

# CHADS 2021-22 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 2023: 2.65 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) 50 youth (24 and younger) die by suicide every year

### CHADS Competitive Advantages – Distinctive Equities

- 1) The Founders Story - the most remembered fact about CHADS
- 2) Evidenced Based Programs – research says the programs will have the desired outcomes
- 3) Passionate, engaged Staff
- 4) A National Leader in Suicide Prevention for Youth - CHADS provides more SOS presentations to more students than anyone else in the country.

### 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 5<sup>th</sup> through 12<sup>th</sup> grade.
  - d) 2242 presentations this year
  - e) 54,996 students, teachers, parents
  - f) 6,996 students or 15.1% ask for help
  - g) 89 presentations per week during peak months
  - h) Presented in 180 schools
  - i) Presented to 26.9% of 5<sup>th</sup> through 12<sup>th</sup> grade students in St Louis Metro
- 2) Family support
  - a) Licensed clinicians provide Strategic Solution Focused Family Centered counseling to kids in crisis – suicidal, depressed, anxious.
  - b) Utilize evidence-based processes such as Solution Focused Brief Therapy and Collaborative Assessment and Management of Suicidality.
  - c) Target middle schools and high schools
  - d) 8 to 12 sessions will typically get the kids past their crisis, and if needed refer them onto long term help
  - e) Counsel in office (500 sessions) or schools (1 day per week in 43 schools, 4311 sessions)
  - f) 30% of the clients we see are suicidal
  - g) 504 counseling clients, 25 group clients, we are seeing 143 students per week during peak months
  - h) 70.7% of suicidal clients show improvement
- 3) SEW (Social and Emotional Wellbeing)
  - a) Social Emotional Mentoring for students having challenges
  - b) Target elementary and middle schools
  - c) Individual coaching/mentoring using CASEL's 5 core competencies and skills
  - d) Lesson plans for 25 sessions, 5 for each competency
  - e) Mentoring in 60 schools, 552 mentoring clients, 162 students per week during peak months
  - f) 6,343 mentoring sessions
  - g) 88% show improvement in Social Emotional Competencies