

Nurture Emotional Wellness and Resiliency in our Youth: A Resource Guide to Available School-Based Programs

Greater Milwaukee Region

(N.B.: This list is not exhaustive and will be updated every 6-12 months as we become aware of additional programs.)

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**ALL ORGANIZATIONS PROVIDE ADDITIONAL RESOURCES FOR YOUTH AND ADULTS
OUTSIDE OF THE SCHOOL SETTING.**

Organization: American Foundation for Suicide Prevention – Wisconsin afsp.org/wisconsin

Contact: Gena Orlando wisconsin@afsp.org

Counties Served: All Wisconsin Counties

Program(s)	Description	Cost
More Than Sad	This program teaches teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. Target audience High School Student age 14-18, parents, teachers, staff, etc.	No cost
Mental Health First Aid	Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Target audience – parents, teachers and staff.	No cost
Talk Saves Lives	A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. Target Audience – high school students, parents, teachers, staff, etc.	No cost

Organization: A World Without Suicide AWorldWithoutSuicide.com
Contact: Mettie Spiess Mettie@AWorldWithoutSuicide.com 715-340-0289
Counties Served: All Wisconsin Counties, Nationwide

Program(s)	Description	Cost
Empowered Voices Save Lives!	<p>Target Audience: Middle and High School Students Topics covered: Suicide Prevention, Mental Health, Resilience, & Anxiety Relief Description: In this proven effective program, students recognize the power of their voice and how to effectively use it to be an advocate for themselves and their peers. Specifically, students learn a step by step process to lower their personal and academic anxieties, find the courage to speak up and ask for help, and gain confidence to safely intervene during a crisis.</p> <p>Students learn:</p> <ul style="list-style-type: none"> ▪ To build unwavering resilience and hope in the face of stress using a simple 3-step process ▪ Solutions to overcome the three fears that prevent them from asking for help in critical times ▪ How to safely support peers and loved ones who are in crisis (bystander intervention) ▪ Why a network of support is critical to success and strategies to build one that lasts 	<p>Cost depends upon how many schools in the district participate. Call/email for quote.</p> <p>*Cost includes the live program and 6-12 support curriculum</p>
Suicide Prevention, Intervention & Postvention Staff Training	<p>Target Audience: Educators at all levels, Administrators, Counseling Staff, and Education Support Personnel Topics covered: Student Mental Health, Suicide Prevention, Crisis Response, Classroom Success, Social-Emotional Support, Healing After a Suicide</p> <p>Description: This certified training equips your staff with critical suicide prevention, intervention, and postvention crisis response skills. Every educator learns proven-effective strategies to identify and support at-risk students and to elevate the social-emotional support every student receives at school. The training includes interactive case scenarios, facilitated discussion, hands-on intervention practice, and unlimited online access to the “Crisis Response Toolkit”.</p>	<p>Cost depends upon how many schools in the district participate. Call/email for quote</p>

Every Educator Will Learn:

- Strategies to support students struggling with anxiety and depression in the classroom
- The three common mindsets of suicidal students
- Support strategies for students integrating after a hospitalization
- Certified best practice crisis response skills to reduce the risk of suicide contagion (copy-cat suicides)
- How to create an inclusive learning environment that supports students with mental health issues

Organization: Center for Suicide Awareness centerforsuicideawareness.org

Contact: Barb Bigalke barb@centerforsuicideawareness.org

Counties Served: All Wisconsin Counties

Program(s)	Description	Cost
HOPELINE	<p><u>HOPELINE:</u> HOPELINE is a no-cost, barrier-free emotional support text-based service providing immediate emotional support, help, and resources to anyone, 24/7, via the most popular form of communication: texting. This free service, offered by Center for Suicide Awareness, receives texts from anyone seeking support, help, and resources when they need it most. Text HOPELINE to 741741 from anywhere, at any time and a live, trained, Responder promptly answers the text. The Responder establishes rapport and trust via back and forth texts with the individual. Both work together to move the person from a “hot moment” to a “cool calm” and establish a plan to stay safe.</p>	No Cost

Organization: COPE Services COPEservices.org
Contact: Jan Valentine jvalentine@copeservices.org 262-377-1477
Counties Served: Ozaukee

Program(s)	Description	Cost
HOP (Honest, Open, Proud)	Small groups led by a facilitator enable youth to tell their stories, discern helpful and hurtful self-attitudes, and analyze the pros and cons of disclosing their mental illness in different settings to different people. This is a five-week session.	\$750/session
Mental Health 101	This is a one-hour program for middle school and high school students. Topics include: the basics of mental health, prevalence of mental illness, the most common types of mental illness such as anxiety and depression, coping mechanisms, treatment options and resources. It is customized for 6-8 th grade and high school ages.	\$75/class
QPR- Suicide Prevention Skills Training	<p>Intended audience: Students ages 14 and older, Teachers, School Staff, Family</p> <p>QPR stands for Question, Persuade, and Refer- <i>the 3 simple steps anyone can learn to help save a life from suicide.*</i> QPR is taught by a Certified QPR Instructor trainer under the supervision of the QPR Institute. QPR books and resource cards are provided to each participant.</p> <p><i>When you are trained in QPR, you will learn to</i></p> <ul style="list-style-type: none"> • <i>Recognize the warning signs of suicide</i> • <i>Know how to offer hope</i> • <i>Know how to get help and save a life*</i> <p>*from the QPR Institute website https://qprinstitute.com/about-qpr</p>	\$30/attendee

Organization: Generations Against Bullying (GAB) www.gabnow.org

Contact: Linda Lee l.lee@gabnow.org 414-241-2465

Counties Served: Milwaukee, Ozaukee, Racine, Washington, Waukesha, and all counties in Southeast Wisconsin

Program(s)	Description	Cost
Peer Ambassador Upstander Program	<p>Our Vision: To bring awareness about the prevalence and devastating effects of bullying in our communities, and inspire children and adults to be Upstanders. Our goal is to promote and create Upstanders throughout the Nation.</p> <p>Our Mission: To educate our children and communities concerning the importance of the love, acceptance and cooperation needed to reduce the bullying epidemic. Using our unique, hands-on, proactive approach, in combination with our creative core programs and strategic partnerships, we will provide communities with the tools and resources necessary to promote a culture of Upstanders to reduce the bullying epidemic.</p> <p>GAB is driven by the statistic: <i>“When a bystander becomes an Upstander, in a non-threatening way, the bullying stops 85% of the time within 10 seconds”.</i></p> <p>Students have the power to stop bullying, but they do not know how. That’s why GAB has created our Peer Ambassador Upstander Program (PAUP). PAUP provides schools (elementary, middle and high) with the curriculum and lesson plans to form a student club that learns about bullying and how to become an Upstander. GAB will provide training for the school’s advisor who will lead the PAUP and help recruit students using various GAB resources.</p> <p>GAB has various resources available to increase the awareness and prevention of the bullying problem that includes:</p> <ul style="list-style-type: none">• Powerful Community Movie Event, to educate the whole community about bullying.	Call or contact us by email for more details

- Exciting school assemblies, customized for age, which can include special speakers, performers, athletes, and musicians that have experience with the anti-bully platform, who will be entertaining and informative.
- Resource fair to help recruit students.
- Special presentations with well-known authors who provide human mascots and visuals that will help Elementary children understand the importance of kindness and Upstanding.
- Training for administrators, teachers and parents about the bullying epidemic and what they can do.

All the above can be customized to your needs.

Organization: Healthiest Greenfield Coalition (Greenfield Health Department) bit.ly/GreenfieldHealthDepartment

Contact: Abby Gorecki Abby.Gorecki@greenfieldwi.us 414-329-5268 or

Megan Noggle Megan.Noggle@greenfieldwi.us 414-329-5265

Counties Served: Milwaukee

Program(s)	Description	Cost
QPR- Suicide Prevention Skills Training	<p>Intended audience: Students ages 14 and older, Teachers, School Staff, Family</p> <p>QPR stands for Question, Persuade, and Refer- <i>the 3 simple steps anyone can learn to help save a life from suicide.*</i></p> <p>QPR is taught by a Certified QPR Instructor trainer under the supervision of the QPR Institute. QPR books and resource cards are provided to each participant.</p> <p><i>When you are trained in QPR, you will learn to</i></p> <ul style="list-style-type: none">• <i>Recognize the warning signs of suicide</i>• <i>Know how to offer hope</i>• <i>Know how to get help and save a life*</i> <p>*from the QPR Institute website https://qprinstitute.com/about-qpr</p>	No cost
ASQ:SE-2	<p>ASQ:SE-2 stands for Ages and Stages Questionnaire- Social Emotional Health. This questionnaire is available for early identification of social-emotional challenges that a child may be facing. Social-emotional challenges during early childhood increase the likelihood of a child experiencing depression, anxiety, and anti-social behavior. The earlier a behavioral concern is identified, the greater the chance is for a child to receive further assessment, specialized intervention or ongoing monitoring to help him or her live the best life possible.</p>	No cost
Teen Replica Room Presentation	<p>This is a FREE presentation that helps parents and other adults learn the warning signs and signals that a teen or young adult may be misusing drugs, alcohol, or tobacco products. It is a 30 minute presentation that is appropriate for groups of adults aged 21 and older. The target audience includes those in a school setting (such as teachers and other educational professionals) and parents, and may also include other adult family members, church groups, or other adults involved with kids.</p>	No cost

Strengthening Families Program	This program is globally and nationally recognized to help parents and youth develop good communication skills and strengthen family bonds. It is a FREE program designed for groups of 7-10 families (parents, and youth aged 10-14) and is offered in the middle school setting as a series of seven 2.5 hour sessions. Dinner for all participants and child care for young children is provided during each session.	No cost
Organization: Mind, Body & Soul Dancers, Inc. www.linedancemilwaukee.com Contact: Nzinga Khalid mbsdancers@gmail.com 414-759-6975 Counties Served: Milwaukee, Racine, Waukesha		
Program(s)	Description	Cost
Movement to Wellness	The mission of MBSD, Inc. is to use therapeutic line dance as a tool to decrease depression and aggression in youth and adults. Line dancing assists them in their choice to maintain healthy positive lifestyles and reinforces several components of wellness such as physical, emotional, spiritual, mental, and social.	Varies
Heartbeat of Soul Line Dancing	Participants will learn basic line dance terminology. They will also gain an understanding of how to count steps and walls while line dancing. As a culminating activity, participants will engage their team building skills by working together to choreograph an original line dance.	Varies
3P: Peace, Pause Prevail	MBSD supports youth in developing essential life skills through the art of line dancing. They are building non-aggressive positive behaviors, self-confidence and respect for others, social awareness, increased physical and emotional well-being, and cooperative teamwork.	Varies

Organization: NAMI Waukesha, Inc. www.namiwaukesha.org
Contact: Sarah Pfeiffle, Director of Education and Outreach sarah@namiwaukesha.org 262-409-2745
Counties Served: Waukesha County (limited availability in surrounding counties - call to request)

Program(s)	Description	Cost
Community Intervention Partners – Youth Focused	This two-day workshop is designed for any adult that regularly comes into contact with youth and wants to gain skills about understanding how mental health issues impact youth, how to identify when a youth is in crisis, how to best support them and connect with services. This training is modeled after Crisis Intervention Team (CIT) training, which is the best practices “Memphis Model” of training for patrol officers. This two-day workshop is targeted to meet the needs of people who might be in a position to be interacting with a young person dealing with mental health issues and/or in a psychiatric crisis.	Cost Varies dependent upon requested time commitment, curriculum and number of attendees
Educator & school personnel In- Services	NAMI Waukesha provides a variety of presentations and training opportunities related to mental health and mental health conditions for educators and other school personnel. Presentations are customized to meet the school’s needs and can be done in formats from 1 to 4 hours.	No Cost if grant money is available. Cost varies, call or contact us by email for more details
Ending the Silence	<ul style="list-style-type: none"> • NAMI Ending the Silence for Students: 50-minute presentation designed for middle and high school students that includes warnings signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students’ knowledge and attitudes toward mental health conditions and toward seeking help • NAMI Ending the Silence for School Staff: 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families • NAMI Ending the Silence for Families: 1-hour presentation for parents and primary caregivers that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff 	No cost

Mental Health First Aid	<p>Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Target audience – parents, teachers and staff.</p>	<p>No Cost if grant money is available.</p>
QPR- Suicide Prevention Skills Training	<p>Intended audience: Students ages 14 and older, Teachers, School Staff, Family</p> <p>QPR stands for Question, Persuade, and Refer- <i>the 3 simple steps anyone can learn to help save a life from suicide.*</i></p> <p>QPR is taught by a Certified QPR Instructor trainer under the supervision of the QPR Institute. QPR books and resource cards are provided to each participant.</p> <p><i>When you are trained in QPR, you will learn to</i></p> <ul style="list-style-type: none"> • <i>Recognize the warning signs of suicide</i> • <i>Know how to offer hope</i> • <i>Know how to get help and save a life*</i> <p>*from the QPR Institute website https://qprinstitute.com/about-qpr</p>	<p>No cost</p>
Youth Stories of Hope	<p>Stories of Hope presentations change attitudes, assumptions and stereotypes about people with mental health conditions. These free 40 or 60 minutes presentations provide a personal perspective of living with a mental health condition and achieving and maintaining recovery.</p> <p>Our trained young adult presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it's possible-and common-to live well with a mental health condition. This presentation also provides:</p> <ul style="list-style-type: none"> • A chance to ask presenters questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions. • The understanding that every person with a mental health condition can hope for a brighter future. • Information on how to learn more about mental health and get involved with the mental health community 	<p>No cost</p>

Organization: Prevent Suicide Greater Milwaukee (PSGM) www.preventsuicidemke.com

Contact: Barbara Moser barbara@preventsuicidemke.com 414-520-5107

Counties Served: Milwaukee, Ozaukee, Waukesha

Program(s)	Description	Cost
Consultation with Schools on Suicide Prevention	PSGM's professional leadership will share their knowledge of mental health and suicide prevention to help school leadership strengthen their suicide prevention plan through <ul style="list-style-type: none">• Proactive professional development• Parent programs• Internal processes that reflect best practices for prevention and postvention• Provide information on Hope Squad and Sources of Strength, two national evidence-based programs for schools that are led by students for students, and empower youth to reach out to their peers in distress AND communicate their concerns to adults they trust. Both programs prevent suicide, and promote a school culture based on kindness, compassion, and resiliency.	No cost
QPR- Suicide Prevention Skills Training	Intended audience: Students ages 14 and older, Teachers, School Staff, Family QPR stands for Q uestion, P ersuade, and R efer- <i>the 3 simple steps anyone can learn to help save a life from suicide.*</i> QPR is taught by a Certified QPR Instructor trainer under the supervision of the QPR Institute. QPR books and resource cards are provided to each participant. <i>When you are trained in QPR, you will learn to</i> <ul style="list-style-type: none">• Recognize the warning signs of suicide• Know how to offer hope• Know how to get help and save a life* *from the QPR Institute website https://qprinstitute.com/about-qpr	No cost
QPR Instructor Training (Training of Trainers)	Do you want your own in-house certified QPR trainer? PSGM conducts QPR Instructor Trainings on behalf of the QPR Institute.	QPR Institute fee: \$395/person trained
Mental Health Presentations	Presentations on a variety of behavioral health topics, including stress, mental health diagnoses, and suicide for high school staff and students.	No cost

Organization: REDgen www.redgen.org
Contact: Amy Lovell amylovell@redgen.org
Counties Served: Milwaukee, Ozaukee, Waukesha

Program(s)	Description	Cost
REDgen Student Groups	<p>REDgen’s mission is to advocate for the mental health and well-being of all youth. Our vision is to positively impact a new generation of resilient youth who embrace a lifestyle of balance and a healthy definition of success.</p> <p>REDgen Student Groups are a way students support each other and begin to shift their school culture to align with the mission and vision of REDgen. REDgen is piloting student groups in 10 middle or high schools for the 2018/2019 school year. The mission of the REDgen Student Groups is to equip and resource students to be the best that they can be and empowering other kids to do the same.</p> <p>REDgen will provide:</p> <ul style="list-style-type: none"> • Funding for curriculum, materials and supplies • Consultative support - REDgen staff will attend at least one school-based meeting per month and be available to answer questions via email or phone • Education and training for staff and student leadership team - will provide Teen Compass Curriculum, national level speakers, and experiential learning opportunities • Flexible Framework for peer to peer education and wellness opportunities <p>The participating schools will provide:</p> <ul style="list-style-type: none"> • Weekly school-based REDgen Student Group meetings for 2018-19 school year • Two school staff as advisors (1 administrator, 1 staff - this allows for coordinated support and necessary decision-making) • The creation of a REDgen Student Leadership Team (ideally 2 students from each grade level) • Participation in monthly off-site REDgen educational opportunities 	No cost

<p>QPR- Suicide Prevention Skills Training</p>	<p>Intended audience: Students ages 14 and older, Teachers, School Staff, Family</p> <p>QPR stands for Question, Persuade, and Refer- <i>the 3 simple steps anyone can learn to help save a life from suicide.*</i> QPR is taught by a Certified QPR Instructor trainer under the supervision of the QPR Institute. QPR books and resource cards are provided to each participant.</p> <p><i>When you are trained in QPR, you will learn to</i></p> <ul style="list-style-type: none"> • <i>Recognize the warning signs of suicide</i> • <i>Know how to offer hope</i> • <i>Know how to get help and save a life*</i> <p>*from the QPR Institute website https://qprinstitute.com/about-qpr</p>	<p>No cost</p>
<p>Teen Wellness Circles</p>	<p>A welcoming space for teenagers to better understand their priorities and work toward goals. This group shares experiences and celebrates the joys and discusses the challenges of being a teenager. Wellness Circles are once a week for six weeks.</p>	<p>No cost</p>
<p>Suicide prevention and resilience presentations</p>	<p>Presentations for middle and high school students or youth groups</p>	<p>No cost</p>

Organization: Starting Point http://www.startingpointwi.org/ Contact: Shea Halula director@startingpointoz.org 262-241-1004 Counties Served: All Counties in Wisconsin		
Program(s)	Description	Cost
Red Ribbon Week and/or Light and Unite Week Grades Pre-K - 12	An annual effort coordinated to raise awareness concerning the dangers of substance abuse and build support for a healthy lifestyle for youth. Special guest speakers and activities are planned at participating schools.	Cost varies, please call us or contact us by email for more details.
Drug Awareness Program Grades 3 - 9	A school-based prevention program for elementary, middle, and high school students. Classroom presentations are facilitated by trained prevention staff. The goal is to delay the onset of drug use, and to teach coping, resistance, and resiliency skills. The program draws upon evidenced-based curriculum such as Project Alert, Life Skills, and Project Northland.	Cost varies, please call us or contact us by email for more details. (Materials, preparation, presentations, and travel included in cost)
LEAD Club Living Everyday Alcohol and Drug Free Grades 9 - 12	LEAD is high school program that is designed to address and reduce drug use by underage youth on the premise that peers are a major source of influence and information for one another. Members receive education, leadership training, and support for a healthy lifestyle through fun, alternative activities as well as volunteer opportunities.	Cost varies, please call us or contact us by email for more details.
Champions Grades 6 - 12	High School age youth are trained as positive peer role models to middle and high school students. Champions spread the message that you can succeed in life without using drugs and alcohol while lessening anxiety and other concerns about transitioning to higher grades. Champions use what they know and have learned through group activities, discussion, and stories. Presentations are given in classroom settings multiple times throughout the year.	Cost varies, please call us or contact us by email for more details.
Student Assistance AODA Screenings & Activities Code Support	Screenings are tools designed to examine an individual's alcohol and/or other drug use patterns. Based on the screening findings, a recommendation is made to prevent repeat offenses by addressing the person's needs. Following the screening, recommendations	\$75 per screening and interview. Cost is typically paid by

<p>Grades 6 - 12</p>	<p>and next steps are discussed. The program is based on SBIRT, Motivational Interviewing and Cognitive Behavioral Therapy.</p>	<p>the individual being screened. However, a school district may elect to cover the expense.</p>
<p>Early Intervention & Educational Groups & 1v1 Sessions</p> <p>Ages 12 - 20</p>	<p>Educational groups and one on one sessions can be held at schools or in the community and focus on awareness, resiliency and life skills for youth identified to need support. The various programs can address the following concerns: alcohol use, marijuana use, retail theft, truancy, mental health, coping skills and concerned others for support dealing with use by others.</p>	<p>Assessment and basic education session is \$75 per individual. Court ordered assessments and 9- hour educational class is \$150 per individual.</p>
<p>Teacher In- Services & Curriculum Enhancement</p> <p>Educators</p>	<p>Starting Point staff provides curriculum consultation upon request by collaboratively working with school personnel in designing and implementing new program strategies and/or adapting existing programs to current needs. Staff are also available to present to your teachers on a variety of topics.</p>	<p>Included with other programming and services.</p>
<p>SBIRT</p>	<p>SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. SBIRT is an efficient, evidence-based, and comprehensive public health approach for addressing selected behavioral health concerns such as alcohol/other drug use. SBIRT fits well within Positive Behavior Intervention and Supports (PBIS) and Response to Intervention frameworks.</p>	<p>Cost varies, please call us or contact us by email for more details.</p>

Organization: STRONG Program-Christian Family Solutions <https://christianfamilysolutions.org/counseling-care-and-services/strong-program-at-st-marcus/>

Contact: Dr. Joanna Love, PhD, LPC jlove@wlcfs.org 262-293-9747

Counties Served: Milwaukee, Ozaukee, Racine, Washington, Waukesha

Program(s)	Description	Cost
STRONG day treatment	<p>This program provides intensive behavioral health services in the school setting to children and adolescents, ages 5-14, utilizing a day treatment structured therapy model. We partner with schools and families to provide youth with the best treatment available, allowing each youth to reach their full potential.</p> <p>The STRONG day treatment program includes:</p> <ul style="list-style-type: none">-3 hours per day of intensive group therapy (8:00-11:15AM or 12-3:15PM)-Weekly individual and family therapy-Treatment that is 5 days per week for 2-3 months	Billed through insurance, option for sliding fee scale or other adjustments as needed

Organization: The Peak www.thepeaksolution.com
Contact: Dr. Anthony J. Piparo tony@thepeaksolution.com 414 366 0469
Counties Served: Milwaukee, Ozaukee, Racine, Washington, Waukesha

Program(s)	Description	Cost
Free Yourself from Test Anxiety	Understanding how the pressure to succeed/excel overwhelms one’s ability to perform at one’s ability and state of preparedness as well as a simple, powerful approach, that when practiced, can transform the fear of failure into a state of peak performance. Applicable for teachers, students 9 th grade and above, and parents.	Please contact The Peak regarding cost
Free Yourself from Depression	Every person suffering from depression is plagued with an overactive fight-or-flight reflex and a runaway Negative Programming Cycle, that together, decimate self-esteem and spiral down into feelings of hopelessness and helplessness. The program provides information about why this is, how it affects the individual, as well as an innovative approach designed to help sufferers aid in their own recovery. Applicable for students 9 th grade and above, staff, teachers, and parents.	Please contact The Peak regarding cost
Seven Steps to Resiliency	The Seven Steps to Resiliency include Awareness, Knowledge, Ability, Belief, Desire, an Action Plan, and Support. Each of these steps is described and participants learn what is necessary to create the resiliency necessary to live a happy, successful, and productive life. Applicable for students 9 th grade and above, staff, teachers, and parents.	Please contact The Peak regarding cost

Organization: WISE, Rogers InHealth wise@wisewisconsin.org

Contact: Sarah Reed InHealth@rogershospital.org

Counties Served: All Wisconsin Counties

Program(s)	Description	Cost
Wise Basics and Stigma Reduction	This presentation and facilitated discussion is a great place to start for a school-based group looking to increase inclusion, support and hope for youth living with mental health and substance use challenges. Presentations include information about stigma and its relationship to mental health and what we know about effective stigma reduction strategies, and it can help guide your school's stigma reduction efforts. We can help determine what would be the best fit for your group's needs. We can also provide assistance and consultation for creating local stigma-reduction plans. Find more information at: https://wisewisconsin.org/resources/wise-basics-presentation .	Typically, 1-2 hour overview presentations delivered by WISE members at no cost. Additional consultation costs vary, please call us or contact us by email for more details.
Honest, Open, Proud for Youth	Honest, Open, Proud is an evidenced based small-group program designed to help youth make wise decisions related to sharing their story of mental health challenges and recovery. This program seeks to replace the self-stigma that some who have faced trauma, mental illness, and other challenges with beliefs of recovery, empowerment, and hope. It does so by: helping people consider the tone of their internal narrative, explore the pros and cons of disclosing their personal narrative, learn strategies for disclosing relatively safely, and craft a message that best represents personal goals. HOP provides a framework for people to use whether making choices of their own or supporting others to make such decisions. Schedule a full-day HOP facilitator training, arrange for a 1-1.5 hour introduction to the HOP program, or contact us to coordinate around your needs. Find more information at https://wisewisconsin.org/honest-open-proud/ .	Offerings include overview presentation and facilitator training. We work with partners to acquire funding when appropriate and to work with your budget. A full day training = \$1000 plus trainer materials and travel expenses where applicable.

Safe Person	<p>A safe person is someone who seeks to listen and support. Order safe person decals, free of charge, from www.safeperson.org and display them to show your support. There are seven promises associated with being a safe person and the training delves into how you can be a safe person at your school, and what the seven promises look like in practice. Consider a training for school staff or students. Order decals, see the promises in action, and download the training tool here: https://wisewisconsin.org/safeperson/.</p>	<p>Decals are provided at no cost, though shipping expenses for large orders are requested. Training cost varies, please call us or contact us by email for more details.</p>
Compassion Resilience	<p>Compassion fatigue is characterized by deep physical and emotional exhaustion and a pronounced change in our ability to feel empathy or express compassion. It is marked by increased cynicism at work, a loss of career enjoyment, and eventually can transform into depression, secondary traumatic stress and stress-related illnesses. In this training for teachers and all school staff, we explore ways to maintain a compassionate presence and maintain our physical, emotional, and mental well-being while responding to people who are suffering. The training takes a multi-level approach, considering ways to build compassion resilience within individuals, teams, schools and school districts. Visit the Compassion Resilience Toolkit online at https://compassionresiliencetoolkit.org/</p>	<p>Cost varies, please call us or contact us by email for more details.</p>

End Notes:

This is the first edition of the resource guide (9/2018). We plan to update this document every 6-12 months. If you know of a program that is school-based and supports youth emotional wellness and resiliency please send information to info@preventsuicidemke.com.

This resource has been collated by Prevent Suicide Greater Milwaukee (PSGM) at the request of several Milwaukee area school systems. The content and views expressed in various programs belong to those programs, and are not necessarily those endorsed by PSGM. (Other than PSGM’s own listings)