



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

- 1) Fiscal 2022: 2.0 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 year old) 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 middle and high school buildings
  - d) 1867 presentations this year
  - e) 41,590 students, teachers, parents
  - f) 4539 students or 10.9% ask for help (4489 of 33,838; 13.3% removing no impact, home, adult)
  - g) 74 presentations per week during peak months, 410 students per day
  - h) Presented in 140 schools
  - i) Presented to 21.0% 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 320 in-office sessions, in 37 schools 1,675 sessions, Virtually 1,472, 129 group, total 3,596
  - f) 454 counseling clients, we are seeing 106 students per week during peak months
  - g) 29% of the clients we see are suicidal
  - h) 71% of suicidal clients show improvement
- 3) SEW (Social and Emotional Wellbeing)
  - a) Social Emotional Mentoring for the students having issues fitting in.
  - b) Target elementary and middle schools
  - c) Individual coaching/mentoring on 5 Social Emotional Learning Competencies
  - d) Lesson plans for 25 sessions, 5 for each competency
  - e) Mentoring in 41 schools, 510 mentoring clients, 162 students per week during peak months
  - f) 4131 total mentoring sessions
  - g) 79.7% show improvement in Social Emotional Competencies