



Stop the **STIGMA**, Start the **CONVERSATION**

MISSION

We are a non-profit organization established in 2010 with the mission to **promote optimal mental health** for Greater Cincinnati youth through **stigma reduction** and customized, **evidence-based education** so that we live live in a world without suicide.



1 in 5 youth (13-18) live with a mental health condition

STOP the **STIGMA** and **START** the **CONVERSATION**



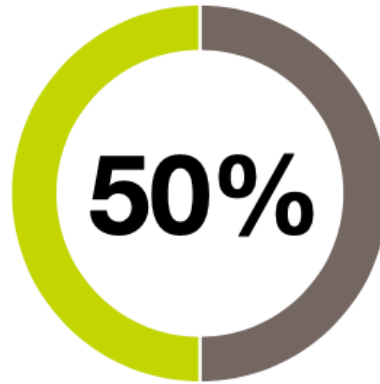
WHY EDUCATE ON MENTAL HEALTH

2nd

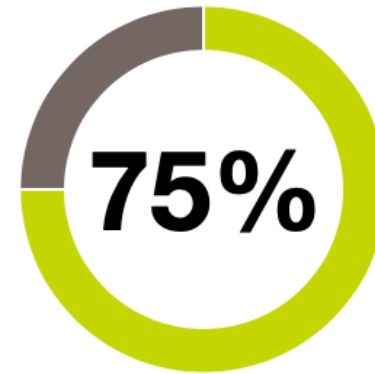
Suicide is the second leading cause of death for youth 13-24.



20% of youth ages 13-18 live with a mental health condition



50% of mental health conditions will present by age 14



75% of mental health conditions will present by age 24

8-10
years

8-10 years is the average length of time for a person living with a mental health condition to start receiving treatment

STOP the **STIGMA** and **START** the **CONVERSATION**



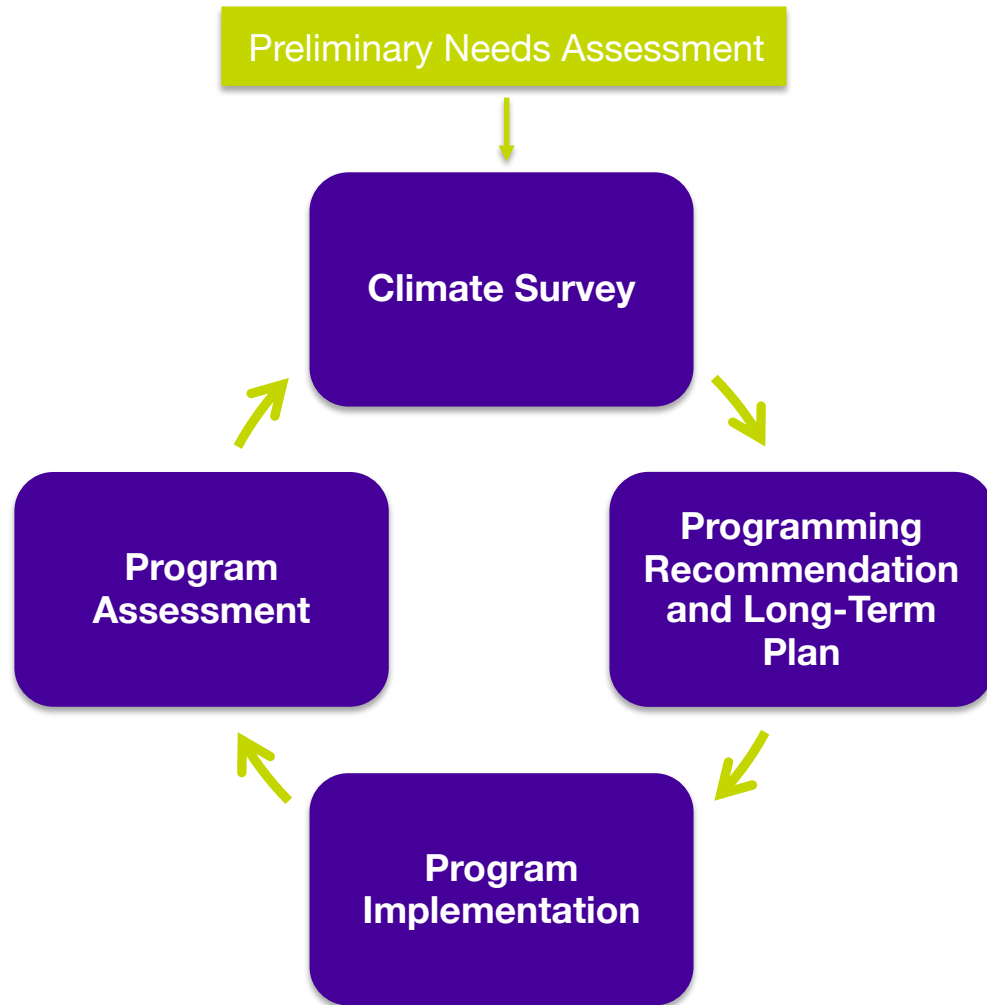
MENTAL HEALTH FACTS

- **Nationally, mental illness is on the rise among our youth**
 - **1 in 5** children ages 13 to 18 have or will have a diagnosable mental illness
 - 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24
 - Average delay between onset of symptoms and treatment is 8 to 10 years
- **37% of children with a mental health condition age 14+ drop out of school**
 - the highest dropout rate of any disability group
- **70% of youth in juvenile justice systems have a mental illness**
- **Youth suicide is at a 30-year high and has jumped from the 3rd to the 2nd leading cause of death for youth ages 10 to 19**
 - **90%** of those who died by suicide had an underlying mental illness
- **Psychiatrists attribute increase in mental health issues and suicide to: 1) perfectionism and 2) trauma**
- **Cincinnati has seen significant increase in mental health cases at Children's Hospital**
 - Psychiatry inpatient bed days has increased by 38% since 2013
 - There were 21 suicides among ages 12-24 in 2016
- **Cincinnati middle schools, high schools and colleges do not have adequate mental health and suicide prevention education or awareness programs**

STOP the **STIGMA** and **START** the **CONVERSATION**



HOW WE WORK WITH SCHOOLS



Since each school has a unique culture, there is not a one-size-fits all solution for mental health & wellness needs.

Utilizing our expertise, we streamline and simplify selecting the most appropriate evidence-based mental health education programming to target each school's needs. We select from our program guide of over 16 evidence-based programs

WHY EVIDENCE-BASED

What does it mean?

Evidence-based means that validated research has been done on the efficacy and safety of the program for the specific demographic and target population the program aims to reach. The data has been peer reviewed and published by an accredited.

Why is this important?

When providing widespread youth interventions and programming it is critical to choose evidence-based programs to protect youth. We must be assured that the program will have the positive results we wish to see.

How do I ensure my school is using evidence-based programs?

It is important to ask to see the published findings on the program to ensure the program is evidence-based.

PROGRAM GUIDE

Evidence-Based Programs

	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL	PARENTS	SCHOOL FACULTY
PREVENTION	<ul style="list-style-type: none"> - GoNoodle - SEL Programming - MindUp 	<ul style="list-style-type: none"> - Sources of Strength Screening - SEL Programming - MindUp - Education about stress reduction, sleep, nutrition, & mindfulness 	<ul style="list-style-type: none"> - Sources of Strength Screening - SEL Programming - Education about stress reduction, sleep, nutrition, mindfulness 	<ul style="list-style-type: none"> - Education through general communication including facts about symptoms, resources, brain health, social media, & wellbeing - Speaker Series 	<ul style="list-style-type: none"> - SEL Programs
INTERVENTION		<ul style="list-style-type: none"> - Signs of Suicide - Sources of Strength - Start with Hello 	<ul style="list-style-type: none"> - Signs of Suicide - Sources of Strength - Surviving the Teens - Break Free from Depression - Classroom Mental Health - Speaker Series - Peer to Peer Groups 	<ul style="list-style-type: none"> - QPR - More Than Sad - Speaker Series 	<ul style="list-style-type: none"> - QPR - More Than Sad - Kognito - Jason Foundation professional development series
POSTVENTION	All levels should follow the SERA Guidelines				

To learn more go to, 1N5.org/resources-for-faculty

STOP the **STIGMA** and **START** the **CONVERSATION**



QUESTION. PERSUADE. REFER.

What is QPR Training?

- As someone who may be in the best possible position to prevent suicide---parent, teacher, coach, mentor--you will find that QPR is designed to help you save a life.
 1. Question - a person about suicide
 2. Persuade --someone to get help
 3. Refer -- someone to appropriate resource
- **QPR is NOT a form of counseling or treatment.**
- QPR is intended to **offer hope through positive action.**
- By learning QPR, you will come to recognize the warning signs, clues, and suicidal communication so people in trouble and gain skills to act vigorously to prevent a possible tragedy.
- Independent researchers and federal agencies have suggested that the **QPR intervention could be useful in far broader applications --recognizing a person who needs professional help but is not suicidal.**



As CPR is the for the HEART, QPR is the for the MIND!

STOP the **STIGMA** and **START** the **CONVERSATION**



QUESTION. PERSUADE. REFER.

Who should be trained in QPR?

- QPR is considered gatekeeper training.
- A gatekeeper is anyone in a position to recognize a crisis or warning signs that someone may be contemplating suicide. This could be you--a parent, teacher, school counselor, coach, mentor, pastor/priest/rabbi, school nurse, youth leader, volunteer,, and/or community member.

How long does it take?

- QPR training takes an hour and a half to two hours.

Why should we train people in QPR?

- Suicide is not the second leading cause of death for youth 10-24 according to the CDC
- 90% of those that die by suicide have an underlying mental health condition.
- 50% of mental health conditions present by age 14

To learn more, go to <https://qprinstitute.com/about-qpr>



As CPR is the for the HEART, QPR is the for the MIND!

STOP the **STIGMA** and **START** the **CONVERSATION**



PEER-TO-PEER PROGRAMS



bring change to mind
let's talk mental health

Overview:

- Any student is able to participate in the BC2M club
- One or two school advisors assist with running the club
- BC2M program manager (Erin Horn) supports each club and will physically visit each school at least 2-3 times a year with phone/email support between visits.
- Access to the BC2M portal which hosts:
 - Event and activity ideas each club can customize to their schools needs.
 - Educational presentation and discussion questions to use at club meetings
 - Advisor Guidebook
 - Weekly newsletters with program updates and information



Overview:

- Students are select to be peer leaders
- Students are trained during a full-day of training with a certified national trainer
- Advisors and select teachers are trained in a full-day of training with a certified national training
- Access to the Sources of Strength website and social media to help brainstorm ideas for school-wide events and activities.
- Advisors have access to the Advisor Resource Guide and checklist, campaign materials, videos and more.
- Access to the headquarters program manager

STOP the **STIGMA** and **START** the **CONVERSATION**



PEER-TO-PEER PROGRAMS



bring change to mind
let's talk mental health

Program Support:

- Local BC2M program manager supports each club and will physically visit each school at least 2-3 times a year with phone/email support between visits.
- Access to the BC2M portal which hosts:
 - Event and activity ideas each club can customize to their schools needs.
 - Educational presentation and discussion questions to use at club meetings
 - PSA's for student use
 - Advisor Guidebook
 - Weekly newsletters with program updates and information
 - To learn more go to: <https://bringchange2mind.org/>



Program Support:

- Access to the Sources of Strength website and social media to help brainstorm ideas for school-wide events and activities. Information includes
 - Campaign ideas
 - Video library of how to create campaigns
 - Video PSA's for students to use
- Advisors have access to the Advisor Resource Guide and checklist, campaign materials, videos and more.
- Access to the headquarters program manager
- To learn more go to: <https://sourcesofstrength.org/>

STOP the **STIGMA** and **START** the **CONVERSATION**



PEER-TO-PEER PROGRAMS



Cost:

- Free
- BC2M provides a \$500 grant to help fund activities related to the BC2M mission.
- Club swag is provided (free of charge) to help unify the BC2M members and highlight the presence of the club on campus.
- One-year, free subscription to Headspace meditation app for all club members (valued at \$145).



Cost:

- First year: \$5,000 per school for full-day advisor training and full-day peer leader training.
- Second year: pending as we work to train a 1N5 employee to be a National Trainer

PEER-TO-PEER PROGRAMS



What's the evidence say?

Student involvement in BC2M High School Program clubs was associated with:

- greater mental health knowledge
 - enhanced attitudes
 - decreased social distance
 - increased positive actions to reduce stigma.
-
- Link to [report](#)



What's the evidence say?

- Increase in peer leaders' connectedness to adults
 - Increase in peer leaders' school engagement
 - Peer leaders in larger schools were four times more likely to refer a suicidal friend to an adult
 - Among general student population, the program increased positive perceptions of adult support for suicidal youth and the acceptability of seeking help
 - Positive perception of adult support increased most in students with a history of suicidal thoughts
-
- Link to [overview](#) and [report](#)

WARRIOR RUN: HIGH SCHOOL CHALLENGE

How the High School Challenge Works:

- Schools create a team for the High School Challenge on the <http://cincywarriorrn.org/> website
- Schools compete for one \$1500 student scholarship, a Skyline Chili party, and a traveling trophy
- 100% of the funds raised for each school are returned to that school to be used for new mental health education programming.
 - 1N5 works with the school administration to develop programming based on each school's unique needs.
 - 1N5 provides additional grant money to each school.
- **Score breakdown:**
 - # of students running (as a % of student population)
 - # of students volunteering (as a % of student population)
 - Overall dollars raised.



COMMUNITY INITIATIVES

Brain Health Network

- In conjunction with *MindPeace**, we have a coalition of 14 area school leaders that discuss current mental health needs of their students. Discuss programs that are working as well as share successes and barriers to improve the region's mental health programming.

Youth Mental Health Innovation Challenge

- Bring 100 area youth together to brainstorm solutions to address the youth mental health crisis.
- Competition to award \$9,000 in funding to implement ideas.
- Working with Cincinnati leaders to facilitate the day.
- To learn more go to, <https://1n5.org/innovationchallenge>

Partnership with Cincinnati Children's Hospital

- Partner with Children's Hospital provide the *Adapting for Life -Surviving the Teens program to Cincinnati Schools*.
- Provided resources to help expand the program from being in 24 schools to 75 schools.
- To learn more about the free program, contact Stacey Hoffmann

**MindPeace* is a non-profit organization that works with area social service agencies to put mental health counselors into schools: private insurance or Medicaid pays for the counseling services.

STOP the **STIGMA** and **START** the **CONVERSATION**



Help **STOP** the **STIGMA** and **START** the **CONVERSATION**.

Together, we can make a lasting impact on our community.

Nancy Eigel-Miller
Nancy_miller@1N5.org
513-607-7434

STOP the **STIGMA** and **START** the **CONVERSATION**

