

# WHAT WE DO

PILOT's purpose is suicide prevention. We aim to prevent suicides by treating the contributing factors of suicide.

- BULLYING
- GRIEF
- DEPRESSION
- ANXIETY
- ABUSE

# OUR STORY

PILOT was inspired by the actions of a student who took it upon himself to support his peers after having suffered the loss of a classmate to suicide.

Based upon this example, PILOT was born. The backbone of the PILOT program is the Peer Support Team (PST).

After undergoing a rigorous selection process and training, the PST volunteer their time to meet with students who need someone to talk to and provide individual peer support.



SAM HOUSTON



Peer Initiative~Leaders of Tomorrow

## PILOT Program

Sam Houston High School  
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### Sponsors:

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**988** SUICIDE & CRISIS  
LIFELINE



# PILOT CLUB

The PILOT Club is one of the largest and most active organizations on campus. We have monthly activities aimed at bringing awareness to teen mental/emotional health issues:

- **SEPTEMBER** - Suicide Awareness & Prevention Campaign
- **OCTOBER** - Bullying Awareness & Prevention Campaign
- **NOVEMBER** - National Kindness Month & Giving Thanks
- **DECEMBER** - Random Acts of Christmas Kindness
- **FEBRUARY** - Teen Dating Violence Prevention Campaign
- **MARCH** - Teen Mental Health Advocacy
- **APRIL** - Stress Management

# STUDENT LED

- Students helped design the program and apply for grant funding.
- Applications for PST are only open to Sophomores- Seniors. Screening process includes GPA, attendance, and discipline checks; 3 teacher recommendations; an interview; and final administrative & school approval.
- The entire student body can join PILOT Club and partake in club activities.



# Education Support Advocacy



# OUR PARTNERS

- Peer Initiative 501 C3
- Kay Doré Counseling Center
- Imperial Calcasieu Human Services Authority
- American Foundation for Suicide Prevention
- LivingWorks
- My Ascension
- Blue Cross Blue Shield of Louisiana Foundation
- VIA LINK
- Moss Bluff Bible Church
- Louisiana Department of Health



# HOW PEER SUPPORT WORKS

- Students can walk-in, recommend a friend, or be recommended for support by their teachers, school counselor, administrator, or family.
- Peer support takes place in the Library Conference Room.
- Students may also be referred to MSU Kay Doré Counseling Clinic following a PST session.

