

# Hope Squad Information



grant us HOPE

WESTERVILLE CITY SCHOOLS'

**H**  **OP****E**

**S** **Q** **U** **A** **D**<sup>®</sup>

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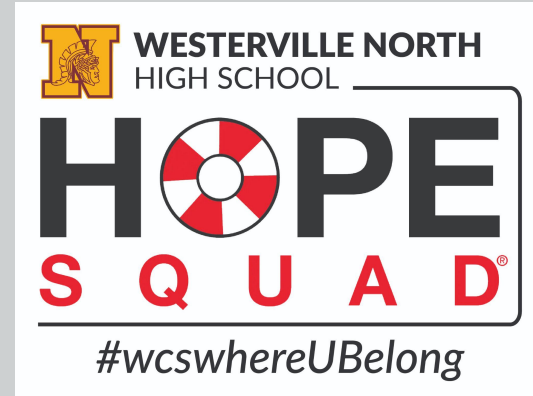
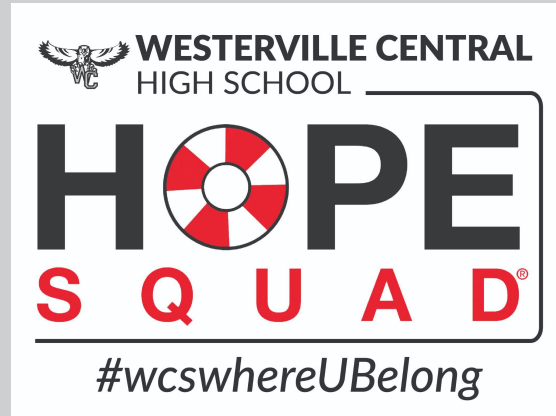
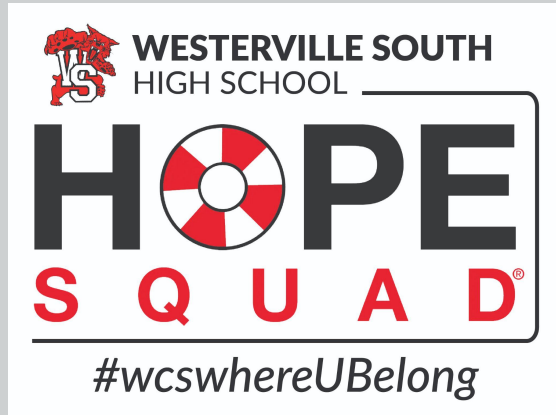
**WESTERVILLE**  
**EDUCATION CHALLENGE**

Family Orientation Session, 2021

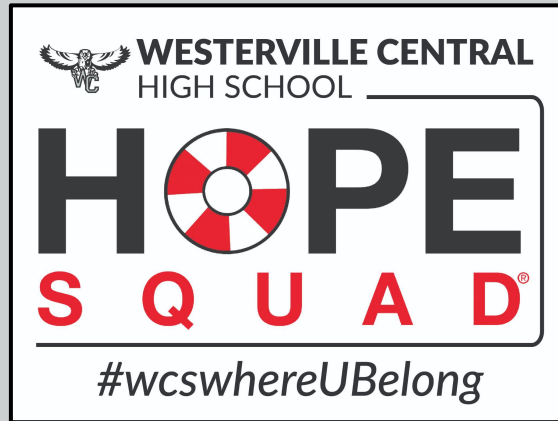
# Our Goals for This Content

- Share what Hope Squad is all about, WCSD plan
  - What is it? Why do it? How does it work?
  - Student Training, Supports
  - Parent Opportunities
  - Community Opportunities
- Share how your student was selected
- Share what your student will be doing
- Answer any additional questions and Gain Permissions

Hope Squads will be launching at all 3 high schools this Fall 2021!



# Meet Your Team



## Central Advisors

Hannah Zoller

Monica Johnson

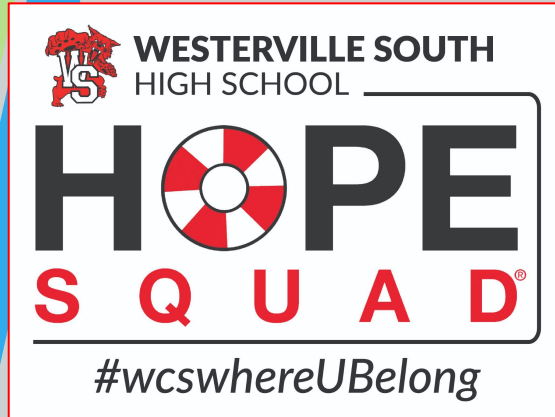
Deb Jones

Anastasia Levakis


Rachel Martin

Juli Kernodle, WEC


# Meet Your WSHS Team



# Meet Your Team



WESTERVILLE NORTH  
HIGH SCHOOL

**H**  **OP**  
**S Q U A D**®

#wcswhereUBelong



**LAUREN HOFFEMAN**

Westerville Education Challenge



What is  
Hope  
Squad?



# Hope Squad IS:

- ★ **Peer to Peer mental health and suicide prevention program**
- ★ **Led by a team of high school staff and selected student leaders**
- ★ **All selected students will be trained, attend regular meetings and help promote positive mental health and wellness**
- ★ **Some of the goals are to provide connection, encouragement and support for peers who may be struggling**
- ★ **Students will NOT be asked to act as a counselor**



Sometimes the strength  
within isn't a big fiery flame  
for all to see.  
Sometimes it's just a tiny  
spark  
That whispers ever so softly  
"Keep going, you got this."

@hopesquads



## What Hope Squad **IS**

Teaching/Spreading mental health awareness

Spreading Hope

There to talk and LISTEN

Offer support and REFER our peers

Available to anyone and everyone

A program based on research

Members chosen by their peers

## What Hope Squad **IS NOT**

Student Counselors

Only done one time a year

An exclusive club only for certain kids

Only do “fun” activities

Only available during the school day

An extracurricular activity

# Why Involve Students?

Research has shown that **you and your peers are the first to know** about most information, including risks with friends!

Unfortunately, most of the time- that information **never gets to an adult** who can help.

Teens are already intervening with friends thinking they are the only ones with enough trust to deal with the situation.

**HOPE SQUAD wants to give everyone better skills to be trained and to pass serious situations to adults.**



# Why Hope Squad?

1. Students asked
2. National and Local Statistics
3. Found a program that met ALL AGE groups
4. Eyes and ears already

Overall, help decrease stigma and be part of the solution



# Youth & Suicide



IN OHIO, SUICIDE IS THE  
LEADING CAUSE OF DEATH  
FOR 10-14 YEAR OLDS,  
THE SECOND LEADING CAUSE  
OF DEATH  
FOR THE 15-24 AGE GROUP  
FROM 2007-2018,  
YOUTH SUICIDE INCREASED 56%

Ohio Department of Health, 2019



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# How Does Hope Squad Work?

Students CHOSEN by their peers to be student Hope Squad members in high school will be trained through the Hope Squad curriculum.

## STEP ONE, Train:

Hope Squads will **train students** to recognize mental health warning signs and act upon those warnings to break the code of silence.

## NEXT, Build:

Hope Squads will **build positive relationships** among peers to facilitate acceptance for seeking help.

## THROUGHOUT, Change:

Hope Squads will work to **change the school culture** regarding mental health by REDUCING STIGMAS.

# WCSD Planning Process

## 1- OUR SCHOOLS

Equipping students and staff with better information, education and tools.

August 2021, launch 3 high schools

August 2023, evaluate 5 middle schools

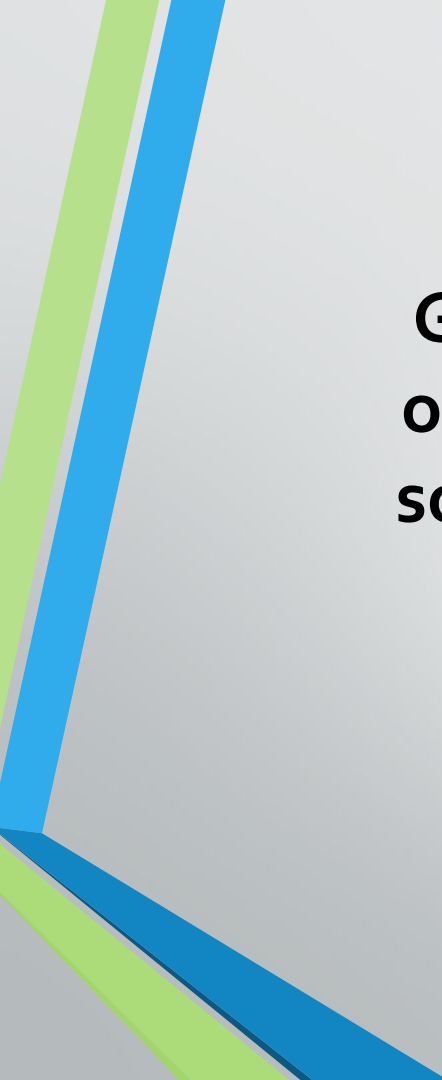
August 2025, evaluate elementary level

Question, Persuade, Refer (QPR) Trainings

## 2- OUR WCS COMMUNITY

Equipping our parents/community with mental health education opportunities on a monthly basis.

- Jan 2021 launched Training Opportunities
- Mental Health First Aid Trainings +/-  
Question, Persuade, Refer (QPR) Trainings



**Grant Us Hope began in 2015 after our founder, Diane Egbers, lost her son to suicide. Since that time, she has worked diligently to impact mental wellness and suicide prevention in schools.**

grant us HOPE

# How Was My Student Selected?

Video Shown (or slide deck) to ALL students

Asked to think about peers who are:

- ★ Concerned about others
- ★ Good listener/easy to talk with
- ★ Someone you could turn to if you needed a friend

Tally results, select students



## **Save the Date**

Hope Squad Retreat

**August 3rd\***

**11a-4p**

Hosted at Each High School

Details Coming Soon

*There will be make up session if needed  
but not same duration*

\*Some buildings may have an additional day

# **Building Plans**

Approx 60-80 students

August 2021 Retreat

Regular Meetings (during, after school hours will vary)

School wide events (i.e., Hope Week)

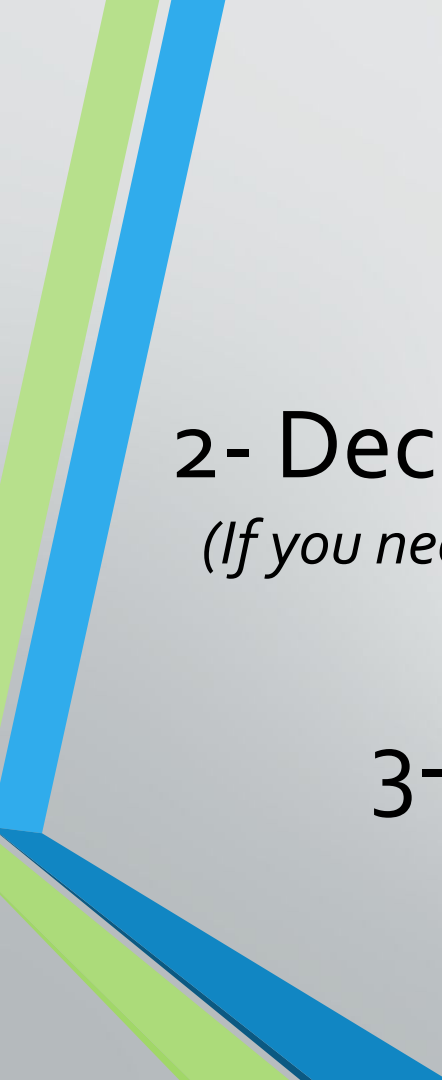
Classroom lessons (using Hope Squad curriculum)

# Keys to Hope Squad Success:

1. Involved staff (QPR trained over the next 2 years)
2. Dedicated advisors (6+ at each building, staff leaders)
3. **Supportive parents - Confidentiality**
4. Dedicated Hope Squad members (students)
5. Partnership with mental health and community agencies
6. Continuous program improvement through data collection

A decorative graphic in the top-left corner consisting of several overlapping, parallel lines in shades of blue and green, extending diagonally across the page.

# Next Steps



1- Talk with your student

2- Decide if this program is good match

*(If you need more info, email or call Tami Santa- last slide info)*

3- Parent/Guardian, complete  
permission *(Next Slide)*



**PARENTS/GUARDIANS,**  
Complete this quick GOOGLE FORM:

QR Code

or

Use this URL:

<http://bit.ly/HopeSquadPermission>

# STUDENTS...

Have they completed their Permission Piece?

Complete this quick GOOGLE FORM below:

Use this URL *by building*:

[North](#)

[Central](#)

[South](#)

District Leads for Hope Squad

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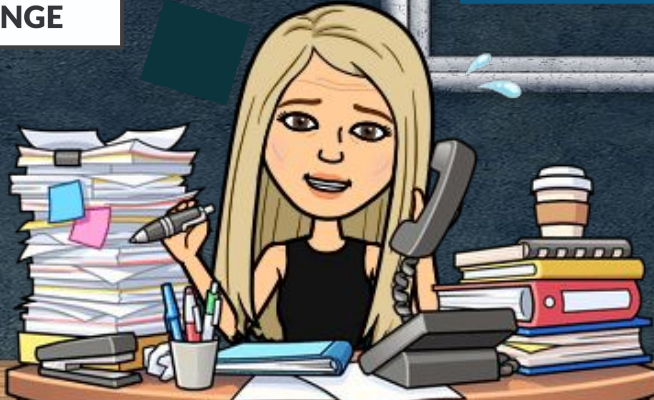
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**WESTERVILLE**  
EDUCATION CHALLENGE



Jessie Martin, LISW-S  
District, Mental Health Facilitator



Tami Santa, LISW-S  
Director, Mental Health & Wellness



[www.wcsoh.org/HopeSquad](http://www.wcsoh.org/HopeSquad)

Questions?

Tami Santa, Director, Mental Health & Wellness

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