

PREVENTION PLAYBOOK

MAY 2.0 2024

SUICIDE PREVENTION

Prior to the pandemic, rates of adolescent internalizing disorders were already on the rise, with an estimated 37% increase from 2005 to 2014. **Suicide is the second-leading cause of death among youth ages 10 to 19 years**, and the sharpest increase in the number of suicides occurs between early adolescence and young adulthood. From 2000 to 2022, suicide rates among youth ages 10-24 have risen from 7.1% to 10.1%.

SOME SUGGESTED EVIDENCE-BASED PROGRAMS FOR SCHOOLS:

- [YAM - Youth Aware of Mental Health \(y-a-m.org\)](http://y-a-m.org).
- [Suicide Prevention | SOS Signs of Suicide by MindWise Innovations](#) – this program has scholarships to offset costs.
- [What Is the PAX Good Behavior Game? paxgoodbehaviorgame.promoteprevent.org](http://paxgoodbehaviorgame.promoteprevent.org)

PEER-TO-PEER MENTORSHIP PROGRAMS FOR STUDENTS:

In an effort to reduce this trend and save as many children as possible, INTEGRIS Health has created Community Health Improvement Plans focusing on suicide prevention. Encouraging Oklahoma schools to implement Hope Squads is a major part of this effort.

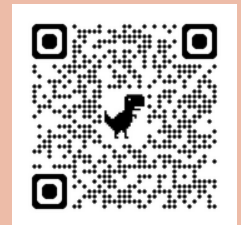


INTEGRIS Health is proud to offer Community Giving Fund grants to local schools that agreed to bring Hope Squads to their campuses.

The grants cover all training and curriculum costs of the program.

[DOWNLOAD AN APPLICATION](#)

HOPE
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