



LEADS for Youth Linking Education and Awareness of Depression and Suicide

Setting
Schools

Type of Program
Education & Training

NSSP Goals Addressed
3.1, 3.2

Program Description

The LEADS curriculum, developed with input from students and teachers, is an interactive three day curriculum used in a health class setting for high school students. This curriculum features lecture and student-driven discussions, a simulated blog, email and instant messaging activity, and an opportunity for innovative awareness-raising projects. Throughout the lessons, students discuss symptoms of depression, risk and protective factors for suicide and learn to identify warning signs of suicide. Help-seeking capacity building is a major focus; students discuss how and where to find help for themselves or a friend. Students brainstorm barriers and benefits to engaging in help-seeking, and discuss what these barriers and benefits mean. Also included in the curriculum are the School Based Crisis Management Recommendations on Suicide[®], a comprehensive crisis management planning tool designed for schools and school districts.

Program Objectives

After program implementation, participating students will have:

1. Increased knowledge of depression, depression symptoms, and facts about suicide.
2. Increased understanding of risk and protective factors for suicide and the ability to recognize suicide warning signs.
3. Increased ability to identify school and community resources.
4. Increased knowledge and skills about how to seek help for self or a friend and how to overcome barriers to help-seeking.

Implementation Essentials

- Implementation of a school-based crisis management plan, such as the School Based Crisis Management Recommendations on Suicide[®] or the Maine Youth Suicide Prevention, Intervention, and Postvention Guidelines (found in Section III of the BPR), prior to the start of the student curriculum.

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Costs

Curriculum unit \$125.
 Price includes the teacher manual, PowerPoint slides, and recommended crisis management protocols.

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at www.sprc.org.

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