Grant Proposal

Statement of Need:
Due to an increased number of students with suicide ideation and suicide threats over the past few years at Central High School, the school would like to implement a suicide prevention program called Yellow Ribbon. This program would benefit students, faculty, and parents by developing a collaborative system for students to use to identify suicidal tendencies. The Yellow Ribbon programs contain teacher programs, parent programs, and student programs that inform these members about suicide. This would include risk factors, warning signs, protective factors, and some of the state information about suicide. The goal of the program is for students to create a Yellow Ribbon Club where students can present their Yellow Ribbon Card to someone they trust. The person they trust would then inform a teacher or a school counselor that the student needs to talk to someone. This way, students learn to feel safe and comfortable discussing suicide and how common it is. Further, the school counselors would continue with classroom guidance lessons throughout the year for students that use Yellow Ribbon materials to reinforce the ideas of the Yellow Ribbon program.

Goals:
- Decrease the number of students with suicidal ideation and/or suicide threats by 25% within the next three school years.
- Increase the well-being of students with suicidal thoughts by providing them with direct counseling services on a regular basis.
- Increase the general knowledge of the entire student body on the topic of suicide.

Objectives:
A. Teachers (and other faculty) attend a faculty and staff Yellow Ribbon training by the end of the first month of school. Coaches should attend this as well.
B. Parents attend the parent Yellow Ribbon training by the end of the first month of school.
C. Students attend an all-school assembly for the Yellow Ribbon training by the end of the first month of school.
D. Students need to understand the warning signs, risk factors, and protective factors of suicide.
E. Students will implement the Yellow Ribbon club “card” to someone they feel comfortable talking to such as teacher, principal, or school counselor.

Project Description:
The first step of the program is to train the teachers using the Yellow Ribbon materials. Teachers will learn about the data relating to suicide in their school and in the state. Teachers will also listen to a suicide survivor’s story and will learn about the risk factors and warning signs of suicide. This would ideally be a professional development for the students at the beginning of the year so it can be immediately implemented. Faculty members could use this for license renewal as well.

The second step of the program is to train the parents in a 90-minute seminar using the program. Parents will learn about the data relating to suicide in their school and
in the state. Parents will also listen to a suicide survivor’s story and will learn about the risk factors and warning signs of suicide.

The third step of the program is where the students receive the program in an all-school assembly. Students will first listen to a suicide survivor’s story, then receive the data on suicide in their school and around the state, and finally will learn about the risk factors and warning signs that coincide with suicide. During this presentation, students will be given Yellow Ribbon Cards that can be used when a person is having suicidal thoughts or concerns. The Yellow Ribbon Card is meant to be given to someone that the student trusts so that this person can contact the appropriate person (school counselor).

During the three initial trainings, the school counselors will invite members of the outside community to collaborate with the school counselor. This would include bringing in other clinical/mental health counselors to answer any questions or concerns the teachers, parents, or students have. The police department could come in and talk about keeping people safe and how they do safety checks for people.

The fourth step is to implement monthly classroom guidance lessons to work with the students on their understanding of suicide and its warning signs and risk factors. These lessons would be around thirty minutes long and would build off of the principles learned at the all-school assembly at the beginning of the year.

The final step is to create a Yellow Ribbon Club for students who want to raise awareness about the upward trend of suicide in our nation. These students can come together to create activities and guidance lessons for their fellow students.

The school counselors will work together to create this plan and implement it at Central High School. Ideally, this program would decrease the amount of students with suicidal thoughts and tendencies.

The cost of the program will decrease after the first year since the brochures, DVD, and toolkit will already be bought. This brings the program cost to around $300-$400 a year.

**Actual Amount of Money Requested:**

$1,000

**Detailed Budget:**

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**Total:** $1,000

**Timeline for Implementation:**
August 13, 2014  Teacher Training
August 15, 2014  Parent Training
August 22, 2014  All School Assembly
September 2014  Classroom Guidance Begins
November 15, 2014  Make Sure Yellow Ribbon Club Is Created
July 2015  Evaluate and Implement Changes to Program
August 2015  Start Program For Incoming Freshman

**Evaluation Procedures and Measures:**

**Pre-Test and Post-Test**

These measures will be given to teachers and students. The teachers will be given a pre-test before their training and a post-test immediately following their training. Students will be given a pre-test before their all-school assembly, a post-test immediately following the all-school assembly, and another post-test at the end of the year to evaluate if the classroom guidance lessons furthered their knowledge.

The school counselors would also collect information on all students that come into the offices with suicidal thoughts. This will be compared to recent data. However, the school counselor expects an increase in the first year as students have a way to speak up without going to the counselors themselves for help. The school counselors can seek them out and work with them. The next few years should show a significant improvement in the well-being of these students and a decrease in the overall amount of students with these thoughts.