Creating Safer, Healthier Schools and Communities
Purpose in speaking with you ...

• Provide an overview of Sandy Hook Promise (SHP)
  – Who are we, What do we do, How do we do it
  – Background on how we arrived at “What we do”
  – *Share our Know the Signs* programs
  – Delivery and Impact of our *Know the Signs* programs

• How you can bring our no cost Know the Signs programs to your state

• Answer your questions on SHP and School Safety
WHO is Sandy Hook Promise

National nonprofit organization led by several family members who lost loved ones at the Sandy Hook Elementary School shooting on December 14, 2012.
Sandy Hook Promise - WHAT we do

Prevent gun violence **BEFORE** it happens by creating a culture engaged and committed to:

- Identifying, intervening and getting help for individuals who may be at-risk of hurting themselves or others through school-based programs

- Human-side policy ... Mental health, wellness, school safety program support / funding, limiting identified at-risk youth and adults ownership of/access to firearms until they are deemed fit (ERPO, Red Flag Laws)
HOW do we do it

• **EDUCATE** and empower, at no cost, middle/high school youth and the adults around them in our *Know the Signs* prevention programs.

“We create connected communities who watch out for one another and use their voice to get help for at-risk individuals.”
HOW do we do it

• **DELIVER** and sustain our programs via multiple platforms
  - In-district program coordinator to on-board/sustain programs
  - Direct Training through National & Local Trainers
  - Digital Curriculum Download / Interactive Training Video
  - Embed programs in student clubs to sustain post-training
  - Call-to- Action Weeks and Awareness Materials
SHP Impact ...

- ~3,500,000 youth and adults in 7,000+ schools have been trained in our programs ... we will train an additional 3 million in the 2018-19 school year alone!

- Intervened and stopped hundreds of school shooting, suicide/ideation, and gun threats across the US

- Stopped/reduced cutting, bullying, and other acts of violence and victimization

- Helped hundreds of youth get mental health and wellness assistance
A Little Background...
After the shooting ...

• Conducted qualitative and quantitative research with
  – Academics – violence and victimization fields
  – Law enforcement
  – Educators, Superintendents, School Boards
  – Mental health professionals
  – Social movement experts

• Core learnings that helped form what we do to minimize pathway behaviors/prevent violence

• How best to deliver and sustain identified solutions in schools across the US
1. Schools ARE safe from gun violence
However ...

Schools ARE NOT immune to violence, suicide or threats.
Each year, there are hundreds of thousands of acts of youth violence and victimization

- 749,000 students were victims of violence
- 876,000 students were afraid of attack or harm at school
- 1,000,000 students were threatened or injured with a weapon on school property
- 250,000 students seriously considered attempting suicide
- 5% of school teachers reported that they had been physically attacked by a student from their school
- 1,000,000 students were harassed, threatened or subject to other forms of cyberbullying
These acts have and continue to undermine individual and school safety and well-being

- Disruption of learning and safety
- Stressful school environment
- Trauma and mental illness
- Loss of teaching time and days at school
- At its extreme, loss of life via suicide or homicide
2. (Gun) violence and victimization caused by lack of mental wellness, NOT mental illness.

Lack Mental Wellness

Coping, Anger Management, Empathy, Social Development, Problem Solving
3. There are almost always signs ...

• Individuals often show warning signs/share information **BEFORE** they are violent, attempt suicide or make threats

  • 37% of threats of violence, bullying, etc. are sent electronically. 28% used social media
  • 80% of school shooters tell someone of their violent plans. 69% tell more than one person
  • Most mass shootings are planned for 6+ months
  • Up to 70% of people who complete suicide tell someone their plans or give some other warning sign

• Youth display/present these signs between the ages of 13-17
  • Creating a petri-dish or breeding ground in schools
  • Creating opportunities for early identification and intervention
4. No national programs and schools under resourced to train on knowing the signs...

• There is no national organization or program delivering and sustaining schools in identifying signs and signals
  – Programs are not comprehensive, fragmented and regional
  – Lack measurement, evidence of impact
  – “One and done” – awareness low and not sustained

• Schools challenged in delivering programs nationwide
  – Lack resources to manage and pay for programs
  – Teaching time limitations given classroom priorities
  – Training time for educators and administrators limited
  – Inability to measure impact and effectiveness
Conclusion ... SHP will be the organization to

- Educate youth and adults to recognize the signs and signals of individuals who may want to hurt themselves or others

- Deliver programs in schools at no cost and with multiple platforms to meet the time constraints of students and educators

- Sustain programs through SHP in-district support and empowerment of youth by supporting and embedding our youth programs in existing or newly formed student clubs / in-school awareness materials
Sandy Hook PROMISE

KNOW THE SIGNS

Violence and Victimization Prevention Programs

SOS
Suicide Prevention Program

SAY SOMETHING

SAFETY
Assessment & Intervention

START with Hello
Start With Hello™ (SWH)

Teaches youth how to identify and minimize social isolation, marginalization and rejection in order to create an inclusive, connected community.

Key outcomes:

• Connected community
• Bullying reduction
• Fosters socialization, up-standers
• Changes culture from within
• New engagement levels
Signs of Suicide™ (SOS)

Trains youth and adults how to identify, intervene and get help for people who may be depressed or suicidal. Key outcomes:

• Reduce suicide and ideology
• Better understand signs and signals of suicide and depression
• Get help for students in need
• Speak and act with credibility
• Breaks down stigmas
Say Something™ (SS)

Teaches students on how to recognize signs, especially in social media, of an individual who may be a threat to themselves or others and say something to a trusted adult, call 911 or report it using our Anonymous Reporting System. Key outcomes:

• Educate on signs and signals – especially in social media
• Fosters “up-stander” culture
• Reduction in violence, suicide and cutting, bullying
• More students getting help
• Well informed school / school district
Anonymous Reporting - HOW does it work?

**Step 1:**
Youth or Adult Submit a Tip using the App, Website or Phone

**Step 2:**
Tips Received, Triaged and Dispositioned By Crisis Center

**Step 3:**
School and/or Law Enforcement Assess and Intervene as needed

**Crisis Counselors:**
- Undergrad Degree
- 3-5 years experience
- 500+ Hours Training
Step 1: Tip Submission

Step 1: Youth or Adult Submit a Tip using the App, Website or Phone

App

Website

24/7 Hotline

Download the App at Apple and Android App Store – search Say Something Anonymous Reporting System
Step 2: Tip Management at Crisis Center

Action 1: In-take Tip
Crisis counselor gathers caller tip information and/or receives website and app submission(s). Conducts two-way anonymous dialog as needed with tipster as needed to capture as much information as possible.
Step 2: Tip Management at Crisis Center

**Action 1: In-take Tip**
Crisis counselor gathers caller tip information and/or receives website and app submission(s). Conducts two-way anonymous dialog as needed with tipster as needed to capture as much information as possible.

**Action 2: Triage Tip**
Crisis counselor triages tip and categorizes it as either “life safety” or “non-life safety” incident/concern/threat based on district approved definitions.
## Step 2: District Defined Events

### Life Safety and Non-Life Safety Definitions

(* Denotes Possible Imminent Danger)

<table>
<thead>
<tr>
<th>Life-Safety</th>
<th>Non-Life Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have attempted suicide and are requesting help*</td>
<td>Bullying / Cyber-Bullying / General Teasing</td>
</tr>
<tr>
<td>Intend/threaten/ideate to commit suicide*</td>
<td>Sexting – words and/or photos</td>
</tr>
<tr>
<td>Intend/threaten/ideate to harm another person*</td>
<td>Distribution of inappropriate photos</td>
</tr>
<tr>
<td>Intend/threaten/ideate to harm building/property</td>
<td>Anger issues / management</td>
</tr>
<tr>
<td>Bodily injury and/or emergency condition*</td>
<td>Depression / anxiety</td>
</tr>
<tr>
<td>Active shooter or presence of explosive device*</td>
<td>Discrimination</td>
</tr>
<tr>
<td>Presence of weapons*</td>
<td>Truancy / Skipping School</td>
</tr>
<tr>
<td>Drug use, distribution/sale and/or substance abuse</td>
<td>Graffiti and/or other defacing of property</td>
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<tr>
<td>Physical and/or verbal abuse</td>
<td>Planned parties</td>
</tr>
<tr>
<td>Terrorism threat and/or ideation*</td>
<td>General school complaint</td>
</tr>
<tr>
<td>Human Trafficking</td>
<td>Theft – NOT active/in progress</td>
</tr>
<tr>
<td>Dating violence</td>
<td>Breaks District Code of Conduct</td>
</tr>
<tr>
<td>Individual is unconscious / unresponsive*</td>
<td>In appropriate behavior, language, gestures</td>
</tr>
<tr>
<td>Planned attack, shooting, fight/assault*</td>
<td>General harassment students, staff</td>
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<tr>
<td>Reckless driving*</td>
<td>Inappropriate bus behavior</td>
</tr>
<tr>
<td>Drunk and/or disorderly/dangerous conduct</td>
<td>Inappropriate use of technology / school equipment</td>
</tr>
<tr>
<td>Emergency building condition – fire, collapse, explosion*</td>
<td>Forgery / falsifying documents</td>
</tr>
<tr>
<td>Theft – active/in progress</td>
<td>Inappropriate / intimidating physical contact</td>
</tr>
<tr>
<td>Animal cruelty</td>
<td>Mean/cruel behavior toward others</td>
</tr>
<tr>
<td>Eating Disorder / Anorexic / Bulimia</td>
<td>Possession of lighter, matches</td>
</tr>
<tr>
<td>Domestic violence / victimization/Abuse or Neglect</td>
<td>Threat / ideation of performing false alarm</td>
</tr>
<tr>
<td>Gang violence / formation / threats</td>
<td>Cannabis / Other Drug Paraphernalia</td>
</tr>
<tr>
<td>Sexual assault – Rape*</td>
<td>Smoking tobacco, e-cigs, vapes</td>
</tr>
<tr>
<td>Alcohol possession or use</td>
<td>Vandalism</td>
</tr>
<tr>
<td>Intention, discussion and/or planning of any hazing</td>
<td>Sexual harassment</td>
</tr>
<tr>
<td></td>
<td>Creating a hostile environment</td>
</tr>
</tbody>
</table>
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**Action 3: Disposition Tip to District**
Forward tip via text, email and/or phone call to assigned school officials and/or law enforcement (as needed) based on district approved process and protocols.
Step 2: District Defined Events

![Diagram showing standard protocol and process for handling district defined events.]

- **SS-ARS Crisis Center Triage Tip**
  - **Life Safety Tip** (Call, Text, Email)
    - Call Local Police, Fire, Or Paramedics
  - **Non-Life Safety Tip** (Text, Email)
    - Call School District Officials/Crisis Team
    - School Official at Location

- **Investigation, assessment and/or action**
  - Submission Disposition / Status
  - Written Response in SS-ARS and Indication of case being “open or closed”
Step 3: Assess and Intervene

1) School Officials and law enforcement (as needed) assess, intervene, and take protective action per school policy and procedures.

2) School closes out tip once complete documenting that action was taken to investigate the tip.
Safety Assessment & Intervention ™ (SAI)

Trains a multi-disciplinary team how to identify, assess and respond to threats and observed at-risk behavior.

Key outcomes:

- Safer, more open school environment
- Violence, bullying, threats reduction
- Educator fear, anxiety reduction
- Short, long term suspension reduction
- More positive view of teachers and staff by students
Thank You and Questions?