



Grandview Middle School

Mrs. Quinci Dacus, Principal
Kristen Schaefer, Assistant Principal
Stefanie Forbes, Assistant Principal

Dear Parent or Guardian:

Date:

This year, school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called *SOS Signs of Suicide*. The program teaches students about this difficult topic and encourages them to seek help.

SOS has been used by thousands of schools over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it

On September 16th, our teachers will lead the SOS lesson with students. Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide and what to do if they are concerned about a friend. Following the video, students will complete a depression screening tool as well as a response slip which asks whether they would like to talk to an adult about any concerns. We will be doing make-ups for any student that is not present when we implement S.O.S.

The depression screening tool that we are using looks at thoughts and feelings, which a parent may be unaware that their child is experiencing. This tool cannot provide a diagnosis of depression but does give an indication of whether a young person might be referred for evaluation by a mental health professional.

We encourage you to visit www.sosignsofsuicide.org/parent for information on warning signs of youth suicide, useful resources, and some of the key messages students will learn.

At this meeting we will be able to answer any questions you may have and provide you with some relevant information, including local mental health resources.

We are including:

- An infographic for you to reinforce the ACT message at home
- An information sheet with resources
- A list of local resources

If you have any questions or concerns about your child's participation in this program please contact me at vashawn.smith@grandviewc4.net or any of our school counselors.

A Grandview C-4 school counselor, a master's level social work intern, or our community partners from Cornerstones of Care, and ReDiscover will be available to assist us in screening students. You may be contacted by any one of these individuals to discuss your child's screening.

If you do NOT wish for your child to participate in the SOS prevention program, please sign up below by September 12, 2025. If we do not hear from you, we will assume your child has permission to participate in the lesson.

Sincerely,

A handwritten signature in black ink that reads "Quinci Dacus". The signature is written in a cursive style with a large, stylized "Q" and "D".

Mrs. Quinci Dacus, Principal

Please complete this form if you do not wish for your child to participate in the S.O.S. Program: <https://forms.gle/TM89dtbGxk6gqbmM7>



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There are Different Types of Suicidal Ideation

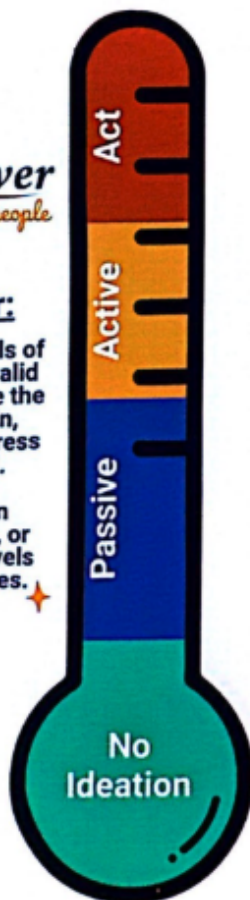
ReDiscover
Passionate about people



Reminder:

All of these levels of suicidality are valid and don't dictate the amount of pain, intensity, & distress you may feel.

You may be in between levels, or jump around levels at different times.



Suicide Attempt

attempts to kill self, either initiating a mad plan or impulsively

Suicidal with Plan & Intent

has a specific plan (how, when, where) and intends to carry it out

Suicidal Intent (no plan)

intends to kill self, but doesn't have a specific plan

Suicidal Thoughts (method, no plan or intent)

has an idea of how they would do it, but no specific plan or intent

Suicidal Thoughts (no Intent or plan)

thinking about killing self, but no details and no intention to act

Thoughts of Morbidity

thinking about own death and dying, but not specifically by self

Random Intrusive Thoughts

passing thought or curiosity

No Thoughts

If you are experiencing a mental health emergency, you can access the National Suicide and Crisis Lifeline by calling or texting 988.

ndview Middle School

Sra. Quinci Dacus, Directora
Kristen Schaefer, Subdirectora
Stefanie Forbes, Subdirectora

Estimado padre, madre o tutor:

11 de septiembre de 2025

Este año, el personal escolar está trabajando para enseñar a los estudiantes sobre salud mental y cómo buscar ayuda si están preocupados por sí mismos o por un amigo. Utilizamos el programa SOS Señales de Suicidio. Este programa enseña a los estudiantes sobre este difícil tema y los anima a buscar ayuda.

Miles de escuelas han utilizado SOS en las últimas décadas. Estudios han demostrado que enseña eficazmente a los estudiantes sobre la depresión y el suicidio, a la vez que reduce el número de intentos de suicidio autodeclarados.

A través del programa, los estudiantes aprenden:

que la depresión es tratable, por lo que se les anima a buscar ayuda;
cómo identificar la depresión y el posible riesgo de suicidio en sí mismos o en un amigo;
cómo reconocer, cuidar y contarle a un adulto de confianza si están preocupados por sí mismos o por un amigo;
a quién pueden acudir en la escuela para obtener ayuda si la necesitan.

El 16 de septiembre, nuestros maestros impartirán la clase de SOS con los estudiantes. Los estudiantes verán videos apropiados para su edad y participarán en una conversación guiada sobre la depresión, el suicidio y qué hacer si están preocupados por un amigo. Después del video, completarán una herramienta de evaluación de la depresión y una hoja de respuestas donde se les pregunta si desean hablar con un adulto sobre cualquier inquietud. Se repondrán las ausencias de los estudiantes que no estén presentes durante la implementación de S.O.S.

La herramienta de evaluación de la depresión que utilizamos examina los pensamientos y sentimientos que los padres pueden no saber que su hijo experimenta. Esta herramienta no puede proporcionar un diagnóstico de depresión, pero sí indica si un joven podría ser derivado a una evaluación por un profesional de la salud mental.

Los invitamos a visitar www.sosignsofsuicide.org/parent para obtener información sobre las señales de advertencia del suicidio juvenil, recursos útiles y algunos de los mensajes clave que los estudiantes aprenderán.

En esta reunión, podremos responder cualquier pregunta que tengan y brindarles información relevante, incluyendo recursos locales de salud mental. Incluimos:

Una infografía para reforzar el mensaje de ACT en casa

Una hoja informativa con recursos

Una lista de recursos locales

Si tiene alguna pregunta o inquietud sobre la participación de su hijo/a en este programa, comuníquese conmigo a vashawn.smith@grandviewc4.net o con cualquiera de nuestros consejeros escolares.

Un consejero escolar de Grandview C-4, un pasante de trabajo social de maestría o nuestros socios comunitarios de Cornerstones of Care y Rediscover estarán disponibles para ayudarnos con la evaluación de los estudiantes. Cualquiera de estas personas podría contactarlo/a para hablar sobre la evaluación de su hijo/a.

Si NO desea que su hijo/a participe en el programa de prevención S.O.S., inscríbase a continuación antes del 12 de septiembre de 2023. Si no nos contacta, asumiremos que su hijo/a tiene permiso para participar en la clase.

Atentamente,

Sra. Quinci Dacus, Directora

Complete este formulario si no desea que su hijo/a participe en el programa S.O.S. Programa:
<https://forms.gle/TM89dtbGxk6gqbmM7>

It's important to **ACT** if your child is showing concerning signs.

Acknowledge that you're seeing signs of suicide in your child.

A



Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation



Withdrawal from family or friends

Show your child that you Care.

You can show you care by being a good listener and asking questions.

Tell me more about it.

C

I'm here for you.

It's OK to feel this way.

There is help available.

Tell a professional.



If you're having concerns about your child **reach out** to their pediatrician or school counselor. Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better. You can also call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)** or **Text 'ACT' to the Crisis Text Line: 741741** for free, 24/7 support. If you are worried about your child's safety right now, call 911.

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Help is always available. If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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MindWise
SOS SIGNS OF SUICIDE



LEARN TO ACT

HOW TO HELP YOUR CHILD SAVE A LIFE

Our school uses SOS Signs of Suicide, a national prevention program that educates students about warning signs for suicide and encourages them to ACT (Acknowledge, Care, and Tell a trusted adult) whether they have concerns about themselves or a friend. How would you respond if your child told you their friend might be thinking about suicide? **Check in with your child to:**

Acknowledge any concerns they have about the way a friend is talking or acting.

Care: Show them how much you care by listening and taking their concerns seriously.

Tell: Reach out to their friend's parents or contact the school for support. Never keep a secret when concerned about the safety of a child.

TALKING TO YOUR CHILD

Take some time to start a conversation about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed. You can help protect your child and their friends by talking to them.

- » **Ask open-ended questions.** Let your child steer the conversation to what they want to talk about.
- » **Don't rush to solve their problems.** Instead, ask what they think would help a situation.
- » **Be available and make sure your child knows it.** "I'm around if you want to talk later" may help.
- » **Try talking on a walk.** The relaxed atmosphere makes it easier for some kids to open up.

CONCERNED ABOUT YOUR CHILD?

Take a Mental Health Screening >> <https://screening.mentalhealthscreening.org/sos>

NATIONAL RESOURCES

Suicide & Crisis Lifeline: call or text 988 for free 24/7 support.

Crisis Text Line: text 741741 for free 24/7 support.

Substance Abuse and Mental Health Service Administration Helpline: 1-800-662-HELP (4357)

SAMHSA Treatment Locator: <http://findtreatment.samhsa.gov>

