

# **H.E.L.P. – Helping Every Living Person – Depression and Suicide Prevention Project**

## ***Frequently Asked Questions: Answers for Schools***

### **What is the HELP Project?**

Thanks to special funding this year from the WA State Legislature, the HELP Project aims to *pilot* and *evaluate* a youth suicide prevention curriculum (the H.E.L.P. curriculum) as taught by 8th-10<sup>th</sup> grade health teachers in selected classrooms around the state. The project partners include the Office of the Superintendent of Public Instruction (OSPI), the Washington State Department of Health, and the Youth Suicide Prevention Program of Washington (YSPP) -- *Contact Lisa Watson for information: lisa@yspp.org or (206) 491-6834.*

### **My school is interested in participating. Do we have to meet certain criteria?**

Yes. These are the main requirements for participation:

- Designating at least one health teacher who is committed to teach the entire curriculum (4 - 45 min. sessions) with fidelity (strict adherence) in at least one semester of the school year
- Releasing participating teacher to attend a 3-hour training
- Working together with YSPP staff and project researchers in the collection of data from teachers and students
- Signing a Memo of Agreement between your school and YSPP before a teacher is trained

### **What is the cost to my school for participating?**

Teacher training and curriculum are free. The project will reimburse your school for sub/release time (4 hrs max) for the teacher to attend training. Teachers wishing to earn clock hours, if offered, must pay for them at the time of training. Other modest expenses include the cost of reproducing student surveys, mailing out parent notification letters, and mailing back survey forms to our researchers.

### **Do I have to keep to a script when presenting the curriculum?**

No. There is no verbatim script to follow. However, teachers must present student worksheets, activities, and video viewing according to the curriculum outline.

### **What if I want to modify the curriculum as I go along?**

Since this project includes an evaluation component, we strongly urge teachers to teach it as it is written. This is the only way we will be able to generate useful data. However, if a teacher does some modification, he/she should feel comfortable telling us on the teacher evaluation form.

### **I'm nervous about the research protocol. What exactly is involved?**

You will be asked to help us evaluate the curriculum in only 1 of your health classes by:

- Mailing parent notification letters 3 weeks prior to starting the curriculum
- Administering a pre-survey to participating students at least one week prior to curriculum presentation and a post-survey at least one week after completing the curriculum
  - Surveys will ask students questions about their knowledge and skills, NOT about their own behavior. Although the surveys contain questions about sensitive topics, there are no sensitive or personal questions.
- Allowing YSPP staff in the classroom to observe implementation of the curriculum
- Participating in written evaluations to identify any strengths and obstacles of the design and/or delivery of the health curriculum

If you would like to see lesson plans and/or student surveys, please contact *Lisa Watson, HELP Project Coordinator: lisa@yspp.org or (206) 491-6834.*

**Will I have to be observed in my classroom while teaching the HELP curriculum?**

We can get very valuable data by watching teachers in action. Some teacher observation will be part of our evaluation process, but we will only observe teachers who voluntarily agree.

**Does the HELP curriculum meet any state standards?**

Yes. The curriculum meets several Health and Fitness EALR's as they are currently drafted: EALR 2.0 and Benchmarks 2.2 and 2.3; EALR 3.0 and Benchmark 3.4

**I just want the curriculum to take back to my school and use as I see fit. Can I?**

Yes. For \$100, you may purchase the curriculum and attend any of the scheduled trainings.

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**For more information, contact**

*Lisa Watson, HELP Project Coordinator*  
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*Youth Suicide Prevention Program*  
*[www.yspp.org](http://www.yspp.org)*