



PARTNERS FOR CHILDREN'S MENTAL HEALTH

About Us





#1

Suicide is the **leading cause of death** among Colorado youth ages 10-19 & the **second** leading cause of death for 20-24-year-olds.

27%

Nearly a third of Colorado students reported they **do not** have an **adult they can go to for help** with a serious problem.



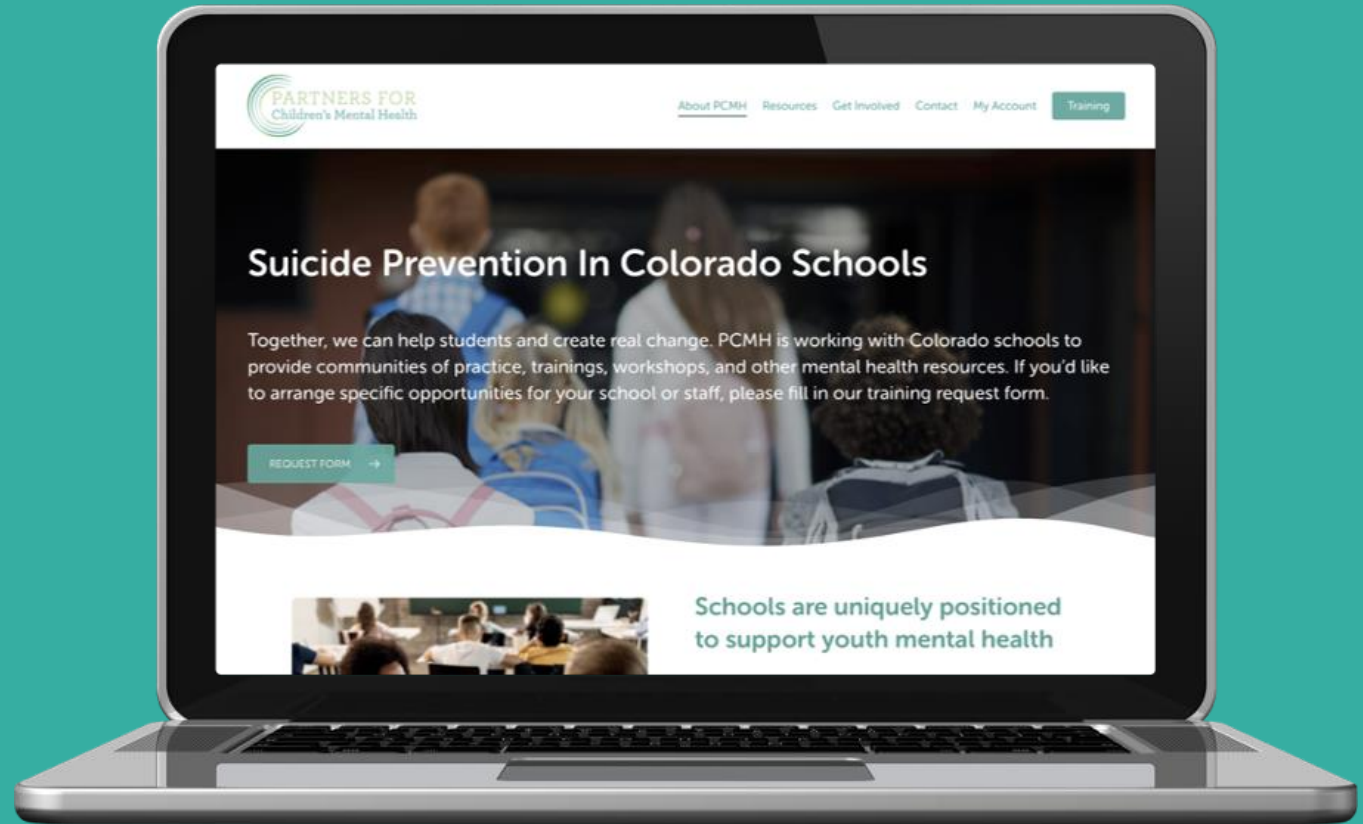
OUR APPROACH TO CHANGE

In local Colorado communities, PCMH is working to:

- Increase the availability of **evidence-informed practices**
- Improve youth mental health equity -- particularly in rural and low-resourced areas
- Implement **suicide-focused initiatives** in schools.
- Take a **youth-informed and youth-centered** approach.

YOUTH MENTAL HEALTH SUPPORTS IN SCHOOLS

COVID caused major disruptions in schools in the last few years. We worked with partners to adapt and expand our offerings to make life-saving information available to schools and meet staff where they're at.



**THANK YOU
FOR ALL YOU
DO!**



Safe school environments and strong student-adult relationships can reduce youth suicide risk.

YOUTH VALUE THEIR RELATIONSHIPS WITH YOU!

PCMH worked with Children's Hospital Colorado's Mental Health Youth Action Board (YAB) to develop a video to showcase youth voice at school trainings.



KEY 2021 SCHOOL SUPPORTS

Skill-Building for School Professionals

Providing Dialectical Behavioral Therapy (DBT) training in various formats to meet the needs of busy school professionals.

Suicide Intervention & Postvention Protocols

Supporting schools in setting up policies and protocols for suicide intervention activities, and/or if death by suicide or a suicide attempt occurs (postvention).

Gatekeeper Trainings

Expanding access to evidence-based gatekeeper trainings for anyone (18+) interested in learning how to respond to youth experiencing mental health issues or crises.

SKILL-BUILDING FOR SCHOOL PROFESSIONALS

Dialectical Behavioral Therapy (DBT) Skills On-Demand

This self-paced 5-session course is free and available anytime on our website.

Dialectical Behavioral Therapy (DBT) Skills Live Online

This live, online 5-session course supports personnel through the school system with skill-building activities focused on topics like: emotional regulation, wise mind, ride the wave and mindfulness.

SUICIDE INTERVENTION & POSTVENTION PROTOCOLS

SUICIDE INTERVENTION PROTOCOLS WORKSHOP

This workshop series provides schools with tools for developing policies and protocols for suicide intervention in the school environment.

SUICIDE POSTVENTION PROTOCOLS WORKSHOP

This workshop series provides schools with tools for developing policies and protocols for supporting the school community after a suicide attempt or suicide loss.


GATEKEEPER TRAININGS

QUESTION PERSUADE REFER (QPR)

This 1.5-hour training from the QPR Institute is focused on reducing suicidal behaviors by providing innovative, practical, and proven suicide intervention training.

YOUTH MENTAL HEALTH FIRST AID

This one-day course from the National Council for Mental Wellbeing prepares folks to recognize symptoms of youth (12-18) mental health problems, offer and provide initial help, and guide youth toward appropriate treatments and support.

A photograph of four young people (two women and two men) standing in a row, all wearing face masks and looking down at their smartphones. The image is overlaid with a semi-transparent teal filter. Large white quotation marks are positioned on the left and right sides of the text.

“I truly benefited from the content and how applicable it was to our work. As mental health providers in the school system, training opportunities are either more academically focused or at a more foundational mental health level. The knowledge and strategies will be very useful in my day-to-day interactions with students.”

QUESTIONS?



FOLLOW ALONG



[/PCMHColorado](#)



[@PCMHColorado](#)



[www.pcmh.org](#)