

Dear Parent or Guardian:



The teen years are marked by a roller-coaster of emotions often making these years difficult, not only for the teen but parents and educators as well. It is easy to misread depression, anxiety, and other mental struggles as normal adolescent turmoil; however, these conditions appear to be occurring at a much earlier age, and the past decade has seen teen suicide rates steadily increase.

To proactively address teen suicide, Country Crossroads Counseling is working with schools to help educate schools, staff, and students about mental health with our 4Keeps Program. 4Keeps is a prevention program that has been developed by Licensed Professional Counselors with the goal of educating students and staff on the behavioral, verbal, and emotional symptoms that come with an increased risk of suicide. It has proven to be successful at increasing the probability that students will seek help for themselves or a friend if they are concerned about depression or suicide.

Each student participant will also be screened using our CCC Screening Tool. The tool is comprised of elements from the PHQ-9, GAD-7, ASCA Suicide Questionnaire, and Adolescent Anger Rating Scale. The tool is used to help students and CCC counselors identify potential behaviors and thoughts that could indicate a future risk of suicide. Counselors will work with students to discuss the thoughts and/or behaviors and provide them coping strategies to help overcome these challenges. If a student indicates that they currently feel at risk, a CCC counselor will contact the guardians of the student.

Our goals for participating in this prevention program are straightforward:

- To explain that suicide is a preventable tragedy that often occurs as a result of untreated mental health
- To provide students training in how to identify risk factors that increase the likelihood of a suicide attempt
- To empower students and staff to build a safe environment to be open about the mental struggles teens encounter every day and provide tools to help students overcome said struggles.

The 4Keeps program will be presenting at your child's school on April 8, 2024

**If you do not wish for your child to participate in the 4Keeps Suicide Prevention Program, please email one of the school counselors or administrators and tell them that you want to opt your child out of the presentation. If we do not hear from you, we will assume your child has permission to participate in this program.**

If you have questions or concerns about 4Keeps, please do not hesitate to contact your school administration or school counselor.

If you would like to learn more about Country Crossroads Counseling, please access the link below:  
<https://www.countrycrossroadscounseling.com/>

If you would like to view the presentation that your child will be seeing, please contact your school counselor to request it.