Introductions:

Present: Vince Furlong, Shannan Garcia, Cara Stirts, Crystal Fuller, Karla Dush, Debora Faga

Operation Youth Success Updates:

- JJPF Knowledge Exchange, Monday, July 30th, 2-4 p.m. at the County Extension Office
- Families Work Group is working to develop a Youth Council
- Grief’s Journey is hosting a “Back to School Family Day” Open House on Sunday, August 12 from 2-5 p.m. at W. Dale Clark Library; registration in advance is required (handout is attached)
- Stratford Square Back 2 School Bash 2018” is on August 4th from 11 a.m. – 1 p.m., promoting peace, education and community (handout attached)
- Handing out information on the legislative resolutions the Judiciary Committee of the Nebraska Legislature will be looking at regarding school safety and the juvenile justice system (attached)
- Amber Parker’s last day with OYS is Friday, August 3rd

Member Updates:

- School Attendance Coalition usually holds a “back to school” event; Cara will be attending that meeting tomorrow

Activity:

- Presentation: Youth Mental Health First Aid, Crystal Fuller, Region 6
  - Crystal is the Senior Manager of Prevention Services
    - Manages the substance abuse prevention, mental health promotion, and suicide prevention for the five counties
    - She manages several grants, one of which is Mental Health First Aid, which is a training program
  - Two different training programs: Adult Mental Health First Aid, and Youth Mental Health First Aid, which is what will be focused on today
  - Youth Mental Health First Aid is a training program for adults that interact with young people; it focuses on adolescent development:
    - What does typical adolescent development look like physically, socially, emotionally?

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For all youth who do enter our justice system, our goals are to provide effective, compassionate, and individualized support that empowers youth and their families to succeed and to build an environment of mutual trust and accountability.
- What might be some signs and symptoms of mental illnesses and mental health challenges that youth people experience?
- How do we tell the difference?
- How does that impact on their lives?
  - Applies the Mental Health First Aid Action Plan, which is a core five-step action plan:
    - Assess for risk of suicide or harm
    - Listen nonjudgmentally
    - Give reassurance and information
    - Encourage appropriate professional help
    - Encourage self-help and other support strategies
  - The first half of the training focuses on what we can see. The second half focuses on what we can do.
  - There are series of scenarios that are tailored to the training group and they walk through the action plan with a series of scenarios of young people as their situations develop; practice having conversations
  - Building trust, communicating, connecting with youth people; knowing enough to pay attention to the verbal and physical cues
  - It is an 8-hour course
  - Last year they did 51 trainings, reaching 840 individuals; have done the adult and youth trainings in all five of their counties
  - Each participant keeps the manuals that are provided during the training
  - It is a very interactive course
  - They have partnered with ESU 3 and held free trainings there and some school staff have attended other offered courses
  - They would really like to get teachers and paras that are interacting with youth daily, as Region 6 feels they would greatly benefit
  - Region 6 has an advisory committee that oversees a groups called LOST (Local Outreach to Suicide Survivors) that is made up of clinicians and people that have lost loved ones to suicide, so that they can go out and meet with families that have recently been bereaved
    - They get a quarterly report out on suicides that have occurred
    - This last quarter there was only one young person that had died by suicide; the number has gone down

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They work with law enforcement, so there is a public safety module to the adult training; have done 18 trainings with law enforcement this calendar and training approximately 320 individuals in this training.

There were a few SROs, but Region 6 could reach more; a few have attended individual courses that were held.

They talk throughout the course about the local resources that are available and give out little wallet cards.

An adolescent curriculum is being developed that is for young people; it is still in the evaluation stage. It would be shorter and will have a different format.

Additional trainings available:
- QPR (Question, Persuade, Refer) is a 1 to 1-1/2 hour suicide prevention training for young persons (approved training for the 1 hour requirement for educators for suicide prevention); last year they reached almost 8,000 educators with QPR training.
- SOS (Signs of Suicide) is a video-based training that shows vignettes.

Hope Squad is a peer-to-peer training for youth nominated by their peers as being trustworthy. They are finding that these youth are not your typical people that volunteer for those kinds of roles, it is a variety of students.
- Once the youth are nominated, parental consent is acquired before training starts.
- They are trained in QPR and a variety of other parts of the curriculum; they are the eyes and ears of the school.
- Trained on how to listen for a peer who may be struggling and know who the trusted adults are in the school.
- Bellevue has completed their first year of this training; Ralston will be starting their first year.
  - Bellevue West has implemented 3 elementary schools, a middle and a high school.
  - Next year Bellevue East will be doing their high school, to middle schools and several elementary schools (4th – 6th).
  - Bellevue is finding great success with it, it is having some good impact there.

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- Region 6 has funding to pay the trainer and provide all of the materials; the cost to Region 6 for 3 schools (i.e., 1 high school, 1 middle school, 1 elementary school) for 3 years is $17,000
  - They do not provide lunch or refreshments
- It is a three-year curriculum in the high schools, two years in middle school
- It is very age-specific learning, so how they talk about suicide is different in the elementary versus the middle or the high schools; in elementary they talk about how do you take care of yourself, how do you be a good friend, how do you know when to keep a secret, when to tell, etc.
- Train advisors, at least three staff in each school building
- It is a 10-module curriculum, usually taught over 1 or 2 lessons during the school year
- With the advisors it covers how to take care of yourself as someone who may be having to have tough conversations
- Student members vary in number according to the population of the school
- The Hope Squad came about because they had the money, but they really do want to find funding to expand to other schools
  - Would love to work with OPS, but it is difficult for educators to carve out the time, especially during the school year
  - How did the schools become involved?
    - Bellevue West has been very involved with suicide prevention and when Region 6 said they had this training and would they be interested in doing a pilot of it, they said absolutely; and then asked if they could expand to Bellevue East
    - Region 6 sent out an email to a variety of school districts and Ralston was one that responded yes
    - Papillion was interested but didn’t have the ability to get it started for this next school year
    - Elkhorn was also interested but their system was a little slow for the timeframe
    - Hoping to receive funding to extend into the next school year

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- OPS is using an MTSB model, that addresses some of this, but this as well might be a great attachment to that overall model, if they can come on board. This would be an in-person training that would be very beneficial
  - Have a training called “Post-vention” that covers how to effectively respond after a suicide death occurs; good post-vention becomes good prevention for other people – suicide can be contagious
    - One of the items covered is to do limited time memorials instead of, for example, planting a tree. Have something set up for a specified period of time and then give the stuff to the family.
    - Don’t glorify a young person’s life because it can make other young people feel like they want to be remembered that way
    - Try to stay away from using the term “committing suicide” because it places judgment; try to say “died by suicide” or “killed themselves,” just call it what it is

**Next Steps:**
- A Youth Mental Health Training could be scheduled and promoted to all school partners in the school districts to increase involvement

Feedback Survey – Handed out

**Next Meeting:** August 28, 2018

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Back to School Family Day

Back to school is more than pencils and pens and is especially tough when someone special has died. Join us for a FREE, fun-filled afternoon of school-inspired activities to remember special people who have died PLUS take home a free backpack!

BACK TO SCHOOL FAMILY DAY REGISTRATION

I would like to:  □ Attend  □ Volunteer

Mandatory volunteer orientation:
  □ July 6, 5-6:30pm  □ July 26, 5:30-7pm

Name(s) & Age(s)________________________________________
________________________________________
________________________________________

Address________________________________________
City________ State_____ Zip________

Phone(s)________________________________________
Email(s)________________________________________

Register at www.griefsjourney.org or return this form.

Date: Sunday, August 12

Time: Open House 2-5pm*
(This is an open house style, so drop in at any time. Activities will take approximately 1 hour to complete. A light snack will be provided.)

*Volunteers must attend 1:00-5:30 pm

Location: W. Dale Clark Library (Downtown Branch)
215 S 15th Street, Omaha, NE

Who: Youth 3-18 & their adult caregiver(s) who are grieving a death

You MUST register in advance. Space is limited, and spots fill up quickly.
PROMOTING PEACE, EDUCATION, & COMMUNITY
SOUTHOMAHA VIOLENCE INTERVENTION & PREVENTION PARTNERSHIP

STRATTFORD SQUARE

BACK TO SCHOOL BASH, 2018
FREE SCHOOL SUPPLIES

RAIN DATE: AUG. 5, 2018 1PM - 3PM
AUG 4TH
11AM-1PM

ACTIVITIES: FREE FOOD,
COMMUNITY RESOURCES,
HEALTH SCREENINGS &
BIKE GIVEAWAYS
KIDS MUST BE PRESENT TO RECEIVE BACKPACKS AND RAFFLES

FOR MORE INFO:
GABRIELA MARTINEZ
402-507-0190
Judiciary Committee to probe school safety, juvenile justice

By Brody Hilgenkamp Staff Writer   Jul 20, 2018

The Judiciary Committee of the Nebraska Legislature is going to take a deep look this fall at school safety and the juvenile justice system.

Hearings to gather testimony regarding issues such as racial inequities, gun reform and school resource officers have been scheduled for Sept. 28 at the State Capitol. The hearings center on four resolutions introduced in the Legislature this spring.

Legislative Resolution 418, introduced by Sen. Sara Howard of Omaha, will examine disproportionate racial and ethnic minorities in the state’s foster care and juvenile justice systems.

LR 447, introduced by Sen. Adam Morfeld of Lincoln, will examine school security measures such as gun reform, increasing the use of firearms from school resource officers, costs to provide SROs in schools, threat assessments and mental health services.

LR 429, introduced by Sen. Patty Pansing Brooks of Lincoln, will focus on SROs and the interplay between law enforcement and education.

LR 402, introduced by Steve Halloran of Hastings, will examine local school boards’ authority to allow school employees, including teachers, administrators and support staff to carry concealed handguns on school grounds.

Metro area superintendents expressed strong opposition to arming teachers in a conference with Rep. Don Bacon, R-Neb., in March. At the conference the superintendents argued increasing the presence of SROs would be a better solution.

brodyhilgenkamp
Youth Mental Health First Aid

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer to peer interaction. In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

WHO CREATED THE COURSE?

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children’s Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

WHERE CAN I LEARN MORE?

To learn more about the Mental Health First Aid USA, or to find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org.