

Douglas County American Rescue Plan Act (ARPA) Suicide Prevention Action Plan

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| Project Name: The Happy Crew: Youth Suicide Prevention Initiative | Planning Period: 1/01/2025 - 12/31/25 | FTE: | |
| Local Agency Name: The Happy Crew | Project Lead(s): Amy Mays | Project Lead(s) Email(s): amy@thehappycrew.org | |
| Overview: Equip at-risk teens in Douglas County with evidenced-based, suicide prevention strategies and a safe, supportive community, helping youth to build resiliency and reduce the stigma of mental illness. | | | |
| Goal: | Concurrently operate Happy Crew while continuing to design and build out, equip, train staff, and open Happy Crew Coffee. Youth experience increase in their competencies to handle mental health crises | Data Source: | Percentage of students reporting increases in understanding of mental health topics and increased instances of peer engagement on those topics. |
| Strategy 1: | Increase pro-social activities that increase healthy behaviors and that decrease the stigma of suicide. [Strategy 1 Objectives and Activities continued on page 2] | | |

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| Objective A: | <p>Continue to work with our current maximum student population, equipping them with mental health tools to destigmatize mental health and end teen suicide. Weekly Meetings focus on navigating student mental health issues and equipping them with resources to strengthen their mental health and wellness. When students are equipped with valid mental health tools, they are better able to manage stress, cope with anxiety, build resilience, and enhance their emotional well-being. These tools are the focus of Happy Crew gatherings and will continue to be used for additional Happy Crew meeting offerings when Happy Crew Coffee is open. Weekly meetings focus on, but are not limited to:</p> <ul style="list-style-type: none"> - Mindfulness and Meditation - Emotional Regulation Techniques - Coping Strategies - Peer Support Programs - Education about Mental Health - Increase students' awareness of suicide prevention strategies | <p>Data Source: Student attendance records, text open rates, retention/growing student involvement in new locations</p> | <p>Target: High School Students in Douglas County</p> | | | |
| Key Activities (support the goal and objective) | Start & End Date | Responsible Persons or Group | Progress Status (c n o b) | | | |
| | | | c (completed) | n (not started) | o (ongoing) | b (behind) |
| | | | 3/31/2025 | 6/30/2025 | 9/30/25 | 12/31/2025 |
| A.1 Host events where we can invite new students to learn about the Happy Crew | 1/1/2025 to 12/31/2025 | Amy Mays | | | | |
| A.2 Implement outreach strategies to neighboring schools | 1/1/2025 to 6/30/2025 | Amy Mays | | | | |
| A.3 Increase the number of peer mentorship meetings held at Happy Crew | 1/1/2025 to 12/31/2025 | Amy Mays | | | | |
| A.4 Recruit and train additional student mentors on core concepts | 1/1/2025 to 12/31/2025 | Amy Mays | | | | |

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| A.5 Host weekly gatherings where we share positive mental health tools, including how to address anxiety, depression and suicidal thoughts. | | 1/1/2025 to 12/31/2025 | Amy Mays | | | | |
| Mental Health tools include: Widen your perspective to see a bigger picture and gain balance; Emotions are terrible drivers of your bus! Choose how to respond to emotional storms; We can't get rid of emotions, we can accept them and learn from them; Use truth to disarm the power of the emotional monkey trying to sit on your shoulder; Own your thoughts by identifying the lie behind the thought and replacing them with truth; Overthinking comes when we believe our feelings reflect reality; Feelings are real, but they don't define reality; Overthinking clouds the problem that needs solving; Overthinking comes when you are trying to control outcomes instead of choices; People driven by feelings want to force others to feel how they feel about things; Own your feelings, chose how to deal with them don't project them on to others; Gratitude keeps you grounded; Keep your r's in order: "reflect, respond rest" instead of "respond, reflect, regret"; Empathy means to see things through another person's eyes; Destress tools: Walk, dance, do yoga, punch a punching bag, cry, listen to music, journal, create art, call a mentor, call a friend, pray, write a gratitude list, name your good qualities; Aim for growth, not perfection; Engage your body to relieve anxiety. Seek out where you are feeling anxious in your body name it, what color is it, what shape, how can you release it?; Own your life by using powerful words like Choose, Can, Will ,Want to, Decide to these allow you to own responsibility for yourself; Uncomfortable conversations are powerful; ghosting is powerless; When you become a victim, a bully, or an enabler, you have given your power to others; It is ok to fail -use it as a learning opportunity; Active listening! Listen to learn, not to respond; 8 minutes of listening can help a person see a clearer perspective and release anxiety; Learn to be in the present. Find a quiet spot and shut your eyes and breathe; Being kind to yourself can start right now; Listen less to your fears, and choose to go into your future confidently; Be curious! Investigate your feelings and emotions, what are they teaching you?; Don't hide your talents to make others feel better; You are the only one who can choose which thoughts stay in your mind! | | | | | | | |
| A.6 Promote meetings on social media | | 1/1/25 to 12/31/25 | Amy Mays | | | | |
| A.7 Share weekly reels to increase interest and reach out to additional students | | 1/1/25 to 6/30/25 | Student leaders | | | | |
| A.9 Evaluate student learning and implement changes to training methods as appropriate | | 1/1/25 to 12/31/25 | Amy Mays | | | | |
| Objective B: | Host Happy Crew Valentine Party on February 10, 2025. | Data Source: Student attendance records | Target: Happy Crew Students | Progress (report on objective target and c,n,o,b status) | | | |
| | | | | 3/31/2025 | | | |
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| Key Activities (support the goal and objective) | Start & End Date | Responsible Persons or Group | Progress Status (c n o b) | | | | |
| | | | c (completed) | n (not started) | o (ongoing) | b (behind) | |
| | | | 3/31/2025 | | | | |
| February is statistically shows a spike in teen sadness, depression, and suicidal thoughts. Happy Crew holds a huge Valentine party, letting student know they have a valentine, that they are loved, wanted and that they matter and belong | | 2/10/2025 | Amy Mays | | | | |
| A.1 Reach out to students via social media | | 2/1/2025-2/10/2025 | Amy Mays | | | | |

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| A.2 Food/Supplies | | 1/1/2025-2/10/2025 | Amy Mays | | | | |
| A.3 Merchandise | | 1/1/2025-2/10/2025 | Amy Mays | | | | |
| <p>Valentine's Day: Valentine's Day can often see a spike in teen depression, anxiety and suicidal thoughts.....if it is such a time of love, why do I feel so lonely? Happy Crew goes BIG on Valentine's Day, and those budget items are part of this budget timeframe. We want EVERY teenager to know we want them to be our Valentine. We give each student a Happy Crew Collector Series hoodie, have Chick-Fil-A, Krispy Kreme donuts and 200+ balloons, filling every room of the house. Students create and share valentines, and everyone leaves knowing they matter and belong.</p> | | | | | | | |
| Objective C: | Host Happy Crew Parent Outreach | Data Source: Parent/Guardian Feedback Surveys | Target: Happy Crew Parents | Progress (report on objective target and c,n,o,b status) | | | |
| | | | | 3/31/2025 | 6/30/2025 | 9/30/2025 | 12/31/2025 |
| Key Activities (support the goal and objective) | | Start & End Date | Responsible Persons or Group | Progress Status (c n o b) | | | |
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| Host 3 parent zoom meetings in February, March and April, focusing on parent teen communication and Q&A with Dr. Andreas Edrich to discuss current strategies to address teen mental health, and discussion topics such as illegal use of street and prescription drugs. | | 2/1/2025 to 4/30/2025 | Happy Crew Board | 3/31/2025 | 6/30/2025 | | |
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| Objective D: | Secure Location and run Happy Crew Coffee | Data Source: Community member Feedback and Surveys | Target: Parents Attending Community Events | Progress (report on objective target and c,n,o,b status) | | | |
| | | | | 3/31/2024 | 6/30/2024 | 9/30/2024 | 12/31/2024 |
| Key Activities (support the goal and objective) | | Start & End Date | Responsible Persons or Group | Progress Status (c n o b) | | | |
| | | | | c (completed) | n (not started) | o (ongoing) | b (behind) |
| A.1 Sign Lease upon approval from BOCC. Location found (Business Foundry) | | 12/10/24-1/15/24 | Amy Mays | | | | |
| A.2 Discussion with contractor/vendors for preliminary pricing | | After lease secured | Amy Mays | | | | |
| A.3 Purchase Items | | 30 days after funding received | Amy Mays | | | | |

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| A.5 Train staff | After Lease Secured | Paul Kuenne | | | | |
| A.6 Launch marketing campaign | After Lease Secured | Paul Kuenne | | | | |
| A.7 Operate Happy Crew Coffee | Late Q1/Q2 | Paul Kuenne | | | | |