



# December Prevention Newsletter



**Utah State Board of Education**

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*December 17, 2024*

*Utah State Board of Education*

*Prevention Team*

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## Contact Us

The prevention specialists at the Utah State Board of Education are now working together on all prevention-related matters. Please send any prevention related requests to [prevention@schools.utah.gov](mailto:prevention@schools.utah.gov)

For all training requests, please complete the [Student Services Training Request Portal survey](#) (TRP)

### **Utah State Board of Education**

#### [Prevention Team](#)

**250 E. 500 S. Salt Lake City, Utah 84114**

**Subscribe** to be on the [School-based Prevention Services ListServ](#) using the Utah Education Network (UEN) Mailing List

**Subscribe** to be on our [Suicide Prevention ListServ](#) using the Utah Education Network (UEN) Mailing List

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"The positive is real and worth growing."

## In This Issue

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In this issue, find resources and events to support your prevention efforts.

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- ***2024-2025 Prevention and Protective Factor Trainings***
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    - ***April Comprehensive Prevention In-Person Training***
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  - ***Utah Suicide Prevention Committee and Coalition Webinar Series: Supporting Young Adults With Mental Health Challenges***
  - ***December Meditation Moment: Present over Perfect***
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## 2024-2025 Prevention and Protective Factor Trainings





# Five Protective Factors

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## *2024-2025 Prevention and Protective Factors Trainings*

*Please join the USBE's Prevention Team's Prevention and Protective Factors Lunch and Learn webinar series held monthly on the third Wednesday of the month (through March) via Zoom from 12:00 pm - 1:00 pm. The full series of trainings can be found [here](#).*

**Wednesday, December 18, 2024**

**Knowledge of Development; Tanya Alborno, USBE Coordinator for Prevention**

[Knowledge of Development Webinar Registration](#)

*Recordings and information from past webinars can be found on the USBE Prevention website, under the subtitle, [Other Prevention Professional Learning](#)*

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## USBE Prevention Block Grant



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*Thank you to all those who submitted applications for the **FY25-26 Prevention Block Grant**. We received applications from 49 LEAs exceeding \$11 million in funding requests. With only \$3.8 million to distribute, the review team had to make some very difficult decisions, and were able to fund 24 LEAs. Feel free to reach out to [prevention@schools.utah.gov](mailto:prevention@schools.utah.gov) for additional prevention funding opportunities that may be available within your community.*

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## Prevention Stars Recognition



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*The USBE Prevention team would like to celebrate with you! We would like to recognize successful prevention work happening across the state that has demonstrated promising outcomes for students. Please feel free to send us any success stories, excellent practices, or examples of exemplary prevention work that is happening in your District or School. We will be including these in future newsletters so we can share your work with your colleagues statewide. We may also be including them in statewide Prevention webinars as well as other professional learning offerings.*

*Please feel free to nominate a District, charter, program, school, or even an individual. Be aware that we may follow up with you if we need more information. We look forward to reading your nominations.*

*Please fill out this [Qualtrics form](#) to nominate a Prevention Star.*

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## Restorative Practices Training Schedule



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*Restorative practices are approaches to proactively build positive school culture and relationships while holding students accountable for disruptive behaviors and providing students an opportunity to repair harm and restore positive relationships.*

*Register in MIDAS for upcoming [trainings](#).*

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## Do the Write Thing (DtWT)



**What:** USBE is announcing the 2024-2025 Do the Write Thing Challenge, which offers middle school students the opportunity to examine the impact of youth violence on their lives and communicate in writing what they think should be done to change the culture of violence.

**Who:** The Challenge is open to middle school students. Please share this information with your middle schools/middle school students.

**When:** The entry submission deadline is Friday, January 10, 2025.

**Action:** Please share the attached informational handout with leadership in your middle schools so they can encourage participation from any interested students.

**Information:** For more information, including an instructions package on how to participate, classroom planning lessons, and work from previous years, visit the [Do the Write Thing \(DtWT\) Challenge](#) or contact Cuong Nguyen at [Cuong.Nguyen@schools.utah.gov](mailto:Cuong.Nguyen@schools.utah.gov), or Tina Morandy at [Tina.Moranday@schools.utah.gov](mailto:Tina.Moranday@schools.utah.gov).

Thank you!

## April Comprehensive Prevention In-Person Trainings



**WHAT:** The USBE Prevention Team invites LEAs to attend an in-person prevention workshop.

**WHO:** School administrators, prevention staff, behavior specialists, school counselors, social workers, teachers, school mentors, and staff who work directly with students.

**WHEN:** All workshops will be held in April from 9 a.m.-3 p.m. Please see the schedule below for details.

**WHERE:** Six locations throughout the state. Please see the schedule for details.

Registration: [MIDAS Course 64851](#)

Choose the location and date that you prefer and register for the corresponding section.

**April 22, 2025 (Tuesday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Ogden School District\* 1950 Monroe Blvd Ogden, UT 84401

**April 23, 2025 (Wednesday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Granite School District

2500 South State Street

Salt Lake City, UT 84115

**April 24, 2025 (Thursday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Uintah School District 826 South 1500 East

Naples, UT 84078

**April 25, 2025 (Friday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Nebo School District 350 South Main

Spanish Fork, UT 84660

**April 28, 2025 (Monday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Moab Arts and Recreation\*

111 East 100 North Moab, UT 84532

**April 30, 2025 (Wednesday)** Time: 9:00 a.m. - 3:00 p.m.

Location: Festival Hall Conference Center\*

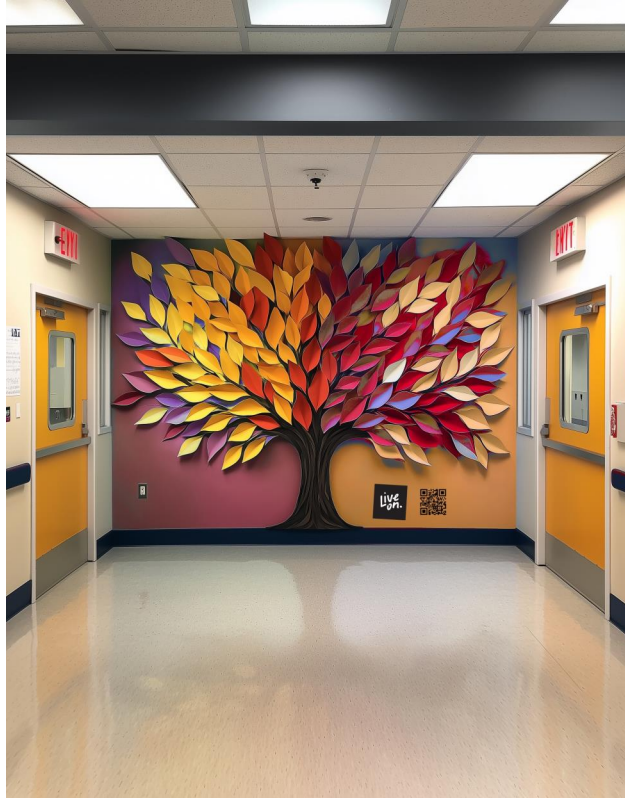
96 North Main Street

Cedar City, UT 84720

For more information contact [prevention@schools.utah.gov](mailto:prevention@schools.utah.gov)

Live On School Suicide Prevention and Mental Health Materials





This tree is interactive!

# Take a leaf and pass it on.

Add your own note on the back and share to brighten someone's day.

Give it to a friend, teacher, or anyone you think could use an encouraging message.

Live On.

Most Utah students think

# IT'S OKAY TO SEEK HELP

from a professional if  
you've been feeling sad,  
hopeless, or suicidal.

As reported on the Utah SHARP survey.

You can start by talking to your parents  
about seeing a doctor or therapist,  
chatting on the SafeUT App, or talking  
to the school counselor.





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*We are excited to share that all of the Live On Suicide Prevention and Mental Health Materials are available to share, download, and print at this link, [Live On School Campaign 24-25](#). There is an "online print shop" where you can order prints directly: [Live On Shop for Materials](#). This may be a more cost effective and convenient option for your school(s). We ask that all partners who want to use our Live On Campaign materials follow our [brand guidelines](#) and safe messaging practices.*

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Utah Suicide Prevention Committee and Coalition Webinar Series:  
*Supporting Young Adults With Mental Health Challenges*



The flyer is a vertical rectangular graphic with a dark purple header and a lighter purple body. In the top left, there is a circular logo for the Utah Suicide Prevention Committee and Coalition, featuring a stylized 'U' and 'S' icon. To the right of the logo, the text reads 'WEBINAR SERIES: SUPPORTING YOUNG ADULTS WITH MENTAL HEALTH CHALLENGES' in bold, white, uppercase letters. Below this, it says 'INTENDED AUDIENCE: PARENTS AND YOUNG ADULT SERVICE PROVIDERS'. The main content is organized into four rounded rectangular boxes, each representing a session. Each box contains a clock icon, the session number, date, and time, followed by the title and presenter information. At the bottom, there is a registration link, a QR code, and a call to action to sign up by copying the link or scanning the QR code.

**Utah Suicide Prevention Committee and Coalition**

**WEBINAR SERIES:  
SUPPORTING YOUNG  
ADULTS WITH  
MENTAL HEALTH  
CHALLENGES**

INTENDED AUDIENCE: PARENTS AND YOUNG  
ADULT SERVICE PROVIDERS

**Session 1:** January 15, 2025  
7-8 pm MST  
**Title:** Youth Taking on Adulthood: Understanding the Challenges of Today to Help Them Plan for their Vision of Tomorrow  
**Presenters:** Theo Schwartz, Kely Brock, Lisa Wade, and TeMerra Blackwater, the Utah Department of Health and Human Services

**Session 2:** January 30, 2025  
7-8 pm MST  
**Title:** "But I Don't Want To": How Parents Can Support Their Young Adult Who is Resistant to Launching into Adulthood  
**Presenter:** Dr. Magenta Silberman licensed psychologist from HMHI's Young Adult Comprehensive Assessment and Treatment Program

**Session 3:** February 12, 2025  
7-8 pm MST  
**Title:** Young Adult Lived Experience Panel  
**Presenters:** Cadon Sagendorf, Theo Schwartz, and Katelyn Stark

**Session 4:** February 26, 2025  
7-8 pm MST  
**Title:** Crisis Response and Suicide Prevention for Young Adults  
**Presenters:** Teresa Willie, Southwest Behavioral Health Center

**Sign Up Now by copying the link or scanning the QR code**

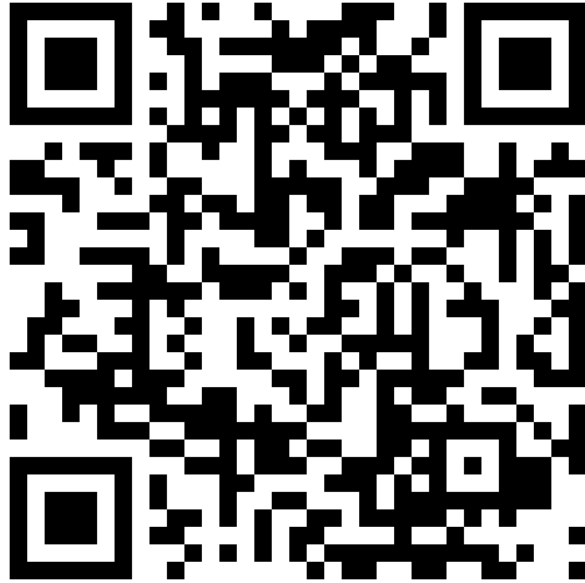
<https://forms.gle/syX5WcXZN9D7z6DW7>



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*We are excited to share the flyer and registration link for the upcoming webinar series: "Supporting Young Adults with Mental Health Conditions." There is no cost to register, and the target audience is parents and service providers who support young adults and their parents (therapists, clergy, school counselors, case managers, peer support specialists, etc.). Please register at the following link: <https://forms.gle/CGcNW84dTCj3evR9A> or scan the QR code.*

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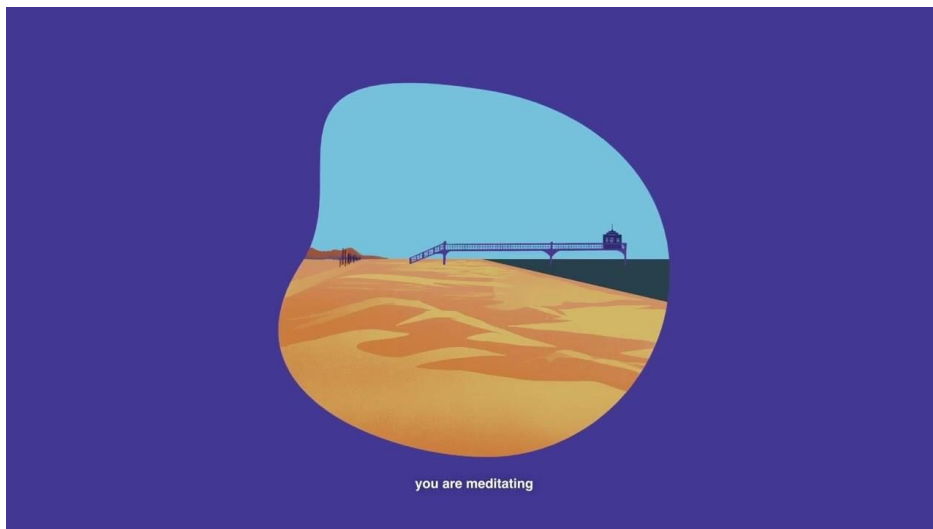


## December Meditation Moment

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*The quieter you become the more you can hear.*

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