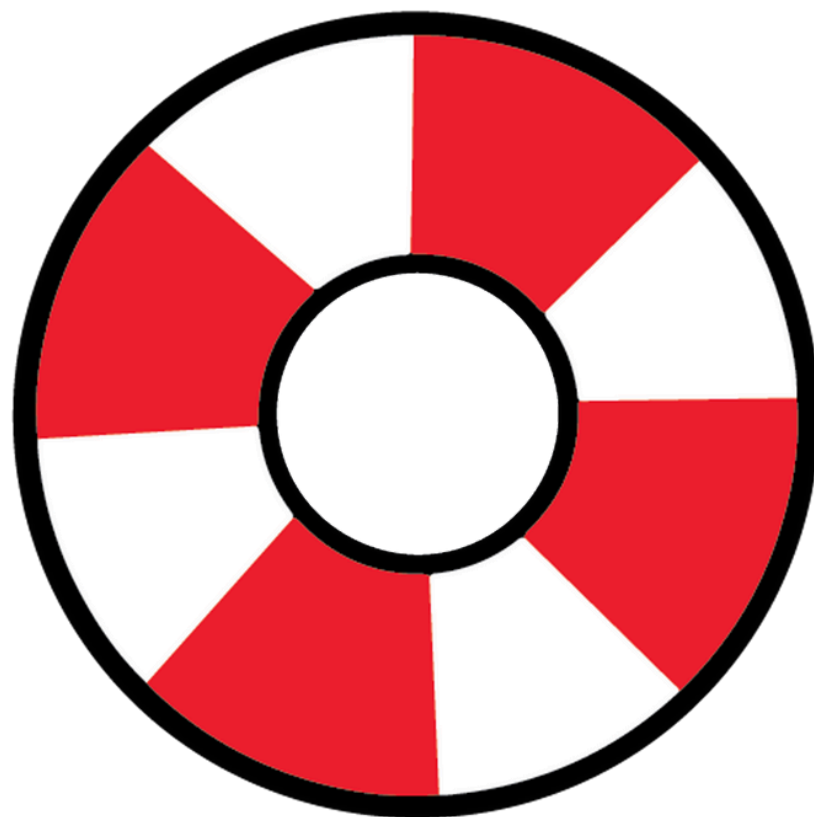


H O P P E



S Q U A D[®]

Kirsten Fuchs - Youth Cannabis and Commercial Tobacco Prevention

Program Coordinator

NEWESD 101 - Center for Student Support

Our Objectives

- What does recent data say about youth suicide?
- What is Hope Squad?
- The two “truisms” of Hope Squad
- Peer-to-peer prevention
- QPR and the Hope Approach
- Successful Hope Squads in WA
- Hope Squad Activities
- How to start a Hope Squad



OUR GOALS

ASSESS

Assess school district capacity to support students in strategies for peer-to-peer resiliency.

REDUCE

Combat substance use risk factor “lack of belonging” and “feeling hopeless” by creating peer led hope and resilience groups.

EMPOWER

Educate, engage, and empower regional youth to support prevention efforts

1

WHAT DOES DATA SAY ABOUT YOUTH SUICIDE?

**ACCORDING TO THE CDC,
YOUTH AGES 12 TO 17 HAVE THE
HIGHEST RATES OF SUICIDAL
THOUGHTS AND ATTEMPTS
ACROSS AGE GROUPS.**

**SUICIDE IS THE SECOND
LEADING CAUSE OF DEATH
FOR YOUTH AGES 10-18.**



**U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION**



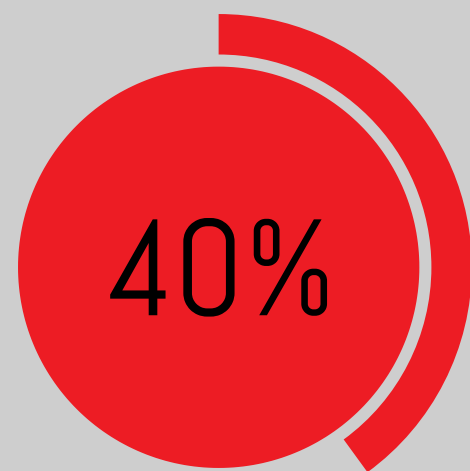
YOUTH RISK BEHAVIOR SURVEY

DATA SUMMARY &
TRENDS REPORT

2013-2023

2023 YOUTH RISK BEHAVIOR SURVEY

In 2023, 40% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities.



In 2023, 20% of high school students **seriously considered attempting suicide.** Female identifying and LGBTQIA2S+ students were more likely than their peers to experience suicidal thoughts and behaviors.

In 2023, 16% of high school students **made a suicide plan** during the past year. Female students were more likely than male students to make a suicide plan.



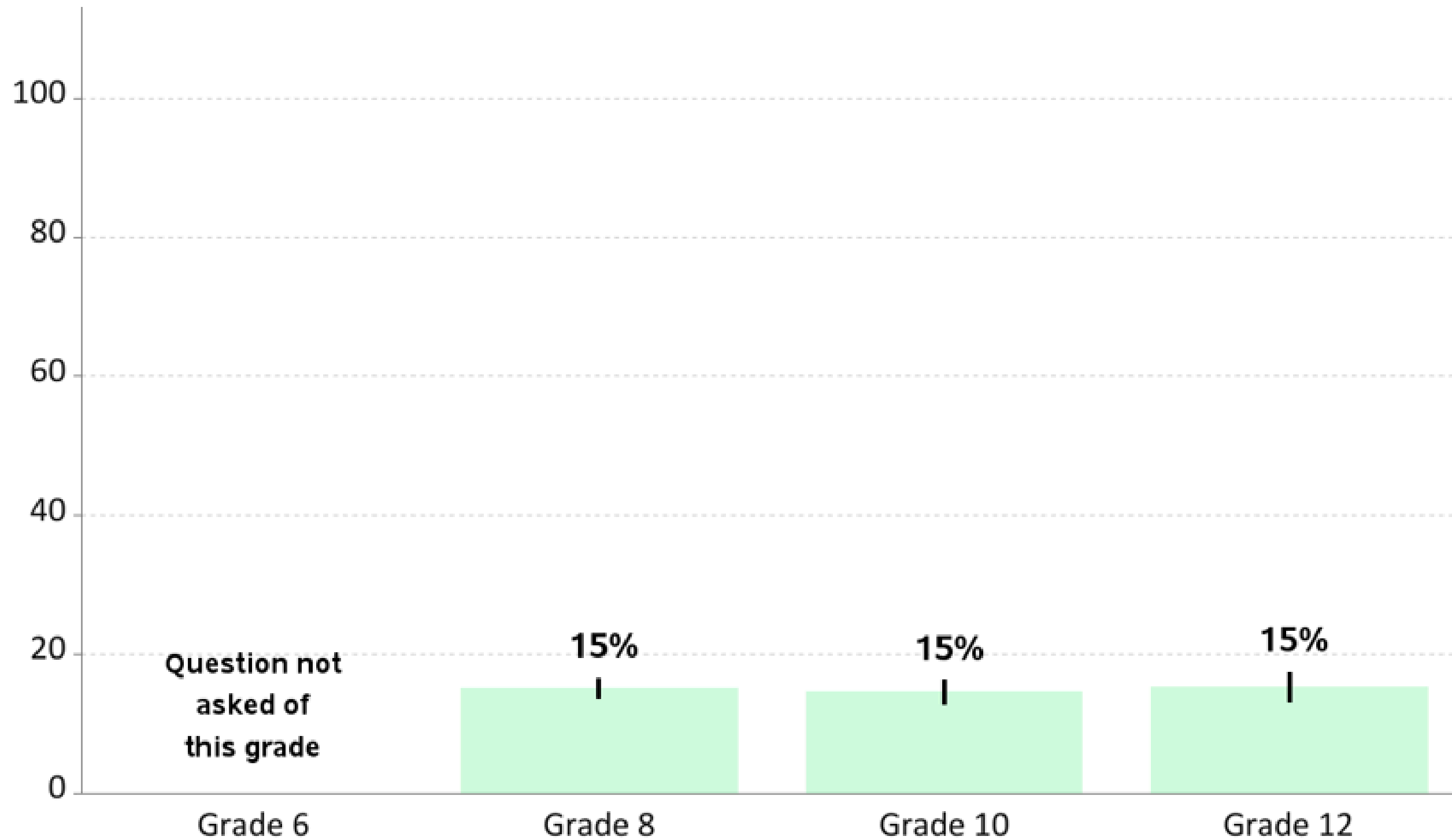
ASK HYS - BHT REGION

In the last year **17%** of youth grades 6-10 seriously considered attempting suicide.

27% of students indicate feeling hopeless.

Contemplation of Suicide

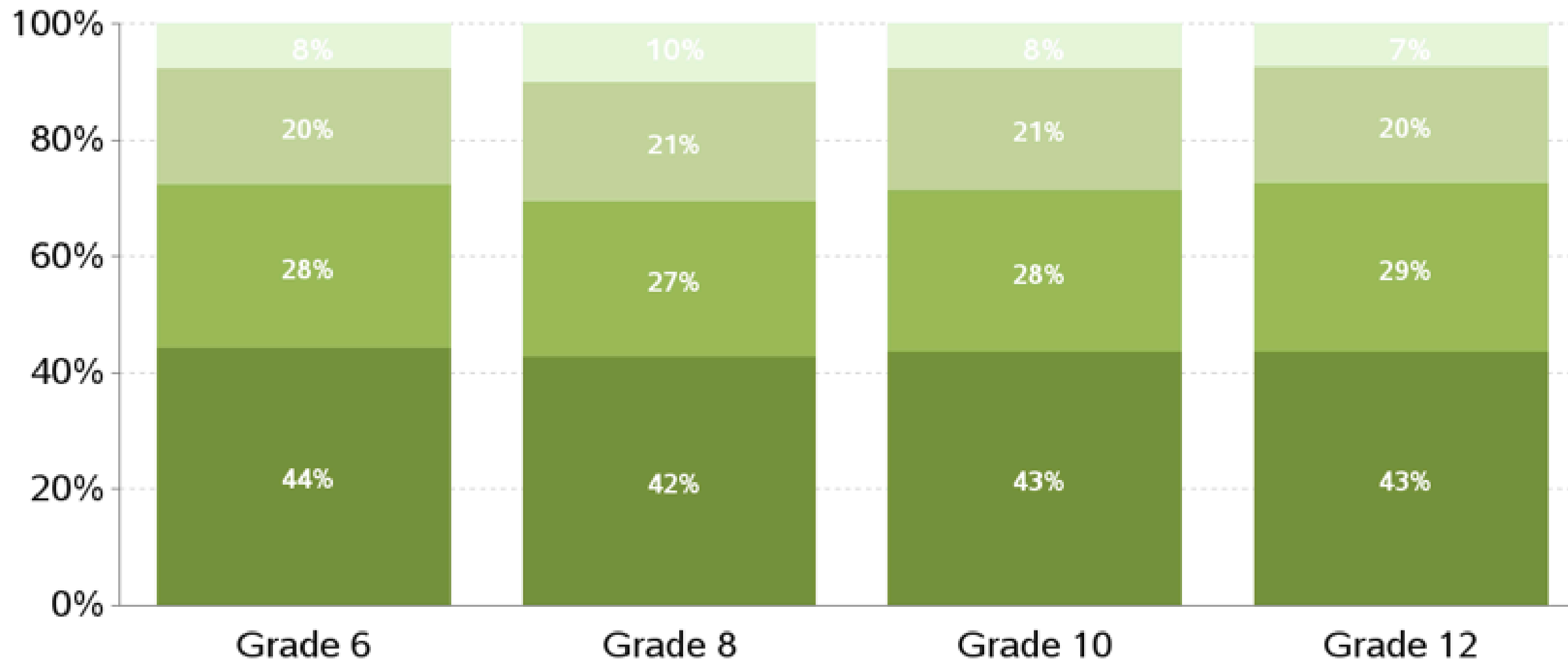
Percent of students who report having seriously considered suicide in the past year



Children's Hope Scale

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.

- No or very low hope
- Slightly hopeful
- Moderately hopeful
- Highly hopeful



FIRST HOPE SQUAD TRUISM

All behavior has meaning...

And our kids' behavior is telling
us they need something
better, different, or more.

WARNING SIGNS

American Association of Suicidology: IS PATH WARM

I IDEATION

S SUBSTANCE USE

P PURPOSELESSNESS

A ANXIETY

T TRAPPED FEELINGS

H HOPELESSNESS

W WITHDRAWAL

A ANGER

R RECKLESSNESS

M MOOD CHANGES

Research suggests that the greater number of warning signs displayed, the greater the risk of suicide.

QPR & THE HOPE APPROACH

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

The HOPE Approach Gatekeeper Lesson in the Hope Squad Suicide Prevention Model integrates and reinforces core competencies throughout programming.

- Ensures alignment with the rest of Hope Squad's curriculum
- Builds Gatekeeper knowledge that empowers students to connect peers to trusted adults
- Enables students to understand the role of protective factors and incorporate into their interactions with others and their own lives.



H HEAD'S UP!



OFFER SUPPORT

PROVIDE INFORMATION

EMPOWER

CORE COMPETENCIES:

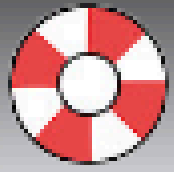
1. Define suicide, describe common myths and facts and understand protective factors
2. Identify suicide warning signs, risk factors and indications of non-suicidal self-injury
3. Know how to approach and ask about suicidal thoughts
4. Recognize the role of bullying, gender and other factors that can affect suicide risk
5. Employ effective intervention strategies for youth at risk of attempting
6. Locate and recommend resources and support for youth at risk of attempting

2

WHAT IS HOPE SQUAD?



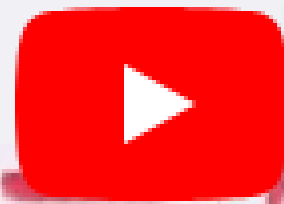
HOPE SQUAD IS A SCHOOL-BASED, PEER-TO-PEER SUICIDE PREVENTION PROGRAM THAT TRAINS AND MENTORS STUDENTS, NOMINATED BY THEIR PEERS, TO PERFORM INTENTIONAL OUTREACH WITH FELLOW STUDENTS.



Meet Hope Squad



Share

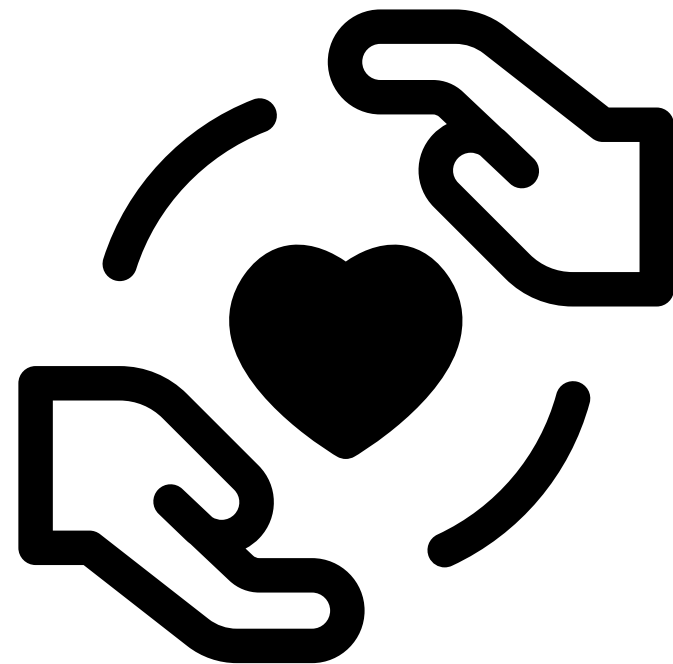


Watch on  YouTube

A CALL TO ACTION

SECOND TRUIISM

There is NO substitute for the
human connection.



3

WHY HOPE SQUAD?



Peer-to-peer programs offer advantages over adult-led or curriculum-based interventions.

Youth may not initially disclose their distress to those prepared to help them (e.g. adults)

Research tells us that students are more likely to talk to a peer about a struggle **before** they will confide in an adult.

Students participating in Hope Squad learn how to appropriately engage students who might be struggling, feeling disconnected, or lonely.



With Hope Squad, **95%** of students report knowing how and where to get help for their peers.





SAMHSA

Substance Abuse and Mental Health
Services Administration

**SAMHSA'S SUICIDE
PREVENTION
RESOURCE CENTER
LISTED HOPE
SQUAD ON THE
BEST PRACTICES
REGISTRY FOR
SUICIDE
PREVENTION (2023).**

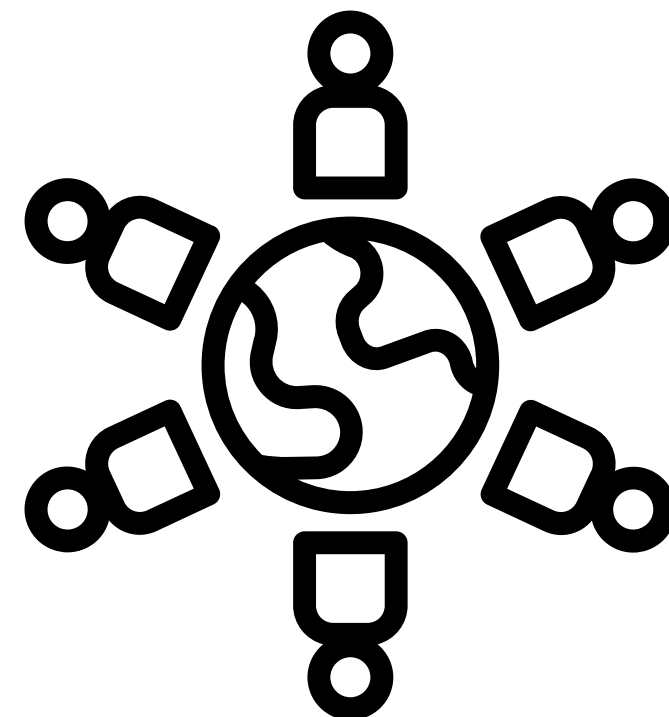
PROGRAM OUTCOMES



Program outcomes include a reduction of youth suicide and stigma surrounding mental health challenges, increased referrals to (or solicitation of help) parents or other trusted adults, and improvement of mental health knowledge, skills, and self-efficacy of Hope Squad members.

4

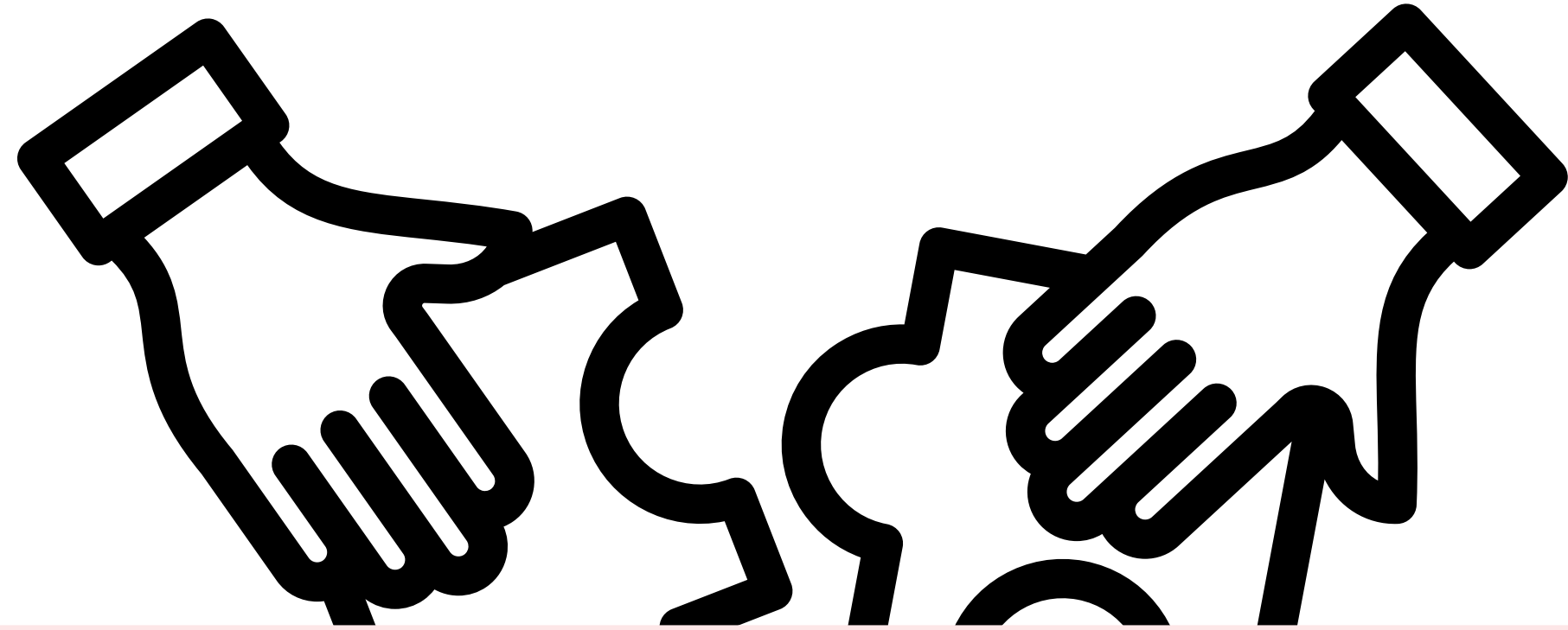
FORMING A HOPE SQUAD





THE HOPE SQUAD PROGRAM IS...

- Flexible
- Accessible
- Evidence-based
- Comprehensive: student, faculty, family, and community



ACTIVITY EXAMPLES





Lewis and Clark Hope Squad supports peers

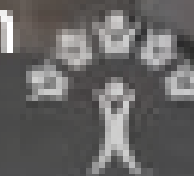
Spokane Public Schools

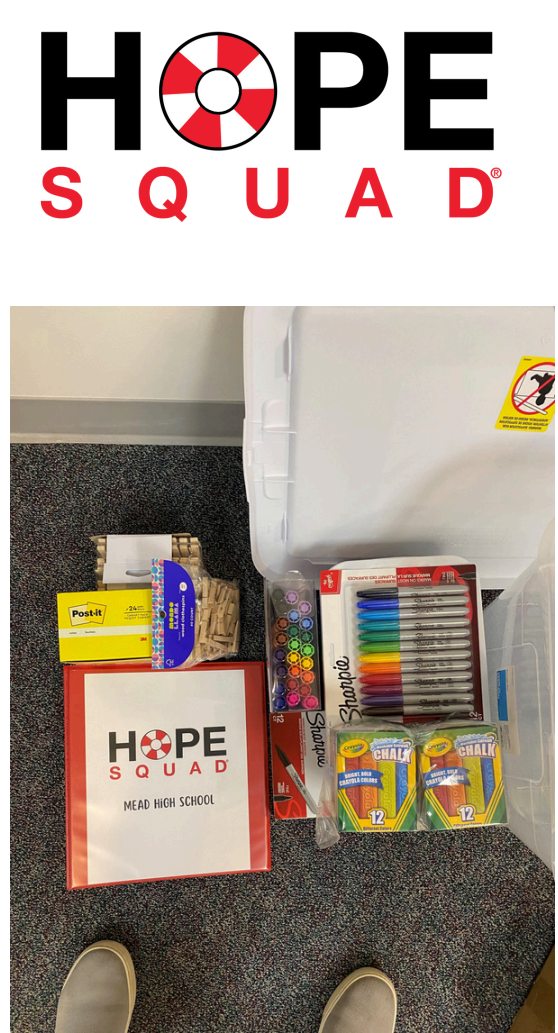
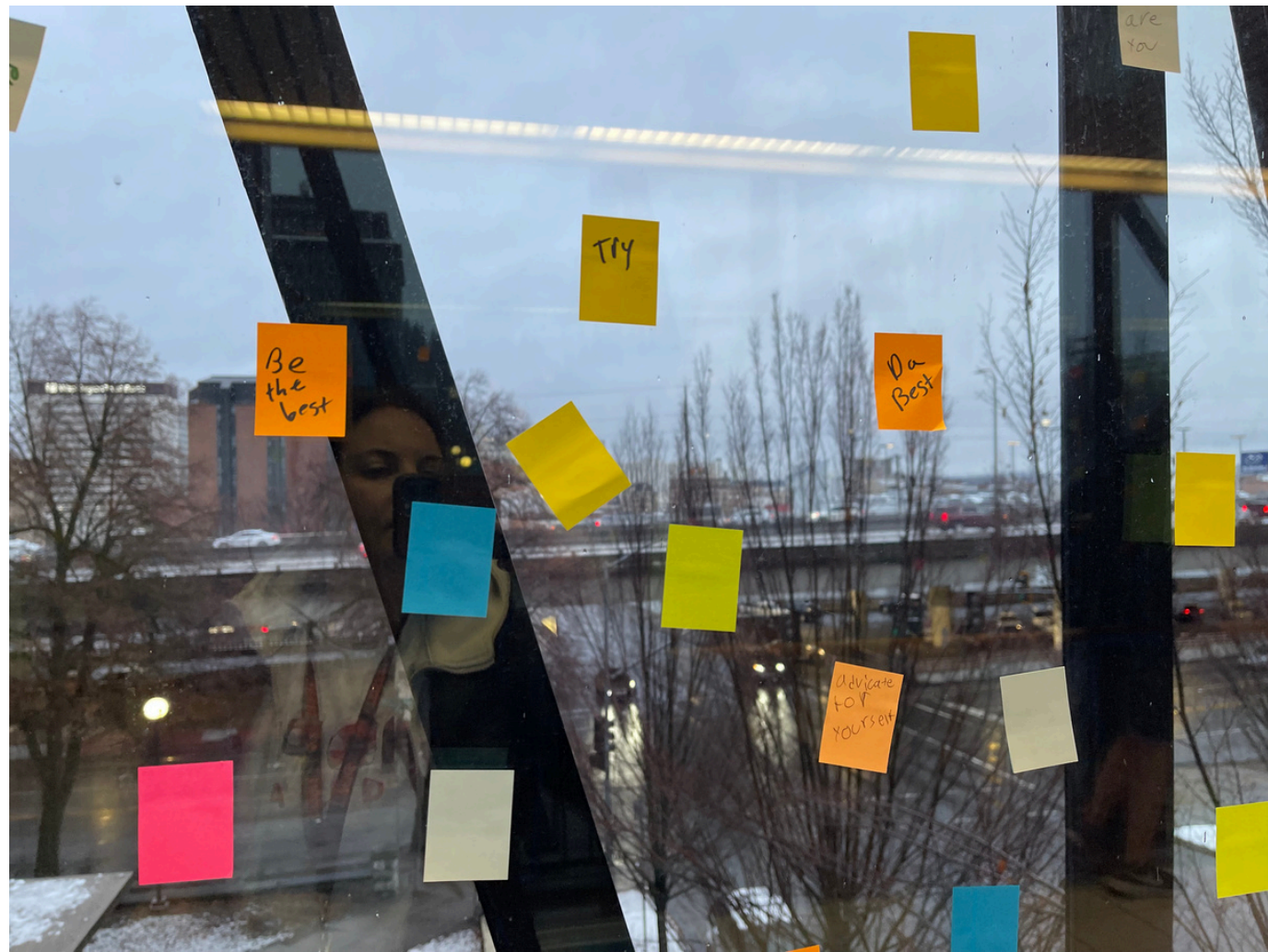


Share



Facebook Watch





HOPE
SQUAD[®]

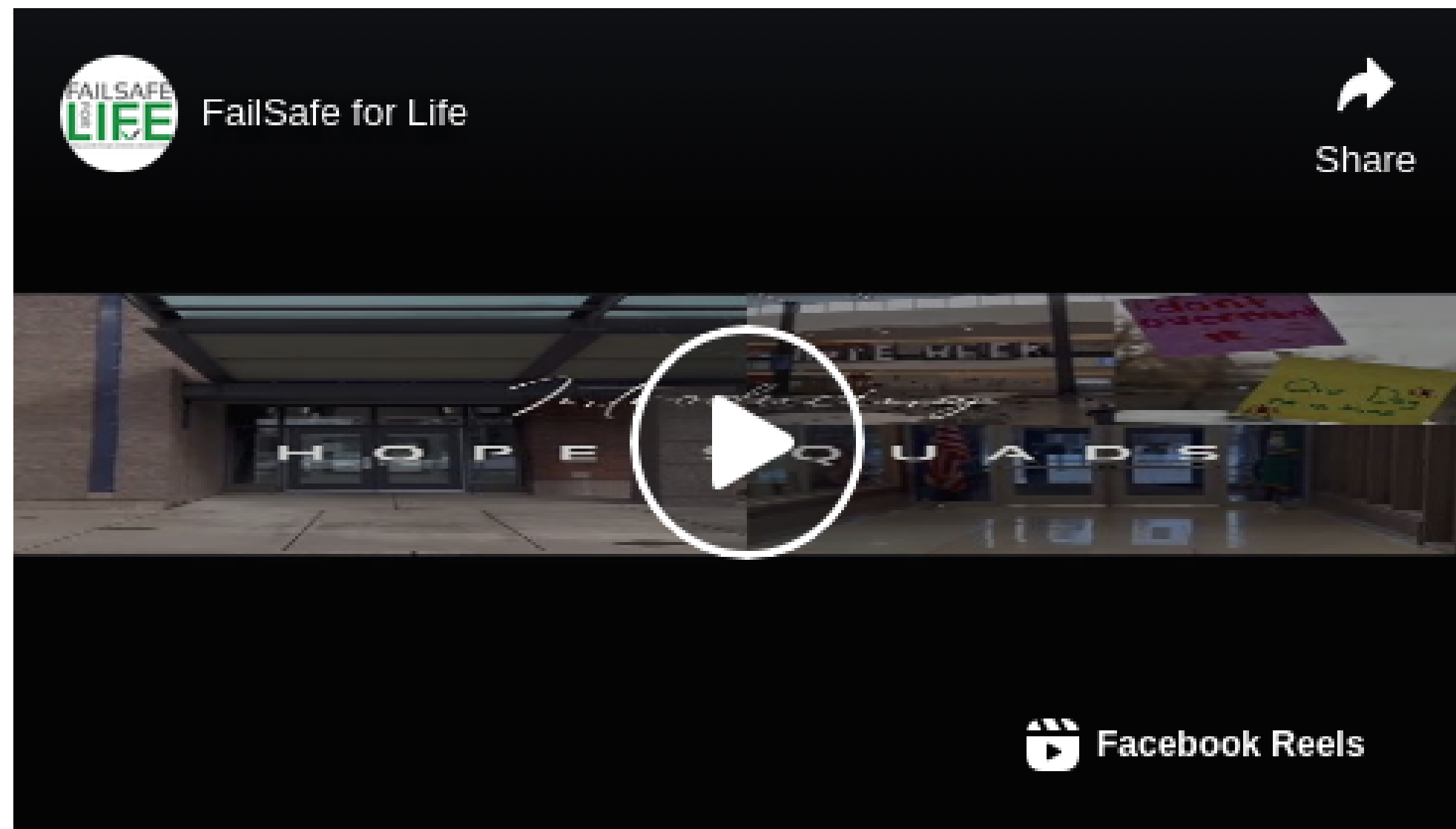




HOPE SQUADS



Facebook Reels



Facebook Reels

HOPE
SQUAD®



**NORTH CENTRAL
HIGH SCHOOL**



**SHADLE PARK
HIGH SCHOOL**



EAST VALLEY SCHOOL DISTRICT

EAST VALLEY MIDDLE SCHOOL

SPOKANE PUBLIC SCHOOLS

LEWIS AND CLARK HIGH SCHOOL

NORTH CENTRAL HIGH SCHOOL

FERRIS HIGH SCHOOL

SHADLE PARK HIGH SCHOOL

SACAJAWEA MIDDLE SCHOOL

ROGERS HIGH SCHOOL

MEAD SCHOOL DISTRICT

NORTHWOOD MIDDLE SCHOOL

MOUNTAINSIDE MIDDLE SCHOOL

HIGHLAND MIDDLE SCHOOL

MEAD HIGH SCHOOL – PILOT

MT. SPOKANE HIGH SCHOOL – PILOT

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KELLEN  **CARES**
COMMUNITY • AWARENESS • RESOURCES • EDUCATION • SUPPORT

 **Inland Northwest**
BEHAVIORAL HEALTH


Light A Lamp

**COMMUNITY
PARTNERSHIPS**

 **nami**
National Alliance on Mental Illness
Spokane

**FAILSAFE
FOR
LIFE** 
Ending suicide through connection, education & hope

QUESTIONS?

