

HOPE SQUAD®

The Hope Squad Program at Whitewater High School is a school-based, peer-to-peer suicide prevention program designed to create a safe school environment, encourage wellness and reduce the stigma that surrounds mental health. The program is lead by Hope Squad Advisors - educators & counselors who have been trained in suicide prevention and work with the student body every day. School suicide prevention involves educating the school community and increasing mental health, connectedness and resilience. Intervention involves recognizing when someone is at risk for suicide and referring the person to mental health resources.

Hope Squad Members are a peer support team trained to notice when a peer is at risk of suicide, offer help, and refer them to a trust adult. They are students in grades 9 - 12 who are nominated by their peers as trustworthy & good listeners and are interested in helping others during their time of need. Members participate in monthly training sessions using curriculum from the QPR Institute (*Question-Persuade-Refer*), a nationally recognized suicide prevention gatekeeper program. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. QPR training teaches people how to recognize suicide warning signs, ask someone about suicide and persuade people to accept professional help. Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Hope Squad Advisors	Contact Information
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