



Coordinator Corner by Jessica Muhlenkamp, OCPS

Behavioral Health & Wellness Coordinator, Tanaja Kidd, from Euclid High School shared that during summer break, Bright Minds Bright Futures organized a mental wellness camp for students. They experienced 9 sessions over three weeks focusing on the 8 Dimensions of Wellness and mental health awareness. Activities included horseback riding, a podcast on self-discovery, a cooking competition, and more. Students also hosted a camp for incoming sixth graders to aid their social transition from elementary to middle school. Students had a great time!

Suicide Prevention by Glenna Edwards, MSW, OCPSA

Suicide Prevention in schools is a multifaceted effort to protect the lives of students and staff. In the 2023 Ohio Department of Health report, the number of deaths by suicide declined, yet on average there was one death by suicide of a 10-23 year old every 36 hours that year.

School Student Assistance Teams, and all staff, can work together to increase the number of protective factors available for young people. Protective Factors include supports like the [40 Developmental Assets](#) documented by the [Search Institute](#). When meeting with students or surveying students, assess what trusted adults or activities are in their lives. Developmental Assets are a great topic to discuss with parents during caregiver activities, workshops, or conferences.

Ensuring school staff are comfortable talking about mental health concerns is vital. Many educators take [QPR \(Question Persuade Refer\)](#) training which helps them learn how to speak up effectively about student needs. One of the benefits of QPR training is that participants learn how to refer a student or staff member to get assistance. No one has to have all the answers, but we do need to know how to take action when needed.

Young people, encouraged to use their voice, help peers get help also. Some schools have Sources of Strength or Hope Squad teams in their buildings. Students learn leadership skills and create a safety network among youth and adult mentors.

Something to review at the start of a school year are after hours procedures. On one hand, staff should not receive calls after hours (unless you have a designated person on-call). But what if you do? What type of messages are on voicemails (where to go for help) or on the school website? Do you know how you would contact local law enforcement to conduct a wellness visit? Do you have relationships developed in your community with mental health providers? Is the number 988 widely known about in your town?

Have all school counselors, social workers, behavioral health & wellness coordinators, etc. reviewed the suicide screener your district uses for each grade level? Is the team on the same page with administrators regarding mental health safety procedures? If you need resources or copies of screeners, we have some in our [No Wrong Door Library](#). If you want to talk to someone from the SBCOE about your prevention plans, please give us a call at 513-529-2450.

Additionally, do you know about the good work being done through the Ohio Suicide Prevention Foundation? Read below to learn about them!

Ohio Suicide Prevention Foundation (OhioSPF)

by Evi Roberts, MPA, from the Ohio Suicide Prevention Foundation

The [Ohio Suicide Prevention Foundation](#) is dedicated to reducing suicide risk and providing support for individuals, families, and communities affected by this critical issue through advocacy, training, and strategic initiatives. OSPF's staff of 13 trains thousands of people each year and reaches many more through coalition work, campaigns, conferences, programs, and resources.

OSPF's work around youth suicide prevention includes:

Be Present Ohio (BPO), focused on youth mental health education (bepresentohio.org and [@BePresentOhio](https://www.instagram.com/BePresentOhio))

Be Present Ohio: The Online Experience (BPO:XP), a HB123-approved suicide prevention program co-developed by the Center for Suicide Prevention and Research at Nationwide Children's Hospital (bepresentohio.org/bpoxp/).

Sources of Strength (Sources), a K-12 suicide prevention program that builds protective factors through curricula (Elementary Program) and youth-led prevention (Secondary Program) (sourcesofstrengthohio.org).

BPO, BPO:XP, and Sources are funded by the Ohio Department of Mental Health and Addiction Services and are available at no- or low-cost in Ohio communities.

Want to get involved? Sign up for the [newsletter](#), [register for a training](#) (many are free and virtual!), or [reach out](#) to learn how your school can bring one of OSPF's youth suicide prevention programs to your community.

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Where are we next?

September 10
-Youth Summit
Appalachian Children
Coalition
Nelsonville, Ohio

September 17
-PreventionFirst!
Coalition Academy
Cincinnati, Ohio

September 19
-BHCW in-person
meeting
Columbus, Ohio

Podcast Episode



Season 2, Episode 9
Evi Roberts
talks about
Ohio's
Suicide Prevention
Efforts

Click the above link to listen. And get ready, because Season 3 will have fascinating follow up episodes coming soon!

Leveraging Your Strengths at Work

A 90-minute Strengths Training session to help you:

- Understand how your natural style impacts your work
- Build better connections with clients and coworkers
- Feel more clear, calm, and confident in your role

What's Included: Limited to 25 Registrants

- Personalized Strengths assessment + Report
- Live debrief with feedback
- Ready-to-use tools for your next client session
- Slides, templates, and follow-up resources

**Thursday
September 25th
2:30 - 4:00 PM EST**



<http://bit.ly/45uMGvH>



Clickable Questions

We ♥ to hear from you! Click the questions below and let us know:

[How are you supporting good attendance practices at your school?](#)

[What staff wellness practices are you incorporating into your school day this year?](#)



Share [MyOhioWellness.com](https://myohiowellness.com) with students and young adults. Each short video is built on the 8 Dimensions of Wellness. 77% of users say they feel less alone after watching the videos. 83% say they have been motivated to seek help.

School Resources



[The No Wrong Door Resource Library](#) has over 400 resources to support your prevention work this school year! [Click](#) and search for topics.

[Suicide Prevention](#)

[Athletes and Suicide Prevention](#)

[Don't Give Up Posters](#)

[Black Youth Suicide Prevention Initiative](#)

[LGBTQ Suicide Prevention](#)

[OMHAS Ohio's Suicide Prevention Toolkit](#)

[SAMSHA Suicide Prevention Awareness Toolkit](#)

[Postvention Resources from OSPF](#)

[Resources about gun safety and more from OSPF](#)

[Nationwide Children's Hospital suicide prevention articles and resources](#)

Find more resources via a new [Appalachian Resources page](#) on our website [OhioSBCOE.org](https://ohiosbcoe.org).



Please stay in touch! Follow the School-Based Center of Excellence on [Facebook](#), [LinkedIn](#), and [Instagram](#).