



FEEDBACK FROM YEAR ONE

The TMHA High School Program

In our first year, the following local schools participated:

- San Luis Obispo High School
- Templeton High School
- Santa Lucia Middle School
- Atascadero High School
- Templeton Middle School
- Coast Unified School District
- Santa Maria High School
- Flamson Middle School

TMHA High School Project provided:

- Trainings for over **250 teachers, counselors, line staff, and administrators** in either Youth Mental Health First Aid (YMHFA) or QPR Gatekeeper Training for Suicide Prevention.
- QPR Gatekeeper Training for Suicide Prevention for over **80 Leadership Students** (ASB, Link Crew, etc.).
- Presentations of *New Perspectives*, an original, customizable mental health curriculum to over **1,000 ninth grade students**.

Here is sample Teacher Feedback, taken from QPR training evaluations:

"I feel it gave me more tools to deal with at risk students."

"Thank you for your compassion and open, honest conversation. I appreciated how vulnerable you were which made it so much more relevant."

"I am glad to see that the school is so committed to being proactive about student mental health."

"I felt as though the presenter's honest nature made the subject matter very relatable. This is such a timely and important topic. I would recommend this training to other school districts and other adults who work with kids. I think reducing the stigma of talking about suicide is so important."

The following is Student Feedback from QPR training and/or the *New Perspectives* presentation:

"I believe every student at SLOHS needs this kind of training."

"I see myself using this by reaching out to friends when I see signs and asking questions and knowing resources."

"I myself have experienced these conditions and wished someone would reach out. I'm relieved that now someone will."

“You really helped me understand more about my own depression and anxiety, especially with incidents that happened to me and my family these last few weeks. Hearing from you helped me understand it more. Thank you.”

“I feel like I can actually do something now. And I realized that I am worth something and I’m not alone. So thank you!”

“THANK YOU...you are changing lives ☺”