



Platte County

HOME OF THE PIRATES

Tradition. Pride. Vision.

Dear Parent or Guardian,

The adolescent years are marked by a roller-coaster ride of emotions, which can be difficult for both students and their parents. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) does occur in some adolescents. Depression is also a leading risk for suicide. In addition, self-injury has become a growing problem among adolescents.

To proactively address these issues, Platte County High School is offering depression awareness and suicide prevention training as a part of the SOS Signs of Suicide Prevention Program. This program aims to help students recognize the symptoms of depression and warning signs of suicide in themselves or their friends, and to teach them the appropriate action steps they should take to get help. SOS is listed on Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices. In a randomized control study, the SOS High School Program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007). Our goals in participating in this program are straightforward:

- To reduce stigma and help our students understand that depression is a treatable mental illness.
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression.
- To provide students training in how to identify serious depression and potential suicidality in themselves or a friend.
- To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.
- To help students know whom in the school they can turn to for help, if they need it.

During the 2018 fall semester, Platte County High School students will participate in the SOS High School Program. This program includes a video, a brief classroom discussion, and completion of a confidential student screening for depression and other risk factors associated with suicidal behavior. **If you would like to learn more about the SOS High School Program, you are invited to attend a SOS Parent Workshop which will be held during Back-to-School Night on Tuesday, August 21st.**

If you do **NOT** wish for your child to participate in the SOS High School Program at Platte County High School, please complete the form below and return it to the PCHS Counseling Office by Friday, September 21st. If we do not hear from you by this date, we will assume that your child has permission to participate in this program.

Platte County High School Counseling Department

SOS Signs of Suicide Prevention Program

(Due on or before Friday, September 21st.)

I, _____, **DO NOT GIVE PERMISSION** for my student
_____ to participate in the SOS Signs of Suicide Prevention Program.

(Parent or Guardian Signature)