

Grant Us Hope

January
2020

Ohio, Northern Kentucky and Southeast Indiana's provider of Hope Squad

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2020 brings new schools, new partnerships and more lives saved!

As we move in to 2020, Grant Us Hope continues to focus on how we can help grow knowledge around teen mental health and suicide prevention. We believe if we all KNOW MORE, we can SEE MORE and DO MORE to assure all young people have the supports they need to live a safe, healthy and strong life.

Our growth has been nothing short of amazing. In the winter of 2018, we had just three pilot schools. As we enter 2020, GUH is working with 125 schools to change culture through Hope Squad. We are grateful for our school partners and know that by working together, we set students up for success. As of January 15, these schools are joining the GUH/Hope Squad team in 2020.



Anna HS



Anna MS



Batavia HS



Batavia MS



Centerville HS



East-Clinton HS



East-Clinton MS



Fairfield HS



Georgetown HS



Miamisburg HS



Marshall HS



New Richmond HS



Strasburg HS



Strasburg MS



Tecumseh HS



Tecumseh MS



Valley View JHS



Valley View IS



Wyoming HS

Happy New Year
2020

CHECK OUT OUR WEBSITE AT WWW.GRANTUSHOPE.ORG

HOPE SQUAD

OF THE MONTH
Anderson High
School

Home of the
Redskins

When You Can't find the Sunshine ...



ANDERSON HIGH SCHOOL

Over the past couple of months, our Hope Squad has been getting after it. Towards the end of October, we welcomed 11 new members to our Hope Squad, held QPR training at Mercy Healthplex with Turpin's Hope Squad, and even got in some fun team building. During the month of November, we had a few meetings to help prepare for our Hope Week, which was from December 2-6.

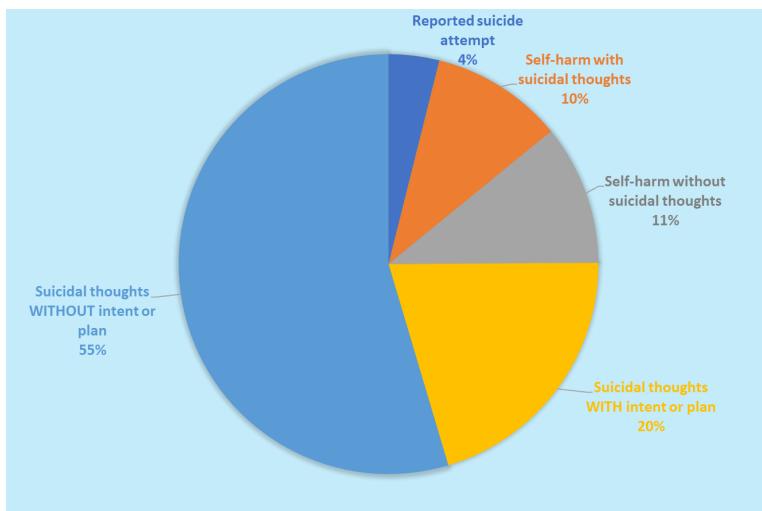
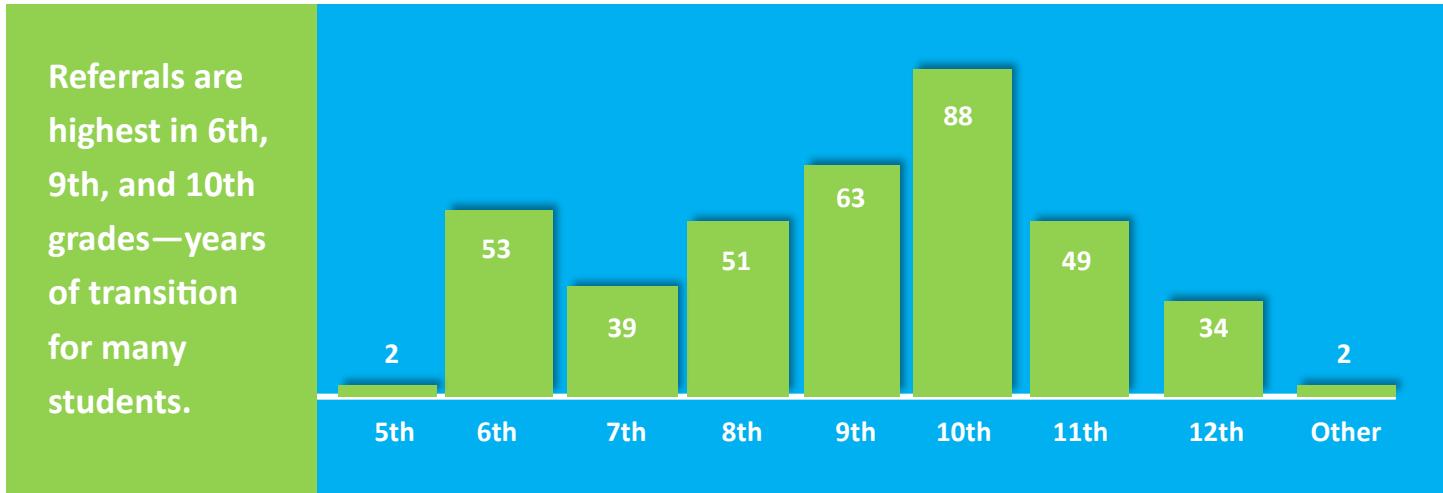
Hope Week was a huge success. We kicked off our Hope Week on Monday morning as our members welcomed students and staff into the building. Members cheered and displayed positive messages all the while passing out yellow bracelets as they entered the building. Other Hope Week activities included HOPE grams, therapy dogs, photobooth, and BINGO. Students did an amazing job planning, organizing, and executing Hope Week.



Midwest Hope Squad Student Contact Data

August—December 2019

N=381

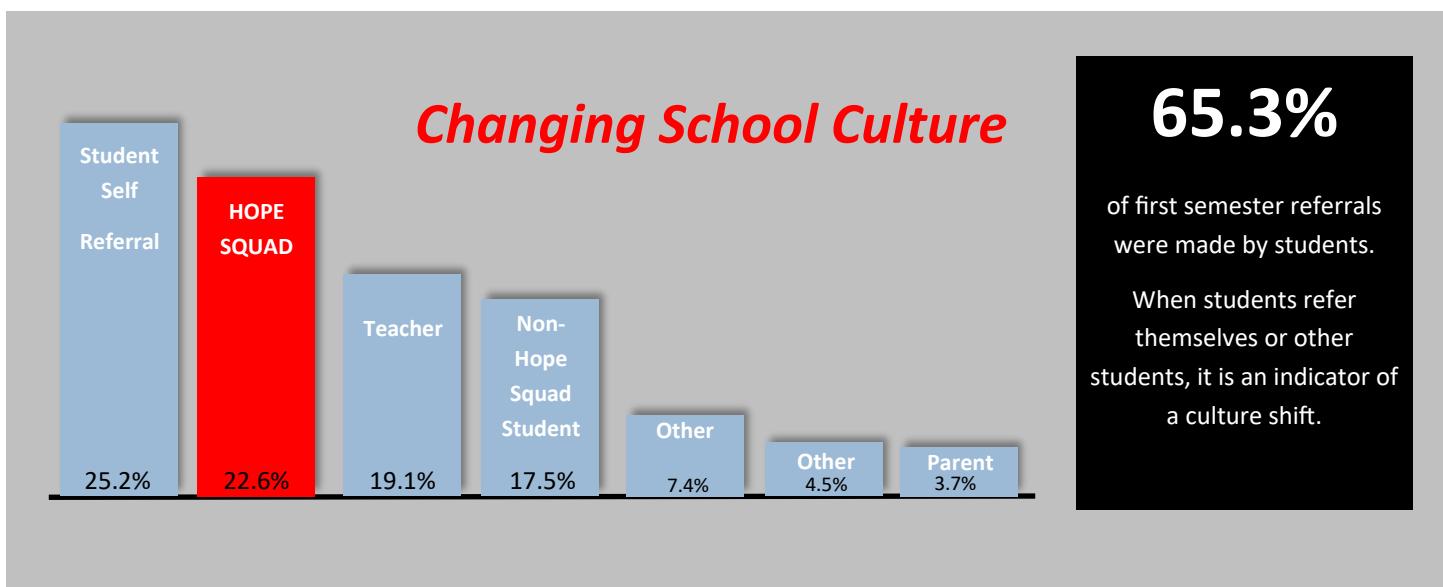


Student Contacts by Gender

60% Female

27% Male

3% LGBTQ+



9 Things All Parents Should Know About Teens and Suicide

Excerpt from SELF Magazine, November 15, 2019 by Anna Borges
Full article can be accessed at <https://www.self.com/story/teen-suicide>

As someone who struggled with suicidal ideation as a teen, I remember how it felt like a dirty little secret—and how little support I had. I can't imagine how different my experience would have been if I'd had a safe and nonjudgmental environment where I could discuss it out in the open, especially with adults. With teen suicide rates rising, it's more important than ever that parents know the facts, are familiar with the warning signs, and are equipped with the tools not only to intervene when necessary but to have ongoing conversations with their kids about mental health.

According to an October 2019 Centers for Disease Control and Prevention (CDC) report, the suicide rate in kids, teens, and young adults increased by 56 percent from 2007 to 2017. People between the ages of 10 and 24 are dying by suicide at a rate of 10.6 deaths per 100,000 individuals, up from 6.8 deaths per 100,000 people in 2007. Things become even more upsetting when you focus on certain age ranges, like kids between the ages of 15 to 19, who experienced a 76 percent increase in suicide between 2007 and 2017. In 2017 suicide was the second leading cause of death for people in this age range.

In an ideal world, no parent would ever have to think about watching their kid for warning signs of suicide. But the reality is, we need to be talking openly about suicide and suicidal ideation to reduce stigma and to keep children, adolescents, and young adults safe.

This can be particularly important when it comes to teenagers since a lot of parents mistake warning signs of suicide for the regular ups and downs of adolescence. To help make this easier, SELF talked to three experts on teen suicide about what they want parents to know.

1. Asking about suicide doesn't increase the risk of suicide.
2. Experts don't know exactly why the rate of teen suicide is rising.
3. Some teens don't show outward signs when they're suicidal, so you should also be aware of the risk factors.
4. There are many observable warning signs of suicide.
5. There are important differences between "normal" teen moodiness and red flags.
6. One of the most important steps you can take is talking to your child regularly.
7. If you're worried about your child's mental health, you can take action.
8. Keep in mind that this isn't about you.
9. Lastly, here are some resources for your child and yourself.

For the full article, go to <https://www.self.com/story/teen-suicide>

If you are thinking about suicide or just need someone to talk to right now, you can get support by calling the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255) or by texting HOME to 741-741, the **Crisis Text Line**.

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