

## A Collaborative Suicide Prevention Project Between [List Partners Here]

The CAST Program social network support activities are being conducted as a collaborative effort between students, parents, school personnel & community partners designed to achieve multiple benefits:

**For Students** — useful information, coping skills, and support.

**For Parents** — enhanced understanding and help in taking action.

**For Schools** — increased help and resources for students.

**For Communities** — knowledge of school-based prevention programs that work to increase coping and support skills.



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A Community Partnership

**Funded By:**  
[Funding Source Here]

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*Reconnecting Youth™ Inc.*

# Coping And Support Training (CAST)

## What is CAST?

**CAST** is a school-based suicide prevention program that targets young people ages 14–18 in grades 9–12. It is for students who evidence multiple risk factors and few protective factors for suicide and depression. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources.

## Research Findings

CAST, with the CARE intervention, compared to intervention as usual demonstrated:

- Greater sustained declines in depression
- Lower levels of suicide ideation
- More rapid declines in anger control problems for females
- Greater reductions in hard drug use
- Fewer drug use control problems
- Greater increases in enhancing protective factors: personal control and problem-solving coping.

## Overview of the CAST Program

- 12, 1-hour sessions, twice/week for six weeks
- 6–7 students per group
- Students learn skills to:
  - Build self-esteem      Make healthy decisions
  - Set and monitor goals      Gain personal control

And work toward program goals of:

- ↓ depression and suicide risk
- ↑ drug use control
- ↑ school performance

## Steps we will take...

1. Identify eligible youth
2. Randomly select and personally invite students to participate
  1. Obtain student and parent consent
  2. Screen for suicide-risk and depression
  3. Provide assessment and support for students reporting suicide-risk and/or depression
  4. Enroll in CAST

For further information contact:

[Names & Numbers for CAST  
Leader & Coordinator]