

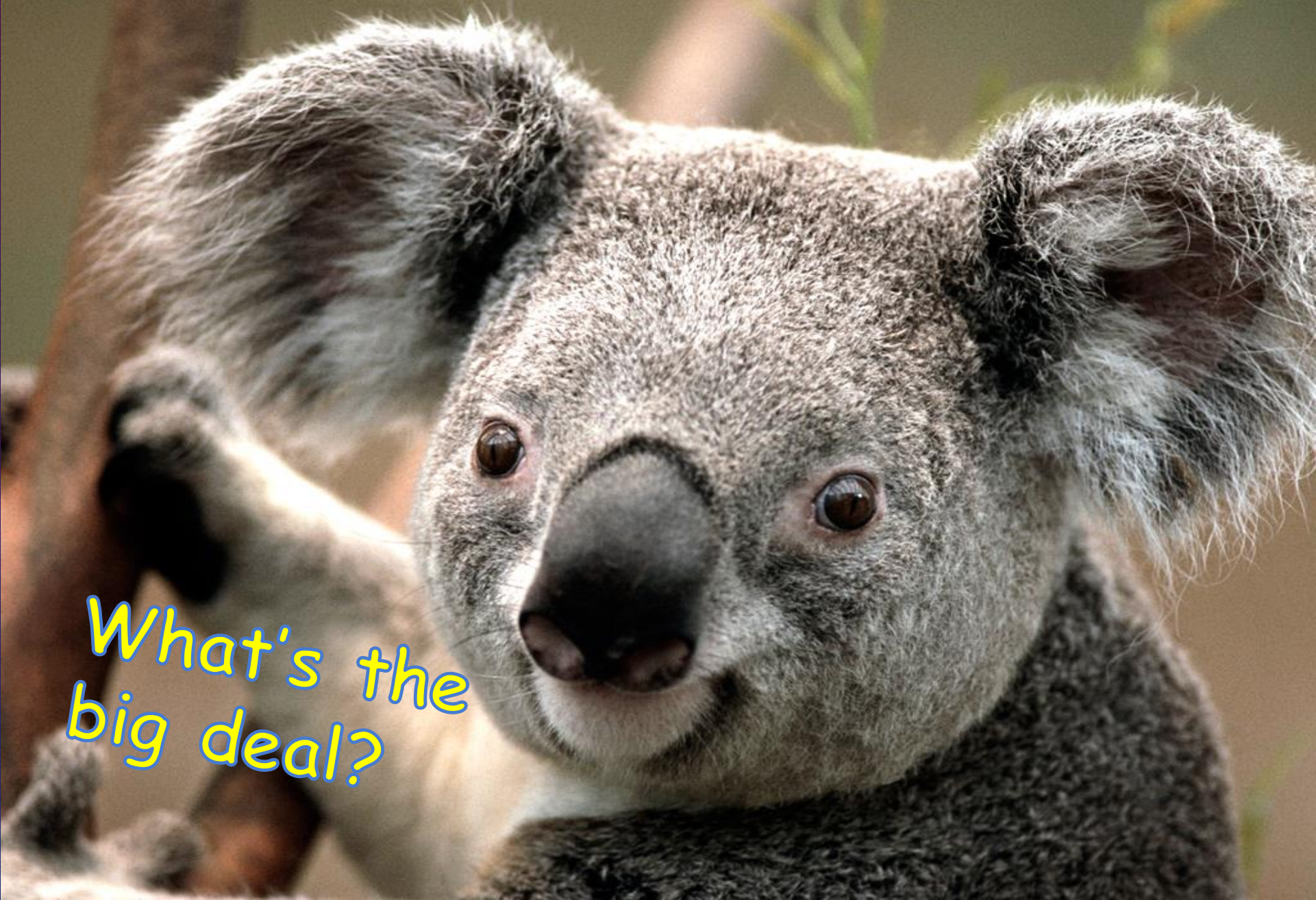
The background features a dark blue gradient with a subtle pattern of small white dots. Overlaid on this are several circular elements: a large scale on the left with numerical markings from 140 to 260, and several smaller circles with dashed lines and arrows, suggesting a process or cycle. The text is centered horizontally in the upper half of the image.

**SOCIAL EMOTIONAL HEALTH**


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# Dudley Middle School

It is the most important DMS goal to uphold the reputation that the teachers, administration, and extended staff are closely connected with our students and school community. It is that school connectedness that affords us the opportunity to get to know each and every student who walks through our doors. Parents and families play an important role in the education and effectiveness of our programming with students through their efforts and support. These combined efforts allow us to set the path for students to discover, with some guidance, who they are as an individual and build character. With this goal in mind, DMS guidance staff will implement universal screening tools to insure our student's social emotional health.



What's the  
big deal?

A young woman with dark, wavy hair is lying on a bed, resting her head on her arms. She has a somber and sad expression, looking down and slightly to the side. The lighting is dim and warm, creating a melancholic atmosphere. The background shows a bed with a colorful, patterned blanket and a wooden headboard.

Suicide is the 2<sup>nd</sup> leading cause  
of death for youth age 11-18

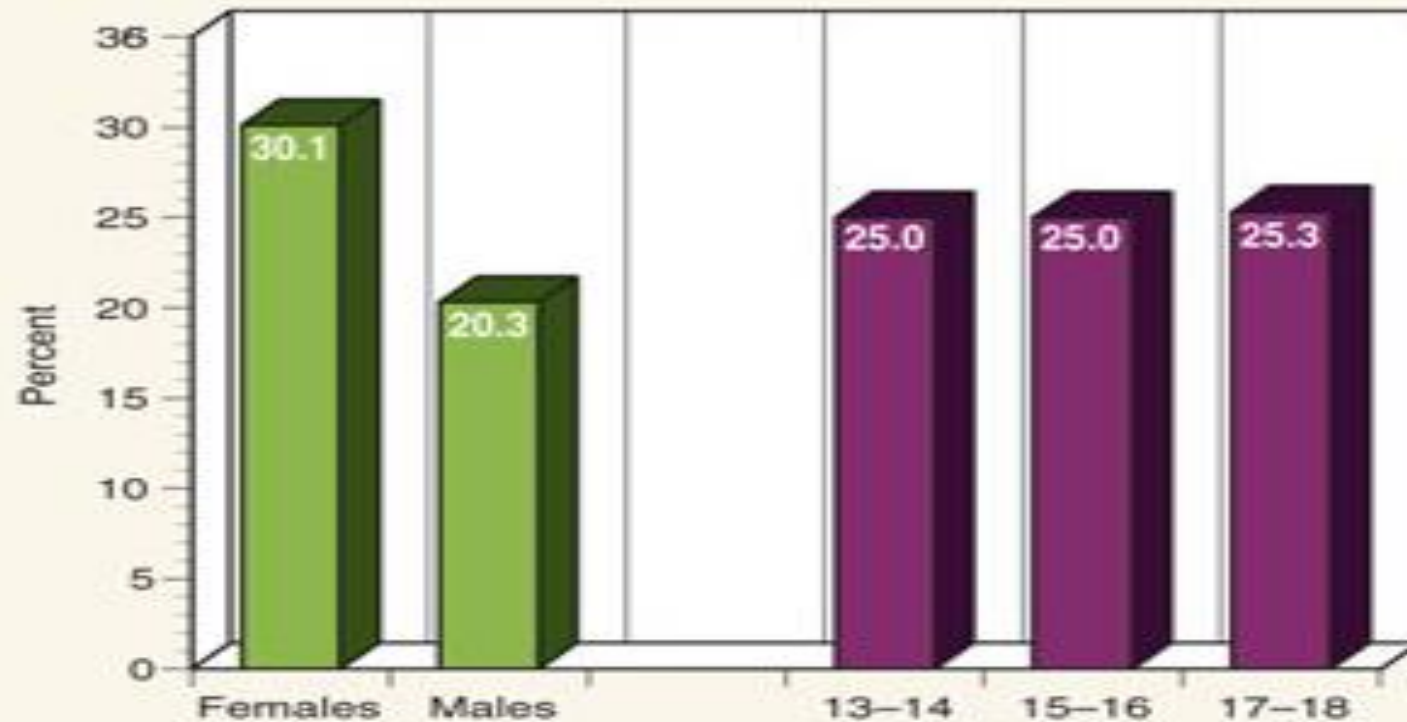
According to a 2015 report from the National Institute of Mental Health, approximately 1 in 5 youth aged 13 to 18 years of age experience a seriously debilitating mental disorder at some point during their adolescence.

Troubling statistics from the 2015 Youth Risk Behavior Survey revealed 17% of youth seriously considered suicide in the previous year and more than 14% made a plan.

The nation's youth are suffering with one of the most painful and debilitating illnesses. Depression can leave youth feeling worthless, guilty, and devoid of hope. Mental health is not often a popular topic of conversation due to stigma and fear, leaving students afraid to talk about these serious feelings.

## Demographics (for lifetime prevalence)

- **Sex:** Statistically different
- **Age:** Not statistically different



- **Race:** Statistically significant differences were found between non-Hispanic whites and other races

# DEPRESSION AFFECTS 1 IN 4 CHILDREN IN EVERY CLASSROOM



- Severe anxiety and feelings of hopelessness and despair cripple a students ability to learn.
- With so many of our children experiencing distress in our presence, how can we not afford to act?
- What does it mean to act?
- Recognize, Screen, Build Connections!

To proactively address these issues, DMS now offers depression awareness and suicide prevention training as part of the SOS Signs of Suicide© Prevention Program (SOS). The program aims to increase help-seeking by students concerned about themselves or a friend. SOS is listed on Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices

# PREVENTION THROUGH EDUCATION

## SOS

### SIGNS OF SUICIDE

#### ACKNOWLEDGE

Recognize and be aware when someone is having trouble

#### CARE

Know It is OK to care and tell people when you are concerned

#### TELL

Talk to a trusted adult-bring a friend or go as a group



Our goals in implementing these programs are straightforward:

- ✓ Help our students understand that mental health is important
- ✓ Facilitate a discussion with students regarding anxiety, depression and suicide
- ✓ Provide universal screening for students and follow up when indicated

The following video is of a very powerful song that has been receiving a lot of radio airplay and resonates with many of our students. The name of the song, by rapper Logic, is 1-800-273-8255, which is the phone number of the National Suicide Prevention Lifeline. The message of the song is about the experience of suicidal thinking, reaching out for help, and and fighting back.

**Caution:** This live performance video is powerful, direct and contains some language people may find offensive. But, we feel it will allow you to start the much needed conversation with your child. Should you choose to; click the image. After viewing please visit the SOS parent portal on the last slide for more information. Please contact us with questions or concerns. Thank You.



To visit the SOS parent portal please  
click on the link below.  
Explore the website and learn more.

- The user name is: **dudleymms-par**
- The password is: **DMS**

<https://sossignsofsuicide.org/user/login?destination=>