

# Grant Us Hope

December  
2018

Ohio and Northern Kentucky's provider of Hope Squad

Concerned about  
someone over  
the Holiday  
Break?



**CINCINNATI**  
Crisis Care Center  
24 hours / 7 days  
(513) 281-CARE (2273)

**COLUMBUS**  
24 hours / 7 days  
Suicide Hotline  
(614) 221-5445  
Teen Suicide Hotline  
(614) 294-3300

In an imminent  
situation?  
Dial 911

## New Hope Squads Launch

Grant Us Hope is already celebrating the start of 2019 with the launch of 16 new Ohio Hope Squads!

Students, staff and parents, in both Cincinnati and Columbus, are wrapping up their prep work before the holiday break so that they are ready to have a positive impact on their schools in January. With the help of fantastic advisors and caring and compassionate students, we are confident these schools are on the right track to change their school culture and SAVE LIVES!

Congratulations to the following schools on their commitment to make a difference. We couldn't be more proud of you!

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because **YOUR** life matters

## Ohio Hope Squads Launching in January 2019



Fairfield Creekside  
Middle School



Fairfield Crossroads  
Middle School



Hilliard Bradley  
High School



Hilliard Darby  
High School



Hilliard Davidson  
High School



Hilliard Heritage  
Middle School



Hilliard Memorial  
Middle School



Hilliard Weaver  
Middle School



Kings  
High School



Kings  
Junior High School



Loveland  
Intermediate



Loveland  
Middle School



Loveland  
High School



Oak Hills  
High School



St. Margaret  
of York



West Clermont  
Middle School





Principal: Bobby Dodd

Mascot: Comets

Class Officers:

Hope Squad Officers

Presidents: Annabella Collins  
Jack Troy

Seniors: Sunny Patel  
Hailey Spencer

Juniors: Kevin Tang  
Andrea Hefferan

Sophomores: Ryan Griffith  
Ellie Minick

Freshman: Mo Turner  
Madison Kopfler

57 Hope Squad Members  
7 Advisors



## Ohio Hope Squad of the Month: MASON COMETS

Being a student in a school as large as Mason can be overwhelming. Fellow peers face many challenges. Our Hope Squad is focused on providing mental health awareness to educate our community and school. Peer-to-peer suicide prevention as well as addressing mental illness concerns is another major goal of ours. We are working to promote a culture where asking for help is encouraged.

Over the past several months our group has gone through QPR (Question, Persuade, Refer) and ACT (Acknowledge, Care, Tell) training. We've broken down myths about mental health and have weekly discussions addressing challenges each of us face as Hope Squad members. The school resource officers, counselors, and administration have also met with us to provide information regarding 911 emergencies and the safe school tip line process.

On October 3rd we presented ourselves to the rest of the school during homeroom. We did fun activities to bring a positive message to the school about Hope Squad. We also took the opportunity to share coping strategies in order to promote the importance of mental health. We have been able to reach out to so many people and help them.

This month, our bubble room was finally completed. The room is designed to be a calm area where students can feel safe. With the hard work of students, Hope Squad members now have a safe and inviting space to have conversations with struggling students during the school day. Our bubble room was even featured in our school newspaper, *The Chronicle*.

We made great strides within our committees this month as well. Our Leadership committee has completed a display case for Hope Squad next to the large commons. It showcases pictures of Hope Squad members and the Safe School Tip Line. The Communications/Public Relations Committee has been working on social media outlets for Hope Squad ( follow us on Instagram @masonhopesquad and Twitter @MasonHopeSquad) as well as creating a list of quotes. They are also compiling a list of safety tip lines for other school districts and colleges in the area so that people who aren't Mason students can also be assisted. The Events, Special Projects, and Service Committee greeted our student population outside in the morning and handed out lifesaver mints along with uplifting quotes to the student body. The Community Outreach and Education Committee spearheaded a Friendsgiving and is planning a group trip, to foster team building.

All of the committees came together to march in the Homecoming parade and again, pass out mints and quotes, this time not only to students but to the entire community. We also painted a life buoy with a hopeful quote on it at the entrance to the school during Homecoming weekend, so students would see it when they came to the dance.

We conducted our first meeting for parents of Hope Squad members on November 7th. This helped parents see what our Hope Squad members are learning and being trained to do. The meeting consisted of an hour long focus group to discuss suicide prevention/mental health awareness, and the second part was the QPR training. QPR training involves learning the risk factors and warning signs of suicide, how to care for someone in a time of need, and how persuade someone to get help. This is the same training that all of the Hope Squad members have completed. We plan on offering this same training in the New Year.

# To Those Who Find Themselves Hurting This Holiday Season

Robert Vore

"I think there must be something wrong with me, Linus. Christmas is coming, but I'm not happy. I don't feel the way I'm supposed to feel. I just don't understand Christmas, I guess. I like getting presents, and sending Christmas cards, and decorating trees and all that. But I'm still not happy. I always end up feeling depressed."

— Charlie Brown

- To those who find themselves hurting amongst a sea of smiles this holiday season: you are not alone.
- To those who are reminded of loved ones missing, families broken, happier pasts than presents: you are not alone.
- To those who hate memories because they only seem to make you sad, never happy: you are not alone.
- To those who look at everyone in the holiday spirit, smiling with cheer, and can't feel that way: you are not alone. To those who feel even worse because you can't feel that way: you are not alone.
- To those who desperately want to enjoy time with family and friends but at the same time want nothing more than to be alone, the thought of groups and celebrations and interactions terrifying you: you are not alone.
- To those who want to leave, who feel like they're hurting the ones around them this holiday season, like people's lives would be easier without them: you, you are not alone.
- To you: know that your pain is real but that you are not alone in your aches. That others share these pains and that others want to help you in yours. Know it's OK to be sad, even on Christmas. The fact that your [depression](#) doesn't care about what day shows on the calendar is not a moral failure. That your [anxiety](#) doesn't stop for perfect family moments or your eating disorder [doesn't care about Christmas dinner](#) or your nerves don't stop for gathering around the tree — these things are not reflections of your failure. You are alive and breathing, and that is worth celebrating in itself. It is OK not to smile as much as the families in the commercials, to have less cheer than the movies, to be in more pain than the storybooks.

If you are surrounded by people these next few weeks but are still hurting: please talk. Talk to the people around you and invite them into your pain, to walk with you. Let them help you carry the things you're carrying. Let them love you.

If you're alone these next few weeks: know that you aren't, not really. Even if you aren't physically surrounded by as many people as you want, you aren't alone. You are valued and loved, even when you don't feel it. Hang on to that truth: you are always valued, you are always loved. If you're not hurting and not alone the next few weeks: don't assume everyone is sharing your joy. Don't assume it's the hap-happiest time of the year. Invite people in you normally wouldn't. Ask more genuine questions, have more honest conversations. Value the people around you enough to ask about the ways they're hurting. Listen well, love well.

And regardless of your situation: lean in. To relationships, to other people. Link arms and hearts with those around you and recognize that we're all in this together. We're all living, breathing, sometimes gasping for air. Some of us are doing well today, some of us aren't. Remember: life is both heavy and light, and we need both. Remembering the heavy days during the light ones gives us compassion; remembering the light days during the heavy ones gives us hope.

Let's remind each other of both. Let's grow more compassionate together. Let's hope together. Let's live together. Have a hopeful holiday season.

*If you or someone you know needs help, visit our [suicide prevention resources](#) page.  
If you need support right now, call the [Suicide Prevention Lifeline](#) at 1-800-273-8255.*





### Meet our team

Diane Egbers  
Founder and Board Chair

Dr. Keith Kline  
Executive Director

Kerri Schuman  
Hope Squad Program Manager

Dr. Jennifer Wright-Berryman  
Lead Researcher

Sandy Murphy  
Client Engagement/Office Mgr.

[www.grantushope.org](http://www.grantushope.org)

Grant Us Hope creates  
communities of leadership and  
advocacy that enhance mental  
wellness, safety, and  
prevention in schools.

We develop a community of  
students, staff, parents and  
community that work together  
to save lives.

because **YOUR** life matters



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We **H** **PE** you  
have a terrific  
holiday season!

*Let it snow*