



**Rhode Island Interscholastic League (RIIL)
Principals' Breakfast**

October 6, 2023

His contagious laugh and smile warmed our hearts.

His genuine compassion for others was a gift to all.

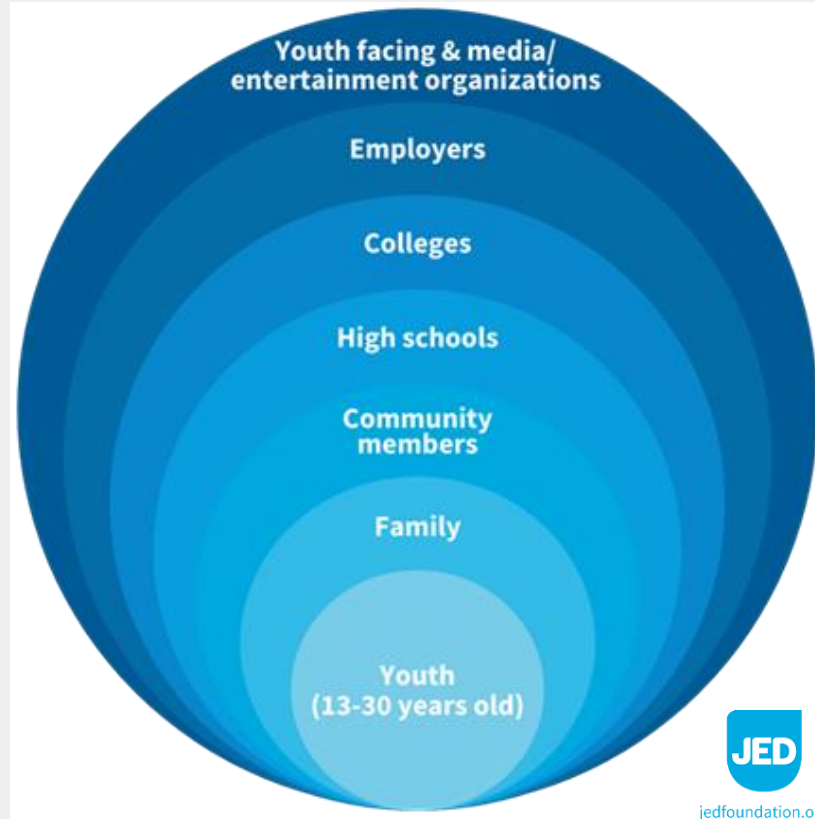


Katie – Kyle – Lauren

Collectively We ALL Need To Create an Environment of Hope & Security

EDUCATION

- ✓ **Learn symptoms** to look for in troubled youths.
- ✓ **Learn how to have conversations** with those you are concerned about.
- ✓ Know **what resources are available** and where to find them.
- ✓ **Find Treatment** – therapy, medications, cognitive behavioral techniques; lifestyle changes.



*We all need to play a role in promoting positive mental health, and creating a **non-judgmental, empathetic, caring, and supportive school culture.***

TALK MORE OPENLY

- ✓ *Mental illness does not equal mental weakness!*
- ✓ *Mental illness does not represent a personal failure!*
- ✓ **Never be ashamed** to ask for help...without hesitation!
- ✓ **Empathize** with those who struggle – they are not broken beyond repair, or isolated from peers.

Complementary Solutions to a Comprehensive Strategy

*Evidence-based for 4 key stakeholders - students, faculty, administrators, and parents;
Addressing 7 critical domains of focus.*



Peer support chapters (30 in 3 states!)

Students elevating their voices to change the conversation around mental health.



Mental health survey

to gauge students' attitudes about mental health, help-seeking, and stigma perception.



Prevention through education.

Young Adult Speakers, parent and teacher training, mindfulness.



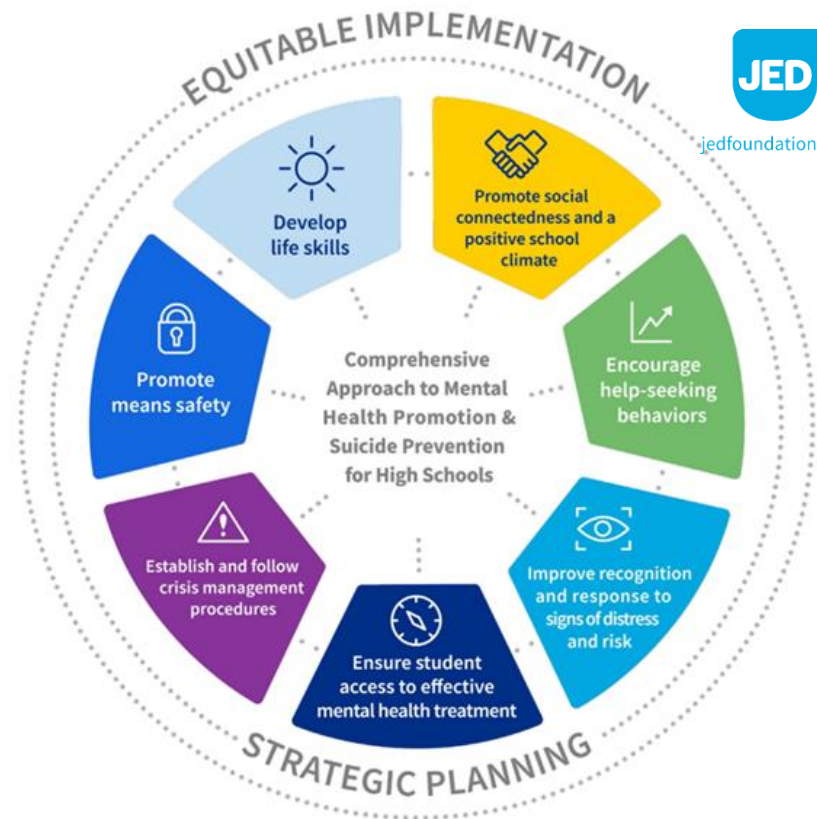
Suicide prevention, intervention

and postvention trainings. Trauma-informed and crisis response trainings.



Suicide prevention workshops for

students, faculty, and parents. Risk factors, warning signs.



Comprehensive roadmap/blueprint strengthening campus-wide programs, and policies to support mental health and prevent suicide. **Grounded in MTSS and CDC WSCC model.**



What Does KyleCares Do?

Introductory Meetings (1 hour)

Typical participants

Superintendents, Principals,
Adjustment Counselors, Wellness
Coordinators, Psychologists, AD's

Each school's needs are unique

based on quantity of students,
demographics, budget, and
existing programs and policies

- **Connecting** schools with mental health resources and service providers
- **Facilitating** long-term, comprehensive strategies to address student mental health
- **Funding** school-based mental health education, awareness, and suicide prevention programs

Our Impact Since 2019:



KYLECARES – WECARE

Awareness Campaign

Kyle cared.



His Foundation cares.



Do you care?

- As an individual
- As a club or team
- As a school
- As a league
- As a governing body
- As an influential organization

KYLECARES – WE CARE Awareness Campaign

- Encourage student/school action locally; part of broader league-wide, statewide movement.
- Expand the KyleCares brand
- Develop statewide awareness via a “plug-n-play” template
- **Generate open conversation**
- **Encourage help-seeking** behavior, without shame or hesitation
- **Promoting positive school culture** and destigmatize mental health
- Encourage athletes to let down their guard if they are struggling
- Encourage school “leaders” to play their role in changing the school culture





- ✓ Student **Mental Health Summit**, January 12th @ RIC
- ✓ **PA Announcements and videoboard or LED courtside signage rotation at State Championships** for Basketball, Volleyball, Ice Hockey, and Lacrosse.
- ✓ Allowing KyleCares to introduce partners/solutions with you!

Key Points:

- ✓ You never pay KyleCares a dime. **We are looking to GIVE YOU money.**
- ✓ **Flexible** Grant Request Process.
- ✓ **Checks written to service provider** “on behalf of your school”.
- ✓ Bringing together administrators and students for a common cause.
- ✓ Creating opportunities for students to learn more and advocate for themselves and peers. Encouraging help-seeking.

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Thank You!!!