The exchange visit to the US in October 2022
The aim of the visit:

- It is an exchange visit that enabled Juzoor to have a firsthand experience of the prevention program, the treatment centers, the re-integration tools and techniques and the pathway of referral from prevention to reintegration.
5 nominated team from Juzoor had the chance to travel to the US to gain the opportunity and learning experiences on adolescent suicide prevention programs.

We had the chance to visit:

- Centers
- Clinics
- Schools
- hospitals
This network is comprised of hospital campuses, health centers, physician practices, rehabilitation locations, and other outpatient care locations. Their health care professionals provide amazing care every day.
Our Program

The Team has Visited the adolescent health center and met with the social workers, nurses, therapists and nutritionists to see how they work with teens on mental health and suicide prevention.
The adolescent health center

In this center we were able to see the comprehensive services that they provide to the patient and their roles and responsibilities.
How they work with suicidal cases. They all set plan together to heal the patient. They always follow up with the case itself.

Adolescents are more opened than their parents...

The role of social worker is to network with the resources especially if parents are not ready to accept that their teens need medications and help to get financial resources.

No limits for sessions open ended sessions, involve families after permission from the child.

Most problems among adolescents: depression, anxiety, eating disorders, body image concerns.

They also do networking with the schools to inform them about the student.

They fill communication form to enable them to communicate with the parents.

They do not work with substance abuse, they refer the cases.
Meeting with the founders of the center
The team visited the inpatient adolescent health unit.
We visited the school behavioral health program and learned about how their schools behavioral specialists work with teens on suicide prevention.
We also visited another school behavioral health program and learned about how their schools behavioral specialists work with teens on suicide prevention:

- Education in schools.
- Therapists in schools
- Rooms to meet adolescents
- Most common problems: Cutting and pills
- Case manager and counselors are linked together to set a plan
- Screening tool “Columbia screening tool” each time to see the progress.
<table>
<thead>
<tr>
<th>Answer Questions 1 and 2</th>
<th>In the Past Month</th>
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<tbody>
<tr>
<td>1) Have you wished you were dead or wished you could go to sleep and not wake up?</td>
<td>YES</td>
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<tr>
<td>2) Have you actually had any thoughts about killing yourself?</td>
<td>YES</td>
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If YES to 2, answer questions 3, 4, 5 and 6
If NO to 2, go directly to question 6

| 3) Have you thought about how you might do this? | |
| 4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them? | |
| 5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan? | |

Always Ask Question 6

| 6) Have you done anything, started to do anything, or prepared to do anything to end your life? | In the Past 3 Months |

Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.

Any YES must be taken seriously. Seek help from friends, family, co-workers, and inform them as soon as possible.
If the answer to 4, 5 or 6 is YES, immediately ESCORT to Emergency Personnel for care.

DON'T LEAVE THE PERSON ALONE.
STAY ENGAGED UNTIL YOU MAKE A WARM HAND OFF TO SOMEONE WHO CAN HELP.
We visited the Riley Children’s Hospital Emergency room
We met with the physicians and nurses who deal with suicidal teens as first line providers.
Emergency hospital
Pet Therapy Schedule
Pet Therapy is held in the lounge
& is dependent on your child's medical team's approval.

1st Wednesday of the Month
1:00pm: Bailey & Rosie
Maddy, Dante & Enzo

2nd Wednesday of the Month
1:00pm: Nolli
6:30pm: Zara & Annabelle

3rd Wednesday of the Month
1:00pm: Maggie & Rosel
6:30pm: Dante, Enzo & Maddy

4th Wednesday of the Month
1:00pm: Bailey
5:30pm: Roley, Maddy & Nolli

Nolli
Zara
Rosie
Maggie
Enzo
Dante
Bailey
Roley
Horse therapy

Adolescent who have anxiety, depression, eating disorders and behavioral problems benefit from this therapy
Clearly, animals know more than we think, and think a great deal more than we know.”

- Irene M. Pepperberg
Those who have experience with horses can tell you that feeding and caring for horses helps relieve stress and anxiety.
Research shows it also lowers blood pressure and improves overall health.
There is a team of therapists specialized in different programs where they organize a plan according to the cases.
Module 1: an overview of suicide and suicidal behavior, including risk and protective factors. Recognize warning signs—behaviors and characteristics.

Module 2: youth suicide prevention programs, this training uses videos to help identifying signs and symptoms of youth suicide and how to assist a student who may be suicidal.

Health is part of everything and there is no health without mental health.
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• Module 3: Trauma Informed Classroom. How trauma affects learning, how to address these effects and how to respond to young people experiencing mental health issues.

• Module 4: This training module was created as a follow-up to Trauma-Informed Classroom. Participants will also discuss how cultural awareness, equity, and racial/historical trauma impact the classroom.
Helplines and Mobile crisis outreach teams
Thank you Juzoor for giving us this opportunity