

Prevention Intervention News



SOURCES OF STRENGTH PEER LEADER PROGRAM

Sources of Strength is an evidence-based suicide prevention and mental wellness program that is being implemented in many of the middle and high schools in Paulding County.

A group of connected adult advisors (counselors, teachers, administrators, any adult who interacts with students) from each school are trained in the Sources of Strength model. Then, school staff select a diverse group of student leaders to be trained in a resiliency model of leaning on strengths during difficult times in life. These trained peer leaders go out into their school community and lead campaigns designed to influence their peers to begin to use a strength-based approach to difficulties.



Sources of Strength is the most widely researched peer leader program in the United States. It has been shown to increase connectedness between adults and students in the school while increasing help-seeking behavior in students.

For more information, go to www.sourcesofstrength.org



HIRAM HIGH SCHOOL PILOTING NEW MENTAL HEALTH CURRICULUM

Hiram High School was invited by Mental Health America of Georgia (MHAG) to be one of the first high schools in our state to implement the Teen Mental Health First Aid (tMHFA) curriculum. MHAG sent two school counselors from Hiram High School, Ms. Hrisak and Ms. Selby, to become certified trainers in tMHFA.

Teen Mental Health First Aid involves training an entire grade level in six classroom lessons on various mental health conditions. During these lessons, students are taught how to recognize symptoms of mental distress in their friends and how to get help from trusted adults. Ms. Hrisak and Ms. Selby will be training 10th graders at Hiram High School in the tMHFA curriculum this school year.

In addition to the classroom lessons, a minimum of 10% of the Hiram High School teachers will be trained in Youth Mental Health First Aid before tMHFA is implemented.

The Paulding County School District is grateful to Mental Health America of Georgia for this opportunity!



MENTAL
HEALTH
FIRST AID

September is National Suicide Prevention Month

TEENS AND SUICIDE: WHAT PARENTS SHOULD KNOW

Adolescence can be a confusing time for parents. It can be hard to tell if teen behavior, moods, and changes in interests are part of normal development or if something is wrong.

Here is a short (5 minute) video where teens offer parents some advice:

<https://youtu.be/3BByqa7bhto>

WHAT PARENTS CAN DO

- **Trust your instincts.** If you think something is not right with your adolescent, share your concerns with a spouse, a school counselor, a pediatrician, or call the **Georgia Crisis Line at 1-800- 715-4225** for advice.
- **ASK your adolescent if they are thinking of suicide.** You **will not** put the thought into their head by asking.
- **Put the Crisis Text Line number in your student's phone.** They can use this resource to text about anything that has them worried: school, homework, friends, etc. Text **SCHOOL** to **741741**.
- **Download the Safe Schools App onto your student's phone.** Students are encouraged to share information about their friends' suicidal ideation anonymously via the app.

SUICIDE PREVENTION TRAINING

Lunch & Learn VIRTUAL Training

Thursday, September 16th

12:00PM – 1:00PM

Register in advance for the training [HERE](#)

After registering, you will receive a confirmation email containing information about joining the training.

- Do you know the warning signs for suicide?
- Would you know what to do if someone close to you was suicidal?
- Would you know how to help a suicidal friend or family member?



In just one hour, you can learn the warning signs for suicide, how to ask someone if they are thinking of suicide, and the resources available to help a suicidal individual. The training is called QPR and it's an evidence-based training that anyone can use to save a life.

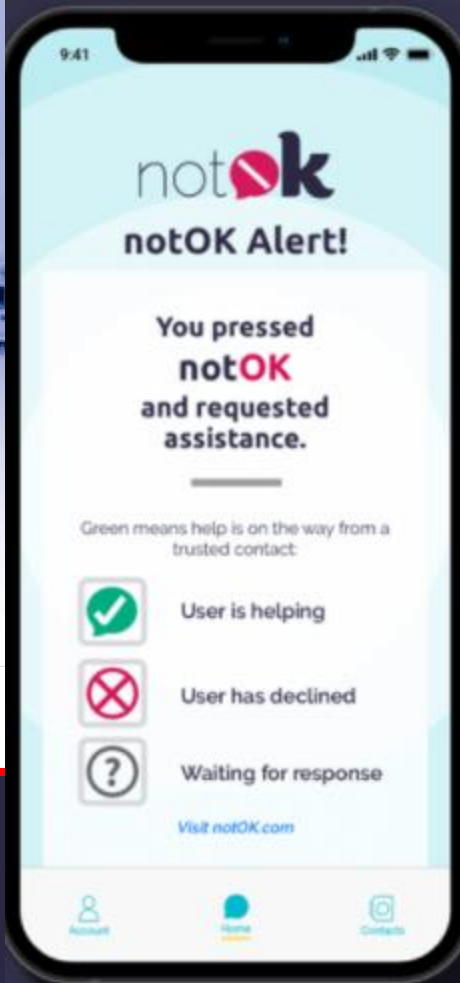
Mental Health Apps to Support Students

SEND A TEXT • SAVE A LIFE
741741

Add the **Crisis Text Line** number to your phone now. It could save a life later.






 www.nimh.nih.gov/suicideprevention



notOK
notOK Alert!

You pressed **notOK** and requested assistance.

Green means help is on the way from a trusted contact.

-  User is helping
-  User has declined
-  Waiting for response

Visit notOK.com



A Friend Asks

The Jason Foundation

GET HELP NOW


HOW TO HELP A FRIEND

SAMHSA FACILITY LOCATOR

WARNING SIGNS

RESOURCES FOR HELP

Disclaimer: No program can guarantee to prevent suicide. Always call 911 for emergency situations.



It's okay to be notOK.

notOK App® is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

For info on Not Ok: www.notokapp.com



Georgia Crisis & Access Line

1-800-715-4225

mycal.com

Sponsored by the  Department of Behavioral Health and Developmental Disabilities

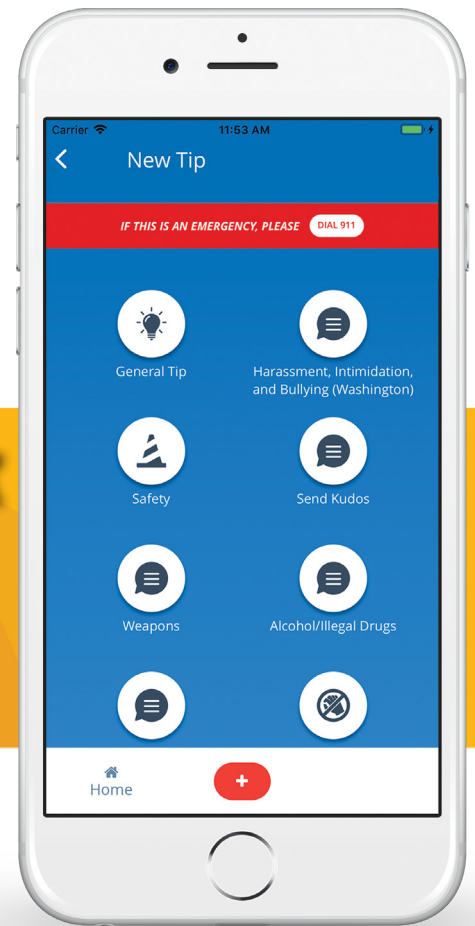
For info on A Friend Asks:
<https://jasonfoundation.com/get-involved/student/a-friend-asks-app/>

Paulding County School District

Report It



SafeSchools Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.



SUBMIT USING OUR APP



FOR EMERGENCIES, PLEASE CALL 911

EASY WAYS TO REPORT



Visit the website
<http://1895.alert1.us>



Email your Tip to
1895@alert1.us



Call to report your tip
470.264.6152



Text your Tip to
470.264.6152

REPORT ON:

- BULLYING
- INTIMIDATION
- HARASSMENT
- WEAPONS
- DRUGS
- OTHER



Our District Code is: 1895

All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.

Free Assessment Providers



Willowbrooke at Tanner/Villa Rica

20 Herrell Road
Villa Rica, GA 30180
770-812-3266

Walk in 8:30am – 8:00pm Monday – Friday or By Appointment

Willowbrooke at Tanner/Cartersville

958 Joe Frank Harris Parkway SE, Suite 103
Cartersville, GA 30120
770-812-3610

By Appointment/Call Ahead Only (M -F 8:30-5:00)

Willowbrooke at Tanner/Carrollton

523 Dixie Street
Carrollton, GA 30117
770-456-3266

By Appointment/Call Ahead Only (M-F 8:30 – 5:00)

Ridgeview Institute (Ages 13 & Up)

3995 South Cobb Drive
Smyrna, GA 30080
844-350-8800

Free Assessments 24 Hours/Day – 7 Days/Week

Peachford Hospital

2151 Peachford Road
Atlanta, GA 30338
770-455-3200

Free Assessments 24 Hours/Day – 7 Days/Week

Emergency Assessments (Billed to Insurance or Self-Pay)

Tanner Medical Center/Villa Rica – Emergency Room

601 Dallas Highway
Villa Rica, GA 30180
770-812-3000

Walk in 24 Hours/Day – 7 Days/Week

Tanner Medical Center/Carrollton – Emergency Room

705 Dixie Street
Carrollton, GA 30117
770-812-9666

Walk in 24 Hours/Day – 7 Days/Week

Elementary Aged NON-EMERGENCY
Counseling Referral List

Providers are listed in alphabetical order. The Paulding County School District does not endorse any mental health provider over another. The mental health provider selected is entirely up to the parent/guardian of each individual student.

Eastchester Family Services
137 N. Erwin Street
Cartersville, GA 30120
770-334-3708 or 404-653-0374
www.eastchesterfamilyservices.com

Embrace Counseling & Consulting
848 Hiram Acworth Highway
Hiram, GA 30141
(404) 790-9195
www.embracecounselingandconsulting.com

*Highland Rivers Health
126 Enterprise Path Suite 201
Hiram, GA 30141
Taryn Spates – 706-622-1503
Amy Lasher – 770-548-8689
www.highlandrivershealth.com

*Premiere Transitional Services
44 Darby's Crossing Dr. Suite 110D
Hiram, GA 30141
678-383-6438
www.premieretsi.com

*The Comfy Place
126 Enterprise Path, Suite 205
Hiram, GA 30141
404-594-1513
www.thecomfyplacellc.com

*The Journey Counseling Services
1301 Shiloh Rd, Ste 530
Kennesaw, GA 30144
404-381-2462
www.journeycounselingllc.com

*Tranquil Life Counseling Center
44 Darby's Crossing Dr. Ste. 202
Hiram, GA 30141
678-896-8959
www.tlccenterga.com

Wells Psychological & Educational Services
125 Townpark Drive, Suite 300
Kennesaw, GA 30144
770-864-7644
www.drwellspych.com
(Psychological Testing Only)

Willowbrooke at Tanner
20 Herrell Road
Villa Rica, 30180
770-812-3959
www.tanner.org/behavioral-health-care

****Play Therapy Offered***



Middle School Aged NON-EMERGENCY
Counseling Referral List

Providers are listed in alphabetical order. The Paulding County School District does not endorse any mental health provider over another. The mental health provider selected is entirely up to the parent/guardian of each individual student.

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*Psychological Testing Only

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www.tanner.org/behavioral-health-care



High School Student NON-EMERGENCY
Counseling Referral List

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Eastchester Family Services
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Embrace Counseling & Consulting
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Hiram, GA 30141
(404) 790-9195
www.embracecounselingandconsulting.com

Highland Rivers Health
126 Enterprise Path Suite 201
Hiram, GA 30141
Taryn Spates – 706-622-1503
Amy Lasher – 770-548-8689
www.highlandrivershealth.com

Inspiring Healing & Hope Counseling
1899 Lake Road, Ste 223
Hiram, GA 30141
404-907-6635
www.inspiringhealingandhope@gmail.com

Premiere Transitional Services
44 Darby's Crossing Dr. Suite 110D
Hiram, GA 30141
678-383-6438
www.premieretsi.com

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www.thecomfyplacellc.com

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www.journeycounselingllc.com

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