

The background features a stylized map of the United States, with different regions highlighted in various shades of blue and green. The map has a hand-drawn, artistic feel. At the bottom center, there is a simple line drawing of a hand with fingers spread. The overall aesthetic is clean and modern.

PALS Program

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What is PALS?

- ❖ PALS is a class that is available at Mattawan. Unlike other classes where you sign up for them, you have to apply to be in PALS.
- ❖ You will receive **Life Management** and **Elective credit**
 - ❖ PALS is broken into **3 classes**:
 - First year of PALS: **PALS I** (PALS-in-Training) along with **PALS II** (PALS-in-Action)
 - **PALS III** (Independent Study) the following year, if you'd like.





What does PALS stand for?

The acronym PALS stands for Peer Assistance, Leadership & Service

Purpose of the PALS Program

The purpose of the PALS program is to create a **positive atmosphere** through MHS (and **98%** of students believe this according to the Annual PALS Survey!). Students in PALS become **trained peer facilitators** and use their skills to help their peers discover solutions themselves. PALS **introduce themselves to new students** and help them feel welcome at Mattawan while also providing services that may not be available to individuals at home. Overall, PALS are here to make Mattawan a more **inviting environment** to receive education.



History of the PALS



- The Mattawan PALS Program has been around now for approximately **36 years**
- It was formed as a response to an **increase in student suicides in 1988**
- The MHS PALS program has gained support from the school and the community and continues to grow each year.

Selection Process



01

Students are **nominated** by their peers through an annual school wide student survey



02

Students are invited to **submit an application** to enroll in the PALS class. Students must also submit two teacher recommendations.




03

Finally, selected applicants will be granted an **interview** with the PALS Program Facilitator (Mrs. Flachier)

Incoming PALS are invited to participate in the Annual PALS Conference!

PALS COME FROM ALL WALKS OF LIFE!



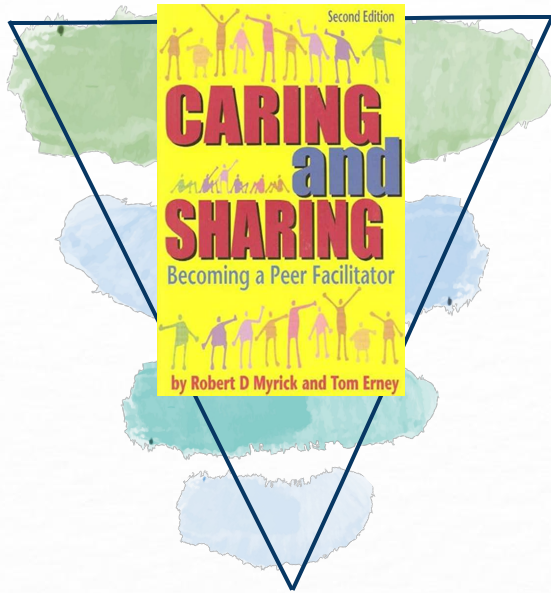


**What are some
reasons a peer
may see a
PAL?**

Reasons to see a PAL

- **Peer Relationships**
- **Parents/Family**
- **Stress**
- **Academic Concerns**
- **Loss/Grief**
- Substance Abuse
- Eating Disorders
- Harassment/ Bullying
- Job Related Concerns
- Abuse/ Neglect
- Pregnancy
- Run-Away
- Self Esteem
- Self Harm
- Sexuality
- Suicidal Thoughts
- Technology Related
- Violence/Threats

PALS Curriculum



- 01 Peer Facilitator Training**
Discussion about topics throughout the book
- 02 Icebreakers/Team Building**
A way to develop connections with everyone in your class
- 03 Communication/Helping Others**
A way to better your communication skills and provide facilitative responses
- 04 Suicide Prevention Training/CISM Training**
How to spot people struggling with suicidal thoughts and also what our role is in a critical incident



What is Confidentiality?

Confidentiality

- **Confidentiality** is the main building block of PALS
- Each PAL, at the beginning of the year, **pledges** to keep all private information private
- If a PAL were to violate their confidentiality pledge, they would have to leave the program
- **A PAL is required to break confidentiality if...**
 - A student is harming themselves
 - A student is threatening harm to others
 - A student is being harmed by someone else (i.e. physical or emotional abuse)

Critical Incident Stress Management (CISM)

PALS are trained to assist with the implementation of a formal Crisis Response in the event of a tragedy, such as the death of a student or teacher.

- PALS **provide peer support** to students in hallways and classrooms in the initial reaction to the crisis
- PALS **assist the CISM process by running passes** to students in classrooms as support groups are formed
- PALS **identify students most in need of emotional assistance** and/or who is **most directly affected** after the CISM debriefing has occurred, and they meet with them one on one.

How to Access PALS Services

1. Scan the QR code found around the school —>
2. Go to the PALS room (#139)
3. Pick up a slip in the guidance office
4. Visit the website
5. Talk to a PAL!!





Remember...

You can also talk to a supportive friend in the PALS Room!

How to Identify a PAL

- *Within the school setting, PALS wear their specially designed PALS sweatshirts every Wednesday to help students identify them as peer helpers.
- *Bulletin board outside library
- *A list PALS is located in the Guidance Office and the PALS Room as well.



You've Got A
F R I E N D

- | | |
|------------------|-----------------|
| Aiden Oving | Dylan Bouters |
| Alan Tiende | Eden Tuckenberg |
| Alejandro Tiende | Hughes Oehliger |
| Anne Agustin | Leo Port |
| Anne Williamson | Liam Carter |
| Ava Vergara | Logan Pearson |
| Brody Sullivan | Madison Pratt |
| Erqun Hu | Madison Engel |
| Cristina Zalaga | Sarah Bollinger |
| Delaney Klade | Spencer Stiles |

In PALS



PALS Room

The PALS Room is located in the hallway with the Spanish classrooms and to the right of Ms. Henk's room (Room #139)



Each year, one of the first activities we do as a PALS group is decide our theme to decorate the room. This year we chose "Toy Story".



PALS Opportunities

PALS Conference

- A fun way to get to know past PALS and get introduced to your new PALS class
- Ice cream and ice breakers



LTI's (Leadership Training Institutes)

- Group Dynamics
- Communication Techniques
- Managing groups more effectively
- Team Building
- Time management for your entire team



Regionals

- Student Showcase Presentations grow our need for creative intuitive and quality programming to support our building culture for the program

State Conference

- Amway Grand in Grand Rapids,
- Students share programs from around the state.
- Along with competitions there are fun activities, glow in the dark nights, and much more!





24-Hour Crisis Resources

- Suicide Prevention Lifeline 1-800-273-TALK or **988**
- Crisis Text Line **741-741** (HAND)
- OK2SAY (text)
- Trevor Lifeline (LGBTQ+) 1-866-488-7386
- Gryphon Place 381-4357 or 211
- Child Protective Services 621-2853
- Domestic Violence Crisis Hotline 1-888-655-9008
- Community Mental Health 1-800-922-1418
- Rape, Abuse, Incest Hotline 1-800-656-4673
- Birth Control/ Family Parenting 621-3143
- Teen Health Resource Line 1-888-711-8336
- National STD Hotline 1-800-342-2437
- National Eating Disorder Association 1-800-931-2237
- Quit Now 1-866-784-8454
- **Urgent Emergency 911**

**YOUR
FEELINGS
ARE
VALID**

How to fill out the PALS Survey:

- Go to the Mattawan High School Website
- Click Students, then “PALS” (Under “P” Section)
- Click “Annual PALS Survey” in the left column and begin the survey!
- This survey helps us determine who is best fit for the program

THANK YOU FOR HAVING US!

- I know you all have been sitting and listening to us talk awhile... SO let's play one of the PALS favorite things...
(JUST DANCE)

