



CHADS

Coalition

FOR **Mental Health**

**COMMUNITIES HEALING ADOLESCENT
DEPRESSION AND SUICIDE**

Our mission is to save young lives by advancing the awareness and prevention of depression and suicide.

Individual Services
Family Support Counseling
Social Emotional
Mentoring

Universal Prevention
Signs of Suicide

What we know

Suicide rates have increased by **20%** since 2010

1 in 7 middle school
1 in 5 high school
1 in 4 college students seriously consider suicide

Suicide is the 2nd leading cause of death for 10-27 year olds

80% of those who die by suicide are male

More than 300 people in the St. Louis region died by suicide in the St. Louis Region

Self-reported suicide attempts increased **73%** amongst black youth over the last 25 years

48% of high school students who identify as LGBT seriously considered attempting suicide in the past year



CHADS Programs are intentionally designed to work together or as standalone prevention and intervention tools. Using evidence-based and evidence-informed methods, CHADS is building a stronger safety net for our kids and creating support systems for families and communities.

SOCIAL AND EMOTIONAL WELL-BEING (SEW)

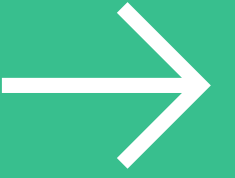
- *Instills protective factors to promote wellbeing and resilience*
- *Individualized Social Emotional Learning for children Kindergarten -12th grade*

SIGNS OF SUICIDE (SOS)

- *Education and action steps around mental health and suicide prevention*
- *Evidence-based universal prevention programming for 5th grade -12th grade students as well as adults*

FAMILY SUPPORT (FS)

- *Provides treatment and intervention to students who are identified through mentoring, SOS, or by school staff*
- *One on counseling for teens struggling with mental health issues*



Family Support Program

- Provides treatment and intervention to students who are identified through mentoring, SOS, or by school staff
- One on one counseling for teens struggling with mental health issues
- Short term, Solution-focused, and Strength based services
- Work with clients primarily 10 -25 years
- Specialize in working with depression, anxiety, and suicidal ideation
- Typically, 10-12 sessions in length



Outcomes

Decrease in Depression

70% of youth engaged in the Family Support counseling program will experience fewer depression symptoms

Decrease in Anxiety

70% of youth engaged in the Family Support counseling program will experience fewer anxiety symptoms

Decrease in Suicidal Ideation

75% of youth engaged in the Family Support program who indicate suicidal ideation at any point during treatment will experience reduction in suicidal ideation

68.75%
showed
improvement
in symptoms



- Gateway Science Academy (Middle & High Schools)
- Kairos Academy
- KIPP
 - Inspire Middle School
 - Triumph Middle School
 - St. Louis High School
- Lafayette Preparatory Academy
- SLPS
 - Long International Middle School
 - Central VPA High School
 - Pamoja Elementary
- Premier Charter Academy
- Hawthorn School for Girls

Outputs

104 Clients

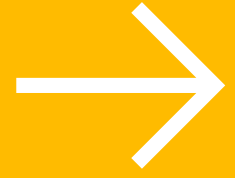
**1,013
sessions**



Social Emotional Mentoring

- Instills protective factors to promote wellbeing and resilience
- Individualized Social Emotional Learning for children Kindergarten - 12th grade
- Weekly 30-minute individual or 40 - minute small group sessions
- Work with students who often need alternative strategies to support their behavioral success
- Varied teaching modalities to engage the mentees





Outcomes

Improved Well-Being

80% of youth participating in Social -Emotional Mentoring Services will **gain knowledge toward improved well-being.**

Understanding of Self -Management

80% of youth participating in Social-Emotional Mentoring will gain **improvement in understanding of self-management.**

Improvement in Self -Awareness

80% of youth participating in Social -Emotional Mentoring Services will **demonstrate improvement in self-awareness.**

97%
showed
improvement
in one or
more
competencies

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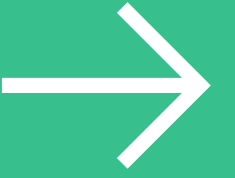
- Confluence Academy Old North
- Kairos Academy
- Lafayette Preparatory Academy
- KIPP
 - Wisdom
 - Victory
 - Wonder
- Long International Middle School
- Loyola Academy



Outputs

64 Clients

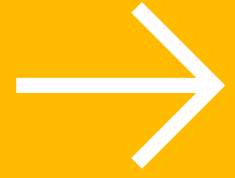
**583
sessions**



Signs of Suicide

- Education and action steps around mental health and suicide prevention
- Evidencebased universal prevention programming for 5th grade -12th grade students as well as adults
- Universal, evidence-based prevention program
- Education and action oriented
- Fits into one 45-90 minute class period





Outcomes

Knowledge on Mental Health

80% of youth participating in SOS trainings will gain knowledge on mental health (signs of depression and signs of suicide).

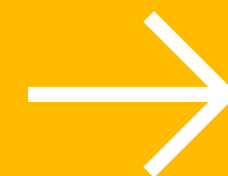
Increased Help-seeking Behavior

80% of youth participating in SOS will have increased knowledge in the ACT Technique to help themselves or a friend (Acknowledge, Care, Tell a Trusted Adult).

Self-ID for help

12% of students who participate in SOS will ask to speak to a counselor out of concern for themselves or a friend at the end of every training.

20.39%
asked to speak
with a counselor
for themselves
or a friend



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- Confluence Academy, Old North
- Premier Charter School
- Lafayette Preparatory Academy
- Rosati Kain High School
- Gateway Science Academy High School
- KIPP High School
- St. Mary's High School
- Dewey International Elementary
- Marian Middle School
- St. Louis Language Immersion School
- Eagle College Prep

Outputs

75

presentations

1535

participants

SOS Training Series



5th Empathy and Emotion Management

6th-8th → SOS Middle School (5th/6th Grade)
EYES Bully Free (6th Grade)
EYES Peer Pressure (7th Grade)
EYES Self-Injury (8th Grade)

9th-12th → SOS High School (9th Grade)
EYES Healthy Coping Skills (10th Grade)
EYES Self-Injury (11th Grade)
Second ACT (12th Grade)

Screening & Self ID



“This morning I had a small group of four, 5th grade girls. At the beginning of the school year, one of the girls, who is new to LPA this year, told me that she didn’t have any friends. Since joining this small group, she has really bonded with the other girls and started speaking up during conversations. Today, they were laughing and really enjoying each other’s company. The room we were in has a large hammock swing and the other girls invited her to come swing with them. I think this shows the benefits of our small groups this year!”

HOPE

ACCEPTED

Confluence Academy Old North is very accommodating and happy to be partnering with Chads. The counselor and administrative team frequently come to check on me and ask how things are going as well as thank us for being in their building and providing our services.

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COMMUNITIES HEALING ADOLESCENT
DEPRESSION AND SUICIDE

314-952-8274

www.chadscoalition.org



THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

1-866-488-7386

Text 'START' to 678-678



**METRO TRANS
UMBRELLA GROUP**



314-628-2929

St. Louis County Youth
Connection Helpline



4HLP to 31658

RAINN | 800.656.HOPE
| RAINN.org

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text **ACT** to 741741.