

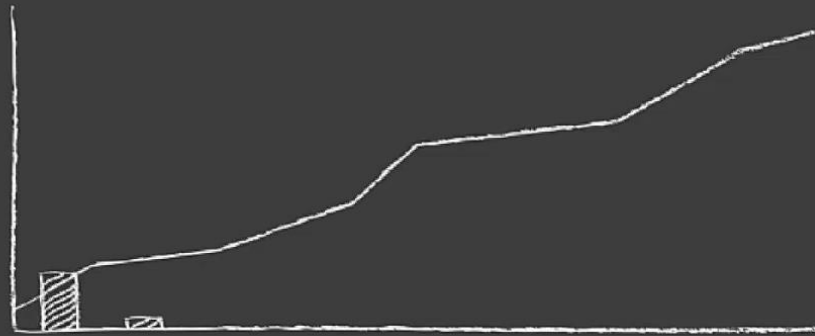
# HOPE

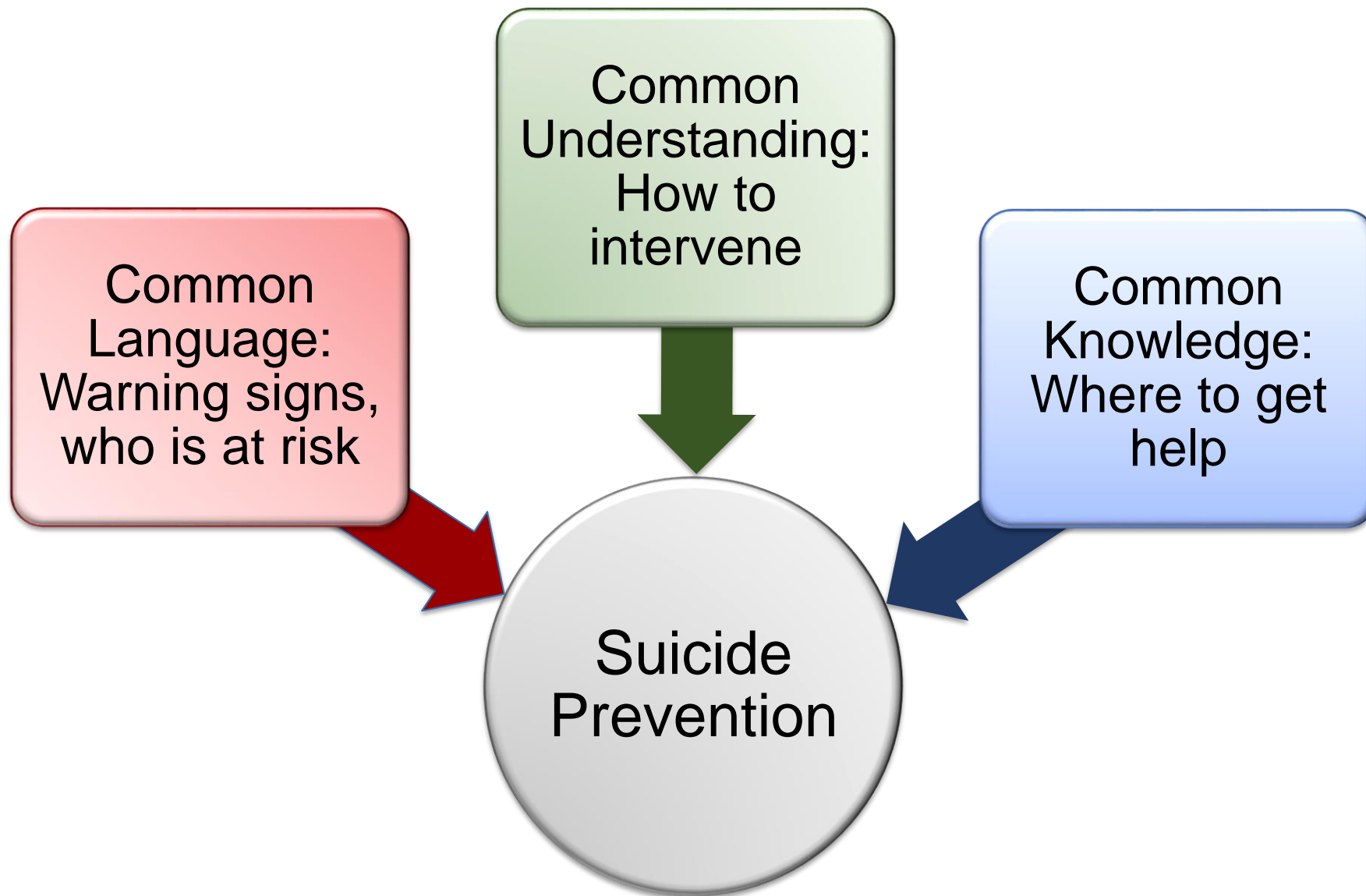
S Q U A D

# Story

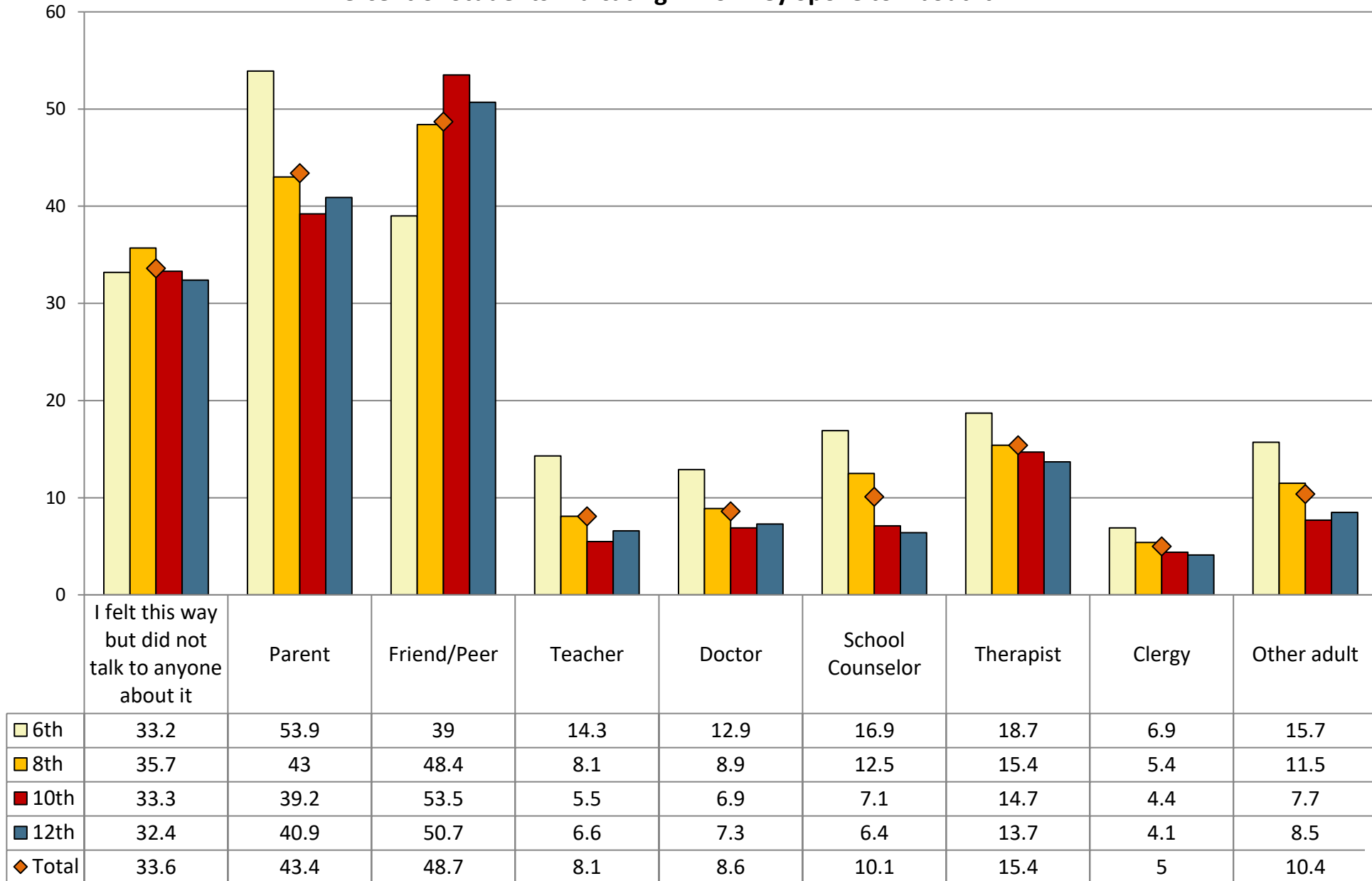


## Suicide





### Student Mental Health Outreach: Of Students Who Indicated Feeling "Very hopeless, sad, or suicidal" in the Past 30-Days, the Percent of Students Indicating Who They Spoke to About It







What is a Hope Squad?

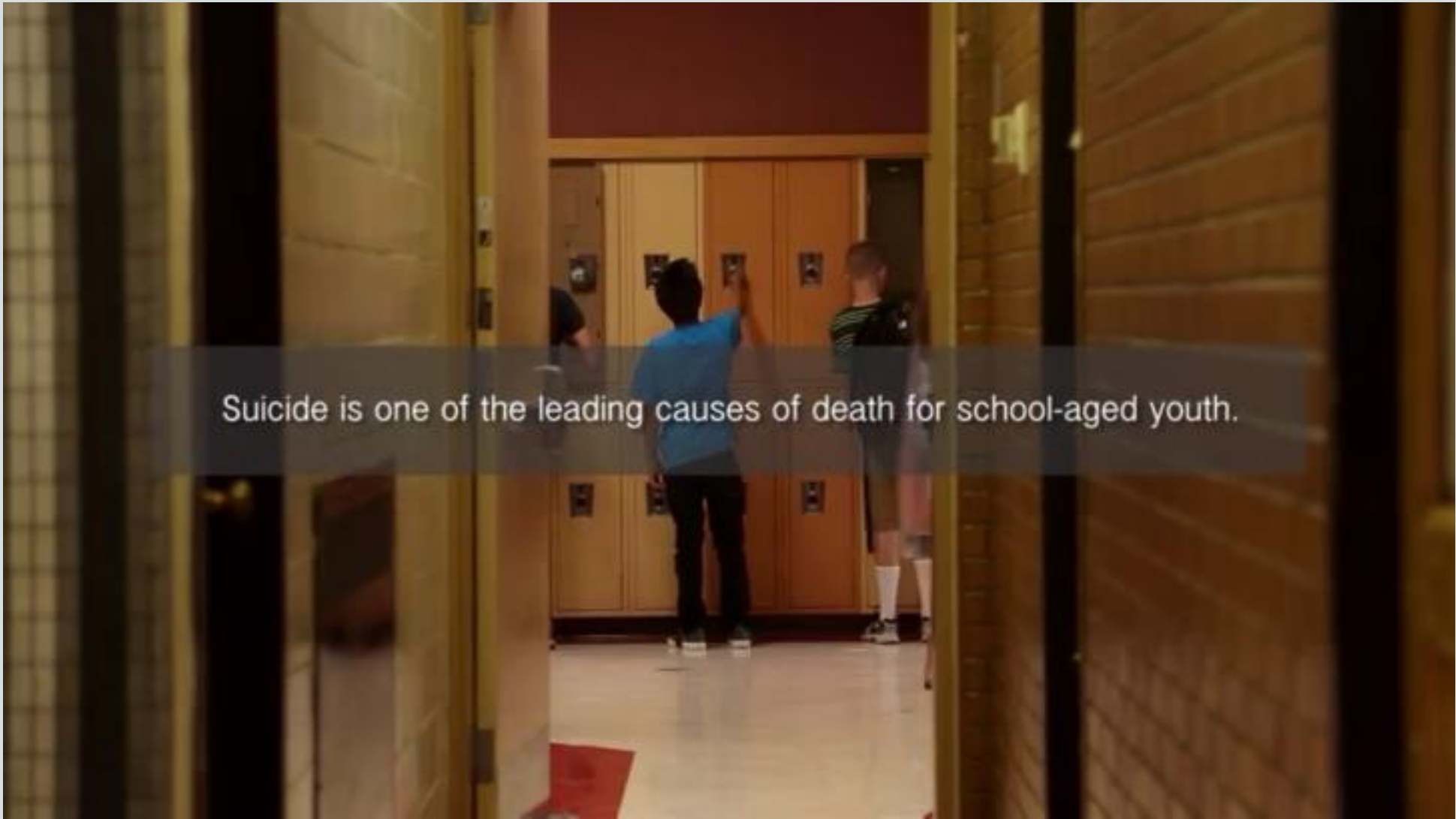
HOPE

S Q U A D®

# Provo City School District Statistics

Year	Attempts/ Threats	Hospital	Completions
1999	75	0	2
2000	111	0	0
2001	110	0	2
2002	43	12	0
2003	53	6	2
2004	134	9	1

Year	Attempts /Threats	Hospital	Completions
2005	56	8	0
2006	70	7	0
2007	32	5	0
2008	24	2	0
2009	23	5	0
2010	39	9	0
2011	39	5	0
2012	52	10	0
2013	110	13	0



Suicide is one of the leading causes of death for school-aged youth.



# Hope Squad Goal

Hope Squads seek to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities.

## Hope Squad Program promotes:

- Partnership with local mental health agency and/or other local organizations
- Connectedness
- Anti-bullying
- School safety
- Reduce the stigma of mental illness
- Increase help-seeking behavior



# What do Hope Squad Members do?

- Organize school-wide activities that promote connectedness and inclusion
- Learn about mental health, self-care, boundaries, and reporting concerns
- Reduce the stigma of mental illness
- Increase help-seeking behavior







# Hope Squad Curriculum

## Elementary – grades 4<sup>th</sup> – 6<sup>th</sup> (3 years)

Resiliency, anti-bullying, mental wellness and literacy with children's books

## Middle School (3 years)

Focuses on suicide prevention, boundaries, self-care

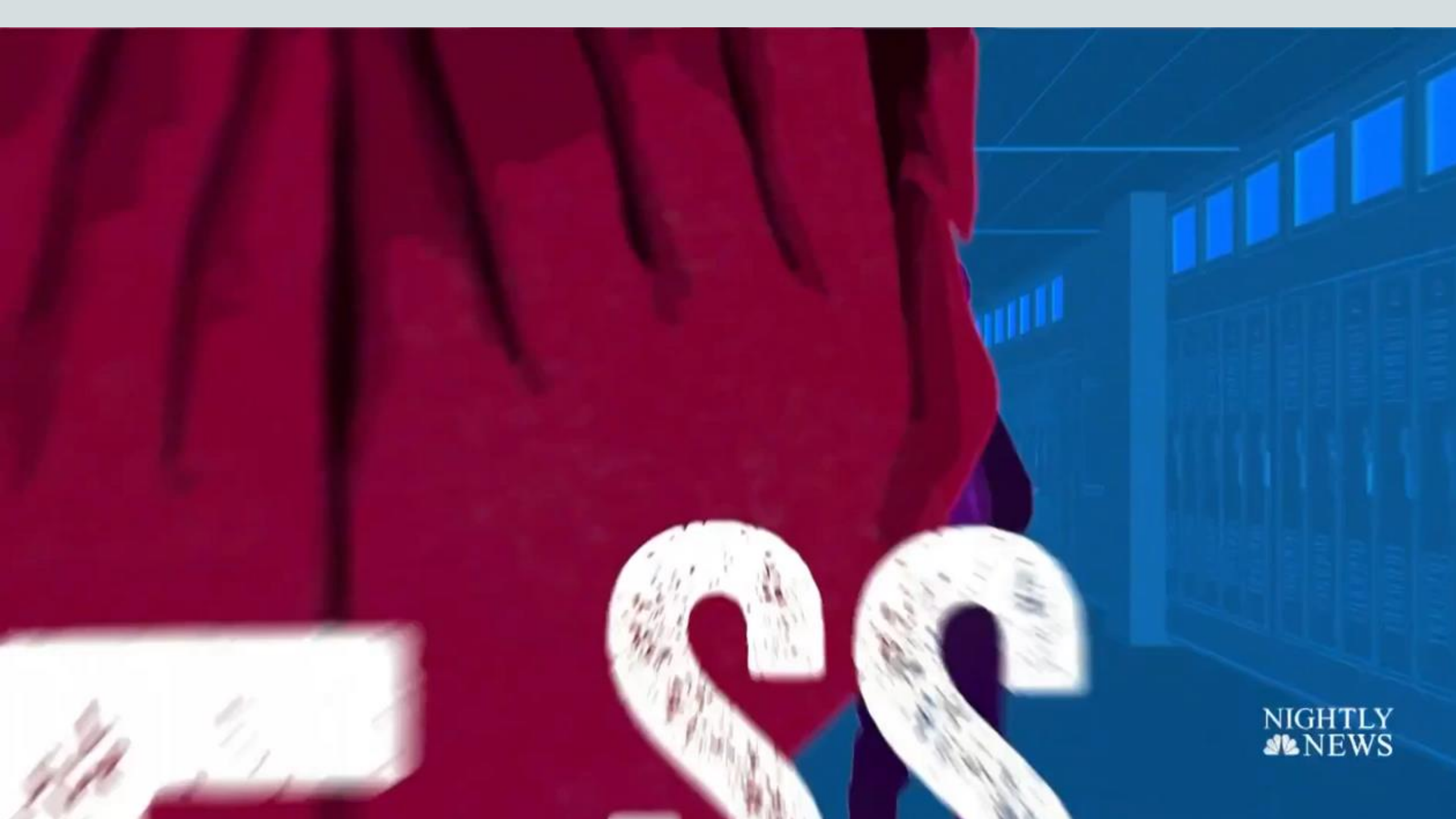
## High School (4 years)

Focuses on suicide prevention, boundaries, self-care, school-wide curriculum



# Research

- Pre- and post- surveys data (Hope Squad members)
- Suicide Concern Contact data (students with suicide concerns)
- University of Cincinnati comparison study (Ohio)
- Brigham Young University Sharp Survey study
- University of Utah effectiveness of Hope4Utah/Hope Squads
- Advisor, Parent and Principal year-end surveys



22



NIGHTLY  
NEWS



Spencer Cox

