

---

## Tool 6.B: Matrix of Student Programs

---

This matrix lists all of the Student Programs that are in either the National Registry of Evidence-Based Prevention Practices (NREPP) or the Best Practices Registry (BPR) as of October 2010. The criteria for NREPP and BPR are different. See *Tool 1.K: Suicide Prevention Registries Information Sheet*.

All of the programs in this matrix are the primary or sole component of the program. The primary component of the program is the one around which the program is built. Secondary components are included in some of the programs to strengthen the primary component and/or to create a more comprehensive program. For each of the types of components listed, there is a separate chapter in this toolkit.

## STUDENT PROGRAMS

Program	Type	Grades	Number & Length of Sessions	Facilitator	Other Components	Notes
<b>Programs in NREPP</b>						
American Indian Life Skills Development/ Zuni Life Skills Development	Curriculum for all students	9–12	28–56 lesson plans delivered over 30 weeks.	Teachers, with input from community members for cultural relevance. Teachers must have a 3-day training that may be delivered onsite.		Culturally tailored to American Indian youth.
CAST (Coping and Support Training)	Skill-building for at-risk students	9–12	Twelve 55-minute group sessions.	Teacher, counselor, nurse, or other mental health staff person experienced with high-risk youth. Training is given by developer and may be delivered onsite.		Similar to Reconnecting Youth but fewer sessions over fewer weeks with a group of 6–8 students.
Lifelines	Curriculum for all students	8–10	Four 45-minute lessons.	Teachers. Information on teaching the curriculum is included with the curriculum materials, and a 1-day, onsite training is also available through Hazelden Publishing.	<ul style="list-style-type: none"> <li>- Protocols</li> <li>- Staff Training</li> <li>- Parent Education</li> </ul>	All the other components must be implemented before the student lessons. A 2-day, onsite training on how to implement all the program components is available through Hazelden Publishing.

Program	Type	Grades	Number & Length of Sessions	Facilitator	Other Components	Notes
Reconnecting Youth	Skill-building for at-risk students	9–12	75 classes delivered in one semester.	Teacher, counselor, nurse, or other mental health staff person experienced with at-risk youth. Training is given by developer and may be delivered onsite.		Similar to CAST but more sessions over more weeks with a group of 10–12 students.
SOS (Signs of Suicide)	Curriculum for all students	8–12	Three lessons; often only the first is given, and it includes a short student screening.	Teachers. Training for teachers is included in curriculum materials. Technical assistance is also available.	<ul style="list-style-type: none"> <li>- Screening</li> <li>- Staff Training</li> <li>- Parent Education</li> </ul>	Schools can decide if they want to provide the student screening along with the lesson(s). Also included is a version of the screening tool for parents to complete about their child.
<b>Programs in BPR</b>						
Ask 4 Help! Suicide Prevention for Youth	Curriculum for all students	9–12	1 hour.	Teachers or Yellow Ribbon representatives. Requires a 2-day training for facilitators provided by Yellow Ribbon, either at the school or local locations.		Usually used with Yellow Ribbon's adult gatekeeper program Be A Link!

Program	Type	Grades	Number & Length of Sessions	Facilitator	Other Components	Notes
Gatekeeper Suicide Prevention Program: A High School Curriculum	Curriculum for all students	7 and 9	Three 50–60 minute lessons for 7th grade and four for 9th grade.	Facilitators must be trained by Gryphon Place. Training is delivered onsite.	<ul style="list-style-type: none"> <li>- Staff Training</li> <li>- Parent Education</li> </ul>	Mainly provided just in Michigan.
Healthy Education for Life Program (HELP)	Curriculum for all students	9–12+	One 45–55 minute session.	Facilitators must be volunteers trained by HELP. Training is delivered onsite.		Only available in Oklahoma.
Helping Every Living Person (HELP) Depression and Suicide Prevention Curriculum	Curriculum for all students	9–11	Four 45-minute lessons.	Teachers must be trained by developer. Teacher training may be delivered onsite or by phone.		
LEADS for Youth: Linking Education and Awareness of Depression and Suicide	Curriculum for all students	9–12	Three 1-hour sessions.	Teachers. Training for teachers is included in curriculum materials. Technical assistance also available.	<ul style="list-style-type: none"> <li>- Protocols</li> </ul>	Includes the planning tool School-Based Crisis Management Recommendations on Suicide.
Response: A Comprehensive High School-Based Suicide Awareness Program	Curriculum for all students	9–12	Four 1-hour sessions.	Teachers. Training for teachers is included in the school kit. RESPONSE staff will provide training if requested.	<ul style="list-style-type: none"> <li>- Protocols</li> <li>- Staff Training</li> <li>- Parent Education</li> </ul>	

Program	Type	Grades	Number & Length of Sessions	Facilitator	Other Components	Notes
Sources of Strength	Peer leader program	6–12	3–6-month program; advisors contribute 40 hours and peer leaders 15–50 hours. Advisors receive a 3–6 hour orientation; peer leaders receive a 4-hour training.	Team of 2–5 adult advisors (from school, community, or families) and 10–50 peer leaders. Training by Sources of Strength trainers required. Will come to the school. Technical assistance is also available.		Peer leaders recruit students to develop and deliver a campaign. Initially implemented in rural/tribal areas, now expanded to all high school students.

*For additional resources, see the Student Programs in the “Resources” section at the end of the toolkit.*