



Morris Hills High School
520 West Main Street, Rockaway, NJ 07866
Child Study Team
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Dear Morris Hills High School Community,

We hope this correspondence finds you and your loved ones safe and healthy. As you may know, suicide is one of the top three causes of death for young people ages ten through twenty-four. In the Morris Hills Regional District, we take the safety and well-being of our students very seriously. In the coming weeks and months, all ninth and twelfth grade Health and PE class will be provided with some basic information about youth suicide. Furthermore, the students will be provided with strategies and resources with regard to what to do if they are worried about themselves or a friend. The district will be utilizing the Lifelines curriculum to share this information. Specifically, the information will focus on the following:

- The importance of help-seeking behavior
- Identifying basic facts about suicide
- How to talk to friends about suicide (what to say and what not to say)
- Recognizing the FACTS (feelings, actions, changes, threats, and situations) that could be warnings signs
- What to do if students are worried about themselves or a friend
- A detailed overview of the supports available in the school and outside of school

The interactive Lifelines Program covers many topics and gives students the opportunity to develop a plan of action if this were a situation they encountered in the future. The program is developed from the standpoint that friends would be the first to notice behaviors and warning signs. Therefore, the district wants them to be fully prepared to help attain the appropriate support. Since research has demonstrated that programs presented only once have little lasting impact, the Lifelines prevention curriculum is designed to consistently reinforce messages about help-seeking. This information will be presented by a Child Study Team member and a Health/PE teacher.

Please find the [LINKED](#) resources for your convenience.

Should you have any questions or concerns about your child's participation in this program, please contact Mrs. Sonya Boyer, District Director of Special Services, at 973-664-2324 or sboyer@mhrd.org.

Sincerely,

Mrs. Sonya Boyer, District Director of Special Services

Mrs. Claire Herman, Athletic Director for Morris Hills High School

Mrs. Alyson Setzer, School Psychologist for Morris Hills High School

Dr. Todd M. Toriello, Principal of Morris Hills High School

Mrs. Leigh Wojcik, School Psychologist for Morris Hills High School