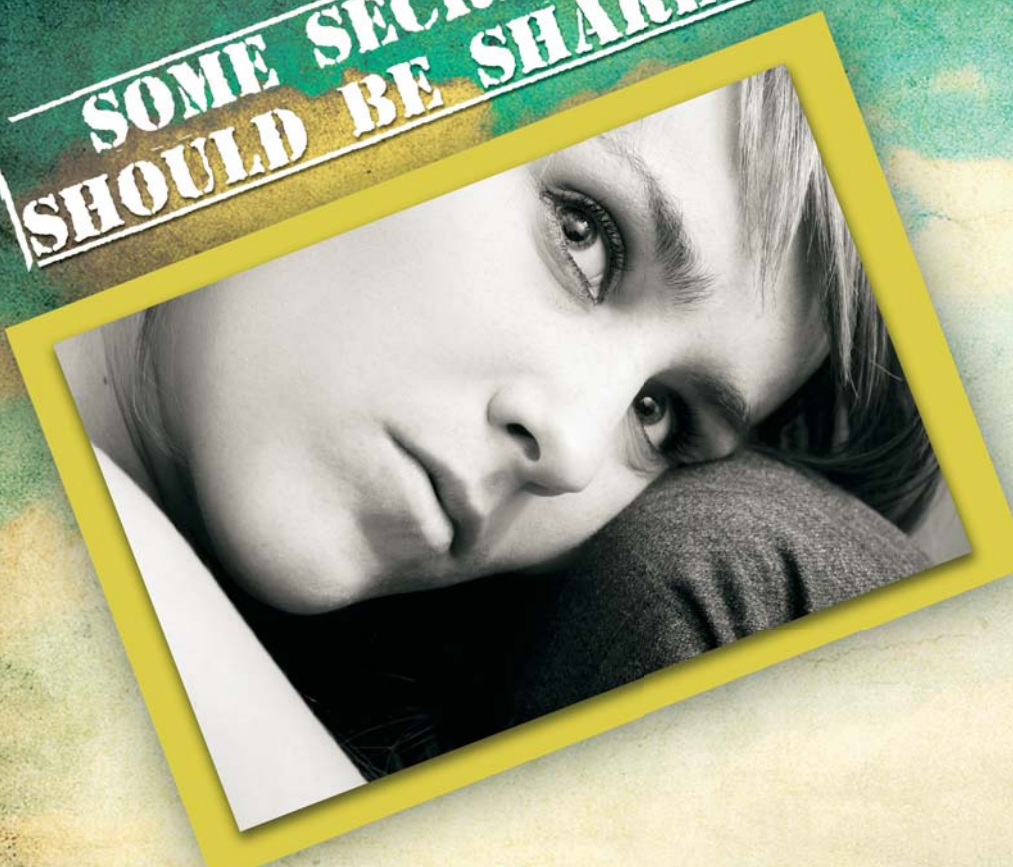


**SOME SECRETS  
SHOULD BE SHARED**



**SOS Signs  
of Suicide®** | **Signs of  
Self-Injury**

*Prevention Programs for Middle and High Schools*

The youth prevention programs, developed by Screening for Mental Health®, provide practical risk management tools and information to assess, prevent, and respond to signs of suicide and non-suicidal self-injury.

# SIGNS OF SELF-INJURY PREVENTION PROGRAM

- Each year, thousands of young people deliberately hurt themselves
- A study in the *Journal of School Health* found that 81% of school counselors reported working with a self-injurer during their career
- Prevalence rates of youth who self-injure range from 15-20%

The Signs of Self-Injury Prevention Program is designed to address the problem of self-injury through the school environment. Self-injury is a maladaptive behavior and is defined as deliberately harming one's body, usually without suicidal intent, in order to reduce psychological distress. This program is based on the same model of the evidence-based SOS program and emphasizes that youth should seek help from an adult in responding to suspected incidents of self-injury.

A recent study published in the *Journal of Youth and Adolescence* indicated that students who participated in the Signs of Self-Injury Prevention Program gained increased knowledge of self-injury and showed improved help-seeking attitudes and intentions.




*Kit materials are specifically targeted for use by high school students, school staff, and parents, but can be adapted to many educational or clinical environments where groups of adolescents are under the care of adults.*

- **Implementation Guide:** Step-by-step instructions including training materials, educational resources, lesson plans, and templates
- **Signs of Self-Injury Educational DVD and Discussion Guide:** Includes one chapter for high school students and a second chapter to train high school personnel

# SOS SIGNS OF SUICIDE® PROGRAM

- SOS is the only school-based suicide prevention program listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts.
- In a randomized control study, the SOS program showed a reduction in self-reported suicide attempts by 40% (*BMC Public Health, July 2007*).

SOS is an award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT® technique.



SOS Signs of Suicide®  
High School Kit  
\$300

*Kit includes materials for 300 students, parents, and school staff*

- **Implementation Guide:** Step-by-step instructions including training materials, educational resources, lesson plans, and templates (English and Spanish)
- **Educational DVD and Discussion Guide:** *The Friends for Life: Preventing Teen Suicide* DVD describes the signs and symptoms of depression and suicide and how to intervene
- **Brief Screen for Adolescent Depression:** A seven question screening tool for depression (parent and student versions)
- **High School Student Newsletter:** Helpful articles, facts, tips, and resources
- **Additional Resources:** Wallet cards, posters, and postvention guidelines



SOS Downloadable  
Renewal Kits  
\$75

*For previously registered sites only. Access to downloadable materials from our website*

- **Electronic Program Materials:** Implementation guide, newsletters, wallet cards, posters, PowerPoint training, and educational hand-outs

*Note: Educational DVD is NOT available with the Renewal Kits*




**SOS Signs of Suicide®  
Booster Kit  
\$175**

*The SOS Booster Program is a “refresher course” for juniors and seniors. Includes materials for 300 students, parents, and school staff*

The transition after high school is marked by the push and pull of dependence and independence, as well as new stressors. The SOS Booster Program “graduates” the ACT® acronym to be more relevant for individuals approaching adulthood, replacing the Tell in ACT: Acknowledge, Care, Tell with Treatment-Help the person you are concerned about get to treatment.

- **Implementation Guide:** Step-by-step instructions with a focus on maintaining mental health after the transition from high school to college or the work place
- **New Educational DVD and Discussion Guide:** Helps prepare seniors for mental health situations that may arise after graduation
- **Brief Screen for Adolescent Depression (BSAD):** A seven question screening tool for depression (student version)
- **Parent Resources:** Strategies to help parents communicate with their kids about mental health issues that may arise after high school
- **Additional Materials:** Educational handouts for students and parents



**SOS Signs of Suicide®  
Middle School Kit  
\$300**

*Includes materials for 300 students, parents, and school staff*

- **Implementation Guide:** Step-by-step instructions including training materials, educational resources, lesson plans, screening tool, and templates (English and Spanish)
- **Educational DVD and Discussion Guide:** The *SOS: Get into the Act!* DVD describes the signs and symptoms of depression, suicide, and self-injury and how to intervene
- **Parent and Student Newsletters (New articles this year!)**
- **Self-injury Packet:** Educational materials for parents and staff
- **Additional Resources:** Wallet cards, posters, and postvention guidelines

# REGISTRATION FORM 2010-2011

## Return completed registration form with fee to:

Screening for Mental Health, Inc., P.O. Box 984001, Boston, MA 02298-4001

Phone: 781-239-0071 Fax: 781-431-7447

Youth Programs Email: Youth@MentalHealthScreening.org

To register online, visit us at: MentalHealthScreening.org/Schools

Contact Name \_\_\_\_\_

School/Organization Name \_\_\_\_\_

Shipping Address (No P.O. Boxes) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School District \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email (*required*) \_\_\_\_\_

## ORDER INFORMATION

### High School Materials:

- |   |  |
|---|--|
| <input type="checkbox"/> HS SOS Kit - \$300     | <input type="checkbox"/> Downloadable HS SOS Renewal Kit - \$75<br><i>(for previously registered schools only)</i> |
| <input type="checkbox"/> SOS Booster Kit- \$175 | <input type="checkbox"/> HS Signs of Self-Injury Kit - \$100   |

### Middle School Materials:

- |   |  |
|---|--|
| <input type="checkbox"/> MS SOS Kit - \$300 | <input type="checkbox"/> Downloadable MS SOS Renewal Kit - \$75<br><i>(for previously registered schools only)</i> |
|---|--|

## PAYMENT INFORMATION

- Check Enclosed** Check Number \_\_\_\_\_

All checks made payable to Screening for Mental Health/Schools

Tax ID# 04-3221069

- Purchase Order#** \_\_\_\_\_

- Credit Card**    American Express    Discover    MasterCard    Visa

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_