



San Diego Youth Services

HERE Now Prevention and Early Intervention Program

Helping, Engaging, Reconnecting and Educating Community

Introduction to Services:

San Diego Youth Services (SDYS), North County Lifeline (NCLL) and South Bay Community Services (SBCS) are collaborating to prevent youth suicide, suicidal ideation, and help foster safe schools and create a safer place to learn in San Diego County with suicide and bullying prevention education through the Helping, Engaging, Reconnecting and Educating (HERE) Now Program.

The HERE Now Program focuses on preventing suicide by educating 7th through 12th grade youth and their families on the risk factors of suicide and reduce the stigma around seeking help for themselves or others. In addition the HERE Now seeks to shift social norms about the stigma attached to individuals who seek mental health services by being proactive in reaching out to the community and community leaders; promoting education about mental health; teaching in the schools; reaching out to parents; changing policies; implementing bullying prevention, and having in place a seamless system of services that identifies youth who need help before they attempt suicide.

Curriculum:

We utilize the SOS Signs of Suicide Prevention Program®. This evidence-based curriculum, Signs of Suicide (SOS) Program, for suicide prevention and early intervention, which includes addressing bullying and bystander roles. The curriculum utilizes a video as its main teaching tool which features stories from teens whose lives have been affected by depression and suicide, and includes vignettes of issues adolescents face every day. Through the usage of the acronym ACT: Acknowledge that your friend has a problem, tell the person you CARE, and Tell a trusted adult, the program teaches youth the warning signs of suicide and depression and encourages them to seek help for themselves and others. SDYS will be using this curriculum to provide awareness and education in hopes to reduce the stigma associated with mental health. Students who feel better, learn better.

How SDYS HERE Now program can support the community:

Teachers and Support Staff

Presentations to teachers and other support staff on campus that will give an overview of HERE Now program and “Check Your Mood” Week, specifically what will be asked of staff during our time at their schools. Information on suicidal Ideation and self-injurious behaviors and what that can look like in the classroom. As well as bullying and how this can appear on school campus. We will also review of resources in the community.

Presentations are offered for all schools and can range from 15 to 60 minutes, depending on the need.

Parents

We can partner with schools to host a coffee talk/ parenting meeting to present information on “Check Your Mood” week. Presentations also include topics such as; suicidal Ideation and what this may look like for their student, self-Injurious Behaviors and what this may look like, bullying and ways to help student, mental Health – childhood Depression, effective Communication, and teen development and stress.

This has been offered per school campus or held district wide.

Students Presentations

This presentation is presented during one class period and includes information on facts on depression, suicide and bullying, warning signs of suicide, normal vs. atypical reactions to stress in relation to depression, bullying prevention and bystander reporting, personal strengths and coping skills. Students are taught how to respond to a friend if they are concerned about their safety.

Students will also complete a survey following the presentation as well as a response card; this card will ask them based on the video and /or screening, whether or not they would like to talk to someone regarding themselves or a friend. We ask that each student complete this to ensure we can support everyone that hears our presentation. This response card states they will be checked in with by a HERE Now staff.

Individual Assessments/ Check Ins:

Following the presentation we will then check in with all students who identified themselves as needing to talk or having a question about the presentation. With these students we assess for suicidal ideation, suicide attempt, homicidal ideation, self-injurious behaviors, substance use and/or abuse, school safety concerns (i.e. bullying, cyberbullying, etc.).

We will also help the students identify trusted adults, review student’s strengths and coping skills, and provide community resources.

Community Support

We are seeking to shift social norms and reduce the stigma attached to individuals who seek mental health services by being proactive in reaching out to the community and community leaders. In doing so we would like to participate in community events such as wellness events, street fairs, and other community events to raise awareness.

Our goal is to educate by increasing awareness, promoting conversations, and inspiring connections to prevent suicide—one community, one school, one life at a time.

Any questions or interest in additional information? Please contact Judi Park, HERE Now Program Manager, at (619) 258-6877 ext. 3274 or at jpark@sdyouthservices.org .

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