



More Than Sad Parent Training Quick Start Guide

afsp.org/MoreThanSad



American
Foundation
for Suicide
Prevention

Prepare

Download Materials

Visit afsp.org/MoreThanSad to download the program materials.

Read

- Notes section for PowerPoint presentation *More Than Sad: Suicide Prevention Education for Parents*
- *After a Suicide: A Toolkit for Schools, Second Edition* (afsp.org/AfterASuicide)
- *Model School District Policy on Suicide Prevention* (afsp.org/ModelSchoolPolicy)
- *More Than Sad: Teen Depression Facilitator's Guide*

Watch

- Film: *More Than Sad: Teen Depression* (to purchase, visit afsp.org/films or contact your local **AFSP chapter**)
- Film: *More Than Sad: Preventing Teen Suicide*

Coordinate

- Although not required, we recommend two presenters facilitate the training; **it is strongly recommended that a mental health professional be present to answer questions**
- Contact your local **AFSP chapter**; they can answer questions, provide brochures and information on upcoming community events, and help you find a co-facilitator to assist with your training
- Ask your school administrators for their current policy for suicide, and invite them to attend so they can field questions on school policy; be sure to read the policy ahead of the presentation

Schedule

- We recommend blocking off 90 minutes to deliver the program in its entirety
- A comfortable venue with adequate seating and audiovisual capabilities

Practice

- Download and review the current standardized presentation and program materials from afsp.org/MoreThanSad
- Print the presentation notes and practice the full presentation

Bring

Technology

Please check to see if your training site is equipped with the following items:

- Laptop computer equipped with a DVD drive or WiFi connection
- Projector and appropriate connection cords
- Speakers
- Extension cord
- Microphone (optional)

Curriculum Materials

- Film: *More Than Sad: Prevention Teen Suicide*
- Film: *More Than Sad: Teen Depression*
- Current standardized PowerPoint presentation *More Than Sad: Suicide Prevention Education for Parents*

Optional

- Blank notecards (for questions)
- Talk Saves Lives Brochure (contact your local chapter)
- AFSP Brochure (contact your local chapter)
- After a Suicide Brochure (contact your local chapter)
- After a Suicide: A Toolkit for Schools (print the hard copy or share the link: afsp.org/AfterASuicide)
- Model School District Policy on Suicide Prevention (print hard copy or share the link: afsp.org/ModelSchool)

The Presentation

Following the talking points in the notes, present *More Than Sad: Suicide Prevention Education for Parents*, which includes the PowerPoint and the film *More Than Sad: Teen Depression*.

Timeline

10 minutes – Introduction, scope of the problem, statistics and key terms (Slides #-#)

5 minutes – Embedded video clip (Slides #-#)

10 minutes – Identifying warning signs (Slides #-#)

25 minutes – Show film *More Than Sad: Teen Depression*

15 minutes – Mental health care; common treatment strategies (Slides #-#)

5 minutes – Embedded video clip (Slides #-#)

15 minutes – How you can help (Slides #-#)

5 minutes – Discussion and Wrap-up

After the Presentation

Participant Feedback

- At the end of your presentation, instruct participants to visit afsp.org/MTSparent to complete the online participant feedback form
- If you collected email addresses with your sign in sheet, you may also send out a thank you email to your participants within 24 hours, providing them with the link: afsp.org/MTSparent

Facilitator Feedback

Complete the parent feedback form within 48 hours at afsp.org/MoreThanSad. See the “We Want Your Feedback” section for the appropriate link.

Thank you!

