



## Teens for Life Program: Youth Curriculum

Date: 2011 (For resources, this is the publication date. For programs, this is the date posted.)

### Information

Type: Program/Practice, Education/Training Program  
Organization: Crisis Support Services of Alameda County, CA  
Costs:

*Teens for Life Program: Youth Curriculum* is available at no charge for Alameda County, California, schools and community organizations only. For more information about the Teens for Life program, contact Mercedes Coleman.

### Contact

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*Teens for Life Program: Youth Curriculum* is an interactive classroom-based suicide prevention program for high school and middle school students and youth served by community-based agencies in Alameda County, California. The one-hour curriculum is taught by personnel trained by Crisis Support Services of Alameda County. The curriculum features information on:

- Reducing stigma towards mental disorders and help-seeking behavior.
- Recognizing warning signs of depression and suicide.
- Seeking help for yourself or a friend in crisis.

Students who participate in the curriculum receive a crisis line card and a referral sheet specific to their school. The referral sheet includes information on how to access school and local community-based mental health services. The *Teens for Life Program* curriculum was developed 20 years ago through a collaborative effort between Alameda County teachers, students, and clinical staff, volunteers, and board members of Crisis Support Services of Alameda County. The curriculum was recently revised to better reflect the program logic model and student evaluation outcomes. The current curriculum also incorporates feedback and suggestions from the Suicide Prevention Resource Center and Alameda County Behavioral Health Care Services.

### Program Objectives



Students who participate in the *Teens for Life Program: Youth Curriculum* will have:

1. Increased knowledge of the warning signs of depression and suicide.
2. Increased knowledge of where to get help for themselves or peers who may be at risk for suicide.
3. Increased willingness to seek help for themselves or a friend in crisis.
4. Reduced stigma towards those with mental disorders.

## Implementation Essentials

Schools and institutions that use the *Teens for Life Program: Youth Curriculum* should have crisis management plans and protocols in place to respond to those who may be at risk for suicide.

## 2012 NSSP Objectives Addressed:

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

Populations: Youth, Adolescents

Settings: Schools, High School

Strategies: Identify and Assist, Increase Help-Seeking

### Links within this resource

[1] <mailto:mcoleman@crisissupport.org>

[2] <http://www.crisissupport.org>

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