



Teen Lifeline

Dear Parent:

Your teenager has expressed an interest in participating in our training to become a Peer Counselor at Teen Lifeline. I am writing to you to explain the program and to ask for your support and consent for participation in our program. If chosen, your son/daughter will be asked to attend our training program, which spans seven weeks and is a minimum of 72 hours in length.

Our greatest hope of impacting the problem of teen suicide is by utilizing teenagers as a resource. Teenagers rarely enlist help from an adult but more often turn to those their own age. Teen Lifeline was based on this philosophy. In Arizona, suicide is the third leading cause of death for young people, second in rural areas of the state. The hotline service can help troubled youth seek positive solutions to their problems and decrease the number of those teens choosing suicide as an option. Through training your teenager can help other teenagers make it through some rough times. Your child will be supervised by a Master's level Clinician to help them with the difficult calls as well as process the calls to insure the mental well being of the peer counselor.

Nikki Kontz, LMSW, is the Clinical Coordinator and Trainer for Teen Lifeline. She has been a part of Teen Lifeline for the past 15 years and has extensive experience working with teenagers. She will provide information and instruction on myths surrounding suicide, active listening skills, communication skills, and intervention strategies.

PHASE 1	PHASE 2	PHASE 3
Introduction to Teen Lifeline and the skills needed to take hotline calls. Dates: _____ & _____ (Sat. and Sun. from 9AM – 4PM)	5 additional sessions scheduled from 3:00- 9:00 over a period of five weeks on any day of the week. This is completed prior to Phase 3.	Two follow-up sessions will be held dealing with a variety of problems faced by teenagers. Dates: _____ & _____ (Sat. and Sun. from 9AM – 4PM)
Snacks and lunch will be provided at no cost to Trainees during Phase 1.	During Phase 2 Teen Lifeline will not provide dinner. Trainees will need to bring either food or money to buy food.	Snacks and lunch will be provided at no cost to Trainees during Phase 3.

- The hotline is located at a confidential address, which will be disclosed at Phase 1 of training.
- After all three phases of training have been completed your teen will be reviewed for eligibility to work on the hotline.

Once your son/daughter has completed training:

- We ask that all teens that complete training make a 4-month commitment to the program once training is completed. As part of this commitment we ask that they agree to work on the hotline a minimum of 15 hours a month, approximately 2-3 shifts.
- The hotline is staffed by Peer Counselors from 3:00 p.m. to 9:00 p.m. Your teen will be asked to come in during these 6- hour shifts to work on the hotline.

At the bottom of this page is an authorization form, which gives your consent for your son/daughter's participation in all three phases of training and for any future involvement with Teen Lifeline. After signing, please detach and send it in with your child to Phase 1 of training or mail it to Nikki Kontz, P.O. Box 10745, Phoenix, AZ 85064. If you have any questions, please feel free to contact Nikki at (602) 248-8337.

Sincerely,
Nikki Kontz, L.M.S.W.
Clinical Coordinator

CONSENT TO PARTICIPATE

My signature verifies that I have read the above and that I give permission for my son/daughter to participate in Teen Lifeline functions including, but not limited to the following:

- _____ All three phases of training
- _____ Peer Counseling on Teen lifeline Hotline (upon completion of training)
- _____ Peer Education through Teen Lifeline Programs
- _____ Media Relations and Publications about Teen Lifeline

Trainee's name: _____

Parent(s) or Guardian(s) names: _____

Signature of Parents/Guardian: _____ Date: _____