



# Escondido Union High School District

## District Service Center

302 North Midway Drive • Escondido, CA 92027-2741  
Telephone (760) 291-3200 • FAX (760) 480-3163  
Dr. Anne Staffieri, Superintendent

## BOARD OF EDUCATION

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Dear Parent or Guardian:

Assembly Bill No. 2246, which was approved by Governor Brown on September 26, 2016, requires each school and education agency serving grades 7-12 to adopt a policy on pupil suicide prevention before the 2017-18 school year.

To proactively address this issue, **Escondido High School** is partnering with North County Lifeline's HERE Now program to provide a "Check Your Mood Week" filled with discussions about emotions and ways to help your friends.

The teen years are marked by a roller-coaster ride of emotions—difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To provide students training in how to identify serious depression and potential suicidality in a friend
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns

North County Lifeline will present the SOS Signs Suicide® Prevention Program for one 50-minute period starting on **September 21, 2021**, following each presentation youth will be asked to complete a demographic survey and a card stating whether or not they have questions or concerns regarding the presentation for themselves or for a friend. Those students with questions or concerns will be able to speak with a North County Lifeline staff member and will be referred to their school for further resources along with North County Lifeline's assessment. If you are concerned, we encourage you to speak with your son or daughter and follow up with a mental health professional for a complete evaluation. Additionally, on **September 30, 2021** from **7:00pm-8:00pm** North County Lifeline will facilitate a **virtual (link to be provided)** informative Parent Meeting discussing the SOS Signs Suicide® Prevention Program as well as a discussion about bullying and bullying prevention.

There may be instances when a concern is brought up brought to HERE Now staff up by a peer or trusted adult regarding a student that has indicated they 'do not need to talk.' HERE Now staff in this circumstance will check in with that student.

If you do **NOT** wish your child to participate in "Check Your Mood Week", please complete the form below and return it to **1535 North Broadway, Escondido, 92026** to the attention of our school social worker, **Monique Everett**. If we do **not** hear from you, we will assume your child **has permission** to participate in this program.

If you have any questions or concerns about this program, please do not hesitate to contact me at (760) 291-4028 or at [afusco@euhsd.org](mailto:afusco@euhsd.org)

Sincerely,  
*Anne Fusco, Assistant Principal*

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I \_\_\_\_\_ [Name of Parent/ Guardian], do not give permission for \_\_\_\_\_ [Name of Student] to participate in the "Check Your Mood Week", to take place starting **September 21, 2021**.

(X) \_\_\_\_\_  
[Signature of Parent/Guardian]