

# Creating Opportunities for Preventing and Eliminating Suicide (COPES)

Suicide Prevention &  
Mental Health Promotion  
PEER PROGRAMMING

2023-24





Ten districts/charters  
Fifty-nine schools

## History

- Evidence-based
- Included in the SPRC's Best Practices Registry
- Thousands of schools across the United States and Canada
- San Diego and Irvine are the only Hope Squad counties in California

## Program

- Grades 4-12
- Peer nominations
- Regular meetings + schoolwide events and activities
- All grades: self-worth, hope, bullying prevention, conflict resolution, self-care
- Secondary grades: suicide prevention, risk factors and warning signs, helping and referring struggling peers, effective communication, leadership skills, impacts of social media on mental health

**H**  **PE**

**S Q U A D**

**DESCANSO ELEMENTARY**

**WHY DID WE JOIN  
HOPE SQUAD?**

Aubree

I joined HOPE  
Squad because...

I like to help  
others.



Aubree

I joined HOPE  
Squad because...

I am kind and  
care about  
others.



Aubree

I joined HOPE  
Squad because...

People trust me  
to keep their  
information  
private.



Noel

I joined HOPE  
Squad because...

I want to help  
others





Noel

I joined HOPE  
Squad because...

I want to make  
a change in the  
world.



Noel

I joined HOPE  
Squad because...

I want to show  
people I care.



**WHAT IMPACT HAS HOPE  
SQUAD MADE?**

# Santsia

The impact HOPE  
Squad has made is...

More people are  
more  
comfortable to  
talk to us.



# Santsia

The impact HOPE  
Squad has made is...

My family is  
more open to  
talk about  
situations.



Santsia

The impact HOPE  
Squad has made is...

Students make  
better decisions  
in life.



# THE HOPE JAR



The purpose of this activity is to share thoughts, reflections, or messages of hope with each other.



Please take a few  
moments to reflect  
your own experiences  
with mental health and  
hope



Now please write down a short message related to hope, resilience, or support on the piece of paper



Please fold up your papers and put them in the Hope Jar. Then we will walk around and please take one piece of paper out of the jar. It will most likely not be the paper you wrote

We will move the chairs in a circle. You may choose to either read your paper aloud or keep it to yourself