



**NAOMI RUTH COHEN**<sup>SM</sup>  
Institute for Mental Health Education  
at The Chicago School of Professional Psychology

**20th Annual  
Community  
Conference**

Sunday, June 12, 2022

**"It's Tough Enough"; Adolescent Mental Health  
in Our Changing World**

# Thank you to our 2022 Conference Sponsors!

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Rebecca's Dream

CHANGING THE FACE OF DEPRESSION

**ROGERS**

Behavioral Health



NAOMI RUTH COHEN<sup>SM</sup>

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at The Chicago School of Professional Psychology





**Naomi Ruth Cohen**

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**Naomi Ruth Cohen**

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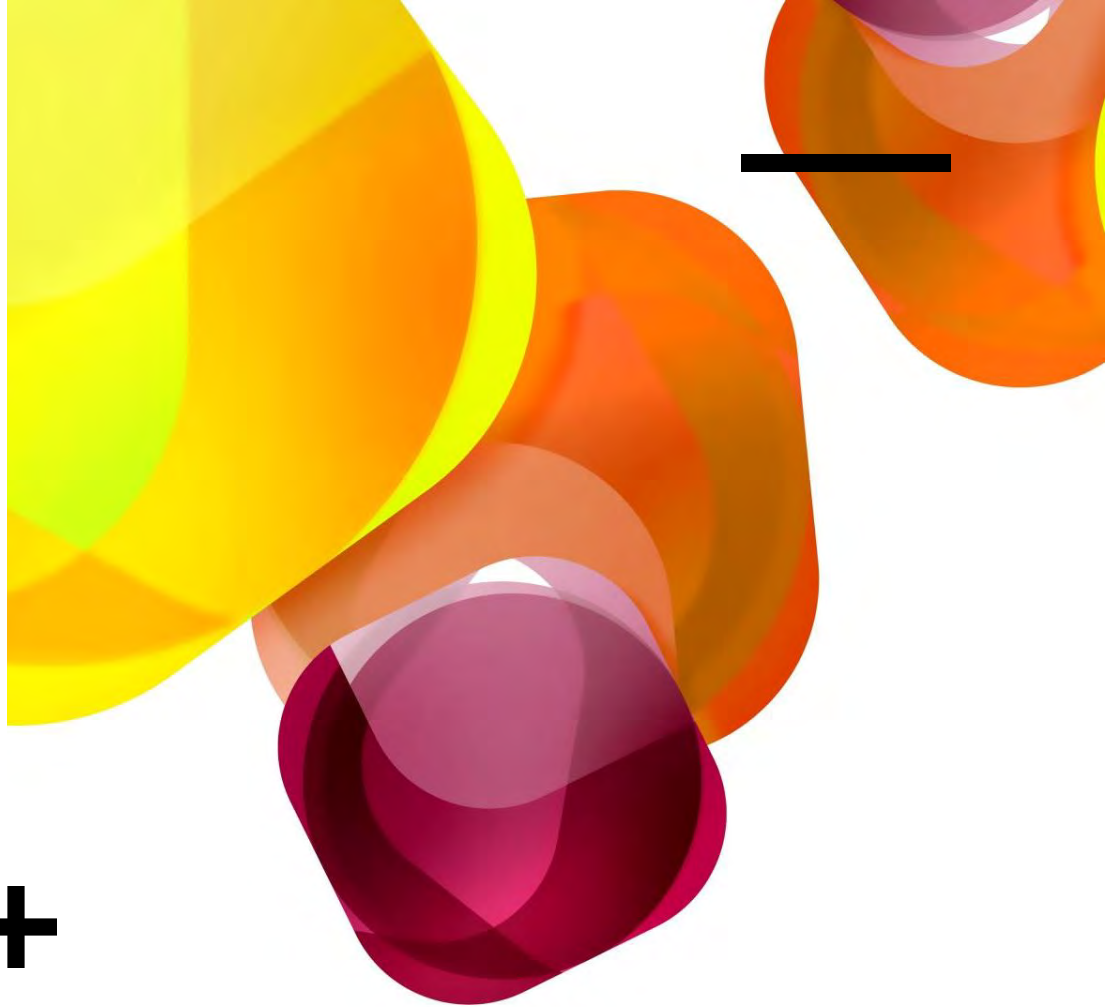
Panel Presentation

# Suicide prevention or Life promotion?

Jonathan B. Singer, Ph.D.,  
LCSW

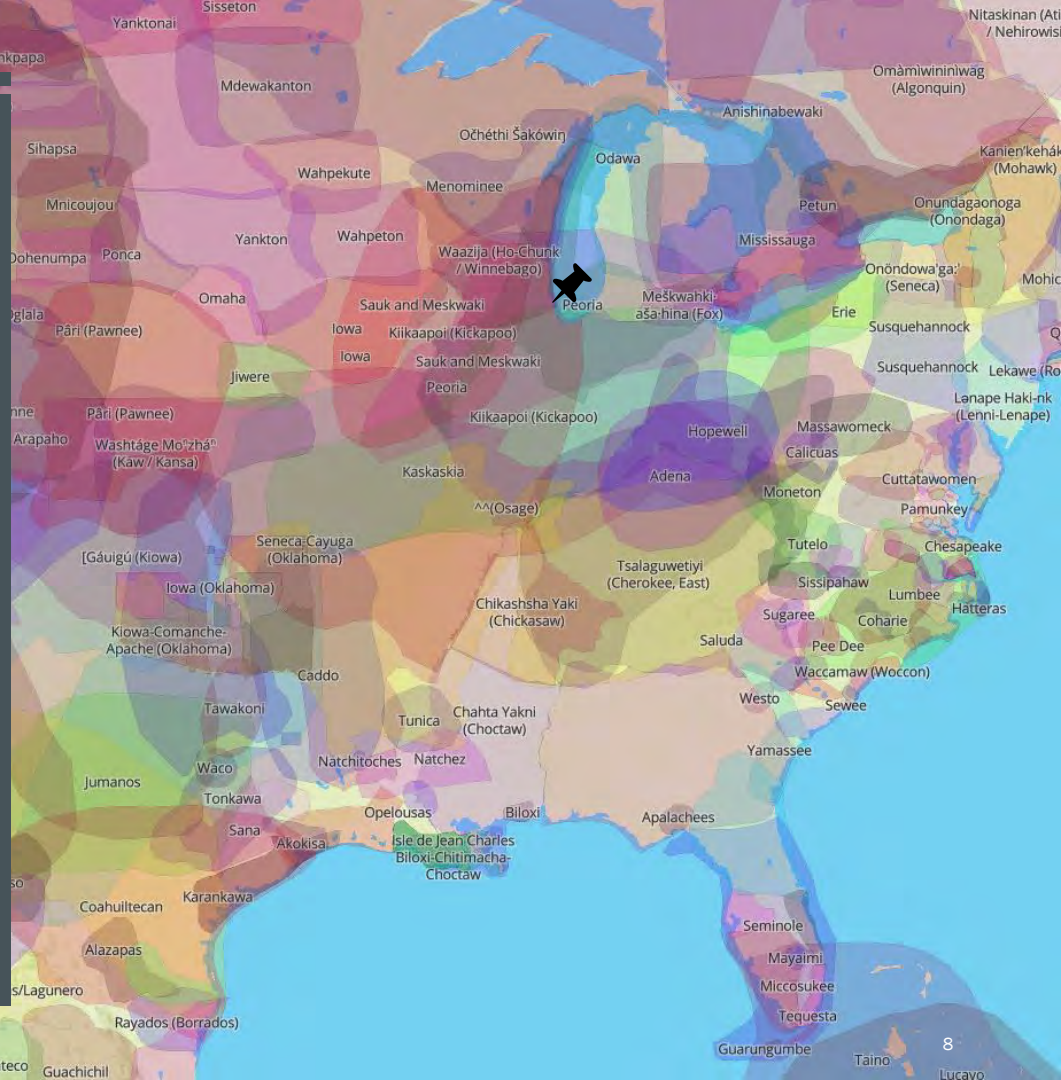
*Loyola University Chicago*

*Social Work Podcast*




# LAND ACKNOWLEDGEMENT

I'm talking to you today from the traditional unceded homelands of the Council of the Three Fires: the Ojibwe, Odawa, and Potawatomi Nations. Many other tribes such as the Miami, Ho-Chunk, Menominee, Sac, and Fox also called this area home. The region has long been a center for Indigenous people to gather, trade, and maintain kinship ties. Today, one of the largest urban American Indian communities in the United States resides in Chicago.







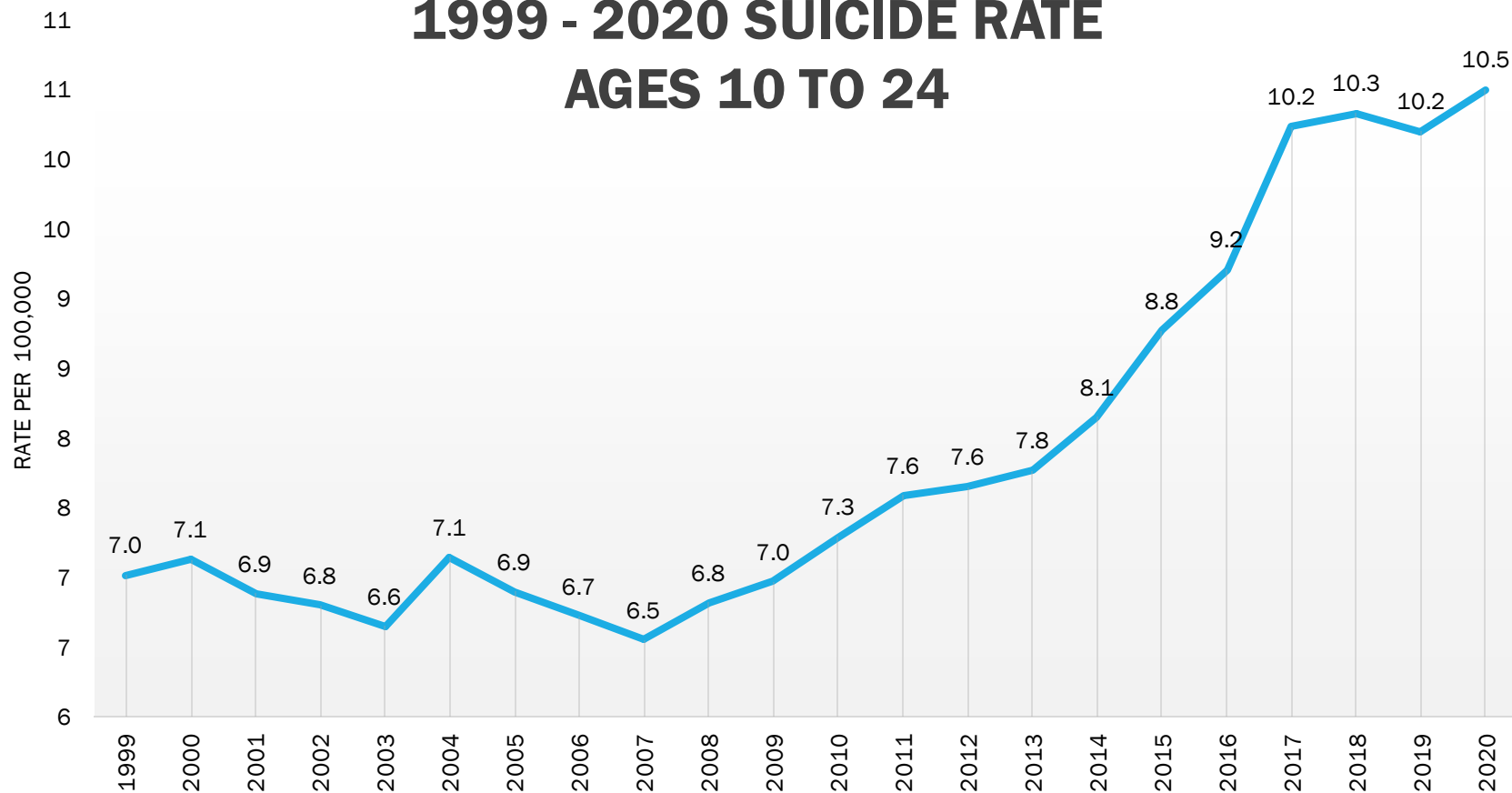
If we want a world  
where people feel  
like their **lives are**  
**worth living**, we  
can't have a  
society that says  
that some lives are  
worth more than  
others.

A black silhouette of a man and a young child standing on a rocky ledge. The man is on the left, and the child is on his back, pointing their right arm towards the right side of the frame. The background is a light, hazy sky with faint clouds. The overall mood is contemplative and poignant.

“BEHIND EVERY  
STATISTIC IS A TEAR”

Jerry Reed

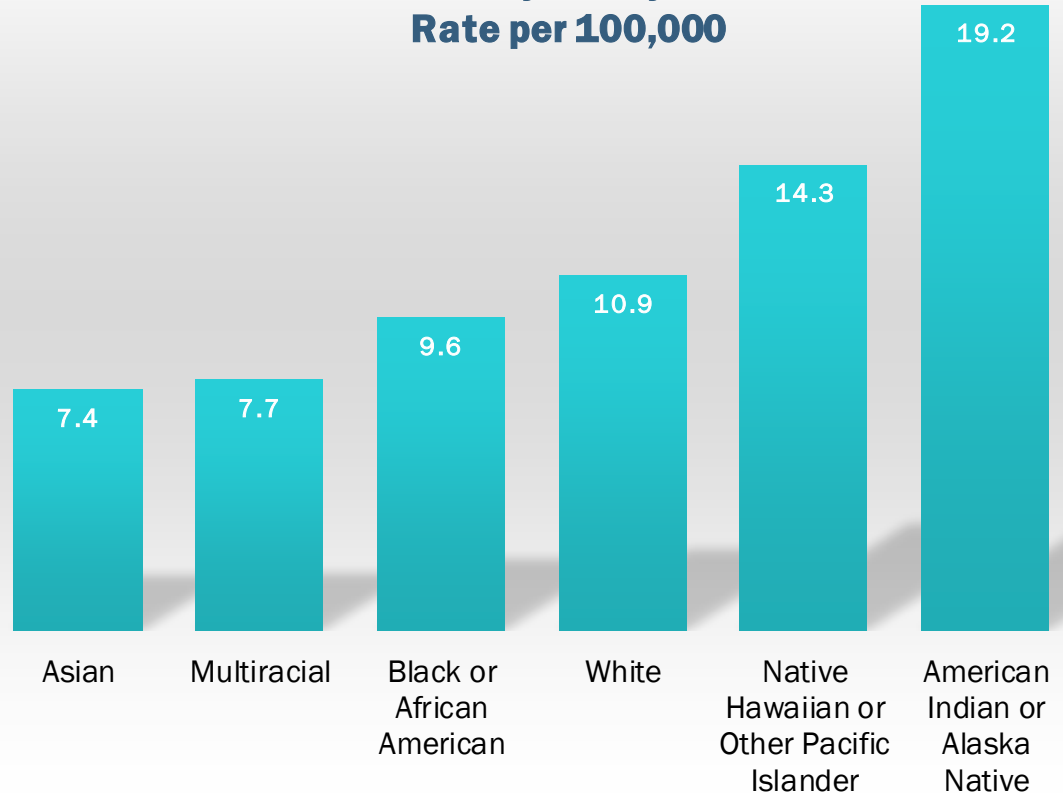
# 1999 - 2020 SUICIDE RATE AGES 10 TO 24



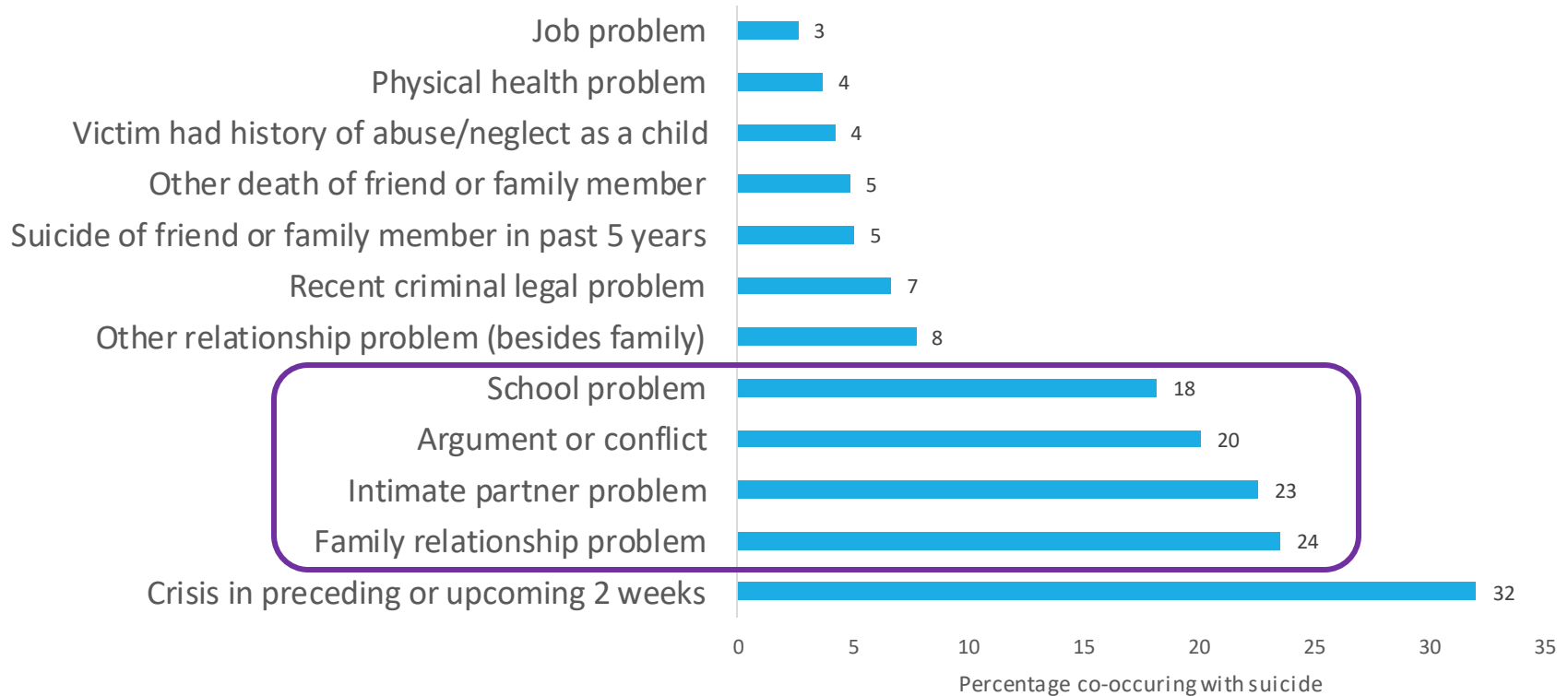
**Myth:** Suicide Is a “White people” problem.

**Fact:** Suicide kills people of all races and ethnicities.

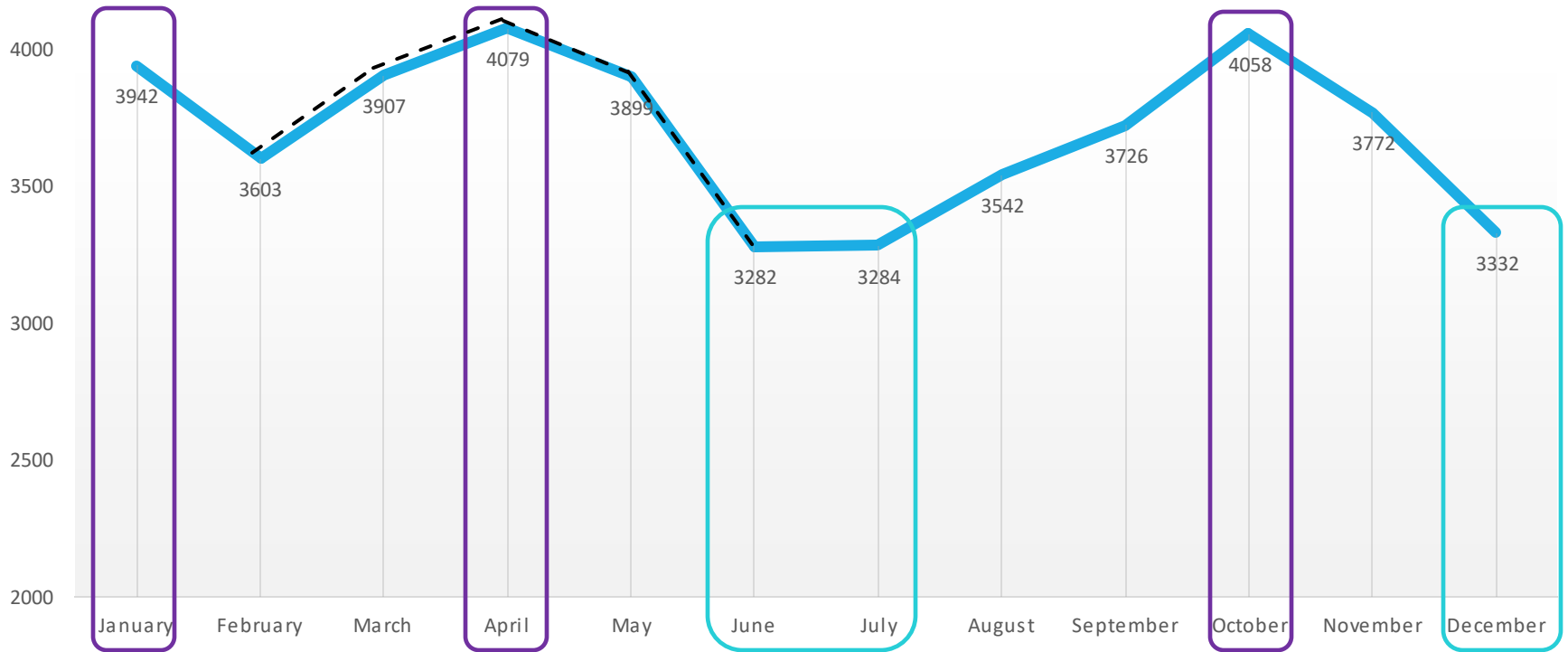
**2020 USA Suicides  
10 – 24 years by Race  
Rate per 100,000**



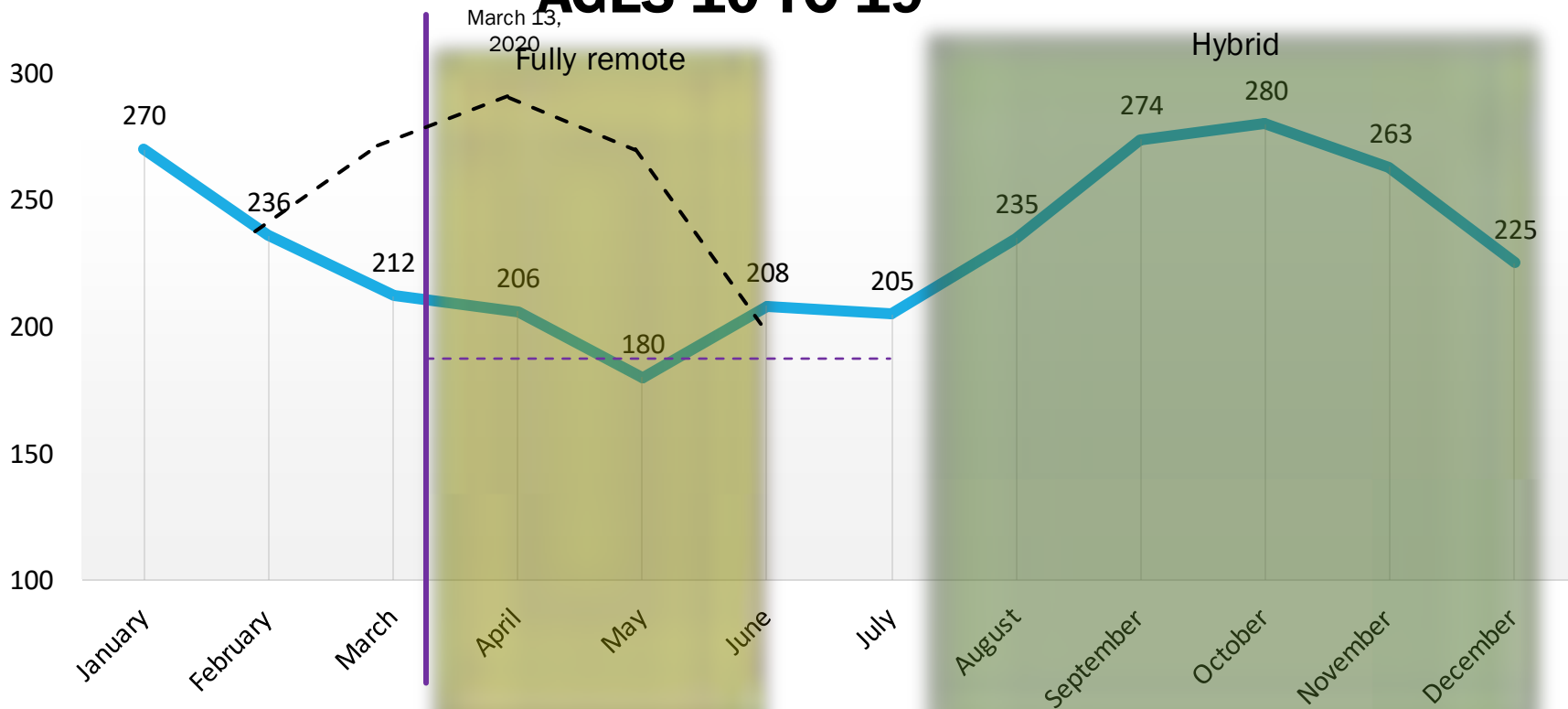
# 2017: 14 PROBLEMS THAT CO-OCCURRED WITH SUICIDE DEATH, AGES 10 TO 19



# 1999 - 2019 MONTHLY SUICIDE DEATHS USA AGES 10 TO 19

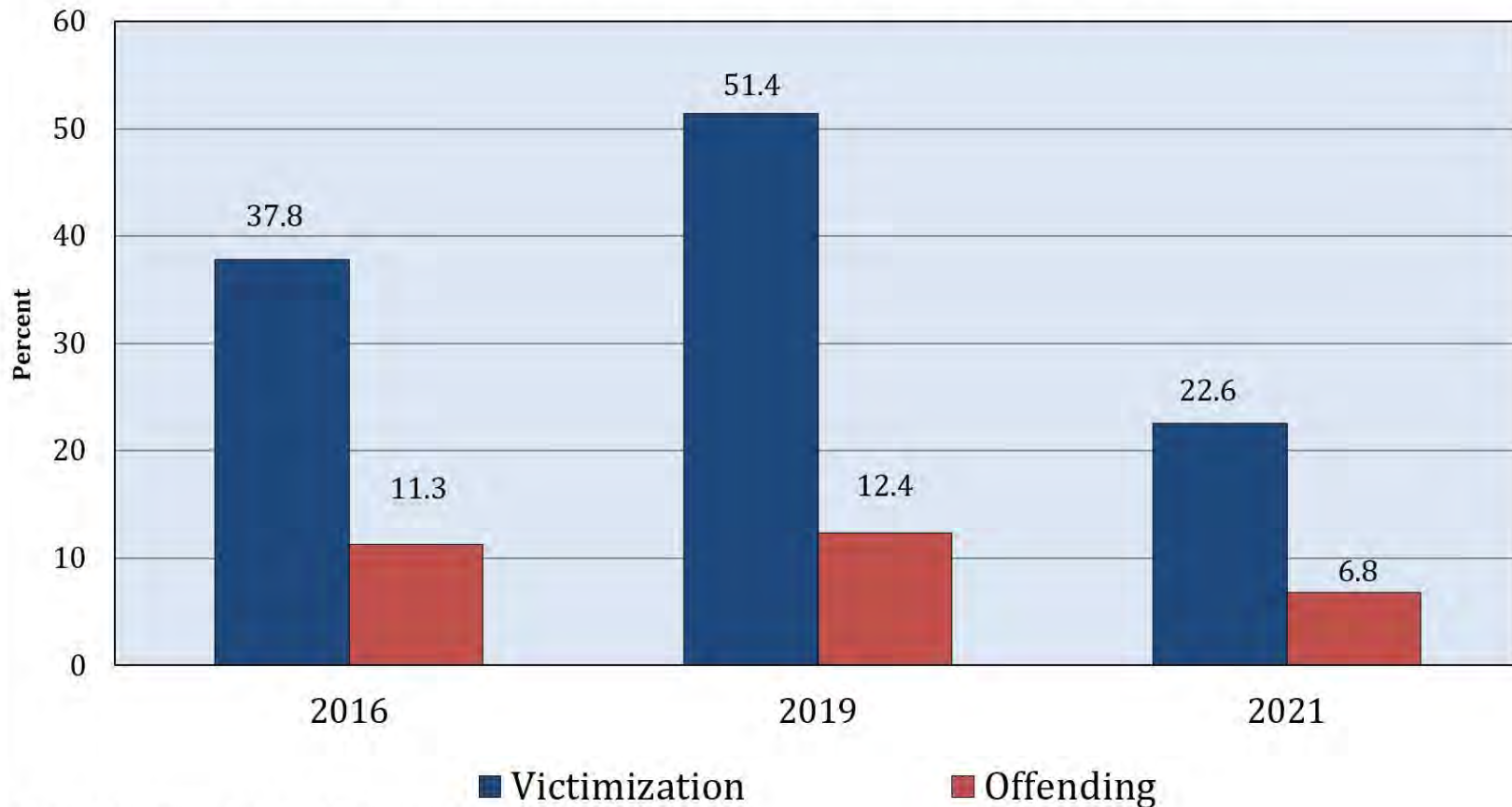


# 2020 MONTHLY SUICIDE DEATHS USA AGES 10 TO 19



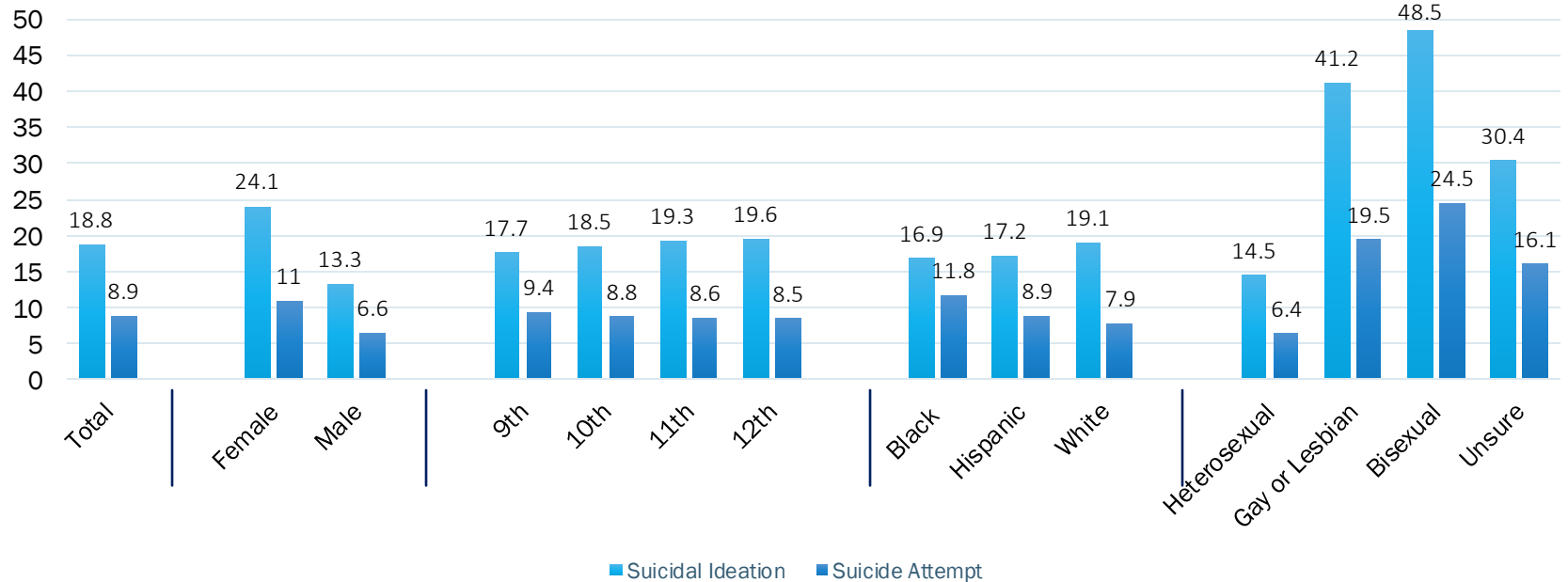
# Recent School Bullying Over Time

(Nationally representative samples of U.S. 13- to 17-year-olds)





## USA: Percentage of High School Students by Sex,<sup>†</sup> Grade, and Race/Ethnicity,<sup>†</sup> 2019



\*Ever during the 12 months before the survey

<sup>†</sup>F > M; W > B (Based on t-test analysis,  $p < 0.05$ .)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

This graph contains weighted results.

- 
- **Myth:** People who are suicidal are weak.
  - **Fact:** People are suicidal despite enormous strength and courage.

DO NOT CONFUSE MY BAD  
DAYS AS A SIGN OF WEAKNESS.  
THOSE ARE ACTUALLY THE DAYS  
I AM FIGHTING MY HARDEST.



- **Myth:** If I ask someone about suicide, I'll put the idea in their head.
- **Fact:** Asking someone about suicide will not make them suicidal (Gould et al., 2005).



# SUICIDE IN SCHOOLS

A Practitioner's Guide to Multi-level Prevention,  
Assessment, Intervention, and Postvention



Most teenagers aren't addicted to technology;  
If anything, they're addicted to each other.

*danah boyd*

**On social media  
interactions are often  
public by default,  
private through effort.**

*danah boyd*

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## 7 TIPS FOR PARENTS

What can we do right now to decrease the risk of suicide in our children? (Strassberg, 2015)

1. Make your teen sleep
2. Talk with your teen
3. Model mental health treatment
4. Want the best for your child, not for your child to be the best
5. It's you and the teachers *for* your teen, not you and your teen *against* the teachers
6. Get a pet
7. Keep Calm



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## 6 TIPS FOR SCHOOLS

1. Conduct universal screening
2. Collaborate with parents and communities
3. Aspire to zero suicides
4. Train staff to recognize and respond to suicide risk
5. Recognize mistakes as learning opportunities
6. Care for staff




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## 5 TIPS FOR YOUTH

1. Don't worry about upsetting adults
2. Your reasons for living might not be in your life yet. #LiveYourBestLife
3. Don't confuse being sad, angry, scared or lonely with wanting to die.
4. Don't discount your experiences: some are windows, and some are mirrors
5. It isn't about you / It is all about you





A blue stream of particles, resembling a comet tail or a data stream, enters a white circle from the left. The background is a dark blue gradient with some faint white specks.

One life lost is  
One too many



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
**Free, 24/7, Confidential**

**GET HELP 24/7:**



**THE TREVOR PROJECT**  
Saving Young LGBTQ Lives



# Thank you!

Jonathan B. Singer, Ph.D., LCSW

Associate Professor, Loyola University Chicago School of Social Work

Past-President, American Association of Suicidology

Founder & Host, Social Work Podcast





# The ETHS Culture of Care: Building & Rebuilding to Support Wildkit Wellbeing





## Our Students Report:

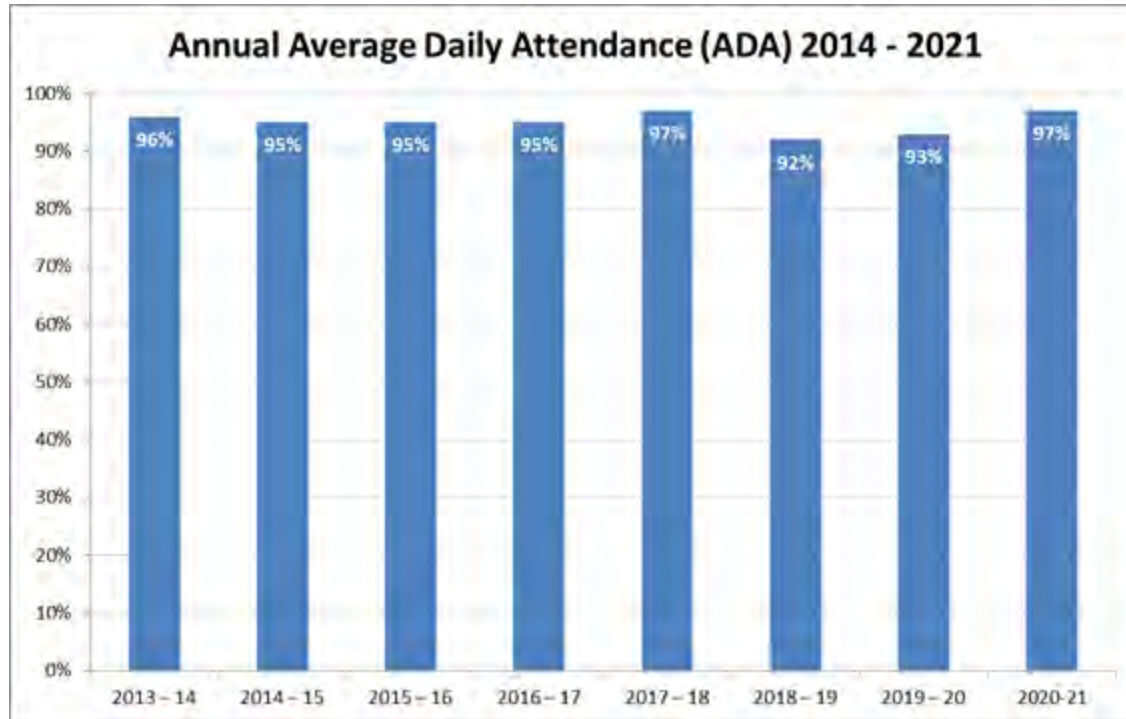
- 89% - Treat Each Other with Respect
- 96% - Treated with Respect by Teachers



**The ETHS Culture of Care: Together We  
Build & Rebuild Wildkit Wellbeing**

# ETHS Culture of Care & Wildkit Wellbeing

## Attendance Outcome Measure

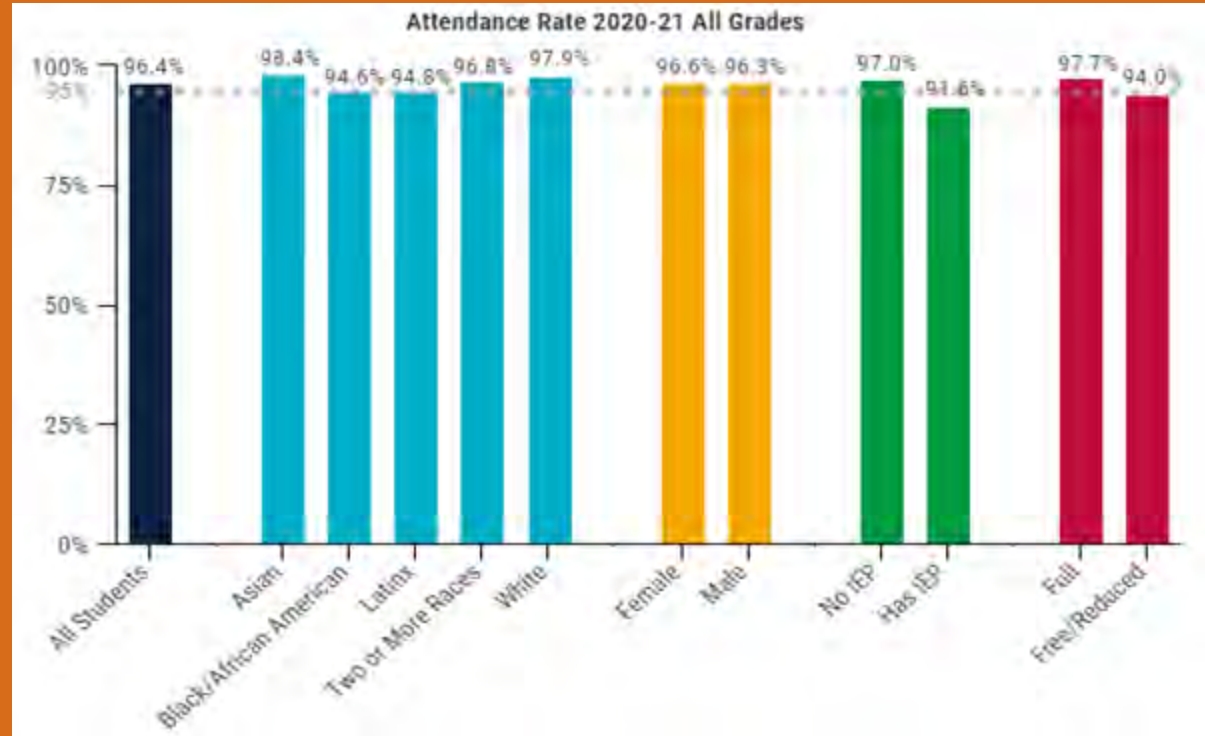


- **97% Average Daily Attendance for School Year 2020-2021**
- **91% of our students strongly agree/agree that teachers work hard to make sure students stay in school**

# ETHS Culture of Care & Wildkit Wellbeing

## Attendance Outcome Measure

- 205 Home Visits
- 18,628 phone calls for intervention
- 1,000 phone calls before school started & 2nd quarter



# ETHS Culture of Care & Wildkit Wellbeing

## Attendance Outcome Measure - Intervention & Impact

- **Our four-year graduation rate is 93%**  
(State was 86%)
- **Our five-year graduation rate is 94%**  
(State was 89%)
- **89% of students report that high school is preparation for the future**
- **Our Dropout Rate was 1.5%** (State was 2.6%)





# ETHS Culture of Care & Wildkit Wellbeing

## Student Needs & Connecting to Resources at ETHS

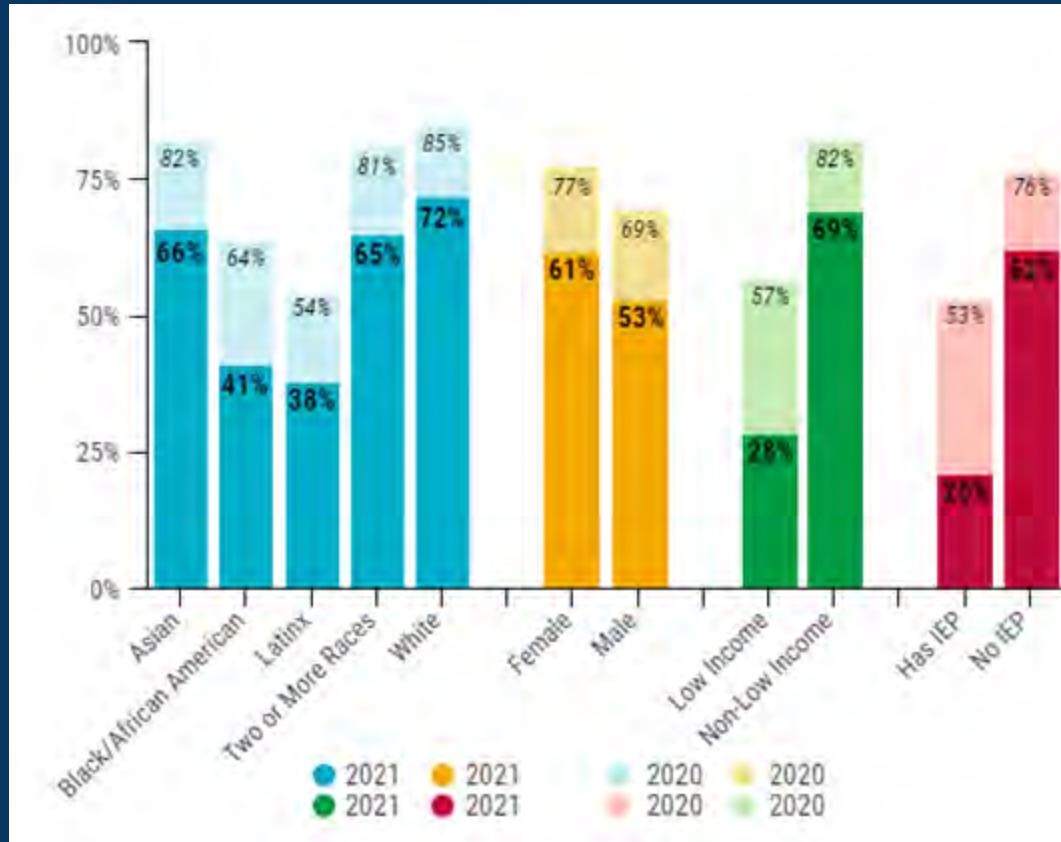
### Working Together to Build ICAPs (Individual Career and Academic Plans):

- 91% felt prepared in relation to post high school planning
- 92% of graduating seniors able to access their counselor when they needed support
- 88% of seniors planned to attend 2 or 4 year college
- Career Pathway Seminars all year long
- Increased online resources: SchoolLinks, recorded events, Career Options Night



# ETHS Culture of Care & Wildkit Wellbeing

## Extracurricular Activities Outcome Measure



- 58% of Students Participating in At Least one Extracurricular Activity in SY2021
- Chart Reflects SY2020 & SY2021 (re: in Year in Review Report)

# ETHS Culture of Care & Wildkit Wellbeing

## Mental Health - Wellbeing Survey 2021

### Student Needs:

- **33% reported that stress impacted daily activities for 11 or more days in the previous month**
- **30% reported feeling sad or hopeless most days for 2 weeks** that resulted in stopping doing some usual activities

### Accessing Resources:

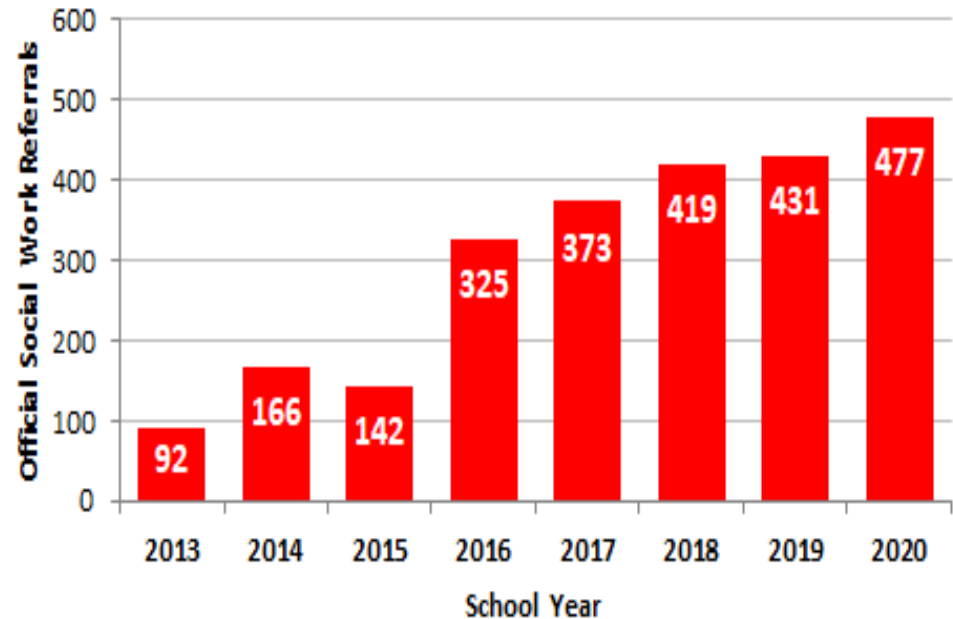
- **29% reported seeking out mental health support in the community and/or from ETHS mental health providers:**
  - 19% of male students
  - 35% of female students
  - 75% of students who identify as nonbinary or transgender
  - 44% of White female students
  - 47% of female students identifying as Two or More Races sought support for mental health

# ETHS Culture of Care & Wildkit Wellbeing

## Needs & Connecting to Resources

- ❑ **Student Assistance Program** addresses substance use for prevention, intervention and alternatives to suspension
- ❑ **Increase of 11% to 477 social work referrals from 2019 to 2020**
- ❑ **Over 50** mental health groups
- ❑ **Two new social work positions for 2021**
- ❑ Access to Health Services, Social Work, and Counseling **reflected our student enrollment by race**

### Growth in Official Social Work Referrals



# ETHS Culture of Care & Wildkit Wellbeing

## Needs & Connecting to Resources

- ❖ **167% increase in 7 years to 507** individual 504 plans
- ❖ **1,958 visits** to Health Services
- ❖ **Psychiatric Hospitalizations:**
  - **106 unique students were psychiatrically hospitalized; decrease from 116**
  - **26 unique students experienced multiple hospitalizations; increase from 12**
- ❖ **476 Social Work Referrals**
- ❖ **COVID journey:**
  - **Remote, Hybrid, In-Person, Adaptive Pause, and In-Person**
  - **Medical Advisory Board, School Based Health Center, & Evanston Health Dept**
  - **Proof of COVID vaccination: staff at 95% and students at 94%**
  - **COVID Testing through PE/Wellness**
  - [Covid Response 2021-22](#)
  - **Mitigation Strategies** (Contact Tracing & Highly Recommended Mask wearing)

# ETHS Culture of Care & Wildkit Wellbeing

## Needs & Connecting to Resources

### Connecting to More Resources:

- Student Assistance Program
- Over 40 Social Work Groups
- Individual, Case Management & Crisis
- 2 New Social Work Positions SY 2021
- 2 New 504 Case Management Positions SY2022
- Case Managers & Instructional Facilitators
- Signs of Suicide with our 32 Mental Health Professionals

### School Year 2022 compared to School Year 2020:

- Suicide Risk Assessments - 71% increase 1st sem. 2022 compared to 1st Sem. 2020
  - **1st quarter 2022 = 104% increase** compared to 1st quarter 2020
  - **2nd quarter 2022 = 39% increase** compared to 2nd quarter 2020
  - **3rd quarter 2022 = 75% decrease** compared to 3rd quarter 2020
- 35 students on Homebound 1st sem. 2022 (up from 3 during 1st sem. 2020)



# ETHS Culture of Care & Wildkit Wellbeing

## Needs & Connecting to Additional Resources in the Pandemic

**Emotional Identification and Regulation curriculum and screenings in PE/Wellness during 2020-2021 highlights:**

- **Students who completed the in-class social and emotional activities reported:**
  - Fewer depressive symptoms
  - Higher levels of academic motivation
  - Greater use of emotion regulation skills
- **After completing activities, students reported:**
  - Feeling more positively and less negatively about the situation that made them upset
  - Reduction in the intensity of the negative thoughts they were having
  - Developing skills they could use more broadly in their lives to help cope with upsetting situations



# ETHS Culture of Care & Wildkit Wellbeing

Schoolwide Practices - Embedding Social Emotional Learning & Equity

**Professional Development**  
**Student Summits**  
**Curriculum**  
**Personalization**  
**Crisis Care Team**  
**Bullying**  
**Sexual Assault/Harassment**  
**Community Service**  
**School Based Health Center**  
**Prevention Committee**  
**FASH**

**ICAPs**  
**LGBTQ+**  
**Anxiety**  
**Race & Equity**  
**Mindfulness Studio**  
**Depression**  
**Executive Functioning**  
**Academic Planning**  
**MTSS & Intervention**  
**Plans**  
**Wellness Facility**

**Student groups**  
**Grief**  
**Awareness & Activism**  
**Bullying & Harassment**  
**Suicide Prevention**  
**Restorative Practices**  
**Substance Use**  
**College & Career Planning**  
**IEP & SST continuum of**  
**services and problem-**  
**solving**

# ETHS Culture of Care & Wildkit Wellbeing

## Schoolwide Practices - Embedding Social Emotional Learning & Equity

### EVENING PROGRAMS:

- Navigating Covid-19 - NEW
- Grief - NEW
- Suicide Prevention - NEW
- Sexual Assault/Harassment
- Executive Functioning
- Substance Use
- Academic Planning
- College, Career & Financial Aid Planning
- Career Pathways - NEW

### School-wide:

- Black, Brown & Breathing - NEW
- Open Studio - NEW
- Rebel Human
- ETHS Mindfulness Studio - NEW
- ETHS Mindfulness Coaches - NEW
- ETHS Virtual Calming Room - NEW
- Counselor Lessons
- Executive Functioning

### School-wide:

- KitCare Packages
- Teacher Introductions
- Fall Conferences
- Student of the month
- Student Photos
- NHS ceremony
- Spirit Week
- Parent Videos
- LGBTQ+ youth support

# Together We Build & Rebuild Our ETHS Culture of Care & Wildkit Wellbeing



CONGRATULATIONS CLASS OF  
**2021**  
**SENIOR  
SEND-OFF**



CONGRATULATIONS  
**EVANSTON**  
TOWNSHIP HIGH SCHOOL  
*CLASS of 2021*



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