



HelpLine

Of Delaware and Morrow Counties, Inc.

Prevention

K-12 Program Resource Catalog for Schools



2011-2012



**HelpLine Prevention Programs 740.363.1835 or 419.946.1350
or visit www.helplinedelmor.org**

2010 Prevention Program Outcomes

Youth Suicide Prevention *

Of the 925 middle and high school students that participated in a two-session depression awareness and suicide prevention program:

- 97% reported a positive rating of the speaker
- 95% reported that they know what to do and where to go if they or a friend are suicidal.
- 82% reported an increase in knowledge.

**sample size 3 schools*

Youth and Family Sexual Violence Prevention

Of the 1895 middle and high school students that participated in a two to four session violence prevention program:

- 88% of students reported an increase in knowledge of family violence prevention
- 95% of students reported knowing more ways to plan for their safety
- 91% of students reported an increase in knowledge of community resources & where to get help

Empowerment/ Prevention Groups

Of the 103 Elementary students who participated in these groups:

- 95% of students reported that they knew more ways to plan for their safety

Empowerment/ Prevention Groups (cont'd)

- 93 reported an increase in knowledge of community resources & where to get help

Some comments from teachers include:

- *"The presentation was wonderful and very informative."*
- *"The students continued to be excited about the program throughout the weeks and I think that says a lot. It gave them a sense of belonging."*
- *"2 students from the [Boys'] group initiated giving a "No Bullying" announcement over the PA and spear headed making a "No Bullies" banner with the Girls World Girls. :)"*

Stewards of Children - Adults Working to End Child Sexual Abuse

100% of participants reported that all five training objectives were met. Those objectives included:

- *Defining child sexual abuse
- *Listing signs and symptoms, short and long-term consequences, and risk factors associated with child sexual abuse
- *Understanding the prevalence of child sexual abuse
- *Knowing ways to lessen incidences of child sexual abuse
- *Recognizing the value of your personal response to child sexual abuse

**Dear Principal, Teacher and Guidance Counselor:**

HelpLine is excited to be able to once again present prevention workshops to your students in the 2011-2012 academic year. We offer programs to meet the needs of our community partners while incorporating “best practices” in the areas of violence prevention and mental health.

This year, we have completely integrated our sexual and dating violence prevention workshops into a 4-class period program based on evaluated curriculums— *Safe Dates* at the middle school level and *LOVE: All That and More* for high school students. Our depression and suicide prevention program, is offered in a 2-class period format. We will continue to offer multi-session girls groups and boys groups focusing on gender expectations, healthy relationship development, harassment, bullying reduction and positive self-esteem.

In this catalog you'll also find information about intervention resources that are available to schools through HelpLine. The *Family Education and Support* program provides support to parents and guardians who want help with parenting or advocating for their child. The Information and Referral hotline is available 24 hours a day for staff wishing to identify local resources for students or their families concerning a particular need. We also offer a variety of staff in-service trainings and can assist with the process of revising school policy on harassment, bullying prevention and intervention.

Please review this catalog for detailed descriptions of all of the offerings available to you and your students. If you have additional questions or would like to schedule prevention programming, please contact me at **740.363.1835 ext. 109** or **e-mail me at violenceprevention@helplinedelmar.org**. Please contact HelpLine to schedule programs, if possible 4 to 6 weeks in advance. Many of our prevention programs are offered free of charge. A confirmation notice will be sent to you so that everyone is aware that we will be in the building.

Thank you for your partnership and support!

Sincerely,

Nancy Radcliffe

Sexual Assault Services Director

Signs of Suicide (SOS) (High School)

SOS Signs of Suicide® Prevention program is a 3 day award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT® technique (Acknowledge, Care, Tell).

The SOS High School program is the only school-based suicide prevention program listed on the *Substance Abuse and Mental Health Services Administration's National Registry of Evidence-Based Programs and Practices* that addresses suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007). Through discussion, video, and class interaction students will be able to:

- Understand that depression is a treatable illness
- Identify the risks associated with stress and suicide
- Take specific action steps to seek help for themselves or others and refer someone to a trusted adult for further help

Red Flags (Upper Elementary & Middle School)

Red Flags program is a three to four day comprehensive depression education program for upper elementary through middle school students. Through discussion, video, and interactive activities, the students will be able to:

- Alert students, parents, and teachers to the dangers of adolescent depression.
- Demystify the source and treatment of depression and other mental illnesses.
- Help students, parents, and teachers recognize the behavioral symptoms of depression in adolescents and to seek evaluation and treatment. Demonstrate how to be a friend to someone struggling with depression.

For more information contact Suicide Prevention Coordinator, Max Lencel at **740.363.1835 ext. 112 or mlencel@helplinedelmor.org**.



HelpLine endorses the public health approach to preventing first time perpetration and victimization of sexual and dating violence. Our programs utilize a universal strategy which ensures that every student, without regard to exposure to the problem, has access to improving their mental wellness, knowledge, attitudes, and skills related to these issues.

SAFE DATES (6th-8th grades) / LOVE: All That and More (9th-12th grades) **Dating and Sexual Violence Prevention**

SAFE DATES, for middle school students, and *LOVE: All That and More*, for high school students, are curricula's that address dating and sexual violence prevention and can be implemented by HelpLine educators in four 50 minute class sessions.

These programs address the underlying causes of dating and sexual violence and equip students with the skills to make a difference in their own relationships including bystander intervention, that their peers may also experience. In the course of the four day program students will:

- Challenge unhealthy gender expectations that help to maintain and perpetuate a culture in which dating and sexual violence flourishes;
- Explore how to build and maintain healthy relationships based on trust and equality;
- Learn to recognize unhealthy relationships;
- Examine consent in healthy relationships, including how you know that you have it and when you do not;
- Discuss how coercion and alcohol are used to facilitate sexual violence; and, develop skills to become empowered bystanders who interrupt possible situations where sexual harassment, dating & sexual violence may occur.

Before the program, we will provide a pre-activity that can be given to students as a homework assignment in order to prepare them for basic vocabulary used throughout the presentations. We will also provide you with information about the theoretical foundations for our program and the primary prevention of violence.

SEXUAL VIOLENCE PREVENTION: (College and University) **Programming designed for college students**

HelpLine provides a number of presentations related to sexual assault, relationship, violence, stalking and sexual harassment as part of our "*Sexual Violence 101*" offerings.

For more information or to schedule any of these programs, please call **740-363-1835 ext. 109** or e-mail **violenceprevention@helplinedelmor.org**.

It's a Girls World (4th-6th grade)

Healthy, strong girls — that's the vision for the *It's a Girls World* empowerment group. This multi-session age focused group seeks to cultivate a healthy self-image, promote healthy lifestyle development and relationships through the use of critical thinking and creative activities for girls ages 9 to 18 years of age. Exploring the issues that affect girls' mental, physical and emotional well-being, the program is offered either over 10-weeks through one hour sessions or in a day-long retreat format for up to 12 girls per group.

Key Themes:

- Body Image and Media Analysis
- Healthy Relationships, Bodies and Minds
- Goal Setting
- Girls' Rights and Supporting other Girls and Women
- Becoming engaged and empowered bystanders when others are being hurt or bullied
- Assertiveness Development and Self-Defense
- Self-Esteem

It's a Guy Thing (4th-6th grade)

Responsible, strong boys — that's the goal for the *It's a Guy Thing* empowerment group. This multi-session group explores gender expectations and roles, healthy relationships and ending gender violence. For boys ages 9 to 18 years of age, the group challenges common and unhealthy societal messages about what it means to be a man. Customized to the specific needs of the participants, the 10-week program is offered either over 10-weeks through one hour sessions or in a day-long retreat format for up to 12 boys per group.

Key Themes:

- Creating Healthy Masculinity
- The Pressures that Boy's Face
- Boy's Rights—Moving Beyond Unhealthy Social Expectations
- Gender Equality
- Healthy Relationships with other Boys and with Girls
- Self-Esteem
- Working to End Violence, including Bullying and Sexual Harassment

Groups can be held during the school day or as part of an extra-curricular program. The groups are primary prevention and use a universal approach, also the group closes after the second meeting to create a safe, confidential atmosphere.

To schedule please call **740.363.1835 ext. 109** or email **violenceprevention@helplinedelmor.org**.





Family Education and Support Services

The *Family Education and Support* program provides support to parents and guardians who want help with parenting or advocating for their child. The program is individualized to fit families' needs. It is designed to capitalize on families' strengths and make use of their existing support system.

Family Education and Support is typically provided in the home, and is flexible to accommodate each family's needs. The *Family Education and Support* program will make referrals to other programs when appropriate. The program can help you determine whether your child /family needs counseling and can work in conjunction with counseling, but should not take the place of mental health counseling.

Educational Topics Include (but are not limited to)

- Special Needs
- Parenting grandchildren/adopted children
- Emotional/behavioral disorders (ADHD, anxiety, bi-polar)
- Healthy Communication
- Boundary Setting
- Chores/Homework
- Blended Families

For referrals to the *Family Education and Support Services* program, contact Amy Hansen, ahansen@helplinedelmor.org or 419.946.1350 or 740.363.1835 ext 241.

Applied Suicide Intervention Skills Training (ASIST) (Adults)

The *ASIST* workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid. Participants will learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Evaluations have shown that the workshop increases; caregivers' knowledge and confidence to respond to a person at risk of suicide. Intervention skills that are retained over time and that these skills are put to use to save lives.



Suicide TALK (Community Training)

suicideTALK is a 60- to 90-minute exploration in suicide awareness. It is intended for all members of a community ages 15 and up. Organized around the question, "Should we talk about suicide?", it provides a structure in which session members can safely explore some of the most challenging attitudinal issues about suicide, and encourages every member to find a part that they can play in preventing suicide. The goal is to help make direct, open and honest talk about suicide easier. Participants will learn to:

- Encourage life-protection, preservation and promotion activities
- Facilitate community awareness of suicide, a community health problem
- Reduce the stigma and taboo surrounding suicide
- Increase personal commitment to and action in preventing suicide, and support the spread of training opportunities and networking activities

Signs of Distress (Adults)

Signs of Distress is a one to three hour program designed to help adult caregivers recognize the signs of depression and suicide in others. The program is focused on the specific needs of the population receiving the presentation. After receiving the Signs of Distress Program, participants will be able to:

- Refer those they care for to local resources and recognize risk factors
- Identify the signs and symptoms of depression and suicidal ideation
- Reduce stigma by acquiring evidence-based information
- Help a person who is in mental health distress

For more information contact Suicide Prevention Coordinator, Max Lencl at **740.363.1835 ext. 112** or mlencl@helplinedelmor.org.

Violence Prevention Policy Development

Wondering how to create an inclusive and effective safety policy in response to new legislative standards? The violence prevention and crisis response experts at HelpLine are local community resources that can provide your organization with free technical assistance as you develop or modify policies related to violence prevention, including bullying and harassment.

Effective organizational policy sets the standards for organizational culture and practice. Call on your community's local experts as your organization develops or modifies violence prevention and intervention policy and procedure. To access staff development training opportunities and technical assistance with policy development contact Sexual Assault Services Director, Nancy Radcliffe at **740.363.1835 ext. 109**.



Cultural Inclusion

Often times we assume that the more we learn about others the better equipped we'll be to promote diversity and provide culturally competent services. Although HelpLine believes that learning about others' perspectives and points of reference are important, our trainings on cultural inclusion also require participants to examine their own culture and methods for service delivery.

The key to providing culturally inclusive services is to both understand the values and experiences of another while recognizing how our own values and worldviews impact our ability to communicate and provide effective services.

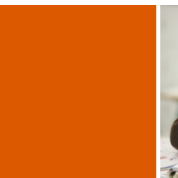
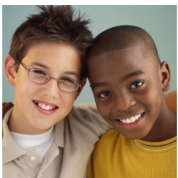
Training focus and lengths can be adapted to meet the needs of the hosting organization. Training topics can include:

- Cultural Inclusion 101: Examining Service Delivery through a Cultural Lens
- Trauma Centered Practices: Providing Effective Services to Survivors of Violence
- Examining Whiteness: Remembering Why Race Still Matters
- Gender: We've all Got It and It Impacts our Physical and Mental Health

These trainings can be used by schools, churches, or organizations who are:

- Seeking cultural diversity training for staff, volunteers and community members
- Struggling to make visible individual and organizational culture and how it impacts our individual and collective ability to engage in effective and supportive communication with those we serve
- Interested in examining how to raise their or their organizations ability to provide services that meet the needs of all individuals

To schedule any of the school staff development trainings or for assistance with school policy development concerning violence prevention, including bullying and sexual harassment, please contact HelpLine Sexual Assault Services Director, Nancy Radcliffe at **740.363.1835 ext. 109**.





Cultural competence goes beyond race and ethnicity; it's cultivating an ongoing understanding of the many ways in which people are diverse.

Stewards of Children

Adults Working to End Child Sexual Abuse

Darkness to Light's *Stewards of Children* is a revolutionary sexual abuse prevention training program that educates adults to prevent, recognize, and react responsibly to child sexual abuse, and motivates them to courageous action. The *Stewards of Children's* three-hour training program is designed for organizations and corporations that serve children and youth.

The curriculum can be used by organizations and corporations who are:

- Seeking training for staff and volunteers in the prevention of child sexual abuse
- Wanting to make a difference in their community by educating adults about the protection of children
- Needing to respond to insurance requirements regarding child protection

The program includes:

- An interactive workbook for each participant containing the full program curriculum
- A moderated video discussion of the Stewards of Children training film which includes segments of sexual abuse survivors relating their stories of violation and healing, with segments from the author of the curriculum and from professionals who interface daily with the problem of sexual abuse
- An opportunity for discussion about important issues in sexual abuse prevention and the relevance of these issues within organizations that serve children and adolescents

After training participants will:

- Understand the facts of child sexual abuse - incidence rates and effects on individuals and society
- Understand how child sexual abuse happens
- Understand adults are responsible for the protection of children
- Understand the importance of screening staff/volunteers who work with children and adolescents
- Understand the importance of a well conceived one-adult/one-child policy
- Have resources to react responsibly to incidents of child sexual abuse
- Understand the proactive role youth-serving organizations need to take to protect children and educate their communities about child sexual abuse

To schedule please call **740.363.1835 ext. 109** or email **violenceprevention@helplinedelmor.org**.

24 Hour Information, Referral and Crisis Hotline

Nearly 1,000 resources are available to you 24 hours a day through 211, the Information and referral (I & R) hotline at HelpLine. You can use the I & R service to find information on:

- Community resources
- Counseling or support groups
- Civic and government agencies
- Food, clothing or housing
- Legal rights
- Crime victim support and services
- Volunteer opportunities

The 24-hour hotline is also available to assist school staff who may be interested in accessing intervention services at HelpLine for use by your school. Additionally, referrals can be made to parents and students who may be:

- Experiencing a life crisis
- Grieving a loss
- Being abused
- Feeling lonely
- Feeling stressed out
- Being or have been sexually assaulted
- Having suicidal thoughts or contemplating suicide

Access the free, confidential HelpLine hotline by calling 211 or 1.800.684.2324.

Sexual Assault Response Network (SARN)

Sexual assault is a significant and traumatic life event that can inhibit students from achieving their full potential in school. The SARN program provides crisis intervention services to sexual assault survivors and can provide these services in the school setting if the student has difficulty accessing our therapeutic support services at our office locations. SARN offers:

- A free, 24-hour information, referral and crisis line - **211 or 1.800.684.2324**
- Individual support at hospitals and law enforcement agencies
- Workshops for survivors of sexual assault & their support people
- One-on-one crisis intervention services
- Annual retreats led by survivors
- Sexual assault prevention and education
- Trauma informed advocacy services

To access SARN services, contact Nora Flanagan, SARN Coordinator at nflanagan@helplinedelmor.org or 1.800.684.2324 ext. 105.

STAND UP Leadership Team - Delaware (9th-12th grade)

In the spring of 2007 Helpline joined with the Delaware General Health District to develop the *STAND UP Leadership Team (SULT)*, a county-wide leadership program which supports and encourages teens to abstain from alcohol, tobacco and other drugs (ATOD), promotes positive mental health and healthy relationships, while making a significant impact throughout the county.

ANY teen living within Delaware County or attending a Delaware County school can get involved with *SULT*. Initially teens get involved with *SULT* for different reasons, such as, a friend's suggestion, community service opportunities, college applications, or maybe they feel compelled to do something positive. Whatever their reasons for involvement or skill level, *SULT* teens end up being a positive force for their community and schools, and, ultimately, themselves!

For teens who want to take action, youth-led, adult-guided bi-monthly *SULT* meetings allow members to develop their ideas to make their schools and communities stronger, healthier and supportive places. Teens who attend meetings are asked to sign a pledge promising to abstain from ATOD use and violence throughout their involvement in *SULT*.

Thank Goodness I'm Female (TGIF) - Delaware (6th grade & High School)

The strength of *TGIF* is girls taking it upon themselves to advocate and support healthier girl relationships. Due to its unnoticed, hidden nature, teachers and parents, more than often, have no idea that relational aggression (RA), a pervasive form of female bullying is taking place.

RA takes many forms:

Exclusion

Manipulative Affection

Taunts and insults

Ignoring

Alliance building

Malicious rumors and gossip

Cyberbullying

Intimidation

Through a *Women's Fund of Central Ohio* grant trained high school students meet weekly with selected 6th grade girls. This program works to make healthy, positive female friendships the "norm" for middle school girls. Most importantly, they have discovered they have a role in ending RA. There are those involved who have been bullied, who have been the bully or those that stood by and watch bullying occur – they all have a story.

To help teens get involved please contact HelpLine Prevention Educator, Brande Urban at **740.363.1835** or **burban@helplinedelmor.org**.





"It helped me because if you're a girl who doesn't like to stand up for herself, you can learn how."

- Jessica K., 4th Grade,
Schultz Elementary School

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Delaware County Office

11 N. Franklin Street
Delaware, Ohio 43015
Hotline: 211 or 740.369.3316
Business Line: 740.363.1835

Morrow County Office

950 Meadow Drive, Suite B
Mt. Gilead, Ohio 43338
Hotline: 211 or 419.947.2520
Business Line: 419.946.1350

Toll Free: 1.800.684.2324
Deaf or Hard of Hearing: 711 or 1.800.750.0750
Language Services Available

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Empowering People Through Knowledge, Support and Resources

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