

# Riverside CARE Awards

## *MindWise Innovations SOS Signs of Suicide Program Team*



Working for MindWise Innovations, Kara Neymeyr, Erin Lerch, Lea Karnath, Meghan Diamon, and Nanci Ginty Butler (missing from photo) were the creative minds behind Riverside's new SOS – Signs of Suicide – educational videos for middle and high school students.

When Screening for Mental Health joined Riverside, they came with an evidence-based suicide prevention program that was well-respected and endorsed by the American Association of Suicidology. But the video presentation was looking a little ... dated. (Anyone remember when cell phones had antennas?) So, an update was definitely in order, not only in presentation but in content.

This group certainly didn't start out as acting coaches, set designers, script writers, nor production crew, and they usually don't get a chance to practice those skills in their day jobs, but this team divided and conquered the necessary tasks, hired a production company, and succeeded outstandingly in producing a brand new set of videos to reduce the stigma around mental health for young people, clearly depict signs of distress in their peers, and encourage students with the A-C-T, or Acknowledge-Care-Tell, approach.

The team also created a new series with refresher material so kids don't see the same thing each year. And they introduced a video for parents that brings the story home by sharing the narrative of a young woman with lived experience, and the challenges her parents encountered throughout her struggles.

You can imagine that this was a *huge* effort. This dedicated team spent hours, nights, weekends, and even some vacation days on this project. For going above and beyond, and way outside the realm of their day jobs, Riverside is proud to honor their achievement!