



Willard Grizzell Middle School
8705 Avery Road
Dublin, Ohio 43017
(614) 798-3569
(614) 761-6514 (FAX)
OFFICE OF THE PRINCIPAL

August 26, 2016

Dear Parent or Guardian:

Dublin City Schools takes seriously the personal, social and physical safety of our students. The adolescent years are marked by a roller-coaster ride of emotions that can be confusing for youths, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age. Depression—which is treatable—is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth.

To proactively address these issues, Grizzell Middle School provides instruction in depression awareness and suicide prevention and other mental health issues as part of the Health class curriculum.

The district has chosen to use SOS Signs of Suicide® Prevention Program (7th grade), and Red Flags (8th grade) curriculums for instruction. These programs have proven to be successful at increasing help seeking by students who are concerned about themselves or a friend.

Our goals in participating in these programs are straightforward:

- To help our students understand that depression is a treatable illness
- To explain that suicide is a preventable tragedy that can occur as a result of untreated depression
- To provide students with information on warning signs of serious depression and potential suicidality in themselves or a friend
- To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns
- To help students know whom in the school they can turn to for help, if they need it

As part of the instruction in both 7th and 8th grade, each child will complete an SOS Signs of Suicide® Prevention Program screening form during the trimester they have Health class. This screening will help to identify students who may be struggling with depression. Screenings will be immediately reviewed and student support if needed, will be provided. If indicated, a mental health provider will contact parents to help identify available supports.

If you do **NOT** wish to have your child participate in the screening, please complete the form below, and return it to Grizzell to the attention of the PE/Health Department. If we do not hear from you by Tuesday, September 6th, 2016, we will presume your child has permission to participate in this screening. If you choose to opt out, then your student will participate in an alternate assignment. If you have any questions or concerns, please feel free to contact the PE/Health Department, School Counselors, or Mrs. Evans.

Sincerely,

PE/Health Department and School Counselors



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Parent Mental Health Learning Opportunity!

Want to know what your child is learning, so you can have meaningful conversations surrounding mental health? Come join us for education and discussion about this important topic.

During the evening we will:

- Discuss mental health issues facing our students today, including results from the OH Yes! Survey
- Review the information provided in the SOS and Red Flags student curriculums
- Provide parent resources

Date: October 4, 2016

Time: 6:30 – 8:00

Location: Dublin City Schools, 1919 Building

144 West Bridge St

Dublin Oh, 43017

Student Opt Out for the SOS Screening

I, _____, do not give permission for _____
Name of Parent/Guardian Name of Student

to participate in the SOS "Time to ACT" Program screening, to take place during their regularly scheduled

Health/PE class. I understand they will be participating in an alternate assignment that more generally focuses

on the signs of depression/stress.

Signature of Parent/Guardian

Date