

2022 Suicide Prevention Awareness Month Proclamation

WHEREAS, September is known globally as “Suicide Prevention Awareness Month” and was created to raise the visibility of the mental health resources and suicide prevention services available in our community; and

WHEREAS, the goal is to start the conversation about mental health and the impact of suicide to help destigmatize the conversation and help connect people with the appropriate support services; and

WHEREAS, most students do not struggle with suicidal thoughts or behaviors, however, according to the Washington State 2021 Healthy Youth Survey, 16% of 10th graders in the Snoqualmie Valley have seriously considered suicide and 13% of 10th graders have made a plan in the last 12 months; and

WHEREAS, Empower Youth Network, a Snoqualmie Valley-based nonprofit with a mission to promote and inspire youth to lead safe, healthy, and successful lives, incorporates suicide prevention programs in its work, including *How to Help a Friend* – a peer-to-peer suicide prevention training curriculum serving middle school students in both the Snoqualmie and Riverview School Districts, as well as *Youth Mental Health First Aid* – a nationally-recognized training that helps all adults understand how to assist youth in crisis; and

WHEREAS, each and every suicide directly impacts a minimum of 100 additional people, including family, friends, co-workers, neighbors, and community members; and

WHEREAS, Snoqualmie Valley School District publicly places its full support behind those who work in the fields of mental health, education, and law enforcement; and

WHEREAS, global organizations, as well as local mental health partners including Empower Youth Network, serve on the front lines of a war that many still refuse to discuss, as stigma regarding suicide and mental health issues is far too prevalent; and

WHEREAS, I/we encourage all residents to take the time to understand the importance of mental health education and recognize that taking care of ourselves and others includes taking care of mental health.

NOW, THEREFORE, be it resolved that I, Ryan Stokes, Acting Superintendent do hereby proclaim the month of September 2022, as Suicide Prevention Awareness Month in the Snoqualmie Valley School District.