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
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
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

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
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*. 
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!