

Aevidum Agenda

Creating positive school climate by encouraging good people to do great things.

I. Story of Aevidum

- How we got started
- Where we are going

II. What does your school need?

- Students
- Staff

III. How Aevidum can influence a positive school climate

- Accept
- Appreciate
- Acknowledge
- Care
- Website

VI. Curriculum for Students

- Health Teachers and Guidance Counselors
- In Process

VII. Staff Investment and Training

- House Bill 1159

VIII. What can we do next?

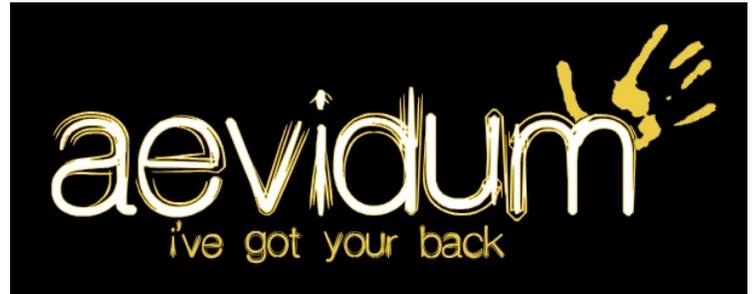




- Aevidum's mission is to raise awareness about mental illness and other issues facing teens. Using their gifts, club members work to create an "I've got your back" culture, raising awareness about mental illness and other important issues facing their generation. Aevidum empowers both students and educators.
- Aevidum started at Cocalico High School in 2003 following the suicide of a sophomore. At the time, it was one of the first student groups in the nation actively talking about depression and suicide. Aevidum, a word created by a high school junior, means, "I've got your back!"
- Aevidum has won numerous national awards and honors, including SADD's National Activity of the Year award twice. (Selected from more than 10,000 schools across the nation.)
- Aevidum and its students have presented at many national education, medical and professional conferences, including a plenary session at the American Association of Suicidology national conference in Washington DC. They were the first student group to ever present at the prestigious event.
- Aevidum has been endorsed by leading mental health professionals, school superintendents, school principals, teachers, counselors and, most importantly, students who continue to embrace this lifesaving initiative.
- Aevidum students have been recognized by lawmakers in Pennsylvania and Washington DC and were honored by the PA Senate and PA House, which proclaimed Aevidum Awareness Day in 2009. Aevidum students were also invited to intimate meetings with Gov. Corbett and members in the US Senate, including a private sit down meeting with Sen. Harry Reid at the U.S. Capitol building.
- Aevidum has testified before the PA House and Senate to illustrate the need for mental health awareness and training in schools.
- Working with mental health experts, students, teachers, and school counselors, Aevidum created a mental health curriculum for elementary, middle, and high school health classrooms.
- Aevidum clubs exist in elementary, middle and high schools and colleges across Pa, and in California, Florida, Illinois and Delaware.
- The Education departments at Penn State University and Millersville University are teaching pre-service teachers Aevidum's Empowerment model.
- Aevidum students take the messages from the experts and use their gifts and talents to create informational campaigns and events. This year, for example, Aevidum ONE — a CD featuring original music written by students about friendship — will be launched.
- In what was called an "Historic meeting for suicide prevention across the nation," Aevidum attended the Expert Consensus Meeting on the Development of Empirically-Based Warning Signs for Suicide in Youth, held at SAMHSA. Aevidum was one of five national organizations that sponsored a national survey to survivors of suicide. The outcomes were used to develop a set of national warning signs, which will be released this year.
- Aevidum has appeared in newspapers, on radio, and on TV across the nation. It also was featured on Good Morning America.
- Working with the National Center for the Prevention of Youth Suicide, Aevidum is creating a series of tools for teachers and administrators.

*Depression is an illness that is real. **But it is treatable.** Show that you care by learning these warning signs and being willing to get yourself or a friend to an adult who will help. Let's have each others' backs. Let's be there for each other. Aavidum.*

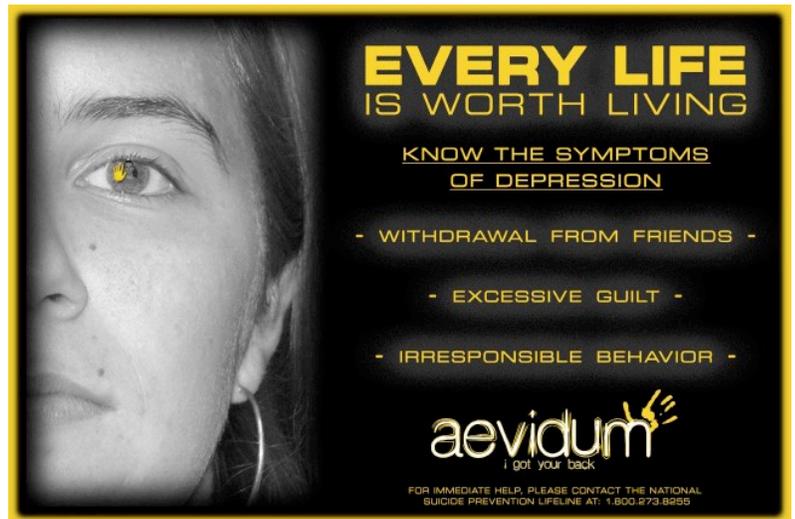
Most of us feel sad or unhappy at various times in our life, but teenage depression that extends for a longer lengths of time (usually more than 2 weeks) and that interferes with our daily life is considered to be major depression. This type of teen depression is one that isn't to be taken lightly and should be treated as early as possible. Many teens have mood swings or are quick to express anger, but how do you distinguish between normal teenage angst and a more serious problem?



Recognizing Teenage Depression:

These symptoms may indicate depression, particularly when they last for more than two weeks:

- Lack of enthusiasm, energy or motivation
- Poor performance in school
- Indecision, lack of concentration or forgetfulness
- Withdrawal from friends and activities
- Sadness and hopelessness
- Anger and rage
- Substance abuse
- Overreaction to criticism
- Feeling unable to satisfy ideals
- Poor self-esteem or guilt
- **Restlessness/agitation**
- Changes in eating or sleeping
- Problems with authority
- Suicidal thoughts or actions



Where do you go for help? **A counselor, the nurse, a caring adult who will get you help!**

National helpline: 1-800-273-8255 (Save it in your cell!)