

At iLEAD Schools, we believe in the power of embracing a mindful approach to life; incorporating Social Emotional Learning as a way of developing more well-rounded learners; and incorporating the 7 Habits to aid children in meeting every challenge life sends them.

But we do this not just because it's a strong educational model — we do it because we care about building strong kids.

We care about supporting our learners, no matter what they may be facing.

Academic growth is an unquestionably high priority at iLEAD Schools, yet it is secondary to creating a safe, supportive learning environment in which the basic needs and well-being of youth are assured. Only then are learners available to learn, interact, and grow into individuals who are prepared to excel in college, career, and civic life.

Sadly, we know that a growing number of learners continue to experience severe challenges related to anxiety, depression, self-harm, and ultimately, suicidal ideation. Whether due to societal pressures, academic stress, bullying, relationship challenges, or mental health factors, rates of suicide among youth continue to increase. A nationwide survey conducted by The Jason Foundation indicated that the No. 1 person a learner would turn to when trying to help a friend at risk of suicide is a teacher. Our staff and facilitators know this and endeavor to create and maintain an environment where learners feel safe addressing these topics.

Additional Resources

Note: In the event of an emergency, 911 should always be the first call. Those looking to speak with someone can call the following numbers

National Suicide Prevention Lifeline:

Dial - 988

The Crisis Text Line:

Access by texting HOME to 741741

Los Angeles County Department of Mental Health:

1-800-854-7771

Los Angeles County Child Abuse Hotline:

1-800-540-4000

California Youth Crisis Hotline:

1-800-843-5200

Children of the Night (24-hour runaway hotline):

1-800-551-1300

L.A. County Psychiatric Emergency Team

(800) 854-7771

L.A. County Sheriff's Department

Non-Emergency Numbers

Agua Dulce/SCVi:

(661) 255-1121 (SCV Sheriff's Station)

Lancaster/AV/Empower Generations:

(661) 948-8466 (Lancaster Sheriff's Station)

Do you have additional questions? Please email

studentsupportcounselors@ileadcalifornia.org



ileadschools.org

© 2019 iLEAD Schools

“If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.”

— Fred Rogers



**Mental Health Services
& Resources**

Suicide Awareness: Identifying and Preventing Warning Signs

Some warning signs may help you determine if someone is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

If learners believe someone they know is at risk of suicide, they should speak with a facilitator, staff member, family member, or contact one of the agency contact numbers listed on the back of this brochure immediately.

For more information and resources visit suicidepreventionlifeline.org.

You're not alone...

Love and Logic

Love and Logic is a research-driven, whole-child philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D., and informs how our facilitators build healthy, respectful relationships with learners.

Parenting With Love and Logic

An authentic, loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding.

- The “Love” in Love and Logic means that we love our kids so much that we are willing to set and enforce limits, yet also means we do so with sincere compassion and empathy.
- The “Logic” in Love and Logic happens when we allow children to make decisions and experience the natural or logical consequences. When we balance this with sincere empathy, they develop the following logic: “The quality of my life depends on the quality of my choices.”

For more information visit www.loveandlogic.com

Our iLEAD Values

We are a people of purpose, establishing a new paradigm for education. We are a caring culture that values community, which contributes to a better society. Our focus on developing empathy allows for respect and invites an engaging, positive, rich environment. We believe people are natural-born learners. We provide opportunities for discovery and wonder to nurture a lifelong love of learning. Success is demonstrated through leadership, self-direction, problem-solving skills, creativity, collaboration, innovation, and service. We embrace stepping out of our comfort zone. We value joy, fun, choice, and voice, and we celebrate that our differences contribute to our common humanity.

