



**KELLY MILLER**  
**MIDDLE SCHOOL**

February 5, 2018

Dear Kelly Miller families,

Next week we will be meeting with students to discuss the signs and symptoms of depression and suicide. Starting Monday, the Kelly Miller administration and mental health teams will meet with students as a team to discuss what to do if they are feeling depressed or wanting to harm themselves, as well as what to do if they have a friend who feels this way.

The meeting days for each team are listed below:

Monday—6A, 7A, 8A

Tuesday—6B, 7B, 8B

Wednesday—6C, 7C, 8C, 8M

Thursday—6D, 6T, 7D, 8D

Friday— 6E, 7T, 7E, 8T

We know parents play an important role in their child's life. We encourage parents to talk to their children daily; a few suggestions/tips to support the conversation are below:

- Check in with students about their feelings and emotions by asking questions such as:
  - How are you feeling about school?
  - Name 3 good things that happened in school today.
- Continue to take threats seriously: Follow through is important even after the child calms down or informs the parent "they didn't mean it." Avoid assuming behavior is simply attention seeking (but at the same time avoid reinforcing suicide threats; e.g., by allowing the student who has threatened suicide to drive because they were denied access to the car).
- Access school supports: If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with the school: After such an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place for your child.

Should you have any questions or concerns, please do not hesitate to contact Kelly Miller Middle School at 202-388-6870 and ask to speak to your child's grade level administrator or social worker.

Thank you,

Kortni Stafford  
Principal