



**Signs of Suicide (SOS)** teaches Middle and High School students to recognize the symptoms of depression and suicide and to tell a trusted adult if they observe signs and symptoms in a peer or themselves.

## **SOS Training Sequence**

### **1. Train the Trainer**

SOS is delivered in a Train the Trainer format. STOP Grantees will identify the team of individuals at the school district level who will deliver the 50-minute SOS training to students in a small classroom setting. The Train the Trainer is 4 hours in length and the Train the Trainer team can consist of health instructors, school counselors, school social workers, school resource officers or members of their safety or mental health teams. Grantees/school districts will work closely with Sandy Hook Promise to communicate the roles and expectations for delivering the SOS student trainings, including timeline and reporting back the number of students trained.

The SOS Train the Trainer can take place over the summer, as part of a professional development day or at other points of time that the school district has the flexibility to pull the team of SOS trainers together.

### **2. Student Training**

The SOS Student trainings can be delivered anytime after the SOS Train the Trainer takes place. However, best practice is to train the students within 2 months from receiving the Train the Trainer so that the material is fresh

The SOS student training is 50-minutes in length. The main teaching tool is a video that shows dramatizations and real life stories of hope about the right and wrong ways to react when a friend exhibits certain behaviors. The program includes a mental health self-assessment that screens every student for depression and suicide. The program also includes training and educational materials for faculty, staff and parents.

Before implementing the SOS student trainings, Sandy Hook Promise will cover the cost of the annual SOS license for each school. The SOS license provides access to the student SOS training and a portal of resources for the school.

## **SAVE Promise Club Requirement**

Prior to receiving the SOS Train the Trainer, the school must identify an Adult Champion who will sponsor the youth club and officially register the designated youth club as a SAVE (Students Against Violence Everywhere) Promise Club. Schools can form a new club, or register an existing club – such as a SADD, student leadership, kindness or student government or civic club to serve as the SAVE Promise Club. Upon registering, the Adult Champion will receive a monthly newsletter with lesson plan and activity ideas developed by students that the youth club can use to inspire ideas for planning and organizing ongoing reminders, activities and events that reinforce the lessons of SOS and sustain the message of SOS throughout the school year.

## **SOS Reporting Requirements**

Immediately following any *SOS* training, including the Implementer/Train the Trainer and the Student Training, the school must report training data back to Sandy Hook Promise, as required by the STOP School Violence Act grant. School reporting includes the following items:

- Number of trainings completed by school name, city/town, date of training
- Number of individuals who received the trainings
- Percentage of students receiving the trainings
- Breakout of the student type trained by number including:
  - Grade of school students
  - Middle school students
  - High school students
  - All students (general)
  - Any parents/family members of students attending
  - Other (describe)
- Number of faculty trained divided by type-
  - school administrators,
  - teachers,
  - counselors,
  - health staff,
  - other
- Number of SAVE Promise Clubs established

## **SOS Implementation Guidance**

*SOS* can be implemented at any time throughout the year, however, it is strongly encouraged that student *SOS* trainings do not take place after the months of April in order to allow time for the school/school district to assess student's identifying themselves at risk.

If the school district/school is implementing multiple Sandy Hook Promise Know the Signs programs, we encourage school districts to pace the timing of the multiple programs in a way that allows for space during the programs and doesn't overwhelm students or staff. However, there is no recommended order of which program should come first – we defer to the school district on their needs and priorities.

## **SOS Checklist**

- STOP Grantee recruits and identifies the participating school district(s)/school(s).
- STOP Grantees/School Districts identify the personnel that will receive the *SOS* Train the Trainer.
- STOP Grantees/School Districts work with Sandy Hook Promise to identify a timeline for the Train the Trainer and student trainings to take place.
- School districts/schools identify the Adult Champion/youth club in each school that the training will occur and officially register the club at [www.sandyhookpromise.org/savepromiseclub](http://www.sandyhookpromise.org/savepromiseclub).
- School districts/schools complete Train the Trainer intake form with Sandy Hook Promise. The Train the Trainer is then scheduled and a confirmation is sent to the personnel attending the Train the Trainer.
- SOS* Train the Trainer takes place
- School districts/schools report Train the Trainer training data back to Sandy Hook Promise.

- Sandy Hook Promise purchases *SOS* license for participating schools, allowing them to lead the *SOS* student trainings.
- SOS* student trainings take place.
- School districts/schools report *SOS* student training performance evaluation data back to Sandy Hook Promise.
- School districts/schools sustain *SOS* via student led SAVE Promise Clubs.