

'YOU ARE NOT ALONE' 2014-2015 School Year

During the 2014-2015 school year **YOU ARE NOT ALONE** continued and expanded to reach schools across the state of Alaska. The outreach has four components.

YOU ARE NOT ALONE Wristband Outreach:

Students give out wristbands with the YANA slogan and Alaska State Careline number as a 24/7 resource staffed by trained professionals. To participate the students wear the wristbands and give them to others who may be struggling. Students are encouraged to take two or three wristbands, so they can easily give them away. School counselors are given extra so students check in to get more as needed. This simple straightforward peer-to-peer support lets students know they are cared about and have resources. Presentations can be given to individual classes or during school wide assemblies.



Alaska Gatekeeper Youth Suicide Prevention Class:

This class uses the evidence based QPR method. Information is presented by youth under the supervision of a certified trainer, school counselors and/or teachers. The presentation has the following goals:

1. Teach the appropriate role for youth in suicide prevention.
Youth are neither counselors nor interventionists.
2. Learn about the myths and facts surrounding suicide.
3. Empower youth with tools to safely ask the Question.
4. Recognize the warning signs of suicide.
5. Know how to Persuade, offer safe support and hope.
6. Reinforce critical step of involving adults Refer to help.



YOU ARE NOT ALONE Youth Presenter Training:

Following the youth suicide prevention class, student participants are given the opportunity to become trained as youth presenters. The training is approximately two hours long and students agree to practice with their counselors/teachers before presenting information.



YOU ARE NOT ALONE CLUBS:

Students meet once a month for lunch, connect, share, care, and participate in simple uplifting activities geared toward positive thinking for all students. The YANA club is designed to create a place for students to belong and feel included. Many schools have used a youth suicide prevention grant offered by Rotary for t-shirts to start the club.



One of the unique features of this outreach is the self-sustaining element that is promoted. Many programs will train as many students as possible and return for future trainings. **YOU ARE NOT ALONE's** goal is to provide in-depth training to small groups of students, who then train other youth at their location. Schools are provided information and support to practice with students. The idea is to initially introduce **YANA** school-wide and follow with incoming freshman at orientation. Introduce the wristbands, the youth suicide prevention class, and train any interested students to become new youth presenters. Classes and presentations can be offered at the school as requested. Schools or groups easily have a self-sustaining, low cost, peer-to-peer program.

YOU ARE NOT ALONE events have been brought to the following schools and groups during the 2014-2015 school year:

9/12/14

Northwest Arctic Borough School District, Tech John Baker Youth Leadership Retreat, 135 Students and staff from 11 villages for Wristband Presentation.

9/4/14, 9/8/14, 9/10/15

University of Alaska Anchorage, Suicide Prevention Events. Over 500 wristbands and additional resources given out during 3 separate events. Students and staff in attendance.

9/25/14

Eagle River High School. 23 students and staff in attendance for the Class.

10/3/14

West Anchorage High School. 2000 students and staff attended school-wide assembly for Wristband Presentation.

10/15/14

Avail High School's Peer 2 Peer Natural Helpers' Group in Anchorage. 6 students and staff attended Class.

10/28/14

West Anchorage High School's Mentorship Students. 40 students and staff attended the Class.

10/30/14

Youth Empowerment of Anchorage Group in Anchorage. 6 students, staff, and youth pastor, attended Class.

11/10/14

Eagle River High School's health class. 35 students and staff attended the Class

11/15/14

West Anchorage High School, Eagle River High School, Polaris High School 17 students and staff attended Youth Presenter Training.

11/19/14

Kodiak High School. 750 students and staff attended school-wide Wristband Presentation. 11 Students and staff attended the Class.

11/24/14

South Anchorage High School. 48 students and staff attended the Class.

12/5/14

Dimond High School in Anchorage. 1750 students and staff attended a school-wide Wristband Presentation.

12/9/14, 12/10/14, 12/11/14

Colony High School in Wasilla. 80 JROTC students and staff attended Wristband Presentation and also the Class in a 3-day long event.

12/15/14

Youth Empowerment of Anchorage Group in Anchorage. 60 members in attendance for Wristband Presentation at their annual holiday event.

1/21/15

Kodiak High School. 7 students and staff attended the Youth Presenter Training.

1/28/15

Service High School in Anchorage. 15 students and staff attended the Class.

2/3/15

Nome High School and Nome Middle School. 260 students and staff attended school-wide Wristband Presentation. 28 students and staff attended the Class.

2/6/15

Houston High School. 350 students and staff attended the school-wide Wristband Presentation.

2/10/15

Houston High School. 32 students and staff attended the Class

2/13/15

Eagle River High School. 750 students and staff attended the school-wide Wristband Presentation.

2/17/15

Service High School and West Anchorage High School 18 students attended Youth Presenter Training.

2/23/15

Legislators in Juneau. Over 30 Senators, Representatives, and/or their staff were given modified Wristband Presentations and information about the **YANA** outreach.

2/24/15

Haines High School and Haines Middle School. 160 students and staff attended the school-wide Wristband Presentation. Followed by two classes of 30 and 36 students and staff attending the Class.

3/1/15

Alaska National Guard Warrior and Family Services' Child & Youth Program in Anchorage. 10 students and staff attended Wristband Presentation followed by the Class.

3/4/15

Wasilla High School. 1300 students and staff attended school-wide Wristband Presentation.

3/20/15

Service High School in Anchorage. 425 freshman students and staff received Wristband Presentation.

3/30/15

Wasilla High School. Two classes of 30 and 25 students and staff attended the Class.

3/31/15

Thunder Mountain High School in Juneau. 350 students and staff attended the Wristband Presentation. 25 students and staff attended the Class and 2 students attended the Youth Presenter Training.

3/31/15

Yaakoosge Daakahidi High School in Juneau. 75 students and staff attended the Wristband Presentation. 10 students and staff attended the Class.

3/31/15

Juneau-Douglas High School. 650 students and staff attended the Wristband Presentation. Two classes of 25 and 23 attended the Class and 3 students attended the Youth Presenter Training.

Scheduled Events To Finish 2014-2015 School Year:

4/9/15

Youth Empowerment of Anchorage Group, this will be second time presenting to youth at their annual training. 5-15 students and staff are expected to attend the Wristband Presentation and the Class.

4/9/15

South Anchorage High School, Freshman Orientation Wristband Presentation

4/10/15

Stellar High School in Anchorage. 40 students and staff will attend Wristband Presentation.

Current requests for the 2015-2016 School Year:

The Wristband Presentation and Class for 5 villages in the Homer Area
Scammon Bay High and Middle Schools, Wristband Presentation and Class
Houston High School, Youth Presenter Training
Nome High School, Youth Presenter Training
Wasilla High School, Youth Presenter Training
Colony High School, Youth Presenter Training
King Career Center, Wristband Presentation and the Class

YOU ARE NOT ALONE Clubs that have been started or are in the planning stages,
most using \$500 Rotary Grants:

West Anchorage High School
Eagle River High School
Houston High School
Nome High School
Scammon Bay High School
Wasilla High School
Colony High School, Wasilla
South Anchorage High School
Haines Middle and High Schools
Thunder Mountain Juneau (applying)
Yaakoosge Daakahidi HS Juneau (applying)
Juneau-Douglas High School (applying)



We have learned many valuable lessons and the outreach changes and evolves with each new piece of important input. Some of the issues are beyond our control, such as weather when traveling, like the fog in Scammon Bay - but we will try again! There is also the inherent excitement of working with youth. “Be ready for anything” is my mantra.

One of the most challenging aspects we encounter is the student’s varying level’s of previous exposure to suicide prevention information. We have presented to students who are taking an in-depth class for the first time and others who have had comprehensive programs offered at their schools. We also teach classes where the students have signed up on their own and other times we have been invited in to teach a specific group. This clearly leads to vastly different levels of student sharing and interaction during the presentations. The most encouraging aspect is that universally, when the presentation is over, we have many students come up to our group with heartfelt thanks and important questions.

We continue to look for more youth presenters! There is an extensive amount of time and practice invested for a youth presenter to “take the show on the road” and we hope to have eight trained presenters for the 2015-2016 school year. This summer will provide the time needed to be properly prepared in public speaking, safe messaging, and QPR class content. It has been the most amazing year working with the youth presenters! They are extraordinary individuals and I cannot wait to see what else they will achieve in life.



When the **YOU ARE NOT ALONE** youth peer-to-peer suicide prevention outreach started in the spring of 2014, we had no idea how fast it would grow! One very special aspect of the program is the wide reaching community support and encouragement it has received. **YANA** would never have been the success it is and continues to be, without this backing. Rotary's incredible statewide media campaign and Rotary School Grants, GCI's donation of 400,000 miles, the Statewide Council, Dept. of Education, and Dept. Health & Social Services donation of 40,000 wristbands, giveaways, travel and training funding are exceptional resources. Although the depth of contribution is varied, all organizations listed below are part of the support that made this statewide outreach to Alaska's youth possible.

The credit for the success of **YOU ARE NOT ALONE** belongs to the supporters. With many thanks and great appreciation we recognize:

ANCHORAGE ROTARY
GCI – (GENERAL COMMUNICATION INC.)
ALASKA POLICE AND FIRE CHAPLAINS
STATEWIDE SUICIDE PREVENTION COUNCIL
ALASKA DEPT OF EDUCATION
ALASKA DEPT OF HEALTH AND SOCIAL SERVICES
SPAWN IDEAS INC.
NORTHSTAR BEHAVIORAL HEALTH
ALASKA COMMUNITY FOUNDATION
ALASKA CHILDREN'S TRUST
MURRAY ORTHODONTICS
WEST ANCHORAGE HIGH SCHOOL PTSA
UNIVERSITY OF ALASKA'S TRUST TRAINING COOPERATIVE
ANCHORAGE SUICIDE PREVENTION COALITION
SPIRIT OF YOUTH
YEA! INC (YOUTH EMPOWERED ACHIEVERS)
AMERICAN FOUNDATION FOR SUICIDE PREVENTION
ALASKA'S FABULOUS SCHOOL COUNSELORS, TEACHERS, STAFF, AND.....



THE AMAZING AND DEDICATED YOU ARE NOT ALONE YOUTH PRESENTERS

**Henry Joling West HS, Kathryn Casello West HS, Tel Finnerty Service HS
Amanda Agustin West HS, Katherine Murray West HS, Becca Nall Eagle River HS**