



Tom Karlin Foundation

 **@TalkListenACT**

TalkListenACT.org



Tom Karlin Foundation

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Thomas Joseph Karlin

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TKF Vision Components

Mental Health “Physicals”

Just as kids need a physical before they can compete in sports, kids should have routine mental health checkups

Mental Health Coaches

Team of coaches (less stigma than “counselor”) to build relationships with teens and check-in frequently

Wrap-around Programming

Programming for all schools that provides ongoing education, empowerment and resources for teens and teen advocates

Smartphone App

Developing an app that teens can use to anonymously report to authorities if a teen is depressed/suicidal, app would also have other positive components (social media, etc)

Mission

The mission of the Tom Karlin Foundation is to improve the quality of teens' lives and reduce teen suicides through education and awareness of depression and mental wellness issues, and suicide prevention.



Who, What, How, When, Where

Who

- Teens
- Parents
- Teen advocates (Teachers, Coaches, Church group leaders, Scout leaders)

How

- School presentations
- Ongoing School programming (vs once per year)
- Social media
- Smartphone app (in development)
- Community Symposiums

What

- Educations on Suicide, Depression & Anxiety
- How to detect
- What to do: #TalkListenACT

When/Where

- Year-around, but heavier during school year
- School year (reaches all teens)
- Church youth groups
- Church summer camps

Teen Involvement

Teens are our main “audience”, so why not involve them in everything we do?

- Teen Advisory Board
- Teens develop content
- Teens present and lead
- Teens direct future efforts



Keys to Success

- Focus on Teens and Teen Advocates
- Heavy Teen involvement in all aspects
- Peer Empowerment
 - But leverage the entire community
- Programming (year-around vs one-time per year)
- Address the 3 key areas:
 - Education
 - Assistance
 - Reduce stigma



Frustrations

- Huge DUPLICATION of efforts and lack of communication between schools, organizations, agencies
- Shortage of time and money (working on this “nights & weekends”)
- Schools and administrations block education and assistance programming (afraid we’ll make kids think about suicide)



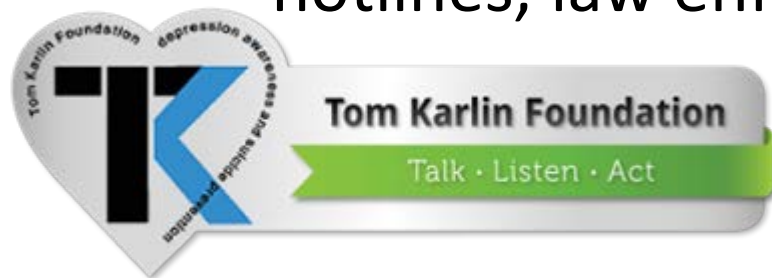
Recommendations or suggestions for the task force to consider

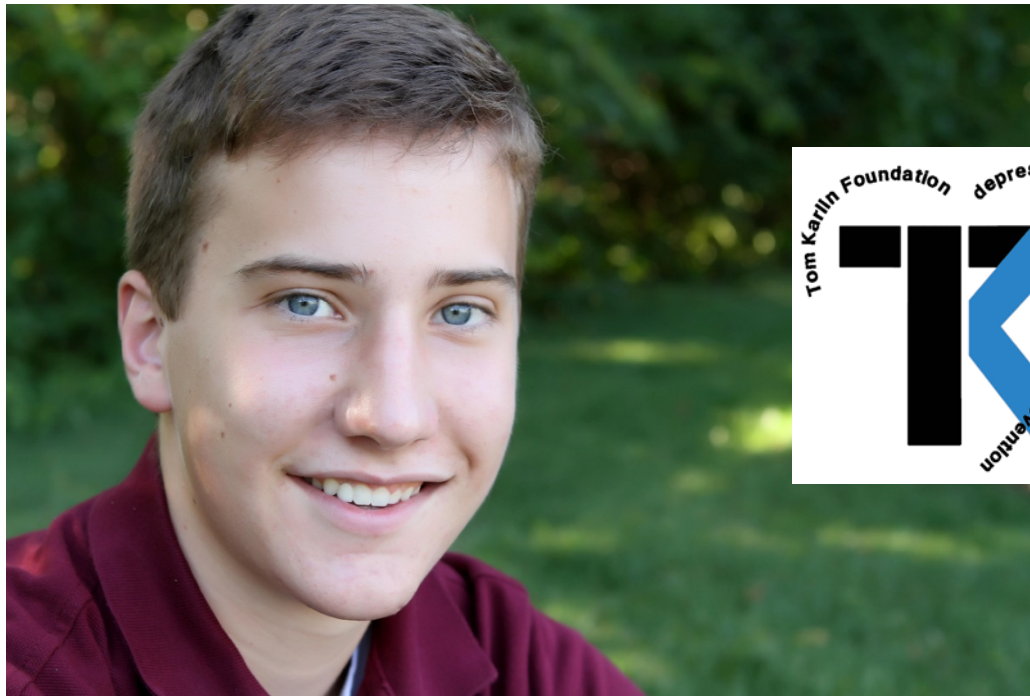
- *Messaging*: Positive; focus not only on suicide prevention, but also **mental wellness, depression help, etc**
- *Repetition*: A suicide prevention week or month is insufficient; efforts need to be a year-around campaign that frequently drives home unified messaging
- *"Wrap Around"*: Solutions should include education, reporting, social media, and other add-ons
 - Example: A suicide reporting app for teens is not nearly as useful as when that app is coupled with focused and ongoing education and communication



Programs Current & Future

- **YouthStrong** – Community-based, school-focused Programming
- **Smartphone app** – Tool for peers to report depression, suicide, or other threats (bullying, school shooting plans, etc)
 - Not a replacement for 9-1-1
 - Leverage community resources (e.g. suicide hotlines, law enforcement, schools)





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