



DuPage County Reference Guide Suicide Prevention & Support Resources for the Pediatric Population



Prevention and Education Resources-Free, Awareness Building and Support Resources

Organization	Program Name	Ages Served	Point of Service	Website
DuPage County Prevention Leadership Team	Not Applicable	Youth ≤18	Community	https://www.dupageplt.org/
Elyssa's Mission	EveryBody Matters	6th-12th Grade	Schools	http://elyssasmision.org/everybody-matters/
	Grief Group	6th-12th Grade	Schools	http://elyssasmision.org/grief-group/
	Signs of Suicide (SOS)	6th-12th Grade	Schools	http://elyssasmision.org/sos-signs-of-suicide-prevention-program/
Impact DuPage	Behavioral Health Priority	All Ages	Community	www.impactdupage.org
NAMI DuPage	Ending the Silence	7th-10th Grade	Schools	https://namidupage.org/services-and-support/youth-community-outreach/parents-teachers-as-allies/
	NAMI Basics	Parents/caregivers with a child ≤18	NAMI DuPage	http://namidupage.org/programs-and-services/education-community-training/educational-classes/basics/
	Teen Resiliency Workshop	6th-12th Grade	Schools & Community Venues	http://namidupage.org/programs-and-services/youth-community-outreach/teen-resiliency-workshops/
	Teen Support Group	9th-12th Grade	NAMI DuPage	http://namidupage.org/programs-and-services/youth-community-outreach/nami-teen-support-group/
The Trevor Project	Lifeguard Project	Middle and High Schoolers	Schools	https://www.thetrevorproject.org/education/lifeguard-workshop/
	Trevor CARE Trainings	Adults who work with youth	Youth-serving Institutions	https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/

Lifeline/Crisis Text Lines-Free Resources for All. Available 24/7/365

Organization	Communication Type	Contact	Website
DuPage County Health Department	Phone	Call: 630-627-1700	https://www.dupagehealth.org/214/Crisis-Phone-Support
National Suicide Prevention Lifeline	Phone	Call: 1-800-273-TALK (8255)	https://suicidepreventionlifeline.org/
	Text	Text HELLO to 741741	https://suicidepreventionlifeline.org/
The Trevor Project* *The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	Phone	Call: 1-866-488-7386	https://www.thetrevorproject.org/get-help-now/
	Online Chat <i>Best via computer</i>	https://www.thetrevorproject.org/get-help-now/	https://www.thetrevorproject.org/get-help-now/
	Text	START to 678678	https://www.thetrevorproject.org/get-help-now/

Direct Services and Treatments Offered Through DuPage County Health Department

DuPage County Health Department	Age Group					Insurance			Cost		Website
	Children	Adolescents	Adults	Families	Medicaid/MCO	Private Insurance	Not Required	Not Available	Sliding Scale	Free	
Behavioral Health Services	X	X	X	X	X			X			https://www.dupagehealth.org/173/Clients
Mobile Crisis Response	X	X	X				X			X	https://www.dupagehealth.org/215/Mobile-Crisis-Response
Screening, Assessment and Support Services (SASS)	X	X	X ≤21		X			X			https://www.dupagehealth.org/213/Screening-Assessment-and-Support-Service

Please note, this document is intended only as a guide. The information herein is based on content taken from the various organizations' websites and other resources. Lurie Children's has not independently confirmed the details of or assessed these programs. Individuals are urged to contact the organizations directly for the most up to date and accurate information.



DuPage County Suicide Prevention and Support Resources for the Pediatric Population

Prevention and Education Resources, pages 2-5

- I. DuPage County Prevention Leadership Team
- II. Elyssa's Mission
- III. Impact DuPage
- IV. NAMI DuPage (National Alliance for Mental Illness)
- V. The Trevor Project (Online modules and resources. In-person trainings only upon request.
Not located in DuPage County.)

Lifelines/Crisis Text Lines, page 6

- I. DuPage County Health Department (local crisis hotline)
- II. National Suicide Prevention Lifeline
- III. The Trevor Project-TrevorLifeline, TrevorChat, TrevorText

Direct Services and Treatment, pages 7-8

- I. DuPage County Health Department

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Prevention and Education Resources

I. DuPage County Prevention Leadership Team (PLT)

<http://www.dupageplt.org/>

Age Group: youth ≤18

Insurance: Not Applicable

Cost: Free of Charge

The DuPage County Prevention Leadership Team (PLT) came together in 2011 following a county-wide health assessment, which identified substance abuse/mental health use as two of the top five health priorities facing DuPage County. This information led to a call to action among community leaders and the PLT was created with the goal of reducing substance use and increasing mental health among DuPage County youth, 18 years and younger.

- PLT Goals:
 - Reduce substance use among DuPage County youth, 18 and under
 - Increase mental health among DuPage County youth, 18 and under
 - Identify and advocate for environmental and policy changes that will lead to the reduction of youth substance use
 - Increase awareness and access to services
- The coalition meets as a whole once a month. Additionally, four sub-committees including; data committee, policy committee, communications committee, and school committee, also meet once a month outside of regular coalition meetings to work on action items.

II. Elyssa's Mission (EM)

EveryBody Matters Program

<http://elyssasmision.org/everybody-matters/>

Age group: 6th-12th grade

Insurance: Not Required

Cost: Free of Charge

- Group therapy model
- 6-8 weeks sessions (made up of 8-12 students)
 - Each session is 60-90 minutes
- Group is made up of a diverse mix of students (they're not all best friends)

Grief Group

<http://elyssasmision.org/grief-group/>

Age group: 6th-12th grade

Insurance: Not Required

Cost: Free of Charge

- Postvention (after a student dies by suicide)
- 8-week support group
- Done in school-setting with a focus on those close to the person who died by suicide
- Parental consent is required to participate



Signs of Suicide

<http://elyssasmision.org/sos-signs-of-suicide-prevention-program/>

Age group: 6th-12th grade

Insurance: Not Required

Cost: Free of Charge

- Signs of Suicide (SOS) is included in SAMHSA's National Registry of Evidence-Based Programs and Practices
 - EM offers SOS in schools for 6-12th grades
 - EM supports all aspects of planning and logistics and offers SOS free of charge
- School implementing SOS also receive staff training, parent training, and community training (e.g. in faith-based settings)
- Parents receive a letter about SOS and must opt-out if they do not want their child to participate
- The SOS program seeks to *teach* youth that depression is a treatable illness, *empower* them to respond to a potential suicide (themselves, a friend or a family member), and *prevent* teen suicide. These goals are accomplished through the **ACT** technique:
 - **Acknowledge that you or a friend may be depressed or suicidal**
 - Respond with Care
 - **Tell a trusted adult**
- SOS is a 40-60 minutes session that fits into one school period
 - At the end of the session, students complete a questionnaire including whether they are actively suicidal or know of a friend who is
 - Students who are identified as being high risk are given a Mental Health Risk Assessment and their parent is contacted
- EM works closely with Riveredge and Linden Oaks Behavioral Health Hospitals
 - Linden Oaks offers a consultation line that teachers can call if they feel a student is at risk
- EM works with school districts as well as on an individual school basis
 - EM has worked with all middle and high schools in Naperville
 - 36 schools in DuPage County have been trained on the SOS program including: Glenbard, Hinsdale, Naperville

IV. Impact DuPage

www.impactdupage.org

Age Group: All ages

Insurance: Not Applicable

Cost: Free of Charge

The purpose of Impact DuPage is to create a common understanding of community needs, gaps and priorities that will advance the well-being of the DuPage County community. To achieve this, Impact DuPage will engage community stakeholders in a coordinated approach to ongoing community needs assessment, resulting in data-driven solutions to address county priorities, align resources, and improve population level outcomes.

- Behavioral Health has been identified as a 2019-2021 priority
- Mission: Improve access and quality of behavioral health services for all DuPage County residents, advocate for aligning resources and funding, and educate the community about the signs and symptoms of mental health issues.



V. NAMI DuPage (National Alliance for Mental Illness, DuPage)

<https://namidupage.org/services-and-support/youth-community-outreach/>

Ending the Silence

<https://namidupage.org/services-and-support/youth-community-outreach/parents-teachers-as-allies/>

Age group: 7th-10th grade

Insurance: Not Required

Cost: Free of Charge

- Evidence-based, 50-minute mental health awareness program for high schools (9th/10th grade)
 - Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs
 - NAMI DuPage also offer a version for middle schools (7th/8th Grade)
 - In DuPage County, 17-18,000 students annually receive *Ending the Silence*
 - 23 high schools and 25 middle schools (half of all middle and high schools in the county)

NAMI Basics

<http://namidupage.org/programs-and-services/education-community-training/educational-classes/basics/>

Age group: Parents/caregivers with a child ≤18

Insurance: Not Required

Cost: Free of Charge

- Free, six-week course for parents/caregivers who have a child (≤18) affected by a mental illness
- Course includes: navigating the system, overview of treatment options, and social support

Teen Resiliency Workshops

<http://namidupage.org/programs-and-services/youth-community-outreach/teen-resiliency-workshops/>

Age group: 6th-12th grade

Insurance: Not Required

Cost: \$5

- Half-day workshops for teens wanting to explore resiliency, mental wellness, and mindfulness
- Workshops offered in schools, youth groups, libraries, and at NAMI-DuPage

Teen Support Group

<http://namidupage.org/programs-and-services/youth-community-outreach/nami-teen-support-group/>

Age group: 9th-12th grade

Insurance: Not Required

Cost: Free of Charge

- 6-week, support group for high school students with mental health issues (max 10 students)
- Co-lead by NAMI peer leader and a clinician (currently from Advocate Good Samaritan Hospital)
- Free of charge, teens can be referred by parents, provider, self-refer
- NAMI DuPage also offers postvention support to schools (after a student dies by suicide)



VII. The Trevor Project- *Online modules and resources. In-person trainings only upon request.
Not located in DuPage County.*

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Lifeguard Project

<https://www.thetrevorproject.org/education/lifeguard-workshop/>

Age group: Middle and high school students (Adult-led, video-based modules)

Insurance: N/A

Cost: Free of charge

- The Lifeguard Workshop is a free online learning module with a video, curriculum, and teacher resources for middle school and high school classrooms
- This video training and curriculum is based on Trevor's in-person workshop that is listed in the SPRC/AFSP Best Practice Registry for Suicide Prevention

Trevor CARE Trainings

<https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/>

Age group: Adults who work with youth

Insurance: N/A

Cost: Training cost available upon request

- The Trevor CARE Trainings help adults who work with youth learn to “Connect, Accept, Respond and Empower” (CARE) young people in crisis. This training discusses LGBTQ-specific risk factors for suicide, explores protective factors that can lower these risks and how to help youth get the support they need
- If you are interested in learning more about training cost and scheduling, email: Education@thetrevorproject.org



Lifelines/Crisis Text Lines

I. DuPage County Health Department (DCHD)

Crisis Line

<https://www.dupagehealth.org/214/Crisis-Phone-Support>

Age group: All ages

Insurance: Not Required

Cost: Free of Charge

- DCHD offers a local crisis hotline (630) 627-1700
- Staffed by trained counselors, 24/7, and is free of charge

II. National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Age group: All

Insurance: Not Required

Cost: Free of Charge

- Free and available 24 hours a day, seven days a week
 - National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255)
 - Crisis Text Line (text HELLO to 741741)

III. The Trevor Project- TrevorLifeline, TrevorChat, TrevorText

<https://www.thetrevorproject.org/get-help-now/>

Age group: All. Focus is on young people under 25

Insurance: Not Required

Cost: Free of Charge

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25

TrevorLifeline

- Crisis intervention and suicide prevention phone service available 24/7/365
- Trained counselors offer support to you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, contact the TrevorLifeline
- Call the TrevoreLifeline at 1-866-488-7386

TrevorChat

- Confidential online instant messaging with a Trevor counselor, available 24/7
- Access through a computer, as you may have technical difficulties if using a smartphone or tablet

TrevorText

- Confidential text messaging with a Trevor counselor, available 24/7/365
- Text START to 678678



Direct Services and Treatment

I. DuPage County Health Department (DCHD)

<https://www.dupagehealth.org/183/Crisis-Services>

Behavioral Health Services

<https://www.dupagehealth.org/181/Child-and-Adolescent-Services>;

<https://www.dupagehealth.org/174/Adult-Services>; <https://www.dupagehealth.org/173/Clients>

Age group: All ages

Insurance: Medicaid/MCO only

Cost: Medicaid/MCO coverage

- DCHD serves as a community mental health provider
- Services: family, group and/or individual therapy (including mental health assessments and treatment plans), medication management and case management (Child and Adolescent Psychiatrist on staff)
- Residential Services: 200 beds throughout DuPage County including group homes, supervised apartments, long-term housing, and a 12-bed respite unit for short-term stays

Mobile Crisis Response

<https://www.dupagehealth.org/215/Mobile-Crisis-Response>

Age group: All ages

Insurance: Not Required

Cost: Free of Charge

- Through a grant from SAMSHA, DCHD has partnered with 6 hospital ERs in DuPage County (Central DuPage, Advocate Good Samaritan, Edward, Elmhurst, Adventist Medical Center Glen Oaks, and Adventist Medical Center Hinsdale)
 - If a hospital ER calls DCHD because an individual is at risk, but does not meet criteria for hospital admission, a Crisis Intervention Unit (CIU) team member will meet with the individual and connect them with services (Medicaid/MCO-> can receive behavioral health services at DCHD. Private insurance -> connected to resources offered by insurer)
 - If an individual is admitted, a DCHD counselor who participates in hospital rounds, will support discharge planning and make sure that services are in place once the person leaves the hospital
 - Anyone, regardless of age or insurance status is eligible for these services
 - This program was piloted at Central DuPage Hospital in 2016 and as of 5/31/19, has expanded to all six hospitals
- DCHD's mobile crisis response team will meet an individual at risk wherever they are
- DCHD's CIU works with three local police departments, so if police encounter someone in psychological distress, they call the CIU, which sends a team member to assist on site
- Requests for mobile crisis response can be made to Crisis Services at 630-627-1700. Callers will need to provide:
 - Information regarding the nature of the crisis
 - Contact information for the individual in crisis
 - Location of the crisis



Screening, Assessment and Support Services (SASS)-DCHD is contracted by the State to provide SASS
<https://www.dupagehealth.org/213/Screening-Assessment-and-Support-Service>

Age group: under 21 years of age

Insurance: Medicaid/MCO only

Cost: Medicaid/MCO coverage

- SASS is a state-funded program which supports minors who have Medicaid/MCO coverage and are determined to be at risk to themselves or others
- Schools, hospitals, police departments, and families can all call the SASS hotline
- If a call is made to SASS and the youth is determined to be at risk, a SASS worker is sent out
- If a minor comes to the ER and they have Medicaid/MCO, the hospital must call SASS
- The goal of SASS is to avoid hospitalization and provide a child with the services they need
- SASS is offered for up to 90 days, DCHD then connects the child with follow-up services
- DCHD has a close relationship with schools in DuPage County because SASS follow-up (during the 90 days) often occurs in the school setting