

Grant Us Hope

September
2018

Ohio and Northern Kentucky's provider of Hope Squad

WHAT IS A HOPE SQUAD?

Hope Squads are the eyes and ears of your school. They are comprised of students who are trained to watch for at-risk students, provide friendship, identify warning signs, and seek help from adults.

Grant Us Hope works with school advisors to train students who have been identified by their classmates as trustworthy peers to serve as Hope Squad members.

Through evidenced-based training modules, Hope Squad members are empowered to seek help and save a life.



Hope Squads Take Off!

As we start the 2018-19 school year, Hope Squads are beginning their start up activities across southwest and central Ohio. We are proud that there are 10 Greater Cincinnati Schools launching Hope Squad with another 16 taking off after the start of 2019.

Without question, there has been tremendous enthusiasm as schools begin to plan activities, share what they are learning and laying the groundwork to change the culture of their school.

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because **YOUR** life matters



Welcome to our Fall 2018 Hope Squad Schools!



WARNING SIGNS

Early recognition of someone struggling is key to overcoming challenges. Signs someone may be struggling emotionally include:

- Loss of interest in usual activities
- Mood or behavior changes including appetite and sleep
- Withdrawing or isolating
- Taking excessive risks or behaving recklessly
- Repeated, unexplained body aches and pains
- Anxiety interfering with activities
- Frequent anger, irritability, criticizing or tantrums
- Change in academic performance
- Preoccupation with death or dying
- Talking about wanting to die or being a burden

GETTING HELP

If you are a parent and your child is not responding to helpful support being offered, not improving or worsening, seek help by consulting with a medical or mental health professional.

If you are a member of the school staff:

- 1) *Know the warning signs*
- 2) *Refer students immediately to the school psychologist, counselor, administrator or Hope Squad Advisor*
- 3) *Stay with the student until help is secured*

grant us HOPE
**BUTTERFLY
BASH**



SAVE THE DATE

Thursday, October 25, 2018

Cooper Creek Event Center 6:00-8:00pm

Benefitting grant us HOPE and Introducing Hope Squad

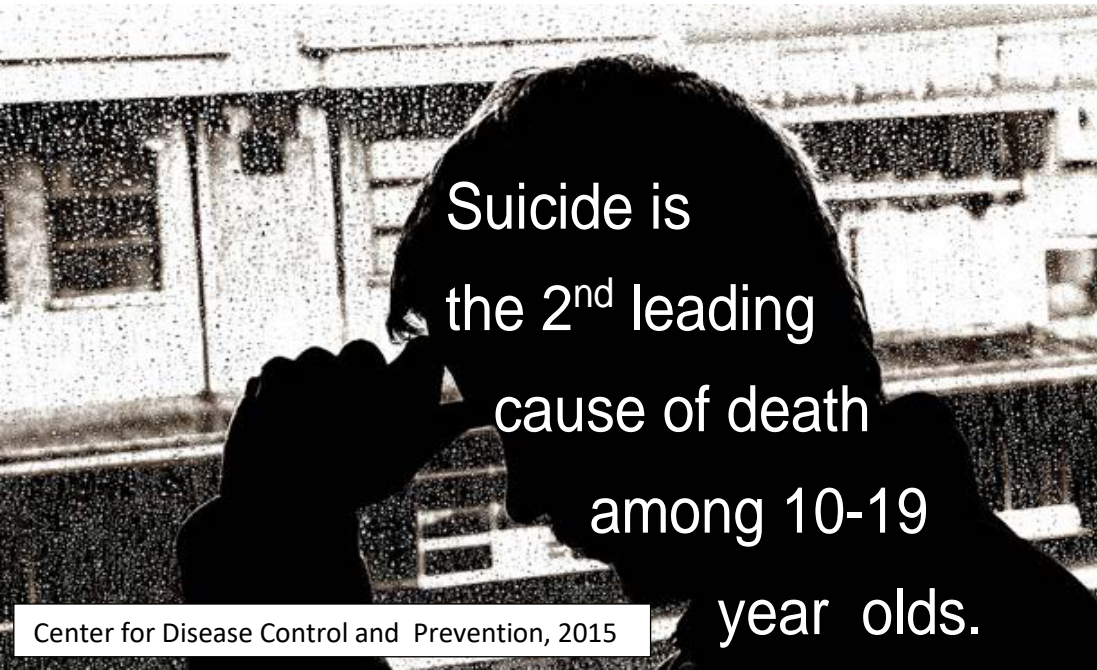


Purchase your tickets at www.grantushope.org

Signs of Social Connection Struggles

Students showing signs of difficulty with social connection are at greatest risk of disrupting the learning environment, erratic behavior, mental illness and suicide. Through explicit teaching, students can improve social skills and social connection. Signs of a lack of social skills include, but are not limited to:

- Difficulty making/maintaining friendships
- Behaving as a class clown
- Being overly protective of relationships
- Difficulty sharing friends/jealous over friendships
- Teasing/Antagonizing others
- Making inappropriate comments
- Younger ages: playing alone or parallel
- Isolating or sitting by self
- Acting as a poor winner or loser
- Sharing unrealistic stories and experiences
- Behaving overly animated, dramatic or sensational
- Showing emotions incongruent with situations
- Navigating environment in an awkward or odd manner
- Lashing out when feeling betrayed or not given full attention by others
- Seeking negative attention or doing something inappropriate then look around to see who is watching



HOW TO GET HELP

If you or someone you know is struggling emotionally or behaviorally, support is available. Begin by talking with a medical doctor or a mental health professional.

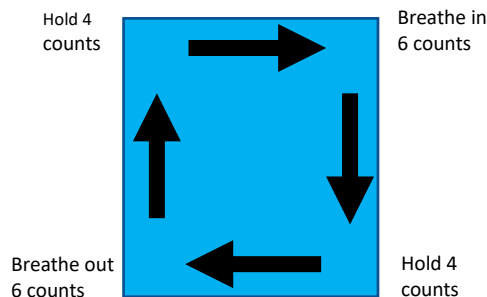
Below are resources available in the community to help.

Self Care – Managing Stress

Relaxation Breathing

When stressed or overwhelmed the brain needs more oxygen to function well and feel less stressed. Oxygen aids the functioning of the crucial command center of the brain, the frontal lobe, in motor function, problem solving, spontaneity, memory, language, initiation, judgement, impulse control, and social behavior. In addition, slower, deeper breathing can slow heart rate and stabilize blood pressure, providing other health benefits. There are many types of relaxation breathing strategies.

In square breathing, while looking at the corner of a square, one will breathe in through the nose for 6 counts. The eyes will move to the next corner of the square, holding the breath for 4 counts. Move to the next corner of the square, breathing out the mouth for 6 counts. On the next corner, breath will be held for 4 counts. This is one round. Repeat for five rounds, noticing any changes experienced. The more this is practiced, the greater the benefits.



“While it takes an entire village to raise a child, we believe it takes an entire community to save one.”

Dr. Greg Hudnall
Founder – Hope Squad

HOPE
S Q U A D

HOPE SQUAD

provides resources on talking with children and teens about suicide, mental health and practical guidance for accessing help. For more information regarding prevention, intervention and postvention, visit www.hopesquad.com.

National Alliance on Mental Illness (NAMI)

offers information regarding mental health conditions and support groups for families. www.nami.org

National Suicide Prevention Lifeline

(English and Spanish) 24/7, free and confidential support for people in distress. 1-800-273-8255



Meet our team

Diane Egbers
Founder and Board Chair

Dr. Keith Kline
Executive Director

Kerri Schuman
Hope Squad Program Manager

Dr. Jennifer Wright-Berryman
Lead Researcher

www.grantushope.org

Grant Us Hope creates communities of leadership and advocacy that enhance mental wellness, safety, and prevention in schools.

We develop a community of students, staff, parents and community that work together to save lives.

because **YOUR** life matters 



How to Reach Us

Grant Us Hope
5905 E. Galbraith Road
Suite 1600
Cincinnati, OH 45236
(513) 984-4HPE

Volunteer Opportunities

As Grant Us Hope grows so does the need for extra hands! Here are several volunteer opportunities that will help GUH increase the number of schools we can serve in Ohio and Northern Kentucky. If you are interested in helping, or know someone who has the time and passion for making a difference, please let us know.

Administrative Support

GUH is looking for individuals with office experience to assist with daily operations of the organization including taking phone calls, responding to email, managing correspondence, invoicing, scheduling, and event planning. Knowledge of Quickbooks is an asset as is attention to detail.

Coordinator of Special Projects

GUH is looking for someone with marketing experience who can keep various social media platforms updated as well as assist with the production of regular newsletters to various constituent groups. Most work may be done remotely. Knowledge of Facebook, Twitter, Instagram, etc. is an asset.

While these are currently volunteer positions, we will reconsider a possible compensation package for 2019 when additional funding is available. Individuals can email info@grantushope.org to express interest.

How you can help....

Attend the Butterfly Bash

The Butterfly Bash is Grant Us Hope's signature event. Cocktails and Dinner by the Bite begins at 6:00 on Thursday, October 25th at the Cooper Creek Event Center. You can purchase tickets on GUH's website at www.grantushope.org.

Become a Champion for Change

Champions for Change are committed to making a difference in the lives of young people across Ohio. C4C supporters have donated at the \$300, \$500, or \$1,000 level and will be recognized from 5-6:00 prior to the Butterfly Bash on 10/25.

Corporate Donations and Foundation Grants

Does your company, business or foundation support worthy causes? If so, we would ask that you donate to Grant Us Hope to support the work of saving young lives. Please contact us at info@grantushope.org if you would like to donate.

Fund a Local School's Hope Squad

For \$5,000, you or your business could help bring a Hope Squad to a local school. Please contact us at info@grantushope.org if you would like to participate.