



Warren T. Eich Middle School
 Roseville City School District
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Dear Parent or Guardian:

The adolescent years are marked by a roller-coaster ride of emotions—difficult for students and their parents. 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. Depression—which is treatable—is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth.

To proactively address these issues, Eich Middle School is offering depression awareness and suicide prevention training as part of the SOS Signs of Suicide® Prevention Program. The program encourages students to seek help if they are concerned about themselves or a friend. The SOS Program is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts. Listed on Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices, the SOS Program has shown a reduction in self-reported suicide attempts by 40-64% in randomized control studies (Aseltine et al., 2007; Schilling et al., 2016).

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness
- 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 suicide risk in themselves or a friend
- To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a trusted adult about their concerns
- To teach students who they can turn to at school for help, if they need it

Eich Middle School's, School Counselor, will partner with the history department to present the evidenced based 45 minute SOS Signs of Suicide Prevention Program curriculum during class, starting the last week of November. All students that receive the SOS curriculum will take an identifiable student depression screening at the end of the period.

We are enclosing:

- a parent newsletter with information about youth depression and its related risks
- a depression screening form for you to utilize when considering your child's mood
- a list of local resources

If you do NOT wish to have your child participate in the SOS Program in school, please complete the form below and return it to 1509 Sierra Gardens Drive, Roseville to the attention of Darren Brown, If we do not hear from you, we will assume your child has permission to participate in this program.

Sincerely,

Darren Brown, Principal

My child, _____, does NOT have permission to participate in the SOS Program.

 Parent/Guardian Name

 Parent/Guardian Signature

 Date