SAFE 2 HELP
ILLINOIS

Seek Help Before Harm

National Issues Facing our Youth

2,932 reports received by Boys Town National Hotline from Illinois youth in 2020. The top two issues reported were mental heath and suicide related.

42% of teens admit they've been leaning into their 'vices' (e.g., unhealthy food, vaping) and unhealthy coping mechanisms to deal with the impact of COVID--19*

89% of attackers shared concerning communications verbally through in-person statements. ***

More than 1 in 4 young people reported an increase in losing sleep because of worry, feeling unhappy or depressed, feeling constantly under strain, or experiencing a loss of confidence in themselves.

Sources: *Harris Insights & Analytics LLC
** www.americaspromise.org/
***https://www.secretservice.gov/sites/default/files/202004/Protecting_Americas_Schools.pdf
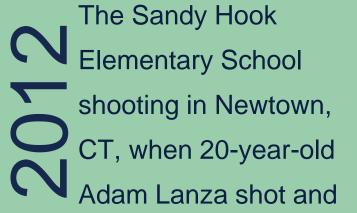
WWW.SAFE2HELPIL.COM   INFO@SAFE2HELPIL.COM

Our why

2012 — The Sandy Hook Elementary School shooting in Newtown, CT, when 20-year-old Adam Lanza shot and

2018 — A gunman opened fire with a rifle at Marjory Stoneman Douglas High School in Parkland, FL, killing 17 people.

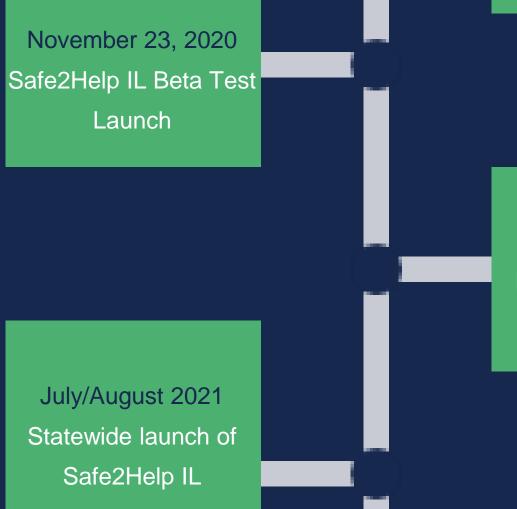**2018** — A 19-year-old opened fire at Dixon High School in IL. during graduation practice.

2020 — COVID-19 is affecting the mental health of children and adolescents and that depression and anxiety are prevalent.*

*Source:https://www.psychiatrictimes.com/view/new-findings-children-mental-health-covid-19

Brief History

April 5, 2018
IL School Safety Working Group recommended creation of statewide school resource and reporting system

November 23, 2020
Safe2Help IL Beta Test Launch

April 1, 2021
Pilot School Launch

July/August 2021
Statewide launch of Safe2Help IL

Safe2Help IL is made possible through our Public Partnerships

- IL Attorney General
- IL Dept. of Children and Family Services
- IL Dept. of Human Services
- IL Dept of Innovation and Technology
- IL Emergency management Agency
- IL State Board of Education
- IL State Police
- Western Illinois University

Public Partnerships

Safe2Help IL Elements

STUDENT RESOURCES

Students a comprehensive resource to "Seek help Before Harm"

EDUCATIONAL RESOURCES

Resources to help parents and educators reinforce the components of this program.

EDUCATIONAL OPPORTUNITIES

Students, faculty, and community educational opportunities aimed at changing the culture in Illinois schools

CONFIDENTIAL REPORT LINE
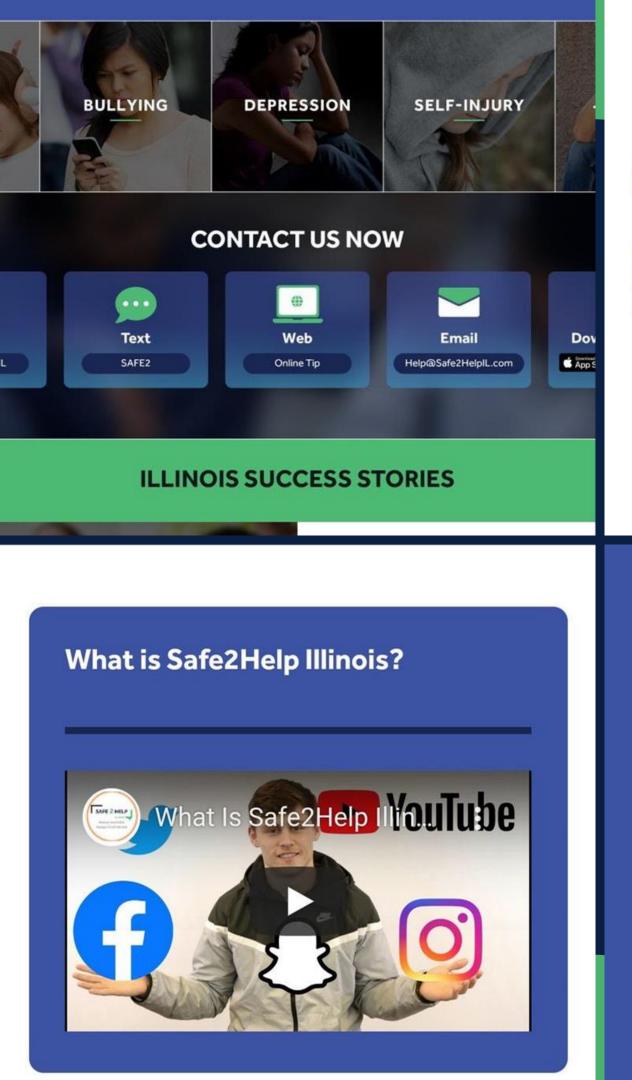
Students a safe, confidential way in which to share information.

CONTACT US NOW

Text	Web	Email	Dow
SAFE2	Online Tip	Help@Safe2HelpIL.com	App S

ILLINOIS SUCCESS STORIES

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SUICIDE

National Suicide Prevention Lifeline

- 800-273-8255 (Available 24/7)
- Suicidepreventionlifeline.org

What is Safe2Help Illinois?

What Is Safe2Help Illin... YouTube

Depression

TIPS

- Creating a Safety Plan
- Seeing A Counselor
- Blue Mondays
- Your Circle
- Your Feelings are OK
- Social Media Obsession
- Don't Give Up
- Depression

Online Resources

The Safe2HelpIL website provides resources 24/7 for students and the community.

INFO@SAFE2HELPIL.COM

Marketing

Promotional Items
- Hand Sanitizer
- Drawstring bags
- Posters
- Kindness Awards
- Window Clings
- Connect Cards
- Silicone Wrist Bands

Social Media

Promotional Activities
- 12 Days of Caring Social Media Calendar
- Virtual Movie Night
- Needs Box
- Kindness Messages in bathrooms or on painted rocks

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1-844-4-SAFEIL

Safe2HelpIL.com

Safe2HELP@Safe2HelpIL.com

Safe2Help IL
How to Report

Safe2Help IL
Reporting Form

Web & Mobile App
Reporting Form

REporting Categories

Critical

- Voice and email notification made within twenty (20) minutes.
- Emergency Reports involving immediate or imminent threats of violence.

Standard

- Email notification made within one (1) hour.
- Includes reports such as bullying, vaping, substa... abuse, etc.

Other

- Email notification made within four (4) hours
- Reports such as pranks,m false reports, request for information, missapplication, general complaints, and incomplete information

INFO@SAFE2HELPIL.COM

Minimum Participation Requirements

Establish a Team

We ask that each District select 5 or more individuals to receive reports.

- The team can be by district or school building.
- We suggest that one is a Law Enforcement contact such as a School Resource Officer (SRO).

Display Logo and Website Link

Prominently Display the Safe2Help Illinois logo and provide a link to Safe2HelpIL.com on the school website

Family/Community Outreach

A template letter is provided in the digital toolkit to be distributed to parents/guardians from the superintendent or principal.
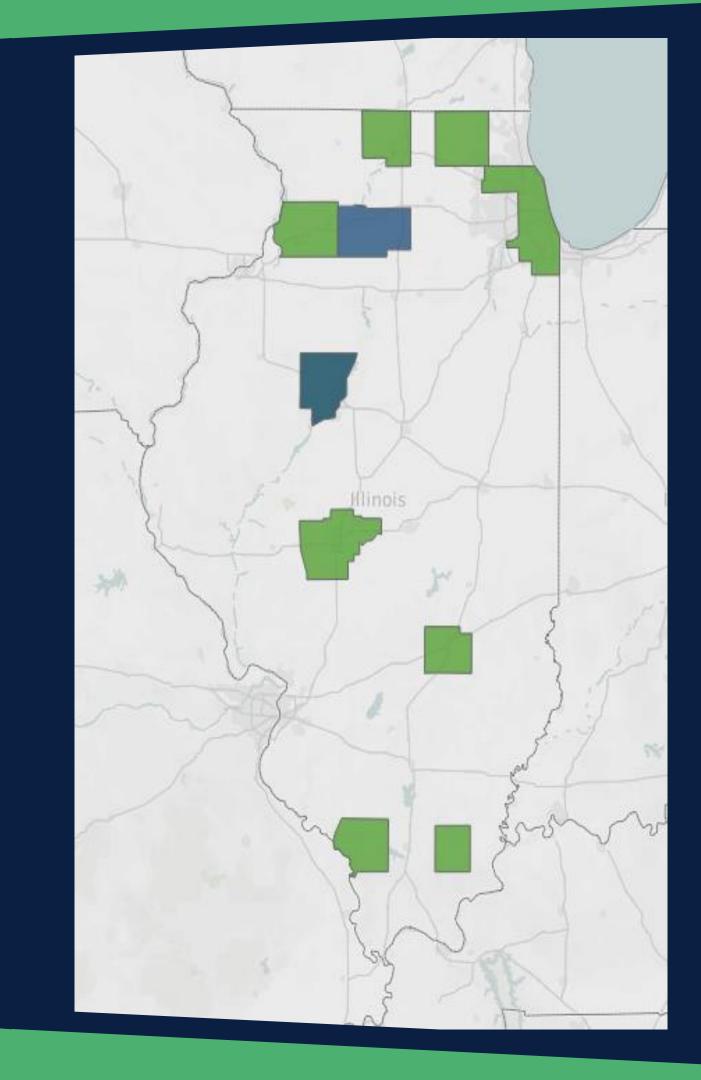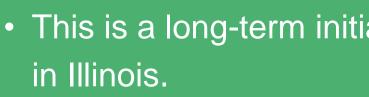
Participating School Districts

- **2 Beta School Districts (Blue)**

  - **Dixon School District**

  - **Illini Bluffs School District**

- **15 Pilot School Districts (Green)**

  - **8 Counties Represented**

  - **Peoria County ROE Group**

Educational Resource Kit

- This is a long-term initiative to change the school culture in Illinois.
- Providing a recommended mental health resource as early as preschool, we hope to:
  - remove the stigma associated with mental health issues,
  - foster a culture of kindness,
  - and instill important lessons.

63+

Subject matter expert, data driven, best practice resources available

3

grade bands

PreK-4th grade

5th grade-8th grade

9th grade-12th grade

11+

age appropriate topics

included for student, teacher, and parent support

Safe2Help IL. toolkit

"Seek Help Before Harm"

PreK-4th grade

5th 8th grade

9th - 12th grade

Educational Resource Kit

- Supplemental
- Preschool through 12th grade
  - Living document
  - Aligned to IL. SEL standards
  - Research based, data driven, best practice
  - Parent and community piece

PreK-4th Grade

- Be Kind
- Telling vs Tattling
- Trusted Adult
- Stress and Anxiety
- Healthy Relationships

- **SEL Standards and Descriptors**

  - ○ **SEL Standards** Goal 1

  - ○ **Descriptors**

- **Best Practice**
  - ○ Keep the first few weeks of school simple. Repeat the schedule and rules many times. Once a child feels comfortable with the school day, flexibility and change can more easily be introduced.

- **Resource**

  - ○ **Sesame Street in Communities Reporting Bullying**

  - ○ **Flight, Fight, Freeze**

- **SEL Standards and Descriptors**

  o **SEL Standards Goal 2**

  o **Descriptors**

- **Best Practice**

  o **• Use journaling to work through stress and anxiety.**
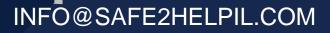 o **• Download an app that provides relaxation exercises (such as deep breathing)**

- **Resource**

  o **Stress Catcher**

  o **5 Action Steps**

5th-8th Grade

- Suicide Prevention
- Internet Safety
- Self-Injury
- Stress and Anxiety
- Social Isolation

9th-12th Grade

- Call to Action
- Help Before Harm
- Suicide Prevention
- Stress and Anxiety
- Social Isolation

SEL Standards and Descriptors

- SEL Standards Goal 3
- Descriptors

Best Practice

- Promote a supportive school environment.
- • Find opportunities for visibility and inclusion of each and every student.

Resources

- Call to Action Letter
- Coping Skills

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Thank you!

Questions?