



Never Too Late

MY STATE OFFICER PROJECT, NEVER TOO LATE, HAS A GOAL OF EDUCATING MEMBERS OF FUTURE BUSINESS LEADERS OF AMERICA, AND BEYOND, ABOUT SUICIDE AWARENESS IN TEENAGERS, ALONG WITH WHAT WE CAN DO TO ADDRESS THIS ISSUE.

About Me



Hi all!

My name is Annie Martino, I am going into my junior year in high school and am serving my first ever term as state officer, and third year in F.B.L.A. I'm tenacious and an outgoing person, who is always looking to help others, and appreciates F.B.L.A. for its positive community, and making an investment in young adults' futures. F.B.L.A. is a safe space for us to be ourselves and discover qualities within ourselves that help shape who we want to become.

As someone who has had close friendships as well as family members who have either had severe suicidal ideation or have taken their own life, I understand that suicide is an ongoing issue in society today, and holds different stories and connections with each person. These vast feelings and stories are what made me decide to look at a micro perspective of suicide awareness, by focusing on teenage suicide awareness.

Introduction Why this Topic?



Suicide is an ongoing issue in society today, and holds different stories and connections with each person. I have had close friendships as well as family members who have either had severe suicidal ideation or have taken their own life, while also seeing a close friend and fellow F.B.L.A. member experience the same trauma. With compassion and unity, Never Too Late focuses on teenage suicide awareness, and what we can do as Future Business Leaders of America to recognize the signs and help through educational courses on suicide, listening to seminars that address suicide as well as other mental health issues that are applicable among teenagers, participating in public suicide awareness events, and more.

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CHAPTER:

ADVISOR:

ADVISOR SIGNATURE:

PROJECT DEADLINE IS MARCH 6TH, 2024. PLEASE EMAIL THIS SHEET TO MARTINO.ANNE1@GMAIL.COM WITH THIS SHEET TO PARTICIPATE AND EARN GOLDEN SEAL CHAPTER POINTS.

| AVAILABLE POINTS EACH: | ACTIVITY/TASK | DESCRIPTION | POINTS EARNED |
|----------------------------------|--|-------------|---------------|
| 30(+) Chapter Activity | POSITIVITY BROADCASTING, PROMOTION OF RESOURCES TO AID MENTAL HEALTH, SUICIDE STATISTICS & INFO | | |
| | <ul style="list-style-type: none"> Adding to your school's morning announcements an advertisement of positivity and how to spread empathy, kindness, positivity, and respect with awareness Have weekly positivity bulletin board to promote positive mindsets, productivity, and general mental wellness Creating posters that include resources for mental health/issues regarding suicide, and other posters with statistic on the realities along with how they can help boost awareness and know the signs Not all of these promotions are necessary, but email/text any sources possibly used, pictures of posters and videos of broadcast to (603).918.4980 or martino.anne1@gmail.com | | |
| 30 Per Person | TREATMENT TREATMENT AND STRATEGIC PLANNING APPROACH TO SUICIDE | | |
| | <ul style="list-style-type: none"> Create HealthEKnowledge account register and pass Course of Treatment Treatment And strategic planning approach to Suicide The course gives examples of case studies, and legitimate data and information to retain and utilize. Each module has a test that requires an 80% score or higher to pass, the course is meant to take 2hrs. Email martino.anne1@gmail.com certificate (Not a screenshot! I need the certificate forwarded to me.) https://healthknowledge.org/course/view.php?id=591 | | |
| 40(+) Chapter Activity | LOCATING AND UNDERSTANDING DATA FOR SUICIDE PREVENTION | | |
| | <ul style="list-style-type: none"> Create HealthEKnowledge account register and pass Course of Locating and Understanding Data for Suicide Prevention The course gives examples of case studies, and legitimate data and information to retain and utilize. Each module has a test that requires an 80% score or higher to pass, the course is meant to take 2hrs. Email martino.anne1@gmail.com certificate (Not a screenshot! I need the certificate forwarded to me.) https://healthknowledge.org/enrol/index.php?id=594 | | |



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| 15 Per Person | N.A.M.I. WALK IN CONCORD 10/01/23 | | |
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- Suicide Prevention Walk on October First, Concord NH
- Chapters may recruit people from outside their chapter to also walk with them
- Document Registration and forward to martino.annel@gmail.com
- <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1391>

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|---|---|--|--|
| 10 PER EP Chapter Activity | N.A.M.I. PODCAST "HOPE STARTS WITH US" EP 2, 3, 4, 19 (EACH EP IS 10POINTS. COMPLETING ALL FOUR EP GIVES 10 BONUS POINTS) | | |
|---|---|--|--|

- Each Episode Listened to is 10 Points Each as a chapter activity
- Chapter should compile some notes detailing any surprising statistics, any thoughts on what we may do to help, noted issues We can help face, and any tips that the podcast has given on how to deal with the relevant issues
- Email Picture of HANDWRITTEN notes (On sheet of paper, Whiteboard notes, etc.) to martino.annel@gmail.com
- <https://nami.org/Support-Education/Podcasts-and-Webinars/Hope-Starts-with-Us>

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|------------------------------|---|--|--|
| 5 Chapter Activity | N.A.M.I. SECTION ON YOUTH SUICIDE/ NEW HAMPSHIRE SUICIDE FACTS SHEET | | |
|------------------------------|---|--|--|

- Chapter should compile some notes detailing any surprising statistics, any thoughts on what we may do to help, noted issues We can help face, and any tips that the podcast has given on how to deal with the relevant issues
- <https://nami.org/NAMI/media/NAMI-Media/StateFactSheets/NewHampshireStateFactSheet.pdf>
- <https://nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Youth-and-Young-Adult-Resources>

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|----------|--------------|--|--|
| ? | OTHER | | |
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- Any ideas? Please reach out! I'd love to hear about other point oppertunities and new ways to help! As well as any feedback, questions, comments. I'll always appreciate when someone reaches out.
- Find me at martino.annel@gmail.com or (603).918.4980

CHAPTER POINTS EARNED: