

# HOPE SQUAD®

Hope Squad Presenters  
Stella Peuse  
Alexa Ruiz  
Caitlin Mullin  
Devon Bloom  
Cesar Rodriguez-Romero  
Karissa Woods  
Toka Mohamed  
Alex Baum



Scotts Valley High School  
School Based Peer-to-Peer Suicide Prevention Program  
Pilot Year - (2022/23)

Hope Squads train students, build connections and changes culture by improving school climate and promoting connectedness. Creating a sense of belonging can be one of the best preventative measures within a school to help prevent suicide.

# How Hope Squad Helps

- Most students who are struggling with mental health or suicidal thoughts will usually reach out to a friend or peer before an adult.
- At SVHS, every student knows a handful of peers that are the “helpers” on campus - students that you can count on to listen and rely on when things are difficult. These students are kind, give great advice, and are trustworthy.
- The Hope Squad program identifies these students that are already helping, brings them together as a community, and trains them on how to support fellow students who may be struggling.



# How Hope Squad Helps

- The Hope Squad members work with school advisors as a team to support all students. This team of students and advisors works together to raise awareness around mental health by organizing school-wide activities that promote inclusion and connectedness.
- The Hope Squad members are not expected to be counselors or therapists. They are trained by advisors to help recognize suicide warning signs and respectfully report concerns. They are student advocates that help spread the message of hope and love on our campus.

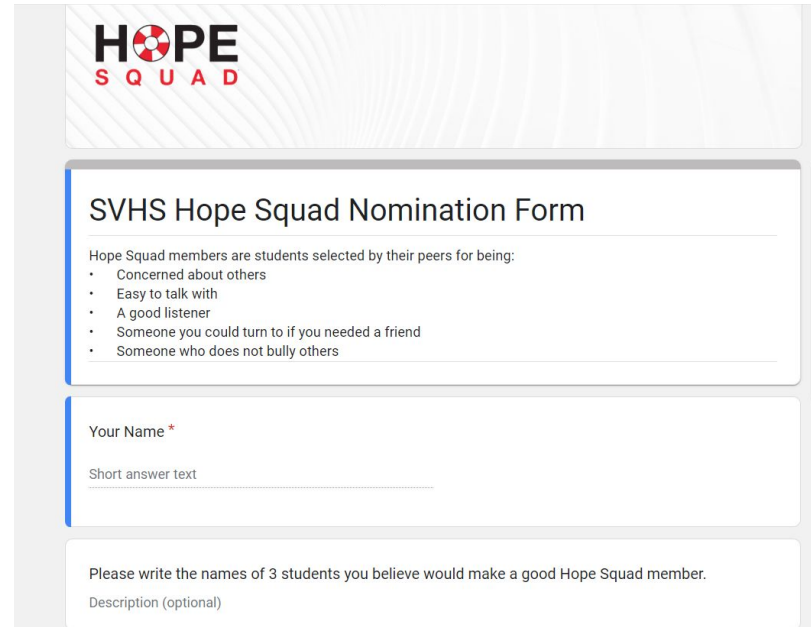


# Hope Squad Selection Process

Being on a Hope Squad is completely voluntary, and those offered a spot on the squad can decline.

Hope Squad members are chosen by their peers during a school-wide nomination process. They are chosen for being concerned about others, a good listener, easy to talk to, and someone you could turn to if you needed a friend. Generally, a Hope Squad is made up of roughly 8-10 students per grade.

- Grade Level Presentations
- Google Nomination Form
- Advisor Review and Final Selection
- Student Welcome Presentation
- Parent Night Presentation



The image shows a digital nomination form for the SVHS Hope Squad. At the top, there is a logo with the word "HOPE" in large black letters and "SQUAD" in smaller red letters below it, with a red and white lifebuoy icon. The form title is "SVHS Hope Squad Nomination Form". Below the title, there is a paragraph explaining that Hope Squad members are selected by their peers for specific qualities. A bulleted list follows: "Concerned about others", "Easy to talk with", "A good listener", "Someone you could turn to if you needed a friend", and "Someone who does not bully others". Below this list is a text input field for "Your Name \*". Underneath that is a "Short answer text" field. At the bottom, there is a section for "Please write the names of 3 students you believe would make a good Hope Squad member." with a "Description (optional)" label.

**HOPE**  
SQUAD

## SVHS Hope Squad Nomination Form

Hope Squad members are students selected by their peers for being:

- Concerned about others
- Easy to talk with
- A good listener
- Someone you could turn to if you needed a friend
- Someone who does not bully others

Your Name \*

Short answer text

Please write the names of 3 students you believe would make a good Hope Squad member.

Description (optional)





SVHS Hope Squad - 2022/23

9th

Madelyne Rutherford  
Violeta Dauksa  
Devin Bloom  
Theo Karakotsios  
Miki Bowler  
Oden Karo  
Angelo Vignato  
Eva Dewitt  
Anthony Turcios  
Toka Mohamed  
Reed Johnson  
Maelee Clark

10th

Cameron Ross  
Alexa Ruiz  
Ethan Ledingham  
Brody Gentile  
Benito Rodriguez  
Elliot Watson  
Skylar Dufour  
Nayana Angeles  
Violet McCutchen  
Ella Webb  
Otto Palma Dole  
Ian Jory  
Kaylee Valencia-Aquino

11th

Emma Howell  
Sydney Barnes  
Christina Frankiv  
Wyatt Jesse  
Ava Eagle  
Stella Cheney  
Hanna Oakes  
Kaiya Coleman  
Sam Abel  
Alejandro Valentin-Bonilla  
Jake Lewis  
Sofia Guimaraes  
Zoe Cloar

12th

Jaime Thomas  
Ryan Hall  
Stella Peuse  
Cole Leonard  
Caitlin Mullin  
Alex Baum  
Nicole Winters  
Amber Boothby  
Michelle Uribe  
Karissa Woods  
Parker Gibson  
Cesar Rodriguez-Romero  
Luciel Savoy

# Hope Squad Advisors

Sarah Hershey - School Counselor

Grace Wahl - School Counselor

Luis Ramos - School Counselor

Jennifer Taylor - Humanities Teacher

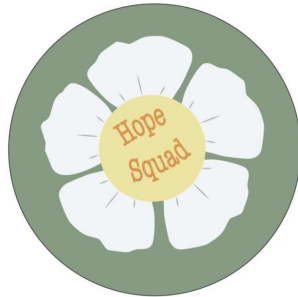
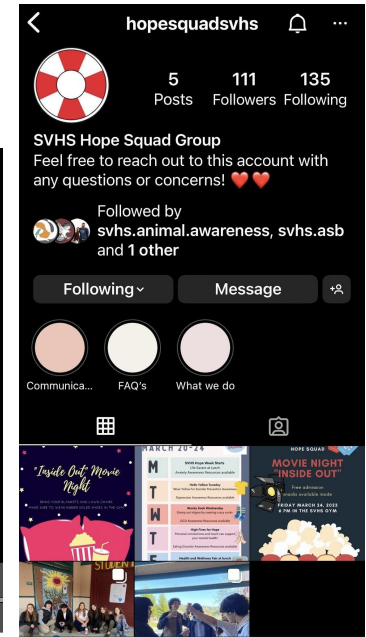
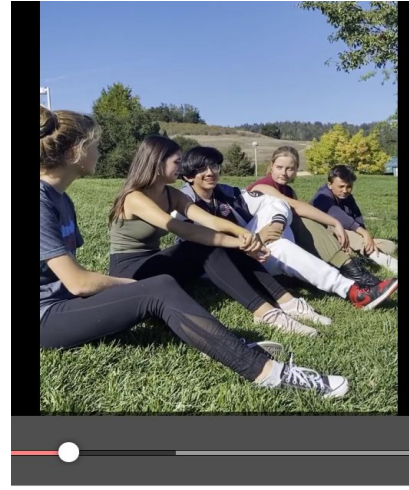
Christie Danner - Assistant Principal



The Hope Squad Advisors are trusted adults on campus that help guide and support Hope Squad members through education and connection. Before a Hope Squad is implemented in a school, adult advisors attend training to prepare to serve in their role as mentor, supervisor and responder.

# Starting Up - Getting the Word Out

- SVHS Hope Squad Video
- SVHS Hope Squad Instagram
- SVHS Hope Squad Google Classroom
- SVHS Hope Squad Group Chats
- SVHS Hope Squad Amazon Wish List
  - Button Maker and Art Supplies
- SVHS News from the Nest Announcement
- SVHS Hope Squad Buttons
  - Designed by Squad Member Alexa Ruiz
  - Created to help Identify Hope Squad Students on campus



# SVHS Hope Squad Roles

- Organize monthly school-wide suicide prevention events and activities
- Organize monthly school-wide mental health awareness events and activities
- Organize an annual school-wide Health and Wellness Fair - reducing stigma around mental health and sharing mental health resources
- Collaborate with Student Government, IB Program, and SVHS Clubs
- Help create trust between faculty/staff and students
- Be a great listener and friend to all!

# Monthly Themes/School Wide Activities



|   |                               |                                     |                                    |   |                                   |                                    |  |                                      |                                  |   |                |
|---|-------------------------------|-------------------------------------|------------------------------------|---|-----------------------------------|------------------------------------|--|--------------------------------------|----------------------------------|---|----------------|
| Introduction of<br><b>PAUSE<br/>BREATHE<br/>HOPE</b><br>JUL-AUG '22 | <b>SEP '22</b><br><b>HOPE</b> | <b>OCT '22</b><br><b>RESILIENCE</b> | <b>NOV '22</b><br><b>GRATITUDE</b> | <b>DEC '22</b><br><b>KINDNESS &amp;<br/>FORGIVENESS</b> | <b>JAN '23</b><br><b>OPTIMISM</b> | <b>FEB '23</b><br><b>DIVERSITY</b> | <b>MAR '23</b><br><b>CONNECTION<br/>(DIGITAL &amp; REAL)</b> | <b>APR '23</b><br><b>MINDFULNESS</b> | <b>MAY '23</b><br><b>COURAGE</b> | <b>JUN '23</b><br>HOPE SQUAD SENIOR CELEBRATION<br>AND ANNOUNCEMENT OF<br>2023-2024 THEME | <b>JUL '23</b> |
|---|-------------------------------|-------------------------------------|------------------------------------|---|-----------------------------------|------------------------------------|--|--------------------------------------|----------------------------------|---|----------------|

**September - Hope**

**October - Resilience**

**November - Gratitude**

**December - Kindness and Forgiveness**

**January - Optimism**

**February - Diversity**

**March - Connection**

**April - Mindfulness**

**May - Courage**

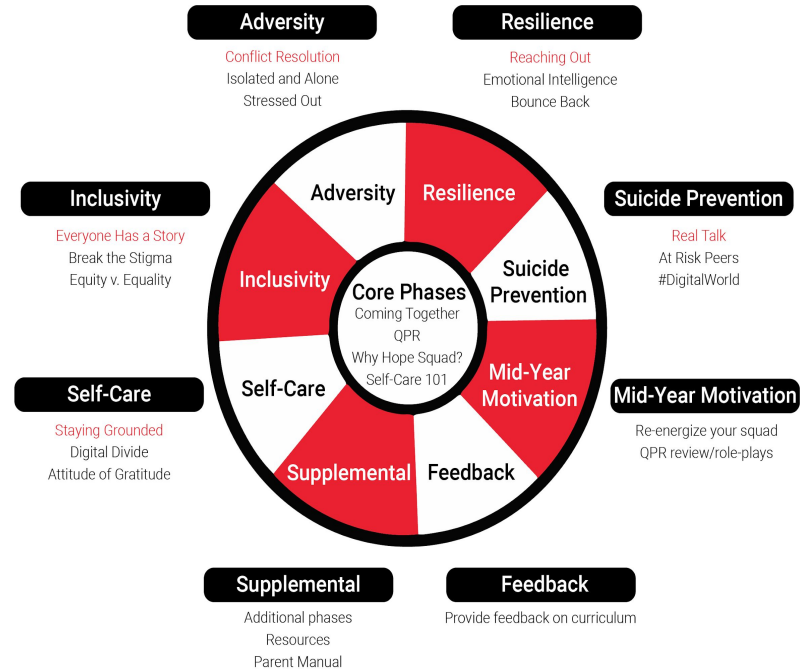
# Hope Squad - Meetings

Squad Meetings (twice a month during Tutorial period):

- Snacks/Drinks (very important)
- Social Time
- Education (advisor or student led)
  - Student Education Leads: Stella Peuse and Caitlin Mullin
- Planning and Prep Time

Age Appropriate Curriculum:

Suicide Prevention  
Self Care  
Conflict Resolution  
Emotional Intelligence  
Resilience  
Adversity  
Mental Health and the Digital World  
Stress Management



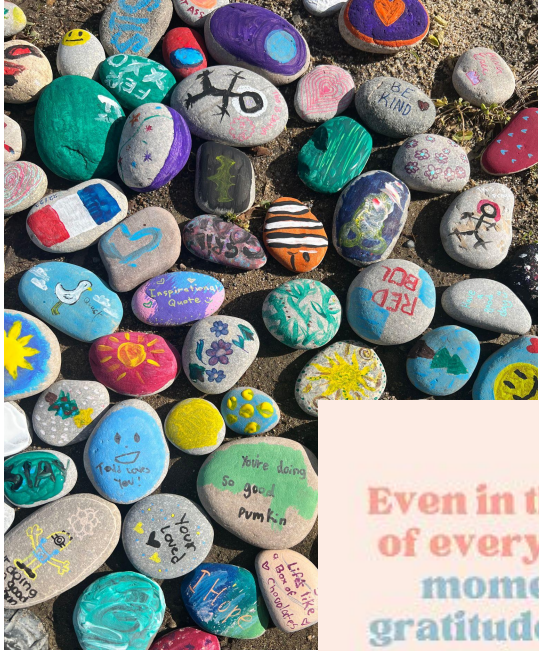
# 1st Year - School-Wide Activities (developed by SVHS Hope Squad)

- Student Mental Health Survey - How can teachers support their students' mental health?
  - Responses presented by Hope Squad at SVHS staff meeting
- Shred your Stress Activity
- Gratitude Rocks Activity
- Clothespins Compliments - Kindness Activity
- Warm up with Hope Squad (Hot Apple Cider) - Self Care during the Holidays
- Chalk Art - Suicide Prevention Messaging
- Calm Strips - Stress and Anxiety Relief
- 988 Posters - Suicide Prevention Education





# Shred Your Stress & Gratitude Rock Painting



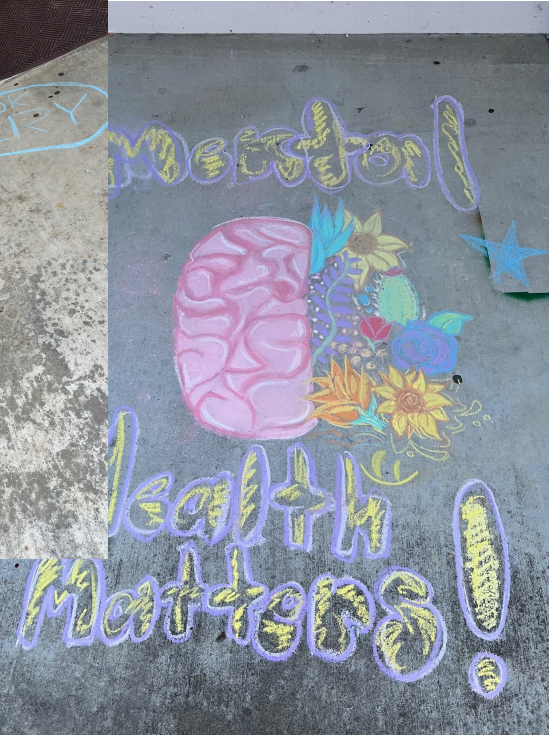
**Even in the chaos  
of everyday life,  
moments of  
gratitude remind  
us to hold on to  
the good things.**

BRIT MORIN





# Chalk Art - Suicide Prevention Messaging



# Clothespin Compliments - Pass it On






# Warm Up with Hope Squad - Hot Cider Before Break



NAMI + HOPE SQUAD

## HOW TO PRIORITIZE YOU OVER THE HOLIDAYS



- 1. KNOW AND RESPECT YOUR LIMITS**

Holiday outings and to-do lists get to be a lot, so know when to say "no." The holidays can also be expensive and time-consuming. Know that it's okay to limit yourself to a certain price range or amount of time you spend as a function. Invest your time and energy in relationships with people who are willing to give back. You need not attend every event you are invited to. Some people are emotionally draining to be around.
- 2. SET REASONABLE EXPECTATIONS**


It's natural to have high expectations of the holiday season; everywhere we look, we're reminded that this is a time for family, joy and abundance. However, it's equally important to check in with ourselves about managing our hopes and expectations.
- 3. AVOID KNOWN TRIGGERS**

If you find yourself triggered by certain activities or interactions, do your best to replace them with emotionally fulfilling ones. If a problematic relative or acquaintance is going to a holiday event, consider if you really need to be there.
- 4. FIND WAYS TO GIVE BACK**

Giving back is an excellent way to make a positive contribution and provide a sense of purpose and meaning.
- 5. BE EXTRA GIVING TO YOURSELF**

Amid holiday shopping and gift giving, perhaps you can buy or make a present for future you — maybe something that will support your mental health or encourage a new and healthy hobby. Don't forget to appreciate yourself while you're busy appreciating friends and family.

<https://www.nami.org/Blogs/NAMI-Blog/December-2021/How-to-Prioritize-Self-Care-During-the-Holidays>



# Calm Strips

A tool to promote calmness - passed out during Tutorial period

Calm Strips are textured sensory stickers - discreet fidget tools, crafted to **provide sensory stimulation to help regulate restless energy and increase focus throughout the day.**



# Hope Week

Hope Week is a special week-long celebration designed to spread positivity, provide supportive resources, and reduce the stigma around mental health. The week ends on Friday with an interactive Health and Wellness Fair in the quad and a Movie Night in the gym presenting the beloved Pixar film *Inside Out*.

**SVHS HOPE WEEK**  
**MARCH 20-24**

**HOPE SQUAD**

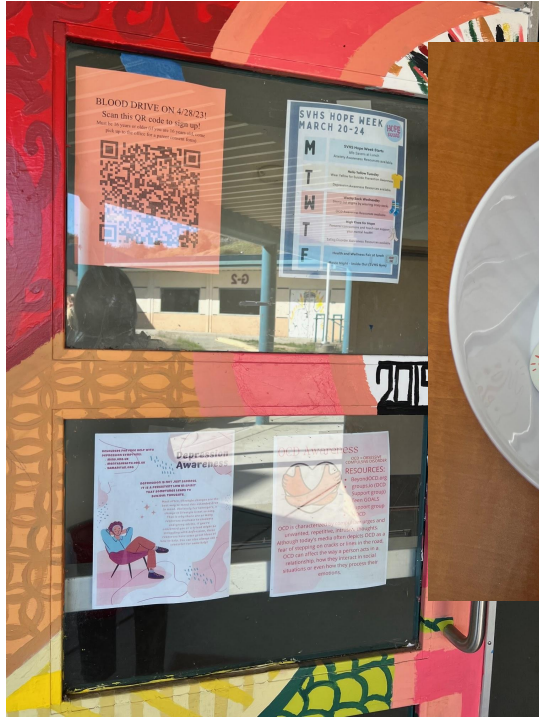
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|----------|---|
| <b>M</b> | <b>SVHS Hope Week Starts</b><br>Life Savers at Lunch<br>Anxiety Awareness Resources available   |
| <b>T</b> | <b>Hello Yellow Tuesday</b><br>Wear Yellow for Suicide Prevention Awareness<br>Depression Awareness Resources available                       |
| <b>W</b> | <b>Wacky Sock Wednesday</b><br>Stomp out stigma by wearing crazy socks<br>OCD Awareness Resources available                                   |
| <b>T</b> | <b>High Fives for Hope</b><br>Personal connections and touch can support your mental health!<br>Eating Disorder Awareness Resources available |
| <b>F</b> | <b>Health and Wellness Fair at lunch</b><br><b>Movie Night - Inside Out (SVHS Gym)</b>  |

**ADMIT ONE**

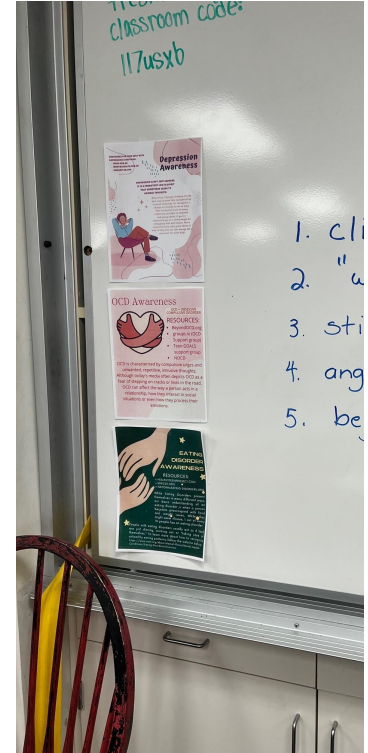
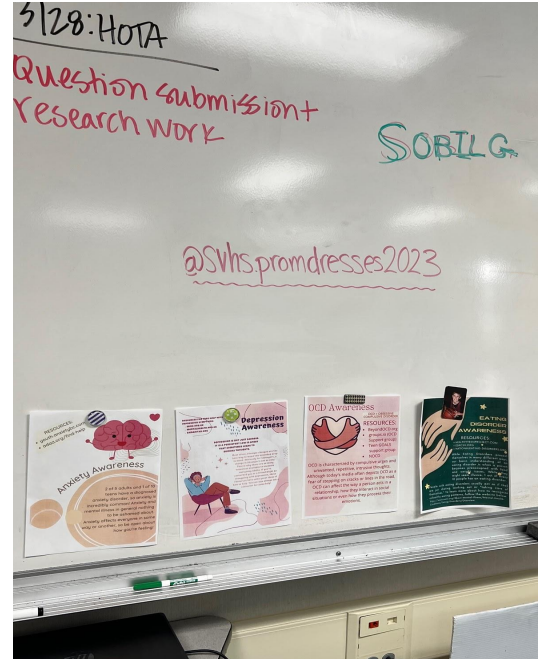


# Hope Week - Mental Health Awareness Flyers

Student (Stella Peuse) designed - Distributed to every classroom



High Five Buttons (High Fives for Hope) - made and distributed by Hope Squad Members



# Health and Wellness Fair (Lunch) - Last day of Hope Week

- Collaboration with Full IB student, Samantha Davis - IB Service Project

- Community Partners

- Therapy Works
- TUPE
- Safe RX
- NAMI
- Encompass



- Collaboration with two SVHS Clubs

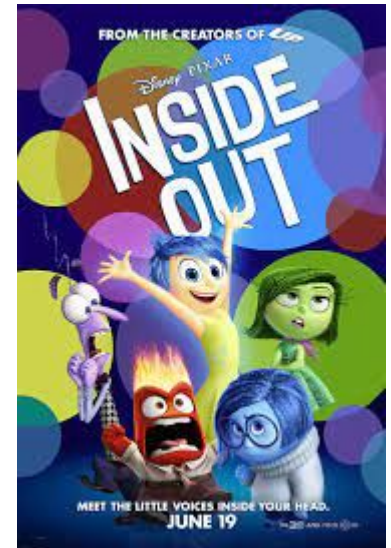
- SAGA (Sexuality and Gender Awareness)
- Women's Youth Club



# Movie Night - Inside Out (SVHS Gym)

## Last Night of Hope Week

- Collaboration with Student Government Leader and Hope Squad Member (Emma Howell - Personal Project)
- Raffle Prizes
- Concessions





# Reflections and Planning for Next Year

## Big Hits

- Movie Night
- Health and Wellness Fair
- Pins and Calm Strips

## Focus/Ideas for 2023/24

- Work with teachers more around supporting students mental health
- Break time activities when more students are on campus
- Music over loudspeakers between classes
- More Hope Squad interaction with the whole school - assemblies, etc.
- Hope Squad bonding activities/retreat



Celebrate our first year!

Recognize our seniors with a special Hope Squad graduation cord at Senior Awards Night!