



# Info on TADS' Annual SOS Training

Since our 21 year old son, Jeffrey, took his own life in December 2009, we have worked tirelessly to try to prevent this tragedy from happening to other young people. Toward that end, we have founded Teenage Anxiety and Depression Solutions (TADS) whose mission is to address the issue of mental illness by raising awareness, providing education, and enabling access to care.

The centerpiece of our education efforts is our annual training for educators in SOS Signs of Suicide Prevention Program, which includes separate curricula for middle schools and high schools. SOS has been developed by Screening for Mental Health (SMH). Over the summer, Deb & Steve participated in training provided by SMH and became certified SOS trainers. We will provide the training during this year's session.

The SOS Program focuses on prevention through education by using a simple and easy-to-remember acronym, ACT<sup>®</sup> (Acknowledge, Care, Tell). Students are taught the steps to take if they encounter a situation that requires help from a trusted adult. Through the program, students are taught that suicide is not a normal response to stress, but rather a preventable tragedy that often occurs as a result of untreated depression.



This will be the 9th year that TADS will be making this training possible, and in that time over 500 people have been trained from all across the state. We've heard from school districts that have implemented the curriculum and were then able to discover some students who were in need of mental health services, students who were "definitely under the radar," i.e. would not have been identified without the SOS program.

This event is a train-the-trainer class, and we are inviting up to four individuals from your district to join us, although we are willing to entertain requests for more attendees from your district. We extend our enthusiastic invitation to your school district and hope that you will be able to attend. Please let us know if you would like more information about this training. ([boczeno@gmail.com](mailto:boczeno@gmail.com))

**Training Specifics:**

**What:** Detailed information on the components of the SOS Signs of Suicide Prevention Programs for MS and HS, steps and tips for implementation, education on the signs and symptoms of youth suicide and how to respond as trusted adults and recommendations and resources to respond in the event of a school tragedy

Provided by

Steve Boczenowski, President & Founder of Teenage Anxiety and Depression Solutions (TADS)

Deb Boczenowski, Vice-President & Founder of Teenage Anxiety and Depression Solutions (TADS)

**Where:** Groton Country Club

94 Lovers Lane.

Groton, MA

**When:** Tuesday, November 14<sup>th</sup>

Registration begins at 8:00

Training begins at 8:30 AM

Training ends at 1:30 PM

Registration Web Site: <http://tadsma.org/training/index.htm>

*A light breakfast and lunch will be provided.*

There will be no charge for this training. The cost of the training will be paid for by TADS fundraising.

Also, program kits will be provided to each participating school district: these will be paid for by the See a New Sun Foundation (SANS).

Sincerely,

Steve & Deb Boczenowski

Co-Founders

Teenage Anxiety and Depression Solutions (TADS)