



# Family Support Program Overview

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Family Support Manager

# In Saint Louis County...

- Over 5% of middle and high school students attempt suicide each year
  - 1 in 18 students, 1 in every classroom
  - 13 students per day
- Over 30% of students are bullied within 12 months
- In Saint Louis Metro...
  - 35-40 youth (15-24 years old) die by suicide every year





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, OCD

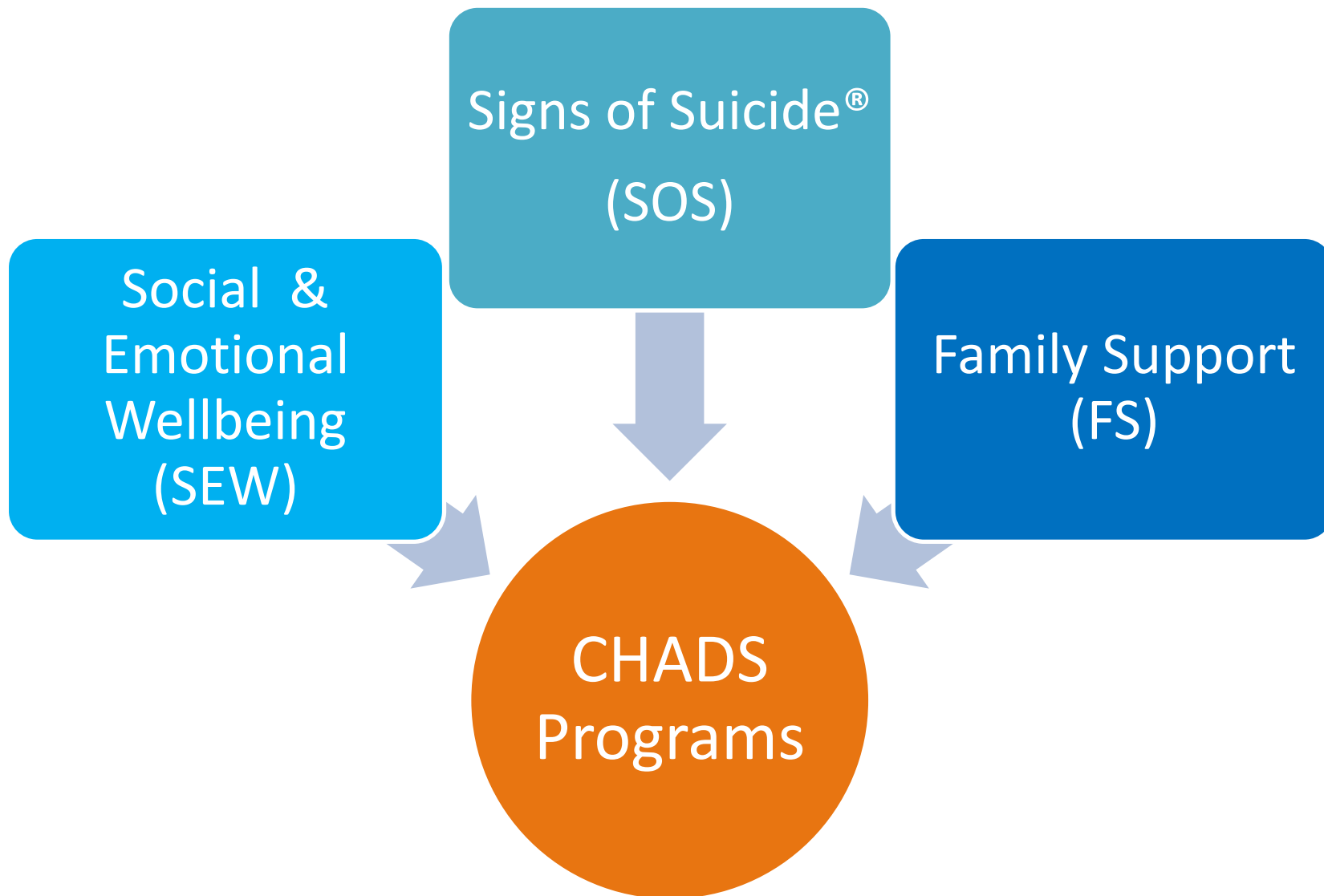
**Died:** April 15, 2004

# CHADS Coalition for Mental Health

❖ Communities Healing Adolescent Depression and Suicide

- Began in 2005
- 2020: 1.3 Million dollars in revenues and expenses
- 501c3 non-profit
- CARF Accredited





# Work Done in SLPS

- Last 3 school years:
  - SOS
    - 6 Schools
    - 23 presentations
    - 511 students
    - 18% Ask for Help
  - SEW
    - 2 schools
    - 31 students
    - 246 mentoring sessions
  - FS
    - 4 schools
    - 27 students
    - 182 counseling sessions

# FAMILY SUPPORT

- Licensed clinicians provide support through:
  - Strategic Solution Focused Family Centered Counseling to kids in crisis
  - 8-16 sessions help kids leave crisis
  - Counseling in office (866 sessions) or in schools (2847 sessions, 1 day per week in 32 schools)



# Tele-Behavioral Health Services

Tele-behavioral health is the process of providing psychotherapy remotely, utilizing HIPAA-compliant video conferencing.

The advantages of virtual delivery of psychotherapy include reduced stigmatization, increased convenience for patients, and improved provider efficiency.

- Embedded TBH: TBH stations planted in schools with support from staff.





**NATIONAL**

**SUICIDE**

**PREVENTION**

**LIFELINE**<sup>TM</sup>

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**CRISIS TEXT LINE |**<sup>TM</sup>

**ACT to 741 741**

**THE TREVOR PROJECT**

*Saving Young LGBTQ Lives*

**1-866-488-7386**

**BHR**

**Youth Connection Helpline**



**call.**

TOLL FREE  
1-844-985-8282  
LOCAL  
314-819-8802



**chat.**

get help now  
chat online at  
[www.bhrstl.com](http://www.bhrstl.com)



**text.**

BHEARD to  
31658



**go.**

to your local  
Safe Place  
site

**CHADS**

**Coalition**

**FOR Mental Health**

**COMMUNITIES HEALING ADOLESCENT  
DEPRESSION AND SUICIDE**

**314-952-8274**

[www.chadscoalition.org](http://www.chadscoalition.org)

# Questions

