



Dear Parent or Guardian,

The Kid's Therapy Center is excited to announce that our organization has been chosen as a grantee for the 2021 North Dakota Suicide Prevention Grant Program. As we see an increase in anxiety and depression since the pandemic, we have greater fears for an increase in suicide. Our organization works to provide mental health services and support within our community and recognizes the need for the expansion of suicide prevention efforts. To proactively address these concerns, The Kid's Therapy Center is partnering with Linton High School to provide a suicide prevention program that involves both awareness and intervention.

Our goals in administering this program are straightforward:

- To empower youth to adequately understand suicide, its underlying factors, and how to address suicidal ideation in a healthy manner
- To identify youth who may display suicide risk factors and work with their families to help them identify and access services in their area

This suicide prevention program will be provided to 9<sup>th</sup> and 10<sup>th</sup> grade students at 9:15am on Wednesday, May 12<sup>th</sup>, 2021. At that time, youth will be presented with a suicide awareness presentation. Additionally, a screening tool, the Patient Health Questionnaire for Adolescents (PHQ-A), will be administered to identify youth who show risk factors. Information and case management to assist with referrals to different providers in the area will be provided to families to access services for youth who show such risk factors. The program will be administered by trained staff from The Kid's Therapy Center. To learn more about our organization and the services we provide, visit our website at <https://www.thekidstherapycenter.com/>. To specifically view the PowerPoint presentation, visit our website at <https://www.thekidstherapycenter.com/>.

If you have any questions and/or do NOT want your child to participate in the Suicide Prevention Program, please contact your school's counselor prior to the program date. Additionally, if you have specific concerns about your youth and would prefer that we administer the PHQ-A in a private setting, we would be more than happy to schedule a time for your youth to visit our clinic and meet with one of our staff members. **If we do not hear from you, we will assume your child has permission to participate in this program.**

Sincerely,

Valerie Meyers, MS, LPCC Supervisor