

#### WEBINAR SERIES

Anne Moss Rogers, a National Suicide Prevention Specialist, will have 3 different free webinars coming April 30th, May 2<sup>nd</sup>, and May 13th. See below for times and details.

FINISH READING ON PG. 2



The School Safety & Security Team is here to provide guidance and support to all Nebraska schools in prevention, preparedness, response, and recovery efforts to keep educational communities safe and secure.



### **DIGITAL WISDOM**

Just saying 'No' to digital media does not work. What does work is teaching students, parents & school communities how to be more digitally wise with their technology and device usage.

FINISH READING ON PG. 3

## COMING SOON

10-million-dollar School Safety & Security-Related Infrastructure Grant Awards will be handed out soon!

FINISH READING ON THIS & OTHER SCHOOL SAFETY OFFERINGS ON PG. 4 & 5



**INFRASTRUCTURE** 





Anne Moss Rogers is a mental health and suicide prevention speaker, trainer, and consultant. After her 20-year-old son, Charles died by suicide in 2015, Anne Moss wrote her award-winning memoir, Diary of a Broken Mind, and in 2020, she co-wrote the best seller, Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk with Dr. Kimberly O'Brien.

She has been a TEDx speaker, was featured in the New York Times, Variety Magazine, and was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health. She also was interviewed by CNN's Erin Burnette on teen mental health at the prestigious Billionaire's Summer Camp and is one of the editors of the American Academy of Pediatrics Blueprint for Youth Suicide Prevention.

Register now for any of these free webinars, so you don't miss the opportunity to gain from Anne Moss Rogers expertise!



April 30<sup>th</sup>
QR Code
Coping
Strategies ...

April 30th
Registration
Link



May 2<sup>nd</sup>
QR Code
Addiction
& the
Tragic link...

May 2<sup>nd</sup>
Registration
Link



May 13<sup>th</sup> 9am QR Code Coping Strategies ... May 13th 9am

Registration

Link



May 13<sup>th</sup> 1pm QR Code Spotting Students at Risk ...

<u>Link</u>

May 13th 1pm

Registration

#### Your Insights Matter in Suicide Prevention

Please take a moment to provide your feedback to this short 2–5-minute survey. Your response is invaluable in assessing our efforts to help schools support suicide prevention & postvention throughout Nebraska.

Click here for the survey: <a href="https://go.unl.edu/nde-suicideprevention2024">https://go.unl.edu/nde-suicideprevention2024</a>

Or scan this QR code to take the survey from your mobile device:



## Should I just take my child's phone away?

#### How to help parents understand the digital age.

The debate today from parents and schools is if taking a child's device away is the right answer. Before answering this question, the more important part for adults to learn is how these digital media platforms are designed to operate and how they are impacting the social, mental, and emotional well-being of our youth and all of us. Teaching school communities to be more digital wise is about exposing them to a better understanding of platform pressures and their use of algorithms, artificial intelligence, synthetic media, and emotional exploitation ultimately changing human behavior. Many school personnel and parents agree the digital media tools within smartphones are the foundation for many of the issues impacting today's students.

NDE, School Safety & Security Director Jay Martin has

been providing digital guidance and support at conferences, schools, and ESU's, with Digital Parent Academy and Teen Digital Wisdom presentations.

The purpose of these discussions is to get school communities to start having conversations around digital device concerns and how to bring about a change in the digital culture and climate that currently exists.

Many parents and school personnel have stated after the presentations "every parent should be required to attend a Digital Parent Academy".

Learn the answer to taking devices & other questions at the presentations that will be available soon on the NDE School Safety YouTube Channel or website. Until then, join a presentation coming to/or near your community or request one by contacting jay.martin@nebraska.gov.

# What's New in Nebraska School Safety?

The Emergency Operations Plan (EOP) online learning management system build in Canvas has begun. Teams will have access to the EOP template with the 12 modules to learn best practices. This will give schools the ability to train with their teams in the sections they need when they have the time. The launch of the system will be in the fall of 2024!

Applications for the 10 million School Safety & Security-Related Infrastructure Grant have all been submitted and the review committee is finalizing the list of awardees as this newsletter is being written. In May, the state board will be given the list of award recipients to approve the distribution of these state funds to aid both public and non-public schools with some of their infrastructure needs. NDE would like to thank the 213 competitive applicants who have taken the time to fill out a request for a portion of the funds. An additional shout out to the ESU's who aided the non-public schools with their submissions. The requests have demonstrated the overwhelming need for some structural change needs to our school community buildings spaces. We look forward to helping school communities move forward to being more safe and secure.

Get your Threat Assessment Team ready for training coming this summer! Several school districts have asked for this training over the summer months, so mark your calendar for July 30, 31<sup>st</sup> at ESU 3 in LaVista or you can access it via zoom. Register link: Basic Threat Assessment Training. Threat Assessment Teams are one of a school's best resources to bring about positive outcomes by changing the path of a schools' potential issue or concern.



Books are coming courtesy of our Suicide Prevention Grant & School Safety Team members Kim Jacobson & Sally Carlson. The book, Where to Start – Survival Guide to Anxiety, Depression, and Other Mental Health Challenges, is for "anyone struggling feeling alone or unworthy and wondering if they can feel better." We feel the book will be a great resource for students having these feelings of doubt and needing guidance. The books will be delivered this quarter to ESU's for distribution to their members schools.







## Digital Wise Parenting or School Safety

- April 10th ESU 1, Digital Parenting
- April 16th ESU 5 & 6 at NCSA, Digital Parenting
- April 17th Kearney Data Conference, School Safety Best Practices
- April 19th Afghan Group in Lincoln, Digital Parenting
- April 23<sup>rd</sup> Syracuse Schools, Digital Wisdom, High/Middle,
   Digital Wisdom
- April 25th ESU 7 & Region III, School Safety Digital
- May 31st Nebraska School Mental Health Conference Omaha, Digital Parenting
- June 7th, ESU 9 Association for Supervision and Curriculum Development Conference, Digital Parenting

#### Psychological First Aid for Schools

April 16th and 17th Virtual Training: Register Here

#### Threat Assessment – Hybrid Sessions

- April 19th ESU 6, Level 3 Threat Management plus ZOOM:

  Register Here
- May 30th ESU 13, Level 3 Threat Management plus ZOOM:

  Register Here
- July 30th, 31st, Basic Threat Assessment plus ZOOM:

  <u>Register Here</u>

#### Suicide Prevention

- April 30<sup>th</sup> & May 13<sup>th</sup>, Webinar Anne Moss Rogers, Coping Strategies for Grief & Loss: Healing in a School Community After a Suicide Loss
- May 2<sup>nd</sup>, Webinar Anne Moss Rogers, Addiction
   & the Tragic Link to Suicide
- May 13th, Webinar Anne Moss Rogers, Spotting Students at Risk of Suicide (PreK-6th Grade)
- May 31<sup>st</sup>, Omaha, Nebraska School Mental Health
   Conference NDE School Mental Health
   Resources at our Booth

