



# CHADS Coalition

FOR Mental Health  
**COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE**  
*leading our kids to brighter days.*

## CHADS 2018-2019 School Year Sound Bites

### CHADS Coalition for Mental Health (Communities Healing Adolescent Depression and Suicide)

**Mission:** CHADS saves young lives by advancing awareness and prevention of depression and suicide.

- 1) Fiscal 2020: 1.3 Million dollars in revenues and Expenses
- 2) Started in 2005
- 3) 501c3 non profit
- 4) CARF Accredited

### Need

- 1) In St Louis County
  - a) Over 5% of middle school and high school students attempt suicide every year
    - i) 1 in 18 students, 1 in every classroom
    - ii) 13 per day
  - b) Over 30% of students are bullied in last 12 months
- 2) In St Louis Metro
  - a) 35 to 40 youth (15 to 24) dies by suicide every year

### Programs

- 1) Suicide Prevention
  - a) SOS Signs of Suicide
  - b) The only evidenced based program to show a reduction in suicide attempts
  - c) Presentations in middle and high school health classes
  - d) 2568 presentations per year
  - e) 59,711 students, teachers, parents
  - f) 7,853 students or 14.8% ask for help
  - g) 83 presentations per week during peak months
  - h) Presented in 183 schools
  - i) 56% annual increase in program growth
  - j) Presented to 24% of 5<sup>th</sup> through 12<sup>th</sup> grade students in St Louis Metro
  - k) 10.2% decrease in Suicide Attempt rate, 2006 to 2018, Middle and High School in St Louis Metro
- 2) Family support
  - a) Licensed clinicians provide Strategic Solution Focused Family Centered counseling to kids in crisis – suicidal, severely depressed, highly anxious.
  - b) An evidenced based process shown to be effective for youth in crisis.
  - c) Target middle schools and high schools
  - d) 6 to 10 sessions will typically get the kids past their crisis and we will refer them onto long term help
  - e) Counsel in office (866 sessions) or schools (1 day per week in 32 schools, 2847 sessions),
  - f) 45% of the clients we see are suicidal
  - g) 462 counseling clients, 167 group clients, we are seeing 111 kids per week during peak months
  - h) 86.7% will improve
- 3) SEW (Social and Emotional Wellbeing)
  - a) Bullying Prevention – Olweus Bullying Prevention Program
  - b) The most researched evidenced based bullying prevention program in the world
  - c) Changes the culture of the school
  - d) Mentor the kids doing the bullying – they have issues too
  - e) Target elementary and middle schools
  - f) Mentoring in 25 schools, 202 mentoring clients, 2763 sessions, 95 kids per week during peak months
  - g) Active Bullying Prevention (OBPP or 2<sup>nd</sup> Steps) in 14 schools overall
  - h) 31.1% reduction in bullying incidents