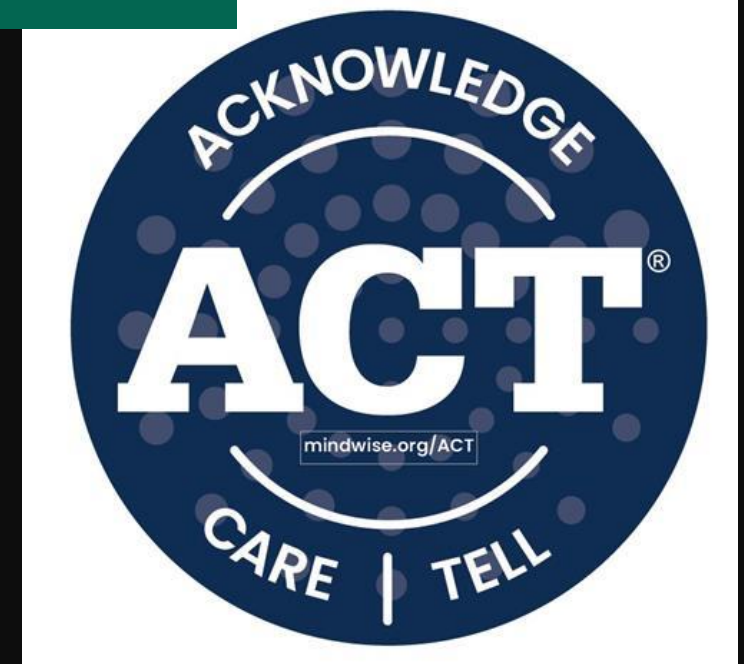


SOS at International School

November 9, 2021



Acknowledgements



Support for Signs of Suicide Program

MHAT

- Melissa Odegaard
- Alison Christensen

PE/Health Teachers

- Corinne Barrett
- Bryon Combs
- Matt Hazen

School Counselors

- Jamie Johnson
- Arty Christianto

Mental Health Assistance Team (MHAT)

- A team of **highly-qualified**, BSD staff who:
 - Support the **delivery** of the Signs of Suicide lesson (SOS)
 - Conduct large-scale **BIMAS2 screening** of students for mental health needs
 - Provide 1:1 counseling support to students identified as having recent thoughts of **self-harm** or who report they would like to speak to someone about themselves or a friend
 - Use BIMAS2 screening data and other early warning indicators to **offer services**
 - Provide **Evidence-Based** mental health services, including group and individual counseling, solution-focused counseling
 - Support students with **referral to higher levels of support** in school (academic, behavior, disability services) and/or referral to supports outside of school (community mental health, medical, private mental health, psychiatry, etc.)

What is Signs of Suicide (SOS)

A universal program that teaches all students what to do if they are concerned about themselves or a friend. In the 2021-2022 School year, all students in 7th-10th grades will receive the SOS lesson



Age-appropriate videos



BIMAS2 Screening following the SOS lesson to identify at-risk students



ACT

Encourages help-seeking behavior

RESULTS

1.5M

Students trained annually

Evidence-based

Students reported greater knowledge and adaptive attitudes about depression and suicide

64%

Students were 64% less likely to report engaging in a suicide attempt.

Acknowledge that you're seeing signs of suicide in your child.

A



Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation




Withdrawal from family or friends



Show your child that you **C**are.

You can show you care by being a good listener and asking questions.

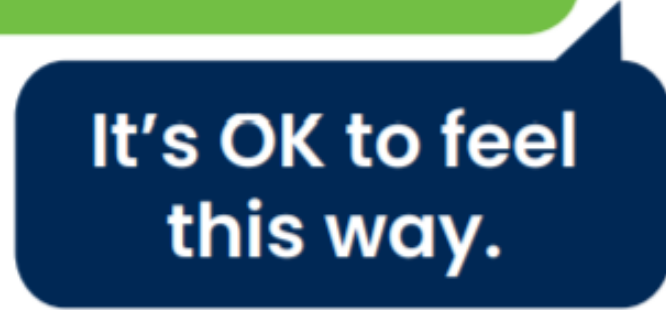


Tell me
more
about it.

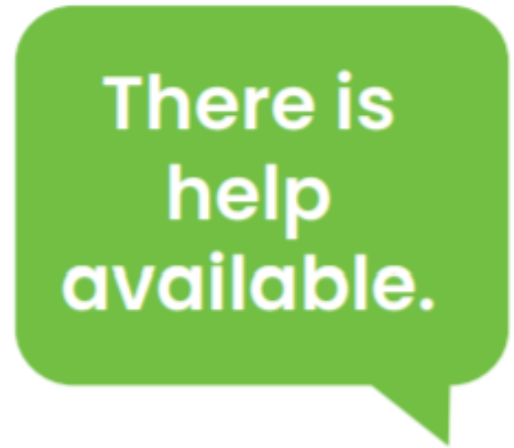
C




I'm here for you.



It's OK to feel
this way.



There is
help
available.





Tell a professional.

If you're having concerns about your child **reach out** to their pediatrician or school counselor. Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better. You can also call the **National Suicide Prevention Lifeline: 1-800-237-TALK (8255)** or **Text 'ACT' to the Crisis Text Line: 741741** for free, 24/7 support. If you are worried about your child's safety right now, call 911.

T

SOS Schedule at International School

Week 1		Week 2						
(Before Thanksgiving)		Monday 11/29	Tuesday 11/30	Weds. 12/1	Thursday 12/2	Friday 12/3		
Period	Monday 11/15	Tuesday 11/16	Monday 11/29	Tuesday 11/30	Weds. 12/1	Thursday 12/2	Friday 12/3	
1			Barrett (38) (Melissa)			Combs (38) (Arty)		
2				Barrett (33) (Jasmine)			Combs (23) (Alison)	
3	Combs (29) (Arty)							
4		(3+ Combs and additional students) (Melissa)		Barrett (28) (Jamie)				
5								
6		Combs (18) Hazen (20) (Alison)		Barrett (31) (Alison)				
7			Barrett (38) (Melissa)		Hazen (24) (Jamie)	Combs (27) (Melissa)		
MHAT Support	Melissa, Alison, Jasmine	Melissa, Alison, Jasmine	Melissa	Melissa, Alison	Melissa	Melissa, Alison	Melissa, Alison	Melissa, Alison

The Behavior Intervention Monitoring Assessment System (BIMAS-2™) is a measure of behavioral functioning and social, emotional skills in children and adolescents ages pre-k to 18 years. The BIMAS-2 consists of 34 items on 5 subscales: Conduct, Negative Affect, Cognitive/Attention, Social Skills and Academic Competence.



How Students Screen In

- Question #24 – During the past week, I had thoughts of hurting myself...

Rating:
During the past week, I...

- ① = Never (0 times)
- ① = Rarely (Occurred 1-2 times or to a minimal extent)
- ② = Sometimes (Occurred 3-4 times or to a moderate extent)
- ③ = Often (Occurred 5-6 times or to a significant extent)
- ④ = Very Often (Occurred 7 or more times or to an extreme extent)

Answered 0

- Do not screen in immediately
- Data to be looked at in the future

Answered 1

- MHAT follow up with students as soon as possible

Answered 2

- MHAT follow up with students before the end of the school day

Answered 3-4

- **PRIORITY**

Parents will receive communication

- Individualized communication based on what students are feeling at that time.

Answered 0

- Do not screen in immediately
- Data to be looked at in the future

Answered 1

- MHAT follow up with students as soon as possible
- Parent Communication: e-mail or phone

Answered 2

- MHAT follow up with students before the end of the school day
- Parent Communication: e-mail or phone

Answered 3-4

- **PRIORITY**
- Parent Communication: phone

Resources on International School Website

- Signs of Suicide Parent Portal
 - <https://sossignsof suicide.org/parent>
- Student and Family Wellbeing
 - <https://bsd405.org/international/counseling/student-wellness/>
- Parent Nights
 - <https://bsd405.org/international/counseling/parentnights/>

Who to Contact for Questions

- **International School**

- Melissa Odegaard, MHAT Counselor: odegaardm@bsd405.org
- Alison Christensen, MHAT Counselor: christensena@bsd405.org
- Jamie Johnson, High School Counselor: johnsonj@bsd405.org
- Arty Christianto, Middle School Counselor: christianto@bsd405.org

- **Bellevue School District**

- Kerince Bowen, Director of Counseling: bowenk@bsd405.org
- Jared Taylor, Coordinator of Behavior & Mental Health Services, MHAT Lead: taylorj@bsd405.org
- Alyssa Symmes, MHAT Counselor/Lead: symmesa@bsd405.org
- Layne Barker, MHAT Counselor/SOS Coordinator: barkerk@bsd405.org