



School-based,
peer-to-peer
suicide prevention



INFORMATIONAL PACKET

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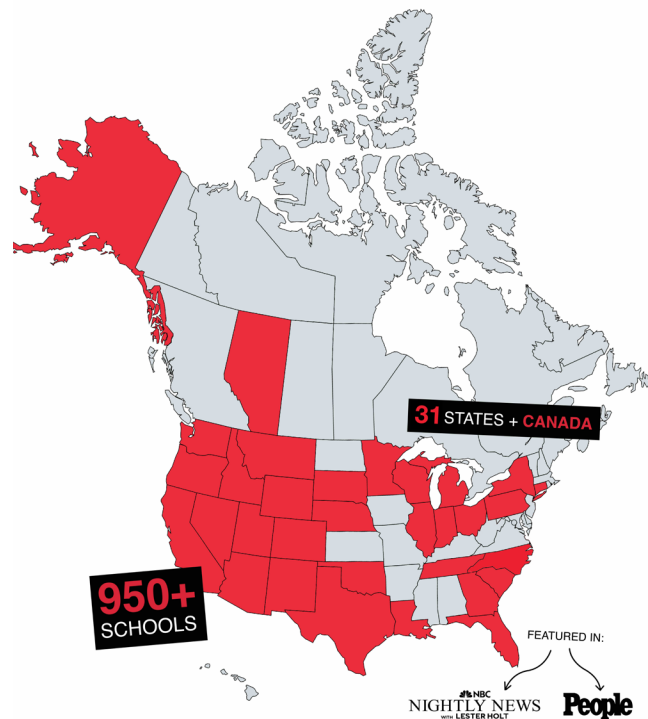
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Program Summary

Hope Squad's story began in Utah in 1999. Amid growing concerns over suicides in his district, high school principal Dr. Greg Hudnall made it his mission to prevent youth suicide.

When Dr. Hudnall was promoted to the district office, he organized the Hope Task Force and created the Circles4Hope model. Circles4Hope brings together schools, communities, and mental health agencies.

Dr. Hudnall's team learned that most young people who die by suicide gave a warning sign or told a friend of their struggles, but the majority of those friends never told an adult. In 2004, the team started a pilot program, a Hope Squad, to train students to identify struggling peers and refer them to adults.



Research Findings

Hope Squad curriculum is effective in improving the knowledge, skills, and self-efficacy of members. Hope Squad members experience low burnout and stress when assisting peers (Wright-Berryman et al., 2018).

Recent Findings from year one of the Ohio Hope Squad Comparison Study:

- Hope Squad schools have less suicide-related stigma than non-Hope Squad schools
- Stigma among males in Hope Squad schools showed a downward trend as compared to non-Hope Squad schools
- Hope Squad schools had significantly more referrals from all students compared to non-Hope Squad schools (Wright-Berryman, Cramer, & Bishop, 2020, manuscript under review)

An analysis of suicide concern data shows that 25%-30% of all students seeing their counselors for suicide-related distress were referred by Hope Squad members, and that 14% of those referred are getting hospitalized. This supports the idea that Hope Squads are referring students in urgent and critical need (Wright-Berryman et al. 2018). Additionally, current longitudinal trends in the data reveal that in subsequent years after implementation (year 1), student self-referrals and other student referrals of peers in distress increase, indicating that stigma is breaking down and comfort with help-seeking is increasing. To view Hope Squad's research papers, [click here](#).

The First Hope Squad

Dr. Hudnall and his team went into Timpview High, a school near Brigham Young University, with 2,100 students in grades 9-12. At the time, it had more threats, more attempts, and more suicides than any other school in the district.

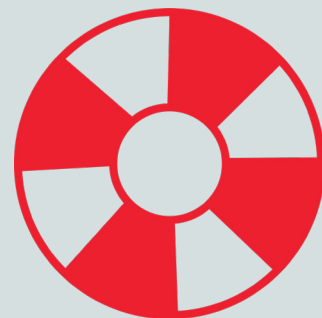
The team went through every English class, asking the students to name three peers they would feel comfortable talking to if they were struggling emotionally. After collecting thousands of surveys, the most remarkable thing happened: the same forty names rose to the top!

These students became the first Hope Squad members, trained to identify suicide warning signs in their peers and refer those peers to adults. After the first successful year, Dr. Hudnall implemented Hope Squads in every school in the Provo City School District: three high schools, three middle schools, and thirteen elementary schools—forever changing the district's approach to suicide prevention. For nine years after this program was implemented, student suicides in the Provo City School District dropped to zero.



Hope Squad Goals

1. Create a safe school environment
2. Promote connectedness
3. Support anti-bullying
4. Encourage mental wellness
5. Reduce mental health stigma
6. Prevent substance misuse



Getting Started Process

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Select Hope Squad advisors	Page 7-8
Hold student nominations	Page 9
Hold parent meeting	Page 9





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Contact Us

The first step in this process is to get in contact with our Office Manager, Aisha Gray. You can either call during office hours (8:00 am - 5:00 pm MT) or email her. She will lead you step-by-step through this process. You can also take our [Interest Assessment](#). This online survey is an easy way for you or your school to better understand some of the steps that are involved. It will also make it easier for us to understand and prepare a timeline for implementing the program in your school or district.

Phone #: 801-342-3447

Email: aishag4hope@gmail.com

Administrator Approval

Getting administrator approval is an important step in the process. Hope Squad offers an initial phone consultation to help you identify your school's needs and goals for using a Hope Squad. Discussing the implementation of the Hope Squad program should be done with building-level administration to ensure that the program will be a success. The administration will also sign the Hope Squad Affiliation Agreement, which will ensure that the program will remain sustainable.

Mental Health Partnership

Hope Squad follows the Circles4Hope community model, which encourages the collaboration of the entire community through community connections, school programs, and mental health partnerships. Schools participating in the Hope Squad program are required to have a partnership with a local mental health agency or health department, private mental health provider, or other mental health facilities.



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Program Cost and Funding

There are two options regarding how you may pay for Hope Squad; pay upfront or pay year to year. After the completed 2 - 4 years of respective curriculum, there is a continual membership fee that includes new curriculum editions, Prezis, Powerpoints, and additional resources. This pricing does not include the cost of the licensed advisor training.

2020 Pricing	Total	Year 1	Year 2	Year 3	Year 4	Continued Membership
High School Curriculum	\$6,000	\$1,500	\$1,500	\$1,500	\$1,500	\$500
Middle School Curriculum	\$5,400	\$1,800	\$1,800	\$1,800	-	\$500
Elementary Curriculum	\$3,000	\$1,000	\$1,000	\$1,000	-	\$180
K-12 Schools Choose two sets of curriculum	\$5,000	\$1,250	\$1,250	\$1,250	\$1,250	\$300

The following items are provided for each Hope Squad:

- Hope Squad advisor training (virtual, online, and in-person within COVID-19 restrictions)
- Hope Squad advisor refresher training*
- Hope Squad advisor handbook*
- Hope Squad curriculum manual**
- Supplemental curriculum phases*
- Prezi/PowerPoint presentations*
- Mental health break lessons*
- Booklist and discussion questions for elementary squads*
- Extra curriculum topics for squads that meet as a class*
- School-wide mental health curriculum*
- Monthly newsletters for advisors
- Student workbooks*
- Parent manuals*
- Monthly mental wellness newsletters for school community***
- Two mental wellness teacher newsletters (one each semester)
- Family mental health lessons***
- Videos/PowerPoints to train staff, parents, and community
- Virtual ideas and resources
- Suicide prevention training (QPR) for school staff and community
- Postvention assistance and support as requested
- COVID-19 resources
- Monthly webinars and support calls
- Conferences
- Technical assistance & support
- Research & data information

* Available electronically

** Available in print

*** Available in English and Spanish



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Licensed Advisor Training

What do licensed advisors do?

Advisors organize and run the Hope Squad. They are responsible for squad member nominations and selection, running a Hope Squad parent meeting, collecting permission forms, teaching Hope Squad curriculum, organizing school-wide activities, squad data collection, and monitoring squad members' self-care needs.

What is covered in the training?

Licensed Advisor training provides Hope Squad advisors the tools they need to run a successful squad. The course teaches advisors the basics of suicide prevention, what a Hope Squad is, and the Hope Squad process. By the end of the advisor training, advisors will understand how to execute the program and maintain program fidelity.

Who should be trained?

Any teacher, administrator, staff member, or parent can be a Hope Squad advisor. We recommend selecting individuals who are interested in suicide prevention, mental health, and work with a wide range of students.

How many people should be trained?

All advisors should be trained. The number of advisors per school depends on the school enrollment and need to run a successful squad. Typically, each program will have 2-3 advisors. The training cost for advisors is broken down on the next page.

How do I sign up for a training date?

To sign up, email support@hopesquad.com and let us know what type of training you would like to do. The training options are; at Hope Squad Headquarters (currently unavailable due to COVID-19 restrictions), the training brought to you on-site, live Zoom training, or online training.

Is online training available?

Yes! Email support@hopesquad.com to sign up for the training.

What if I can't attend one of the training dates?

If you can't attend one of the training dates, contact our support team and we can get you started on being trained on-line. This gives you the ability to be trained anywhere, anytime, and at your own pace.



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Training Options

Licensed Advisor Training - Hope Squad Headquarters

This training that covers the latest in suicide research, curriculum review, and steps to organizing your Hope Squad. Includes visits to elementary, middle, and high school Hope Squads.

This training is temporarily unavailable due to COVID-19 restrictions.

Licensed Advisor Training - On-Site

Hope Squad trainer travels to you for Licensed Advisor Training. Training covers the latest in suicide research, curriculum review, and steps to organizing a Hope Squad. Includes your choice of additional training/meetings (below). Great for large groups.

One day training cost:	\$2,500* + \$1,200 (travel expenses)
Two-day training cost:	\$4,000* + \$1,500 (travel expenses)
Limit 12 advisors per training.	
*Additional advisors \$400 per person	

Additional training/meetings offered on site by Dr. Hudnall

Community Circles4Hope	50 minutes
Suicide Prevention	50 minutes
Hope Squad Certified Advisor Training	5 hours
Hope Squad Students	30 minutes
Hope Squad Parents	50 minutes
School Staff	50 minutes
School Community	50 minutes
QPR (Only by Dr. Hudnall. Additional cost from QPR)	6 hours

Licensed Advisor Training - Online

Online training gives you the ability to be trained at your own pace, whenever and wherever you have internet access. You gain all of the training and curriculum that you would in onsite and headquarters training, except you are unable to visit current Hope Squads.

Cost: \$300 per person

Licensed Advisor Training - Zoom

A live, virtual training that covers the latest in suicide research, curriculum review, and steps to organizing your Hope Squad. A great substitution for our headquarter training. Led by a Hope Squad trainer.

Cost: \$300 per person

Student Nominations

Hope Squad members are chosen by their peers during a school-wide nomination process. They are chosen for being concerned about others, a good listener, easy to talk to, and someone you could turn to if you needed a friend. Generally, a Hope Squad is made up of roughly 8-10 students per grade. However, the size of the squad can be adjusted to fit a school's size and need. Once students have completed the nomination form advisors and administrators compile a list of nominees based on who was most frequently listed. This list should be reviewed by advisors for any concerns (academic/behavioral issues, previous suicide concerns, and serious mental illness may need to be weighed). Some names may be removed. It is also critical to consider school demographics when selecting squad members so all school groups are represented.

Parent Meeting

After the member list is approved, orientation invitations are sent to both the selected students and their parents. All Hope Squad members are required to have a signed parent permission form to participate in the Hope Squad program.

Parents play an important role in deciding if their child is a good fit for the Hope Squad, monitoring their child's behavior as a Hope Squad member, and supporting the Hope Squad program.

Parent Manuals are given to Hope Squad Parents to help educate them on different mental health lessons. The manuals are available in the advisor portal and can be emailed to the Hope Squad Parents. These curriculum packets are available so that the parents can help provide their own children with additional mental and emotional support. They also summarize what their child is learning and help generate mental health discussions in their own home.

