



District Counselor Meeting

December 5, 2024

Today's Agenda



District Counselor Meeting Agenda

Thursday, December 5, 2024

HIGH SCHOOL & MIDDLE SCHOOL COUNSELORS | 8:00-8:25

Port Gardner A

- Welcome
- HS & Beyond Share Outs
- SchooLinks

Dave Peters
Sarah Pewitt
Jeanne Willard

HIGH SCHOOL COUNSELORS | 8:30-9:00

Port Gardner A

- FAFSA/WASFA & Financial Aid Nights
- 11th Grade Credit Removals
- AP African American Studies

Sarah Pewitt
Jeanne Willard
Jeanne Willard

MIDDLE SCHOOL COUNSELORS | 8:30-9:00

Port Gardner B

- LEARN Suicide Prevention Health Class Lessons | Debrief
- Synergy Master Schedule Module | Demo Debrief

Dave & ALL
Janna Eggers & Jenny Steele





Candy Crunch!



One new thing you plan to try or tried for the HSBP lessons.



One thing that is working for you/your team when delivering the lessons.



One area of growth or new learning related to HSBP lesson delivery.



One "pro tip" you can share about HSBP lesson delivery.





LEARN Suicide Prevention

7th Grade Health Curriculum

Reasons for added videos:

- Appreciate Forefront's thorough student training model
- Students did not have enough exemplars to pull from during class discussion
- Allowed for speaker respite (allowed co-teachers to check-in on one another and observe students)
- Allowed for common language and message for all students – eliminated 'presentation fatigue'
- "Signs of Suicide" was familiar to 7th graders and age-appropriate, professional videos



Session 1: Introduction and Look for Signs

- Grounding in the Problem, the role of the Friend, + Forefront's LEARN Mode
- Intro to Problem, Forefront, + Role of the Friend
- Look for Signs - Cup Activity
- Small Groups

Objective: Normalizing Mental Health & Learning for Signs in Self/Others, + LEARN

VA Goal: EL: Develop/Reinforce:

- To demonstrate awareness and understanding of risk factors and warning signs
- To demonstrate awareness and understanding of cultural influences, stigmas, and community resources
- To understand the importance of the role of the friend in recognizing warning signs, and the importance of seeking help
- To understand the importance of seeking help in various ways, including through friends, family, and community resources

LEARNING to talk about Mental Health & Suicide Prevention

Forefront Suicide Prevention is a Center of Excellence at the University of Washington. Our mission is to help people take action to prevent suicide in their communities.

Myth or Fact?

Suicide affects all communities

Suicide results from multiple complex factors

Asking about suicide does not cause suicide

What protects us against suicide?

- Connections to friends, family, culture and community
- Coping and problem-solving skills
- Access to physical and mental health care
- Limited access to lethal methods (e.g., firearms, medications, drugs)

Why is this important?

27% of 9th graders in our state feel sad or hopeless that they stepped onto their usual activities.

11% of the students in our state do not feel they have a trusted adult to turn to when they are sad or hopeless.

1 in 6 Washington state students have considered suicide in the last year.

What's my role as a friend?

It's okay to not be okay

Recognize challenges

Be willing to have difficult conversations

Ask a trusted adult for support

Our model:

Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

Look for warning signs

Emotions, Feelings	Actions, Behaviors	Experiences
<ul style="list-style-type: none">Depression, anxietyChange in eating, sleepingIncreased mood swingsFeeling hopeless/hopelessLoss of interestChange in behaviorEmotional/physical painSudden conversations about death	<ul style="list-style-type: none">WithdrawingIsolationSubstance useFeeling very proudComments about suicideChanges in behaviorBlamelessness behaviorGiving negative statementsSelf-harmThreats against self or others	<ul style="list-style-type: none">Significant life changes or lossBuilding, harassmentCommunication linked to sexual orientation, gender identity, and/or expressionPersonal and/or historical traumaPrevious suicide attempts or family history of suicideAccess to lethal means

Scenario: What are the signs?

A friend of yours has started to open up about how much stress they're under. You've heard about the arguments at home for "being irresponsible, not telling the truth, and being a negative influence on younger siblings." Lately they've been acting pretty intense, even with friends. Their mood swings have lasted several weeks now. You've been wondering what this might be going on since they've also been really out of it at school and missing practice.

You look at your phone and see this post. *Why should I care, this is all so pointless*

Debrief

What do we notice in ourselves/others when we're not okay?

- How do stressful things build up?
- What helps?
- What did it feel like to watch the cups pile up?
- What did you notice?
- What would have helped in the moment?
- What gets in the way of asking for help?



Session 2: Empathize, Acknowledge, and Ask!

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- What is Empathy?
- How to ask about Suicide
- Small Groups

WA State SEL Benchmarks:

- 4a - Demonstrates awareness of other people's emotions, perspectives, and abilities.
- 5a - Demonstrates a range of communication and social skills to interact effectively with others.
- 6a - Demonstrates a sense of school and community responsibility.

Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

Empathize & Listen

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When you are struggling, what is the most supportive thing a friend could do for you?

Insert Brene Brown

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An Example of Empathy

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Components of empathy

Helpful things to say
On a good day, tell me how you're doing.

- Try to see the world as others see it
- Be non-judgmental
- Validate another's feelings
- Communicate understanding

Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

Acknowledging & Asking about suicide

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Acknowledge

Are you okay? You don't seem like yourself lately.

I know you are going through some stuff. I'm here for you.

I am worried about you and would like to know what's up so I can help.

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Acknowledging & Asking

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Ask about suicide, if needed

Sometimes when people are... they're thinking about suicide. Are you thinking about suicide?

Insert any warning signs you see here!

Examples of Warning Signs:

- Isolating from friends
- Feeling alone
- Upset after a breakup
- Happiness about their future
- Feeling like giving up

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Add SOS, Refresher 1, Clip 2

Role Plays

Revisit the same scenario from Day 1 for role plays

Ask about suicide, if needed

Scenario: What are the signs?

What are the signs?

What are the signs?

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Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

Reduce the danger

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Important follow up, if suicide comes up

I care about you.

Do you have a plan?

Is there an adult we can ask for help together?

IF SOMEONE HAS A PLAN, ALWAYS TELL A TRUSTED ADULT

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What to do next?

- Don't give up
- Keep connecting
- Handle trust with care
- Get adult help

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Thank You!

Happy Holidays!

