



Counselor's Corner

September 27th-30th, 2021

SOS Signs of Suicide Program

Throughout the months of October and early November, Kyrene Digital Academy will be using SOS Signs of Suicide, a suicide prevention program that educates students about the relationship between suicide and depression. This program will be presented to all middle school students during their science classes. Parents and guardians will receive an email this week to complete an online permission form for their student to participate in the program. **Only students with completed permission forms will be allowed to attend.** All other students will have an asynchronous class period.

SOS is used in thousands of schools around the country and is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts. The SOS Program has shown a reduction in self-reported suicide attempts by 40-64% in randomized control studies (Aseltine et al., 2007 & Schilling et al., 2016).

On the Day of the Program:

- Students watch an educational video and participate in guided discussion about depression, suicide, and what to do if they are worried about a friend.
- Students complete a response slip noting whether they would like to speak to the school counselor following the presentation.
- School staff follow up with students as needed and notify parents of any follow-up conversation with their child.
- Some students may benefit from further assessment from a mental health professional. School staff provide families with resources and referral information.

Key Message of SOS presentation: ACT (Acknowledge, Care, Tell)

We encourage all students to seek help from trusted adults whether they have concerns about themselves or a friend using the ACT® message.

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

If you have any questions or concerns about the SOS program or would like to preview the program video and materials, please feel free to contact KDA's school counselor, Mrs. Jocelyn Cavallo.

Mrs. Jocelyn Cavallo
School Counselor

Email:
JCavallo@Kyrene.org

Phone:
480-541-7022



Teens can call or text
602-248-8336
for help!

Resources for teens, parents
and educators available at
TeenLifeline.org

**Southwest Behavioral
& Health Services**
<https://www.sbhservices.org/>

Outpatient counseling services for students are available through our school-based provider, Southwest Behavioral Health. For information and referrals, please contact Mrs. Cavallo