



Mission Statement:

To facilitate person-centered recovery by empowering people of all ages with behavioral health needs and developmental disability challenges to strengthen relationships, establish independence, and enhance their ability to improve their physical health and emotional wellbeing.

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Executive Director:

Jan M. Kasofsky, PhD

September 15, 2017

Dear Superintendent/Administrator,

Capital Area Human Services (CAHS) launched the #MeByDesign campaign last year to promote healthy choices and positive behaviors among middle and high school youth in Ascension, East Baton Rouge, East Feliciana, Iberville, Point Coupee, West Baton Rouge, and West Feliciana parishes.

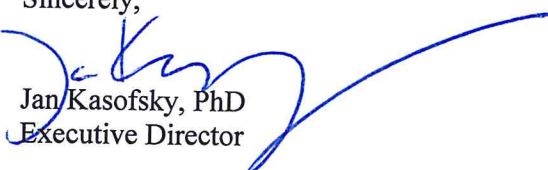
One of the goals for this year is to provide additional resources to schools. In recognition of *National Suicide Prevention Week*, our Prevention Services team developed the enclosed suicide prevention toolkit for schools that includes several resources that administrators, faculty, staff, and students can use to support a healthy campus culture, at no charge to your schools, including the following:

- Morning announcements
- Social media posts and infographics
- Writing prompts
- 8.5"x11" posters
- Model school policy on suicide prevention from the American Foundation for Suicide Prevention
- Presentations by CAHS clinical specialists for staff or students on topics related to suicide prevention or the aftermath of a suicide or trauma (upon request)

Suicide is the second leading cause of death for Louisiana youth ages 10-14 and is the eleventh leading cause of death in the state. We work closely with schools and other community partners to address substance use and behavioral health issues that contribute to suicide among youth in our service area. We believe the #MeByDesign campaign is a valuable resource for our collective efforts to educate youth about the risks of alcohol, tobacco and other drugs and to promote emotional health and well-being.

We know that schools take a proactive approach to foster positive youth development and ask for your support to get these critical resources to schools and help us reduce the incidence of suicide among youth in our regional communities.

Sincerely,


Jan Kasofsky, PhD
Executive Director

CAHSD is proud to be nationally recognized and accredited by the Commission on Accreditation of Rehabilitation Facilities



Outpatient Treatment: Alcohol and Other Drugs/Addictions (Adults)
Outpatient Treatment: Alcohol and Other Drugs/Addictions (Children and Adolescents)
Outpatient Treatment: Mental Health (Adults)
Outpatient Treatment: Mental Health (Children and Adolescents)
Residential Treatment: Alcohol and Other Drugs/Addictions (Adults)

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