



Organization and Program Overview

Our Organization and Mission

Sandy Hook Promise (SHP) is a nonprofit organization led by several family members who lost loved ones at the Sandy Hook Elementary School shooting on December 14, 2012. Based in Newtown, Connecticut, SHP’s mission is to prevent gun violence *BEFORE* it happens by teaching youth and adults how to recognize the signs, intervene and get help for individuals who may be at-risk of hurting themselves or others.

Our Challenge

Each year, in schools and communities all across the country, there are hundreds of thousands of acts of youth violence, including bullying, physical/mental/substance abuse, gun violence and other harmful behaviors that result from and/or contribute to lack of mental well-being, disruption of learning and safety, physical ailments, mental illness, and, at its extreme, loss of life via suicide or homicide.

In a majority of these acts, the individual displays many warning signs or signals *BEFORE* taking any action. Unfortunately, the youth and adults who observe these signs or signals do not always recognize what they are seeing and/or do not report what they observed. In fact,

- ~1,000,000 students are harassed, threatened or subject to other forms of cyberbullying
- 37% of threats of violence, bullying, etc. are sent electronically. 28% used social media
- 80% of school shooters tell someone of their violent plans. 69% tell more than one person
- 70% of people who complete suicide tell someone of their plans or give some other warning sign

Schools and youth organizations create are a touch-point and petri dish of current and future violent behavior and actions. There is an opportunity to influence youth and create culture changing programs and practices to improve mental health & well-being, school climate and safety and, ultimately, lives.

Our Approach

Train youth and adults, at no cost, in our “*Know the Signs*” programs. These programs teach how to identify, intervene and get help for at-risk individuals *BEFORE* they hurt themselves or others. There are 4 *Know the Signs* programs, two for youth and two for adults. Schools and youth organizations can choose 1 or more programs to meet their school needs. For maximum impact and outcome, all 4 programs should be implemented.

	<p style="text-align: center;">Say Something™</p> <p>Say Something teaches youth how to recognize signs and signals, especially within social media, from individuals who may be a threat to themselves or others and Say Something to a trusted adult <i>BEFORE</i> it is too late.</p> <p>Say Something is an evidence-informed program developed in collaboration with leading violence prevention researchers and educators. Training is delivered in-person or can be digitally downloaded and self-led. Requires 50 minutes to deliver.</p>
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	<p style="text-align: center;"><u>Start With Hello™</u></p> <p>Start With Hello (SWH) teaches youth how to be more inclusive and connected to one another. SWH works to create connectedness and community, by minimizing social isolation, marginalization and rejection, BEFORE an individual chooses to hurt them self or others.</p> <p>SWH is an evidence-informed program developed in collaboration with educators and leading violence prevention researchers. Training is delivered in-person or can be digitally downloaded and self-led. Requires 50 minutes to deliver.</p>
	<p style="text-align: center;"><u>Safety Assessment & Intervention™</u></p> <p>Safety Assessment & Intervention (SAI) teaches adults in schools and youth organizations how to identify, assess and respond to threats of violence or at-risk behavior BEFORE a tragedy takes place. SAI not only addresses the threat itself but also the helps identify and treat the underlying problem in that youth’s life that led to him/her making the threat.</p> <p>SAI was developed by Dr. Dewey Cornell at the University of Virginia and is an evidence-based program. SHP has partnered to help scale and deliver SAI to schools and youth organizations. Training is delivered in-person only. Requires 6 hours to deliver.</p>
	<p style="text-align: center;"><u>Signs of Suicide (SOS)™</u></p> <p>Signs of Suicide (SOS) teaches youth, educators and administrators how to identify, intervene and get help for youth who may be depressed or suicidal.</p> <p>Screening for Mental Health created this heavily evidence-based program. SHP has partnered with them to drive training into schools and community organizations nationwide. Training is delivered in-person only. Requires 50 minutes for student training and 2 hours for teacher/administrator training.</p>

SHP’s 75+ national certified trainers can deliver the “*Know the Signs*” programs in classrooms or in full auditorium presentations. Handouts, curriculum-based resource guides and posters, wristbands and other materials are provided to help reinforce and sustain learning. SHP also provides parent guides for the two youth programs (and offers evening meetings to train parents upon request).

SHP requires student programs - *Say Something*, *Start With Hello* and *Signs of Suicide* - to be embedded into a student club (and/or assigned adult champion) to ensure learning is being reinforced and sustained via school-wide club activities, in-school advertising and other on-going activities. In states and school districts where SHP Program Coordinators are located, we will also follow-up to help support the school, club and adult champion.

Contact Information

- To request *Know the Signs* Programs training, please email programs@sandyhookpromise.org
- To request a family member for a speaking engagement, please contact Alexa Tomassi at alexa.tomassi@sandyhookpromise.org with an overview of your event.