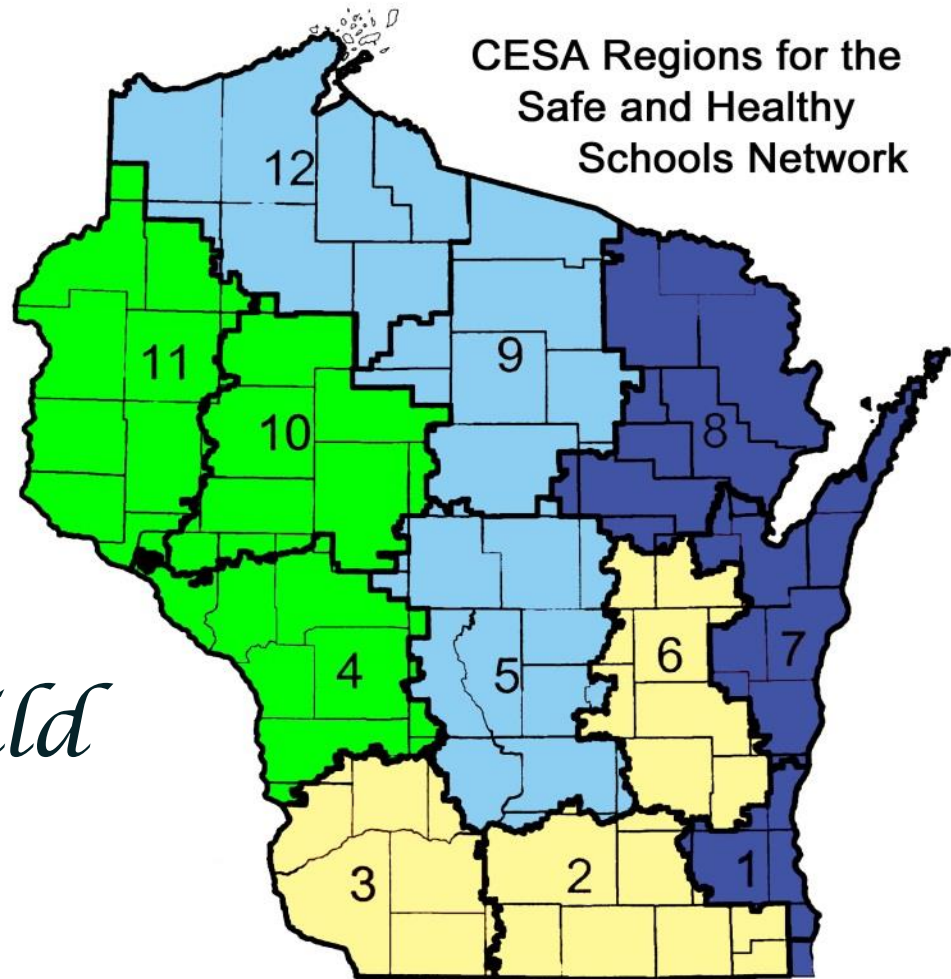




Wisconsin Safe & Healthy Schools Center

**Mental Health and Suicide Prevention
Trainings**

*Vision:
Every Child
Safe,
Healthy,
and
Connected*



QPR Question, Persuade, Refer

- ▶ 3 simple steps anyone can learn
- ▶ Similar to CPR
- ▶ Trained in QPR you learn:
 - Warning signs of a suicide crisis
 - How to question
 - Persuade
 - Refer someone to help
- ▶ Can train both Adults and Teens

Youth Mental Health First Aid

Assess for risk of suicide or harm

Listen non judgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies



Why Youth Mental Health First Aid?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

Individuals with mental health
problems often **DO NOT SEEK HELP**

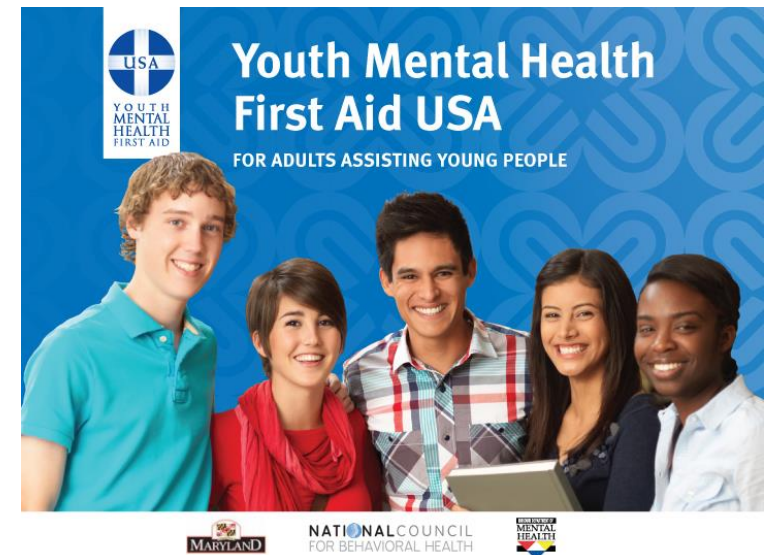
Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You
might **SAVE A LIFE.**

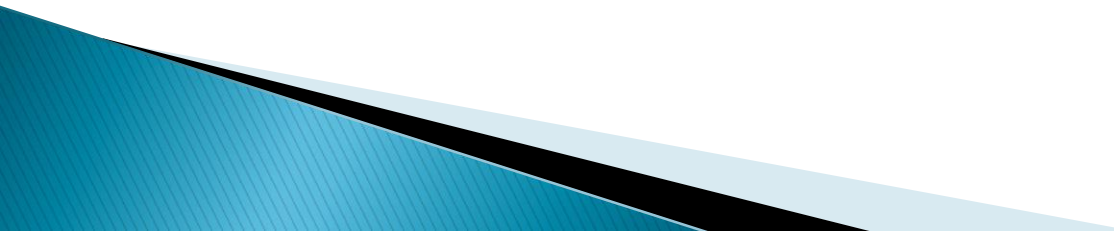
Youth Mental Health First Aid

- ▶ Introduces participants to the unique risk factors and warning signs of mental health problems in adolescents
- ▶ Builds understanding of the importance of early intervention
- ▶ Teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge
- ▶ The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)



SBIRT

Screening, Brief Intervention, Recommendation for Treatment

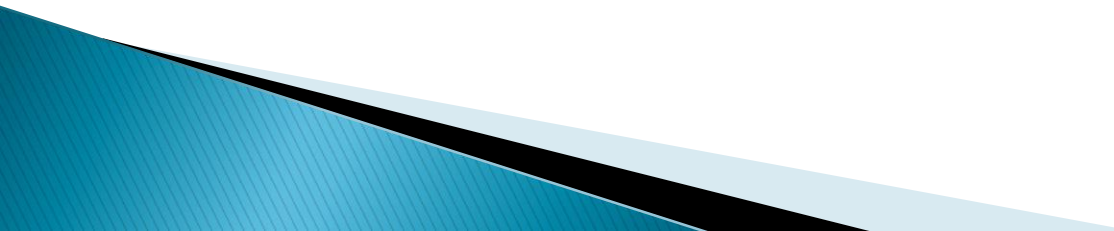
- ▶ Evidence based comprehensive public health model used to address selected behaviors adapted to education
 - ▶ Screen – GAIN SS, TFC
 - ▶ Brief Intervention 3–5 15 minute sessions
 - ▶ If necessary Recommend for Treatment
- 

Youth Based Interventions

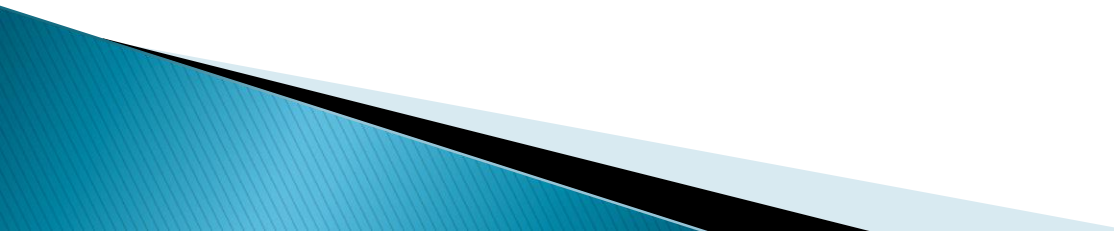
- Sources of Strength



Peer to Peer Programs

- ▶ GSA – Gay Straight Alliance
 - ▶ Youth Futures – training on *resilience*
 - ▶ Safe School Ambassadors
 - ▶ Peacemakers (Kimberly)
 - ▶ Life force (Kimberly)
 - ▶ Peer Helpers
- 

School Community Partnerships

- ▶ CESA 6 Safe & Healthy Schools Community
 - ▶ Zero Suicide Coalition – multi county project with the goal of zero suicides
 - ▶ NEW Mental Health Connection
 - ▶ Erica's Lighthouse materials
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