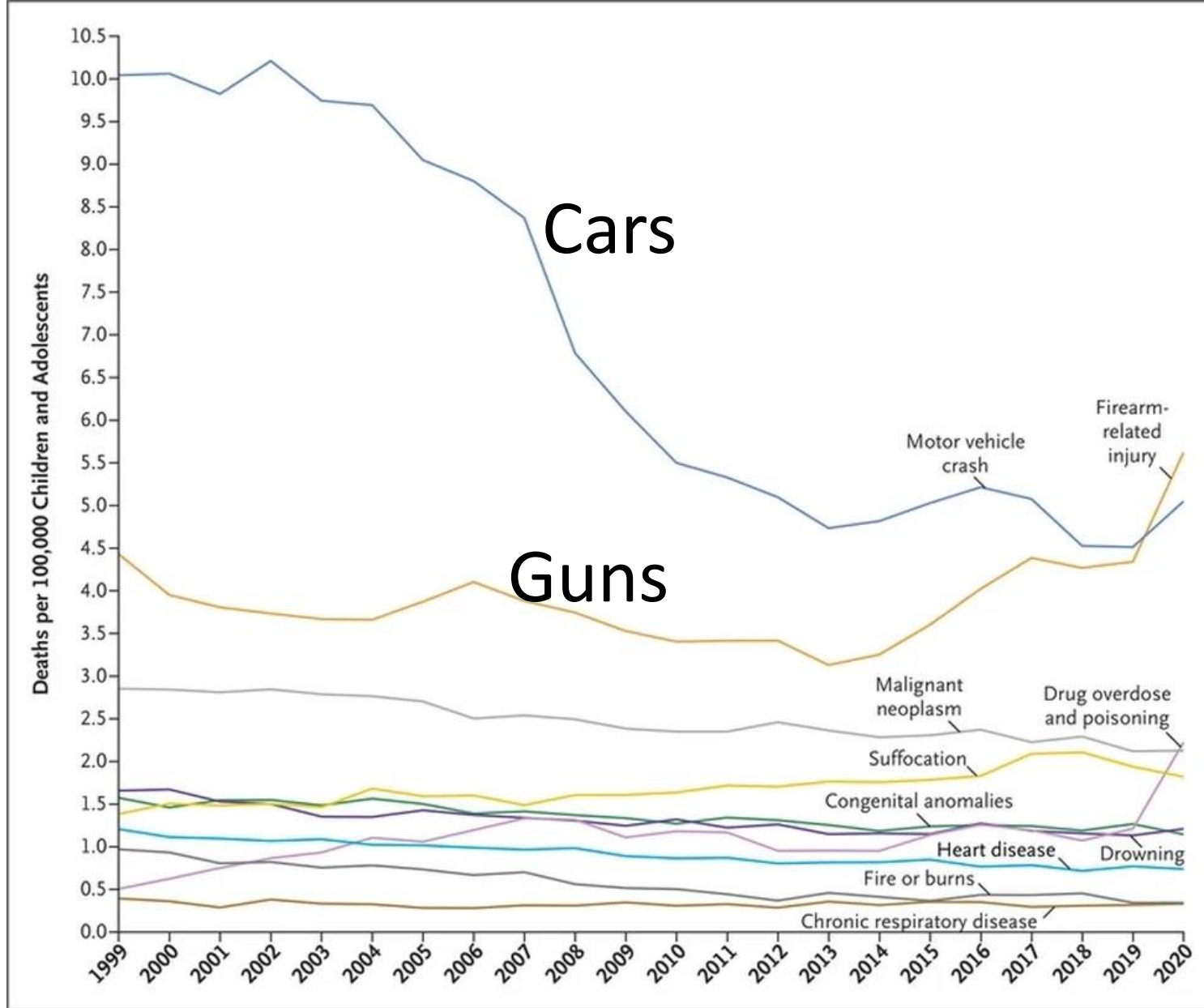


# Sandy Hook Promise

## Building A National Movement To Prevent Gun Violence

Our mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities.



Deaths of Children and Adolescents

On December 14, 2012, twenty children and six educators were killed at Sandy Hook Elementary School in Newtown, Connecticut. Sandy Hook Promise is founded and led by several family members whose loved ones were murdered in the tragic mass shooting. Join us in taking meaningful actions to honor the precious lives taken – and every life taken by gun violence – and help prevent another tragedy.



[Honoring Daniel's Legacy | Sandy Hook Promise](#)



162,000 Americans die yearly from loneliness and social isolation. That is greater than the number of Americans who die annually from lung cancer or stroke. It isn't just teens who face miserable lives of loneliness and depression. Loneliness acts as "a lethal behavioral toxin in our society."

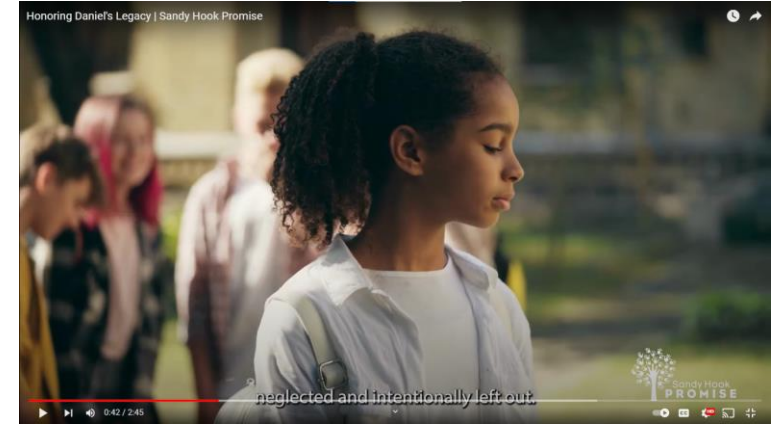
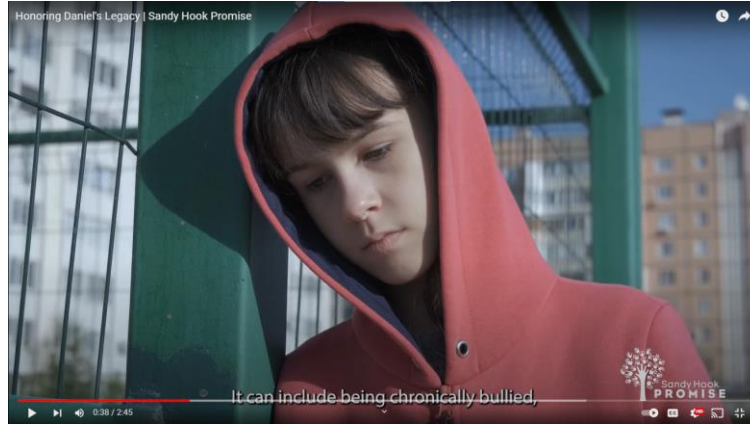
# Sandy Hook Promise **Start With Hello** Program

*“A lot of the work we do here is building connections and the Start With Hello program has made all the difference. The 8th grade student leaders are now teaching the program to the 6th graders. What I really love about the program is how it empowers our students. There is no doubt in my mind that it’s saved lives.”*

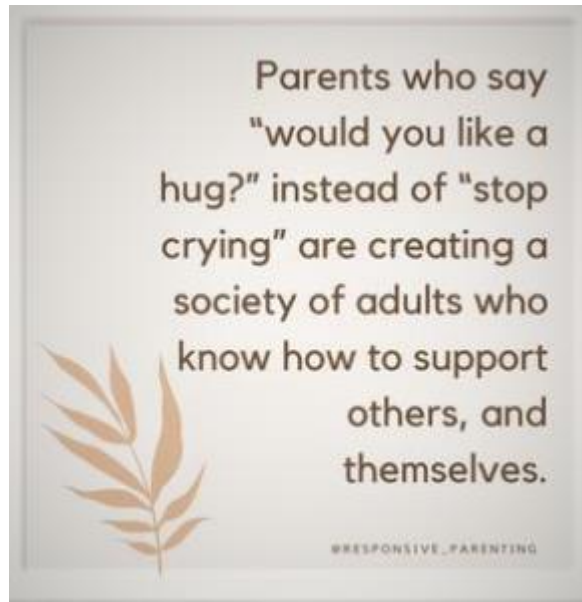
**Christine Miller**

Broadview Middle School, Danbury, CT

**Social Isolation often starts in grade school**



Can you imagine how it must feel to not be a person?



## SHP Programs Create Safer And Kinder Schools

Social isolation is a very real epidemic. It can cause kids to pull away and, in serious situations, even hurt themselves or others. Start With Hello is one of Sandy Hook Promise's programs and teaches students to be more socially inclusive and connected to each other. With activities and curricula available for all ages, students are empowered to end social isolation in three easy steps.



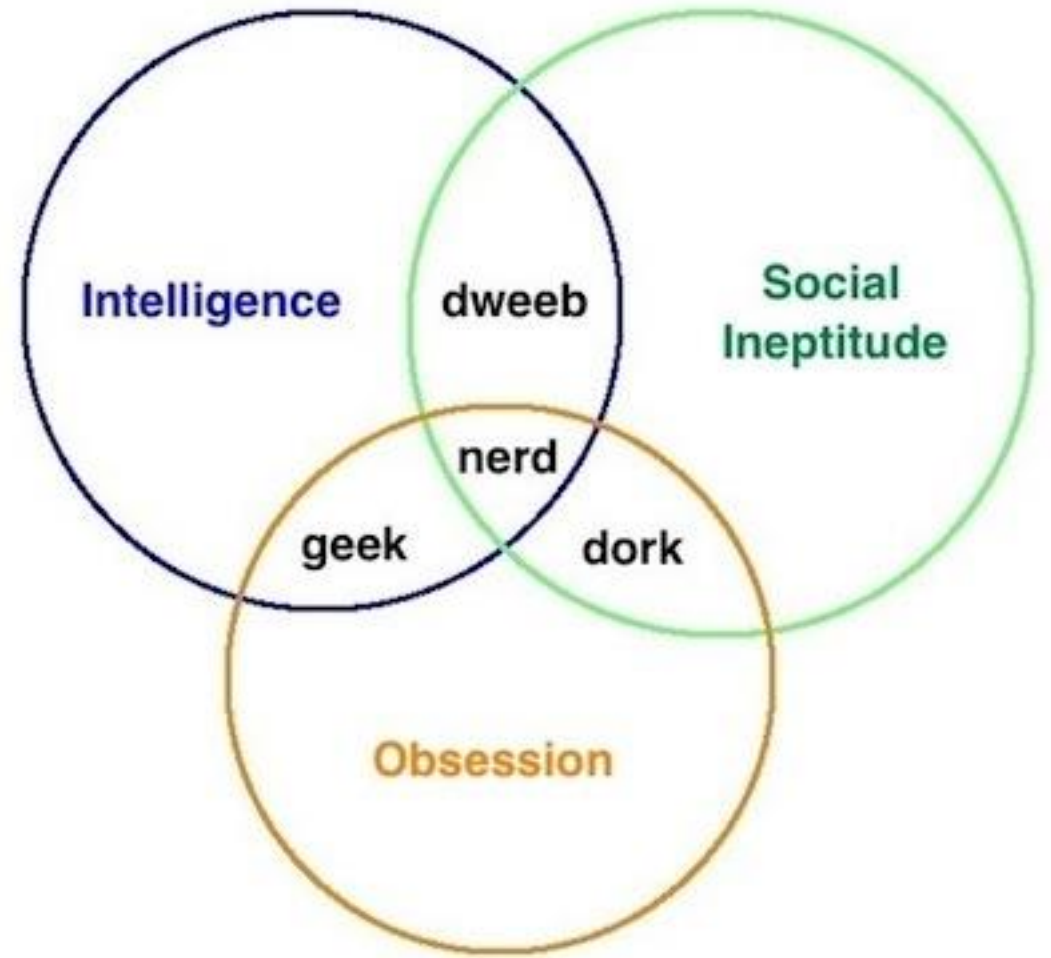
## **Riderwood Residents Can Spread the SHP Hello Program**

Our residents have children who are Educators and Administrators in schools. Their children have kids and grandkids in grade schools all over the country. We can help distribute the Hello kits and save lives.

Some Riderwood residents are lonely and depressed. The Sandy Hook Promise Hello Program here would help alleviate social isolation and loneliness.



Suicide accounts for over two-thirds of the yearly 32,000 firearms deaths in the United States



Loneliness, Depression, Misery, Despair, Suicide

# Graduate student mental health is in crisis

(Editorial in the MIT The Tech 10/10/2019)

There is a growing mental health crisis among graduate students, both at MIT and around the country. Thirty-nine percent of graduate students suffer from depression and 41 percent suffer from anxiety.

The cloud of mental health issues hangs heavy over the entire MIT community. Far too often, we hear of a community member who has tragically died by suicide. Each suicide reminds us that depression and isolation are not unusual at MIT and have become a pervasive norm. Its not easy being a Nerd.



# Know the Signs. Save Lives.



Research has proven that Sandy Hook Promise's **Know the Signs** programs effectively teach youth and adults how to prevent school violence, shootings, and other harmful acts. Students and educators learn how to identify at-risk behaviors and intervene to get help. These early-prevention measures empower everyone to help keep schools and communities safe.

Here is our list of ten potential warning signs that can signal an individual may be in crisis or need help:

1. Suddenly withdrawing from friends, family and activities (including online or via social media)
2. Bullying, especially if targeted towards differences in race, religion, gender or sexual orientation
3. Excessive irritability, lack of patience, or becoming angry quickly
4. Experiencing chronic loneliness or social isolation
5. Expressing persistent thoughts of harming themselves or someone else
6. Making direct threats toward a place, another person, or themselves
7. Bragging about access to guns or weapons
8. Recruiting accomplices or audiences for an attack
9. Directly expressing a threat as a plan
10. Cruelty to animals.

## **Riderwood Can Spread the *Know The Signs* Program**

Our residents have children who are Educators and Administrators in schools. Their children have kids and grandkids in high schools all over the country. We can help distribute the *Know The Signs* kits and save lives.



GETTING STARTED



## [Promise Leaders Video](#)



## Become a Promise Leader Volunteer

<https://www.sandyhookpromise.org/take-action/volunteer/details/>

As official Sandy Hook Promise volunteers, Promise Leaders commit to at least three actions per year. Options can be chosen from four main action areas: Building Awareness, Program Promotion, Advocacy and Fundraising. We will provide you with talking points, templates and resources.

Riderwood GVP Mental Health members as SHP Promise Leaders can share at meetings here and on the listserv discussion group activities in support of the national organization.

[Sandy Hook Promise 2022 Annual Report](#)

# Join Riderwood GVP Mental Health Issues Group

GVPMental@groups.io

Mental health – This group will focus on mental health as a factor (even if not always the cause) in gun violence. Among the topics to be explored are why "red flags" aren't being acted upon more proactively to prevent gun violence; what organizations are in place (or might need to be in place) to do so; and how we might apply to gun violence prevention the admonition used in other contexts, "if you see something, say something!" For more information contact Maria Reed. Contact information can be found in the Riderwood Resident Directory, available at your front desk or online at MyErickson.

I would like to add, "This group actively supports the Sandy Hook Promise."