts, computer games, Sci-Fi & fantasy movies & books**
- **Awards: Eagle Scout Award, 5 plaque awards for high school sports, HS Leadership Award**
- **Volunteer: Over 100 hours per year, Kirkwood Track club, Ride On St. Louis**
- **Personality: Caring, funny**
- **Descriptive words: Bright, popular, loving, leader**
- **Diagnosis: Depression, Bipolar Disorder, OCD**
- **Died: April 15, 2004**

What we know

Suicide rates have increased by **20%** since 2010

1 in 7 middle school
1 in 5 high school
1 in 4 college students seriously consider suicide

Suicide is the 2nd leading cause of death for 10-27 year olds

More than 300 people in the St. Louis region died by suicide in the St. Louis Region

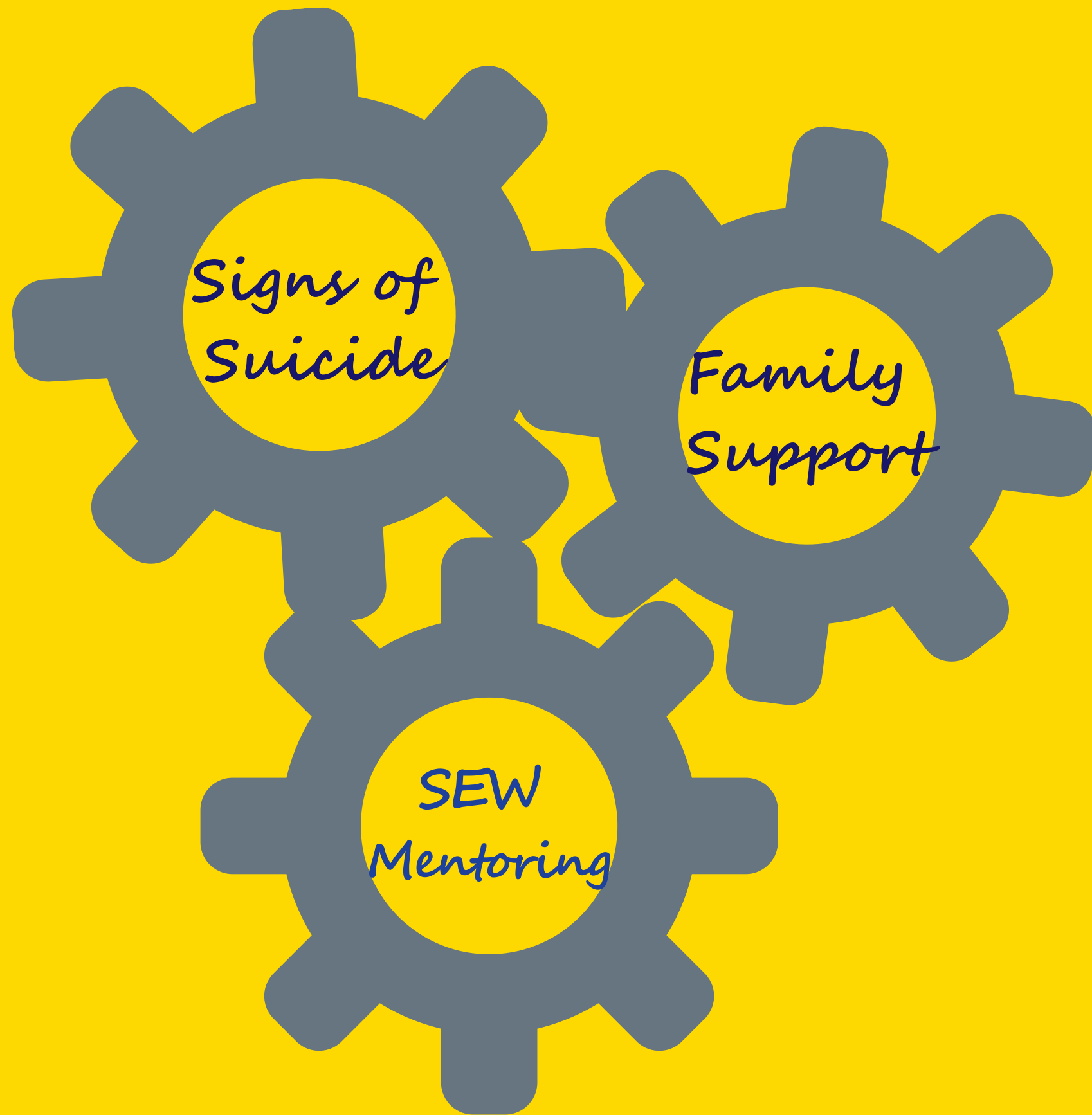
80% of those who die by suicide are male



48% of high school students who identify as LGBT seriously considered attempting suicide in the past year

Self-reported suicide attempts increased **73%** amongst black youth over the last 25 years





CHADS programs are intentionally designed to work together or as standalone prevention and intervention tools. Using evidence-based and evidence-informed methods, CHADS is building a stronger safety net for our kids and creating support systems for families and communities.



Family Support Program

- Provides treatment and intervention to students who are identified through mentoring, SOS, or by school staff
- One on one counseling for teens struggling with mental health issues



CHADS Coalition for Mental Health

- Short term, Solution-focused, and Strength based services
- Work with clients primarily 10-25 years
- Specialize in working with depression, anxiety, and suicidal ideation
- Typically, 10-12 sessions in length



Overview of Services



Decrease in Depression

70% of youth engaged in the Family Support counseling program will experience fewer depression symptoms

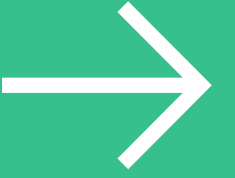
Decrease in Anxiety

70% of youth engaged in the Family Support counseling program will experience fewer anxiety symptoms

Decrease in Suicidal Ideation

75% of youth engaged in the Family Support program who indicate suicidal ideation at any point during treatment will experience reduction in suicidal ideation

Outcomes



Social Emotional Mentoring

- Instills protective factors to promote wellbeing and resilience
- Individualized Social Emotional Learning for children Kindergarten -12th grade



CHADS Coalition for Mental Health

- Evidence-informed curriculum based on the CASEL Competencies
- Work with K-12 grade students
- Weekly 30-minute sessions
- Varied teaching modalities to engage the mentees



Overview of Services



Improved Well-Being

80% of youth participating in Social-Emotional Mentoring Services will gain knowledge toward improved well-being.

Understanding of Self-Management

80% of youth participating in Social-Emotional Mentoring will gain improvement in understanding of self-management.

Improvement in Self-Awareness

80% of youth participating in Social-Emotional Mentoring Services will demonstrate improvement in self-awareness.

Outcomes



Signs of Suicide

- Education and action steps around mental health and suicide prevention
- Evidence-based universal prevention programming for 5th grade -12th grade students as well as adults



CHADS Coalition for Mental Health

- Universal, evidence-based prevention program
- Education and action oriented
- Grades 5th-12th grade, college students, and adults
- Fits into one 45-90 minute class period



Overview of Services

SOS Training Series



6th-8th
Grade

- SOS Middle School (6th grade)
- EYES Bully Free (6th Grade)
- EYES Peer Pressure (7th Grade)
- EYES Self-Injury (8th Grade)

9th-12th
Grade

- SOS High School (9th Grade)
- Signs of Self-Injury (10th Grade)
- Healthy Coping Skills (11th Grade)
- SOS 2nd ACT (12th Grade)

Screening & Self ID





Knowledge on Mental Health

80% of youth participating in SOS trainings will gain knowledge on mental health (signs of depression and signs of suicide).

Increased Help-seeking Behavior

80% of youth participating in SOS will have increased knowledge in the ACT Technique to help themselves or a friend (Acknowledge, Care, Tell a Trusted Adult).

Self-ID for help

12% of students who participate in SOS will ask to speak to a counselor out of concern for themselves or a friend at the end of every training.

Outcomes

"My CHADS Counselor gave me a voice. She helped me advocate for myself and my physical and emotional needs and as a result, my dad heard me out."

ACCEPTED

HOPE

"Now I save a lot of people. I can choose kindness."



CHADS Coalition FOR Mental Health

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DEPRESSION AND SUICIDE

314-952-8274

www.chadscoalition.org



THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

1-866-488-7386

Text 'START' to 678-678



**METRO TRANS
UMBRELLA GROUP**



314-628-2929

St. Louis County Youth
Connection Helpline



4HLP to 31658

RAINN | 800.656.HOPE
| RAINN.org

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text **ACT** to 741741.