



# UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

**TOPIC:** Initiatives Supporting Students' Mental Health

**SUBMITTED BY:** Christina Uribe Flores, Director of Guidance & Counseling

**OF:** Curriculum & Instruction Department

**APPROVED FOR TRANSMITTAL TO SCHOOL BOARD:** \_\_\_\_\_

**DATE ASSIGNED FOR BOARD CONSIDERATION:** March 20, 2019

## INFORMATIONAL REPORT:

To provide an update on the initiatives supporting students' mental health.



United ISD  
Guidance & Counseling Department and  
Licensed Specialists in School Psychology (LSSPs)

# **Initiatives Supporting Students' Mental Health 2018-2019**

# Needs Assessment Survey

Director of Counseling and LSSPs developed a Needs Assessment Survey to identify areas of concern from school counselors: **Completed Spring 2018**

- Areas of Need:
  - **Professional Development**
    - Suicide Awareness
    - Counseling Techniques
    - Suicide Risk Assessment
    - Identifying & Assisting At-Risk Students
  - **Disseminating Suicide Prevention District Procedures to ALL educators.**

# Professional Development

- **Dr. Scott Poland-Presentation on Suicide Prevention**
  - Nationally recognized expert on school crisis, youth violence, suicide intervention, self-injury, school safety, threat assessment, parenting and the delivery of psychological services in schools. He has also served on the President's Roundtable on Youth Violence and has testified about the needs of children before the U. S. Congress on four occasions.
  - **March 2018:** School Counselors
  - **August 2018:** Principals, Assistant Principals, C&I Executive Directors & Directors
- **Training for All Educators**
  - Mandatory training Suicide Prevention District Procedures to ALL educators.
  - Jason Foundation 2 hour training module suicide prevention & mental health awareness.
- **Dr. Andrea Ogonosky**
  - January 21 training for all school counselors on special education counseling evaluations.
  - April 29 training for all school counselors on Bullying Prevention

# SOS Suicide Prevention Program

It is the only youth suicide prevention program that has demonstrated an improvement in student's knowledge about suicide risk and depression, as well as a reduction in actual suicide attempts.

Program uses a simple and easy to remember acronym ACT®

- **Acknowledge** that you are seeing signs of depression or suicide in yourself or a friend and that it is serious.
- **Care** Let your friend know how much you care about them and that you are concerned that they need help.
- **Tell** a trusted adult that you are worried about yourself or a friend.

## District implementation

Middle Schools: **Completed**

High Schools:

- Fall implementation-**Completed**
- Spring: In progress



# PREPaRE



- A curriculum developed by the National Association of School Psychologists (NASP) to support school crisis response capabilities.
- Provides counselors with the knowledge necessary to meet the mental health needs of students and staff following a school-associated crisis event.
- UISD will join the ranks of thirteen districts (i.e. Houston, Katy, Galena Park, Cypress-Fairbanks, etc.) in the state of Texas to provide this training to counselors.
- Training: February 19<sup>th</sup> & 20<sup>th</sup> (trained 40 counseling personnel including LSSPs)

# Resources

- **United ISD Safeguarding Your Home Pamphlets**
  - Details preventative measures that parents can take.
  - Provided to parents after student is screened for Suicide Ideation.
  - Available in English and in Spanish
- **Resources and Hotline Posters for all Middle and High Schools**
  - Informs students about National Suicide Hotline (chat/call) and Alliance for Safe Kids (text), including information about the local mental health agency.
- **SOS Suicide Prevention Online Parent Portal**
  - Parents were provided a login name and password to access videos, handouts, screening tools on Suicide Awareness and Depression.
- **SOS Suicide Prevention Posters**
  - Located in all Middle and High Schools

# Safeguarding Your Home

Simple steps can help protect your children.

## FIREARMS

Store them offsite. The safest option is to temporarily store all firearms away from your home. If removal isn't an option, store all firearms safely and securely.

**FACT:** Firearms are used in close to half of youth suicide deaths.

## MEDICATIONS

Lock Them Up.

**FACT:** Youth who attempt suicide use medications more than any other method.

Acknowledge  
Care  
Tell



UNITED INDEPENDENT SCHOOL DISTRICT



Here to help

### Community Resources

- **Border Region Behavioral Health Center**  
Monday-Friday 8 A.M.-5 P.M.  
(956) 794-3157
- **Crisis Hotline** (Border Region Behavioral Health)  
1800-643-1102 24hrs/7days
- **United ISD Community Resource List**  
For Community Resource List, contact the School Counselor

### Resources & Hotlines

- **National Suicide Prevention LIFELINE**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) (ENG/SPAN)  
Call 1-800-273-TALK (8255)  
Chat with a trained crisis counselor
- **Alliance for Safe Kids (ASK)**  
<http://allianceforsafekids.org>  
Text a trained counselor-available 24hrs/7days  
Text "HELLO" to 741-741

UNITED We Care!



KNOW THE SIGNS, BE THE ONE TO

# ACT

AND MAKE A DIFFERENCE

## ACKNOWLEDGE

Acknowledge that you are seeing signs of depression or suicide in yourself or a friend and that it is serious.

## CARE

Let your friend know how much you care about them and that you are concerned that they need help.

## TELL

Tell a trusted adult that you are worried about yourself or a friend.

If you hear someone talking about hurting themselves or others, speak up.  
Tell a trusted adult.

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# Parent Training

- **Parent Festival (Fall)**
  - LSSPs provided an English and a Spanish presentation on Suicide Awareness & Mental Health Disorders.
- **Campus Afterschool Parent Training (Spring)**
  - LSSPs may provide parent presentations in middle and high schools in the area of Suicide Awareness, Stress and Adolescent Mental Health, and/or Mental Health Awareness upon request.

# 2019-2020



- **Target Areas:**

- **Counselors:** Additional Professional Development
- **Teachers:** Continue training on Suicide Prevention and Mental Health Awareness.
- **LSSPs and Director of Guidance and Counseling:**  
Develop a district plan for a Mental Health Response Team