Dear Parent or Guardian:

Assembly Bill No. 2246, which was approved by Governor Brown on September 26, 2016, requires each school and education agency serving grades 7-12 to adopt a policy on pupil suicide prevention before the 2017-18 school year.

To proactively address this issue, Orange Glen High School is partnering with North County Lifeline’s HERE Now program to provide a “Check Your Mood Week” filled with discussions about emotions and ways to help your friends.

The teen years are marked by a roller-coaster ride of emotions—difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression
- 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 a friend
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns

On Thursday, January 23, 2020 from 6-7pm North County Lifeline will facilitate an informative Parent Meeting at the District Office, discussing the SOS Signs Suicide® Prevention Program as well as a discussion about bullying and bullying prevention. North County Lifeline will also present in the SOS Signs Suicide® Prevention Program for one 50 minute presentation for all 9 th grade students starting on January 27, 2020 to January 31, 2020, following each presentation youth will be asked to complete a demographic survey and a card stating whether or not they have questions or concerns regarding the presentation for themselves or for a friend. Those students with questions or concerns will be able to speak with a North County Lifeline staff member and will be referred to their school for further resources along with North County Lifeline’s assessment. If you are concerned, we encourage you to speak with your son or daughter and follow up with a mental health professional for a complete evaluation.

There may be instances when a concern is brought up brought to HERE Now staff up by a peer or trusted adult regarding a student that has indicated they ‘do not need to talk.’ HERE Now staff in this circumstance will check in with that student.

If you do NOT wish your child to participate in “Check Your Mood Week”, please complete the form below and return it to Orange Glen High School to the attention of Nate Reinking, Assistant Principal. If we do not hear from you, we will assume your child has permission to participate in this program.

If you have any questions or concerns about this program please do not hesitate to contact me at (760)291-5000 ext. 5020.

Sincerely,

Nate Reinking, Assistant Principal
Orange Glen High School

I __________________ [Name of Parent/ Guardian], do not give permission for __________________ [Name of Student] to participate in the “Check Your Mood Week”, to take place starting 1/27/2020-1/31/2020.

(X) __________________
[Signature of Parent/Guardian]
Queridos Padres y/o Guardián Legal:

El proyecto de ley de la Asamblea No. 2246, que fue aprobado por Gobernador Brown el 26 de septiembre de 2016, requiere que cada escuela y agencia educativa que sirve a los grados 7-12 adopte una política sobre la prevención del suicidio antes del año escolar.

**Orange Glen High School** está colaborando con el programa de HERE Now de North County Lifeline para implementar una semana de “Reconoce tus Emociones.” Tendrán discusiones sobre emociones, la salud mental y cómo ayudar a los demás. La adolescencia es marcada por muchos cambios escolares, físicos y emocionales. Esta temporada es difícil para adolescentes, sus padres, y maestros. Es fácil para malinterpretar la depresión como algo normal durante la adolescencia. Es importante saber que la depresión se está desarrollando en jóvenes y en la última década, se ha multiplicado la cantidad de suicidio en adolescentes.

Nuestras metas para este programa incluyen:
- Ayudar a nuestros estudiantes entender que la depresión se puede tratar y evaluar si están enseñando ciertos síntomas consistentes con la depresión.
- Explicar la importancia de tratamiento para la depresión; el suicidio es prevenible.
- Preparar los estudiantes para identificar señas de depresión o suicidio en sus amigos
- Hablar con un adulto de confianza de sus preocupaciones por un amigo o por sí mismo.

El Jueves, 23 de Enero, de las 6-7pm, North County Lifeline tendrá una Reunión de Padres informativa en el Distrito, sobre el Programa de Prevención de Suicidios de SOS Signos, así como una discusión sobre la intimidación y la prevención de la intimidación. North County Lifeline también presentará en el Programa de Prevención de Suicidio SOS Signos durante un período de 50 minutos empezando el 27 de enero de 2020, y terminará el 31 de enero de 2020. Después de cada presentación, los estudiantes llenarán una encuesta demográfica y una hoja que da la opción por si tienen alguna pregunta o están preocupados por un amigo o sí mismo. Los estudiantes que tengan una pregunta o preocupación hablarán con un miembro del equipo de North County Lifeline y serán referidos a su escuela para obtener más recursos, junto con la evaluación de North County Lifeline. Si está preocupado, los invitamos a que hablen con su hijo/a y también se comunique con algún profesional de la salud mental.

Puede haber casos en los que se presente una inquietud presentada al personal de HERE Now por un compañero o adulto de confianza con respecto a un estudiante que ha indicado que “no necesitan hablar". El personal de HERE Now en esta circunstancia se registrará con ese estudiante.

**Si NO quiere que su hijo/a participe en la semana de “Reconoce tus Emociones,” favor de llenar esta forma y entregarla a oficina del AP, a la atención de Nate Reinking, AP. Si no entrega la forma, asumiremos que su hijo/a tiene permiso de participar.**

Si tiene alguna pregunta o duda del programa, favor de contactar a Nate Reinking, AP al (760)291-5026.

Gracias,

*Nate Reinking, AP*

*Orange Glen High School*

Yo _____________________________________________________________ [Nombre de Padre/Guardián Legal], no le doy permiso a ___________________________ [nombre del estudiante] que participe en la semana de “Reconoce tus Emociones” el día de 1/27/2020-1/31/2020.

______________________________________________________________ [Firma del Padre/Guardián Legal]
Escondido Mental Health Resource List

Hotlines

National Suicide Prevention Line 800-273-TALK (8255)
Text TALK to 741741 and get a Crisis Counselor.
Access & Crisis Line 888-724-7240
Behavioral Health Emergency Contact Police
/Psychiatric Emergency Response Team (PERT) 9-1-1
Child Protective Services 800-344-6000

Emergency Screening Unit (ESU) 619-876-4502
General Resources 2-1-1
Optimum Health SD https://svcrplv.uhc.com/sdchat/
Poison Control (800) 222-1222
The Trevor Project 866-4-U-Trevor (488-73867)
Youth Crisis Line 800-843-5200
Youth Suicide Prevention Program www.yspp.org

Escondido Mental Health Resources

North County Crisis Intervention and Response Team
225 W. Valley Parkway, Suite 100, Escondido, CA 92025
(760) 233-0133 Hours: M-F 12-8 pm, Sat 12-5 pm

Palomar Family Counseling Services
1002 E. Grand Avenue
Escondido, CA 92025
(760) 741-2660

Mental Health Systems
940 E. Valley Parkway, Ste. D
Escondido, CA 92025
(760)747-0205

Rady Children’s Outpatient Psychiatry
625 W. Citracado Way, Ste., 102
Escondido, CA 92025
(760)294-9270

Aurora Behavioral Health
11878 Ave of Industry
San Diego, CA 92128
(888)565-4228 or (858) 487-3200

Neighborhood Healthcare Behavioral Health Clinic
425 D. Date Street, #224
Escondido, CA 92025
(619) 325-3527 - 24hr Crisis Hotline
(866) 752-2327

YMCA TAY Academy
1050 North Broadway, Escondido CA
(760) 908-9373
• Teen drop-in center
• Individual and group counseling options (no insurance required)

Domestic Violence & Sexual Assault: Center for Community Solutions
Confidential Local Location (Call for directions)
24-Hour Toll Free Hotline: 1-888-385-4067
North County Location: (760)747-6282

Temporary Shelters

YMCA Oz San Diego
3304 Idlewild Way
San Diego, CA 92117
(858) 270-8213

Youth Emergency Shelter
(formerly known as Storefront)
Location Confidential
(619) 858-3527 - 24hr Crisis Hotline
(866) 752-2327
Taking Charge of Your Mental Health

FIND THE RIGHT SPECIALIST

- Ask your doctor or nurse to help you find a specialist and make your first appointment.
- There may be a long wait for your first visit, so speak up if you need to see someone right away.
- If the first mental health specialist isn't a good fit, keep looking for one who works for you.

DON'T FORGET!

- Surround yourself with family and friends.
- Talk to a counselor, social worker, nurse or trusted adult.
- Continue doing what you love: reading, sports, writing, nature walks, creating art.

MAKE YOUR FIRST APPOINTMENT COUNT

- Be ready to talk about your health history and what you're experiencing.
- Be clear about what you want and need to get better.
- You may be asked to fill out a questionnaire describing your mental health experience.
- Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do.

NAVIGATING YOUR INSURANCE

- Invite someone with experience to help you.
- Call your insurance company to ask what mental health benefits are covered.
- To find a provider, visit your insurer's website or call the number on your insurance card.

ASK QUESTIONS

- If I have thoughts that scare me, what should I do?
- Do I have to take medication? What does it help with? What are the side effects?
- How often should we meet? What can I do between appointments if I need help?
- How long will it take for me to feel better, a few days, weeks or months?

STAY INVOLVED

- Keep a wellness log and monitor your progress.
- Ask for changes if your treatment plan is not working for you.
- Stick with it; most therapies and medications take time to work.
- Your treatment plan may change as you become an active partner in this process.

LIVE WELL

- Remember that you have control over living well.
- Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns.
- Stay close to your support network and your faith community. Talk about joining an online community.
- Be realistic and mindful of your needs and know your limits.

GETTING THROUGH IT

- Try staying away from drugs and alcohol. This is not always easy, but it can make a big difference.
- If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.