



Coaches Assistance Program (C.A.P)

C.A.P is here to provide the education and help that you may need to recognize the signs and symptoms of suicide. Information is also provided to help you guide and support your athletes through stressful life situations.

- ✓ Suicide is the second leading cause of death for ages 10-24.
- ✓ Among college students, suicide is the second leading cause of death.
- ✓ According to the 2017 Youth Risk Behavioral Survey, 7.4% of high school students, or over 1 in 14 reported having attempted suicide in the past year.



COACHES are vital in the lives of our youth. The age group that coaches have the opportunity to impact is the same age group that youth suicide affects. Because of this, informational materials and programs regarding suicidal thoughts, behaviors and the act of youth suicide can be of meaningful value to coaches.

THE JASON FOUNDATION & E4 HEALTH feel that it's imperative that athletic department personnel, especially coaches, athletic trainers and academic advisors, notice team members' behavioral changes and emotional struggles. These changes could be warning signs of suicidal ideation and it's an opportunity for you to save a life.

OUR STAFF DEVELOPMENT MODULES are such a program that will equip coaches with the tools and resources to be able to help identify and assist at-risk youth. As a coach you can already recognize the added pressures and risks for student athletes and by being educated you can be that much closer to knowing how to save a life.



Visit jficap.com for more information.

powered by **The Jason Foundation**



WHAT IS CAP?

CAP provides you access to valuable tools and resources with regards to youth suicide prevention and awareness. The goal of CAP is **NOT** to make coaches into counselors, but rather to provide them the information and resources to better be able to identify and/or respond to students who may be struggling with thoughts of suicide.

TRAINING CAMP

Unlike certain sports, our Training Camp does not begin or end before the season starts. It is available throughout the year. Working in conjunction with The Jason Foundation, a leader in the battle against youth suicide, coaches have access to training materials and modules that will educate their staff on youth suicide and the student-athlete.

The purpose of The Jason Foundation's Professional Development Series is to help bring awareness to the impact of youth suicide in our communities. This program is not intended to make anyone an expert or counselor in youth suicide. The objective of the training is to provide you with the information, tools and resources that will help you to identify and assist at-risk youth. Currently, there are nine training modules available which discuss the staggering statistics associated with youth suicide, identify several signs of concern of possible suicidal ideation and explore resources to help a depressed or suicidal youth.

As with all Jason Foundation's programs and resources, CAP and JFI's Online Library is provided at no-charge to our Affiliates or their members.