



School-based,
peer-to-peer
suicide prevention



WISCONSIN
INFORMATIONAL
PACKET

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Included in This Packet

- Program summary
- Hope Squad Goals
- Student nomination guide
- Student and parent orientation guide
- Program cost and funding
- Training information
- Advisor Training Dates





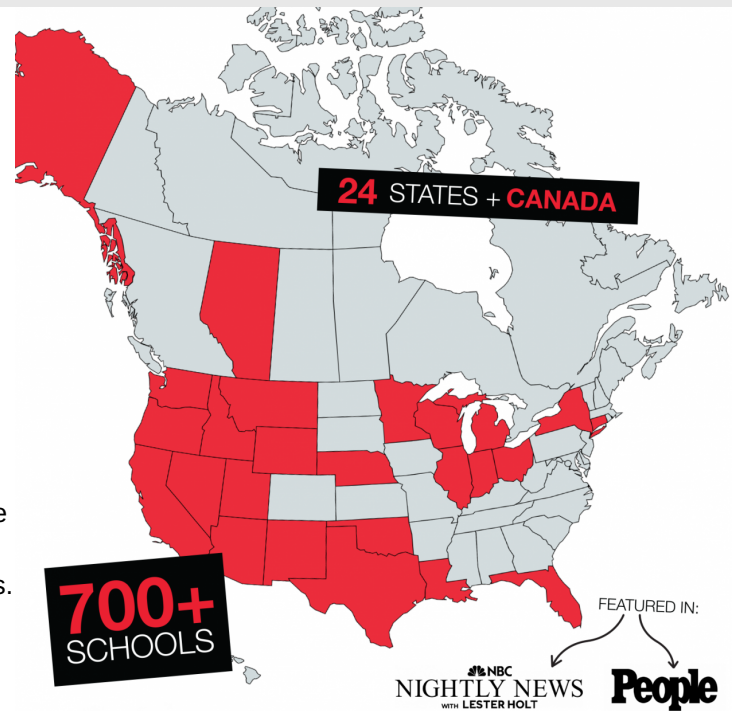
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Program Summary

Hope Squad's story began in Utah in 1999. Amid growing concerns over suicides in his district, Associate Superintendent Dr. Greg Hudnall made it his mission to prevent youth suicide. He started a Hope Task Force, and created the Circles4Hope model, which brings together schools, communities, and mental health agencies for suicide prevention, intervention, and postvention.

Dr. Hudnall and his team learned that most young people who die by suicide gave a warning sign or told a friend, but the majority of those friends never told an adult. In 2004, the team started a pilot program, a Hope Squad, to train students to identify struggling peers and refer them to adults.

The program is also available for Veteran Affairs, businesses, active military, and youth detention centers.



Research Findings

Hope Squad curriculum is effective in improving the knowledge, skills, and self-efficacy of members. Hope Squad members experience low burnout and stress when assisting peers (Wright-Berryman et al., 2018)

Recent findings from year one of the Ohio Hope Squad Comparison Study

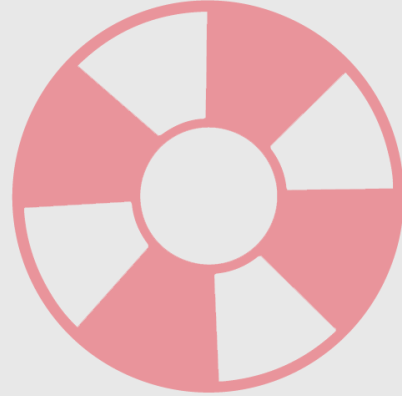
- Hope Squad schools have less suicide-related stigma than non-Hope Squad schools
- Stigma among males in Hope Squad schools showed a downward trend as compared to non-Hope Squad schools
- Hope Squad schools had significantly more referrals from all students compared to non-Hope Squad schools (Wright-Berryman, Cramer, & Bishop, 2020, manuscript under review)

An analysis of suicide concern data shows that 25%-30% of all students seeing their counselors for suicide-related distress were referred by Hope Squad members, and that 14% of those referred are getting hospitalized. This supports the idea that Hope Squads are referring students in urgent and critical need (Wright-Berryman et al. 2018). Additionally, current longitudinal trends in the data reveal that in subsequent years after implementation (year 1), student self-referrals and other student referrals of peers in distress increase, indicating that stigma is breaking down and comfort with help-seeking is increasing.



Hope Squad Goals

1. Create a safe school environment
2. Promote connectedness
3. Support anti-bullying
4. Encourage mental wellness
5. Reduce mental health stigma
6. Prevent substance misuse



The First Hope Squad

Dr. Hudnall and his team went into Timpview High, a school right next to Brigham Young University, with 2,100 students in grades 9-12. At the time, it had more threats, more attempts, and more suicides than any other school in the district in the past ten years. The thought was that if successful suicide prevention could happen at Timpview High, it could be successful anywhere.

The team went through every English class, asking the students to name three peers who were kind, easy to talk to, and didn't bully. After collecting thousands of surveys, the most remarkable thing happened: the same forty names rose to the top!

These students became the first Hope Squad members, trained to identify suicide warning signs in their peers and refer those peers to adults. After the first successful year, Dr. Hudnall implemented Hope Squads in every school in the Provo City School District: three high schools, three middle schools, and thirteen elementary schools—forever changing the district's approach to suicide prevention. For nine years after this program was implemented, suicides in the Provo City School District dropped to zero.





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Mental Health Partnership

Hope Squad follows the Circles4Hope community model, which involves the collaboration of the entire community through community connections, school programs, and mental health partnerships. Schools participating in the Hope Squad program are required to have a partnership with a mental health agency, health department, private mental health provider, or other mental health facility. Mental health providers are encouraged to assist Hope Squads with QPR training, share mental health resources with the Hope Squad, participate in the school's crisis team, provide training for school employees and community members, and aid in the mental health referral process.

Student Nominations

Hope Squad student members are chosen by their peers during a school-wide nomination process. This process often happens during a class that applies to all students, such as English or math. The nomination process can be done online or on paper.

Hope Squads are generally made up of 8–10 students per grade. However, the size of the squad can be adjusted to fit a school's size and need.

Hope Squad members are students selected by their peers for being:

- Concerned about others
- A good listener and easy to talk with
- Someone you could turn to if you needed a friend

Once students have completed the nomination form, advisors and administrators should compile a list of nominees. The most frequently listed names are the individuals considered for membership. The list should be reviewed by advisors for any concerns (academic or behavioral issues, previous suicidality, or serious mental health disorders may need to be weighed), and some names may be removed. It is important to consider school demographics when selecting squad members so individuals from all school groups are represented.

The final list should be reviewed and approved by the principal. The school administration and Hope Squad advisors may also recruit other students if needed, such as when Hope Squad members graduate or leave the program.





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Student and Parent Orientation

After the member list is approved, orientation invitations should be sent out to both the students and their parents. Students should be given a way to ask questions before the orientation to make an informed decision about serving as a Hope Squad member.

Parents and students should attend the orientation. Parents can sign the permission form at the orientation, or they can take it home, discuss the Hope Squad opportunity with their child, and return the form to the school. Students are required to have a signed parent permission form to participate in the Hope Squad. Parent permission forms are available on hopesquad.com.

Parents play an important role in deciding if their child is a good fit for the Hope Squad, monitoring their child's behavior as a Hope Squad member, and supporting the Hope Squad program. During the orientation meeting, they are educated about the role of the Hope Squad and the importance of suicide prevention in the schools.

Parent orientation (presentation available at hopesquad.com):

- Mission Statement & Goals
- Show video
- Explain commitment
- Answer questions
- Provide QPR training

Parents are strongly encouraged to help monitor their child's well-being and self-care.





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Hope Squad Process

1. Contact Hope Squad at support@hopesquad.com to get started
2. Obtain principal or administrative approval
3. Partner with a local mental health organization
4. Secure funding
5. Select Hope Squad advisors
6. Attend Hope Squad Licensed Advisor training
7. Hold student nominations
8. Hold student orientation/parent meeting
9. Collect permission forms from participating students





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Program Cost and Funding

Wisconsin Discount

In tandem with the 2019 Wisconsin Bill 528, Grants to support peer-to-peer suicide prevention programs, Hope Squad is offering all Wisconsin schools free training and 30% off the cost of the Hope Squad curriculum

Wisconsin State Bid*	Price Comparison		Year 1	Year 2	Year 3	Year 4	Membership**
	Current Price	Your Price					
High School Curriculum	\$6,000	\$4,200	\$1,050	\$1,050	\$1,050	\$1,050	\$500
Middle School Curriculum	\$5,400	\$3,780	\$1,260	\$1,260	\$1,260	-	\$500
Elementary Curriculum	\$3,000	\$2,100	\$700	\$700	\$700	-	\$180
K-12 Schools (Choose two sets of curriculum: Elementary + Middle or Elementary + High School)		\$3,000	\$1,000	\$1,000	\$1,000	-	\$180
Training (Two advisors per school - \$400/person)	\$800	\$0					

About Wisconsin's Peer-to-Peer Suicide Prevention Grants

Starting in July 2020, high schools in Wisconsin are eligible to apply for peer-to-peer suicide prevention grants through the Wisconsin Department of Public Instruction (DPI). Grants are available for public, private, and tribal schools operating high school grades. Grants may be up to \$1,000 per school and may be renewed up to three times.

Schools may renew the grant without participating in the competitive application process. Schools can apply using the Hope Squad application form. Applications are submitted online via the DPI website.

Discount Period

- Wisconsin discount valid until end of 2023-24 grant period.
- Annual membership fee begins after participating school has completed first three to four years of program. Payment schedule and amount based on school level.





The following items are provided for each Hope Squad:

- Hope Squad Advisor Handbook (electronic)
- Hope Squad implementation guide (electronic)
- Hope Squad curriculum (3 years elementary school, 3 years middle school, four years high school)*
- Supplementary curriculum phases (electronic)
- Prezi/PowerPoint presentations (curriculum)
- Student workbooks (electronic)
- Parent manuals (electronic)
- Newsletters for advisors and teachers
- Monthly mental wellness newsletters for school community (9)
- Two mental wellness teacher newsletters (one each semester)
- Family mental health lessons (10)
- Videos/PowerPoints to train staff, parents, and community
- Technical assistance & support
- *Additional curriculum manuals can be purchased for \$25 apiece.





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Licensed Advisor Training

What do licensed advisors do?

Advisors organize and run the Hope Squad. They are responsible for squad member nominations and selection, running a Hope Squad parent meeting, collecting permission forms, teaching Hope Squad curriculum, organizing activities, squad data collection, and monitoring squad members' self-care needs.

What is covered in the training?

Licensed Advisor training gives Hope Squad advisors the tools they need to run a successful squad. The 6-hour course teaches advisors suicide 101, what a Hope Squad is, and the Hope Squad process. By the end of the advisor training, advisors will understand how to execute the program and maintain program fidelity.

Who should be trained?

Any teacher, administrator, or staff member can be a Hope Squad advisor. We recommend selecting individuals who are interested in suicide prevention and mental health, and work with a wide range of students.

How many people should be trained?

Schools should select two to three individuals to act as Hope Squad advisors. The training cost for advisors is free for two free trainings for each school. And additional training is \$400 per person.

How do I sign up for a training date?

To sign up, contact support@hopesquad.com and let us know what type of training you would like to do. The options are a training at Hope Squad Headquarters, training brought to you on site or our training online.

Can I be trained online?

Starting in August 2020, training to become a licensed advisor can be completed online. The cost is free for two free trainings for each school. And additional training is \$300 per person for online training.

What if I can't attend one of the training dates?

If you can't attend one of the training dates, contact our support team and we can get you started on being trained online. This gives you the ability to be trained anywhere, anytime, and at your own pace.





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Advisor Training Dates

These free trainings (two advisors per school) are thanks to the amazing Hope Squad programs in Elmbrook School District.

Month	Date	Site
August	Monday, Aug. 3, 2020	Brookfield East
August	Monday, Aug. 10, 2020	Brookfield Central - Launch Space
September	Friday, Sept. 18, 2020	Brookfield Central - Launch Space
October	Monday, Oct. 19, 2020	Brookfield East
November	Friday, Nov. 13, 2020	Brookfield Central - Launch Space
December	Monday, Dec. 7, 2020	Brookfield East
January	Friday, Jan. 8, 2021	Brookfield Central - Launch Space
February	Monday, Feb. 8, 2021	Brookfield East
March	Friday, Mar. 12, 2021	Brookfield Central - Launch Space
April	Monday, April 12, 2021	Brookfield East
May-July	NA	NA

Training Locations

Brookfield East

3305 Lilly Rd, Brookfield, WI 53005

Brookfield Central

16900 Gebhardt Rd, Brookfield, WI 53005

