




Navigate**360**

The Leader in Holistic Safety

Addressing the Youth Mental Health Crisis





**“Across the country
we have witnessed
dramatic increases in
Emergency Department
visits for all mental
health emergencies
including suspected
suicide attempts.”**

—A declaration from the American
Academy of Pediatrics, American Academy
of Child and Adolescent Psychiatry and
Children’s Hospital Association

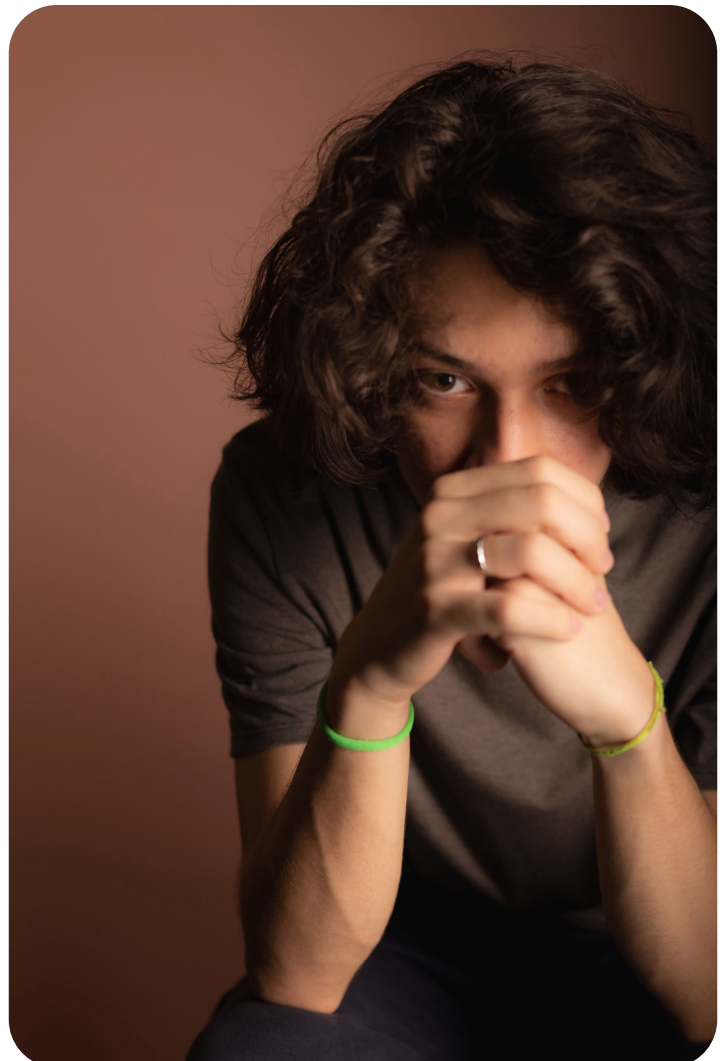
Youth Mental Health: A National Emergency

In December 2021, the U.S. Surgeon General released a public health advisory highlighting alarming trends in youth mental health before and during the COVID-19 pandemic. The advisory reported a 40% increase in “persistent feelings of sadness or hopelessness” among youth from 2009 to 2019.

This crisis has worsened post-pandemic. In 2022, the American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP), and the Children’s Hospital Association (CHA) declared a national emergency in children’s mental health, citing a rise in Emergency Department visits for mental health crises, including suspected suicide attempts.

Recent data reflects these challenges. A 2023 survey by Navigate360 and John Zogby Strategies found that 40% of teens think more about their psychological safety now than just six months earlier. During the 2023-2024 school year, Digital Threat Detection from Navigate360 flagged over 17,000 actionable alerts from school-owned devices—57% related to self-harm.

It is critical for schools to address this growing mental health crisis proactively.



What Causes Teen Anxiety & Depression?

Today's youth face challenges to their mental health and well-being on a daily basis.

Academic Stressors

High expectations from both parents and schools can take a toll on students' mental health as they try to keep up with what's demanded of them. The pressure to maintain high grades often comes from an instilled fear of not getting into a good college, failing classes, or living up to the expectations of a parent or teacher. This can impact a student's mental health as they sacrifice their sleep, diet, social life, and schedules to make it all work.

Schools and classrooms that fail to set clear expectations can leave students unprepared for the future, causing stress when they encounter challenges they aren't equipped to handle.

Feeling Unsafe at School

According to the 2023 Navigate-Zogby poll, many school-aged children don't feel that safety is a true priority at their schools.

Here are more sobering figures from this poll:

Almost 40% of teens do not believe their school handles bullying and harassment effectively.

- **Half of students** are not confident their schools have the ability to identify those thinking of self-harm.
- **50% of students** are not confident in the training they've received for responding to an emergency situation.



Digital Safety & Mental Health

Today's youth didn't just adapt to an online world—they grew up immersed in it. While it offers resources for education, entertainment, and social interaction, it has also exposed them to bullying and harmful content, which negatively impacts their mental well-being.

Problems at Home

Youth who have turbulent home lives that include physical and/or emotional abuse, food, or housing insecurity or community areas prone to violence are constantly dealing with stress and anxiety.



Other Causes

While the U.S. Surgeon General's health advisory highlighted pandemic-related factors contributing to youth mental health struggles, other ongoing challenges continue to take a toll, including:

- Ongoing economic uncertainty and financial instability
- Loss of loved ones, whether due to illness or violence
- Increased stress on parents/caregivers
- Worsening adverse childhood experiences, including abuse and neglect
- Housing and food insecurity, which continue to affect many families

What Can Schools Do to Address Youth Mental Health & Students' Perceptions of Safety?

Students today are increasingly concerned about their safety and well-being at school. According to the same survey conducted by Navigate360 and John Zogby Strategies:

- **41% of teens** are thinking more about their physical safety now than they were six months ago.
- **Nearly 50% of students** have missed school due to safety concerns, and over a quarter report feeling unsafe during school activities or even on their way to school.
- **One fifth of teens** surveyed worry daily or weekly about being physically bullied or abused or a violent attack at school.

Creating a positive, safe school culture is essential for addressing students' mental health needs and ensuring their well-being. Schools must be equipped not only to improve mental health outcomes but also to instill confidence in students that their physical, social, and emotional safety is prioritized. When school staff are trained to recognize when and how to seek help for students, it empowers students to feel more secure in their school environment.

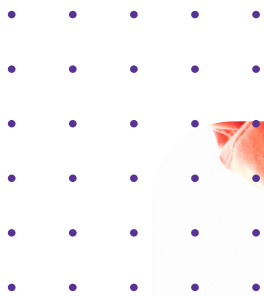
However, even experienced staff can struggle with where to start. Navigate360 is here to help. Our suite of holistic safety and well-being solutions supports schools in addressing the youth mental health crisis, providing the tools needed to effectively support students and create a safer, more supportive school environment.



Equip Your Team with the Tools to Take Proactive Action

In today's digital world, the sheer volume of online information can feel overwhelming, but it also offers schools valuable opportunities. Warning signs, known as "leakage," such as researching or planning acts of violence, can now be detected in digital spaces, allowing schools to intervene before issues escalate. With rising student mental health concerns, it's more important than ever to leverage tools that identify these behaviors early and provide critical support for student well-being.

Navigate360 can help you equip your schools with the support needed to prevent self-harm, end bullying, and stop emerging threats from escalating while building character and teaching essential skills for success.



A Helping Hand

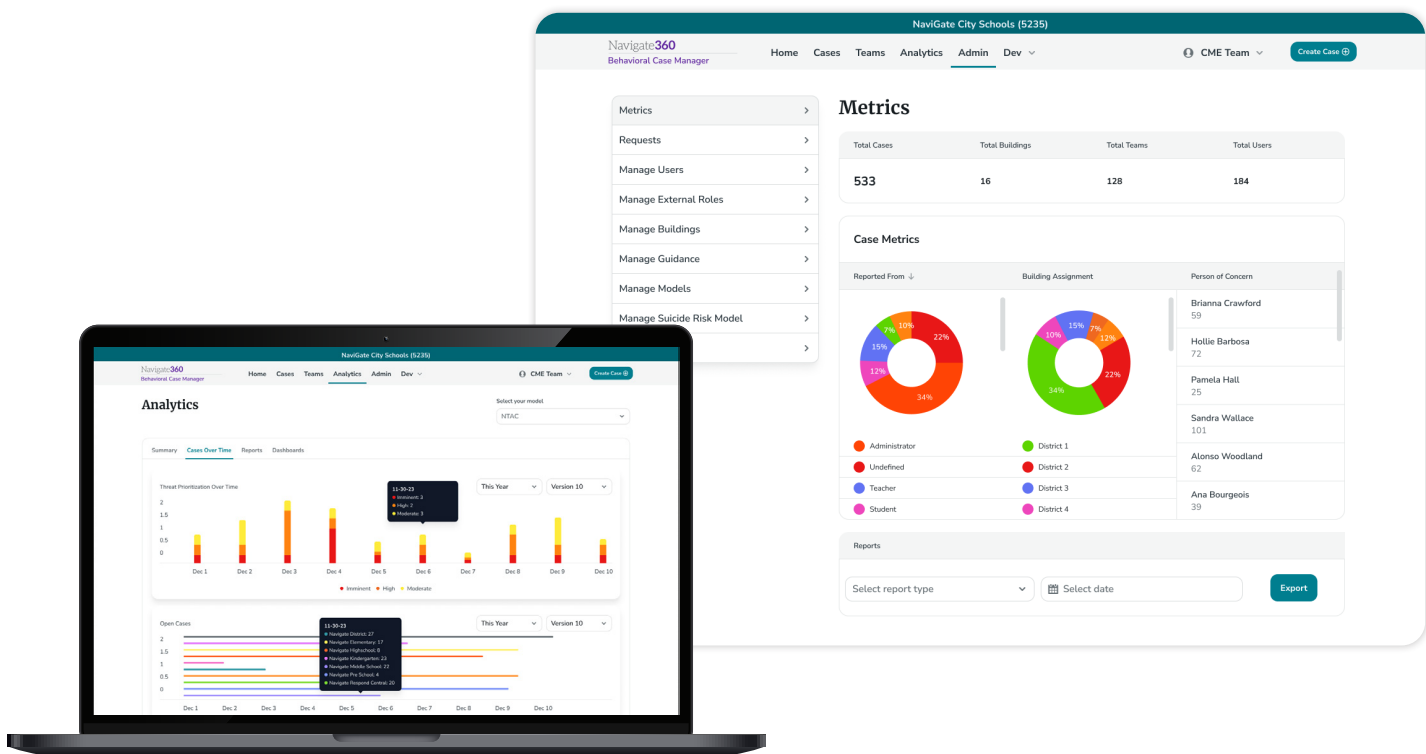
Extend a helping hand to prevent self-harm, stop bullying, and prevent emerging threats from escalating with behavioral threat management tools, an anonymous tipline, and early detection software.

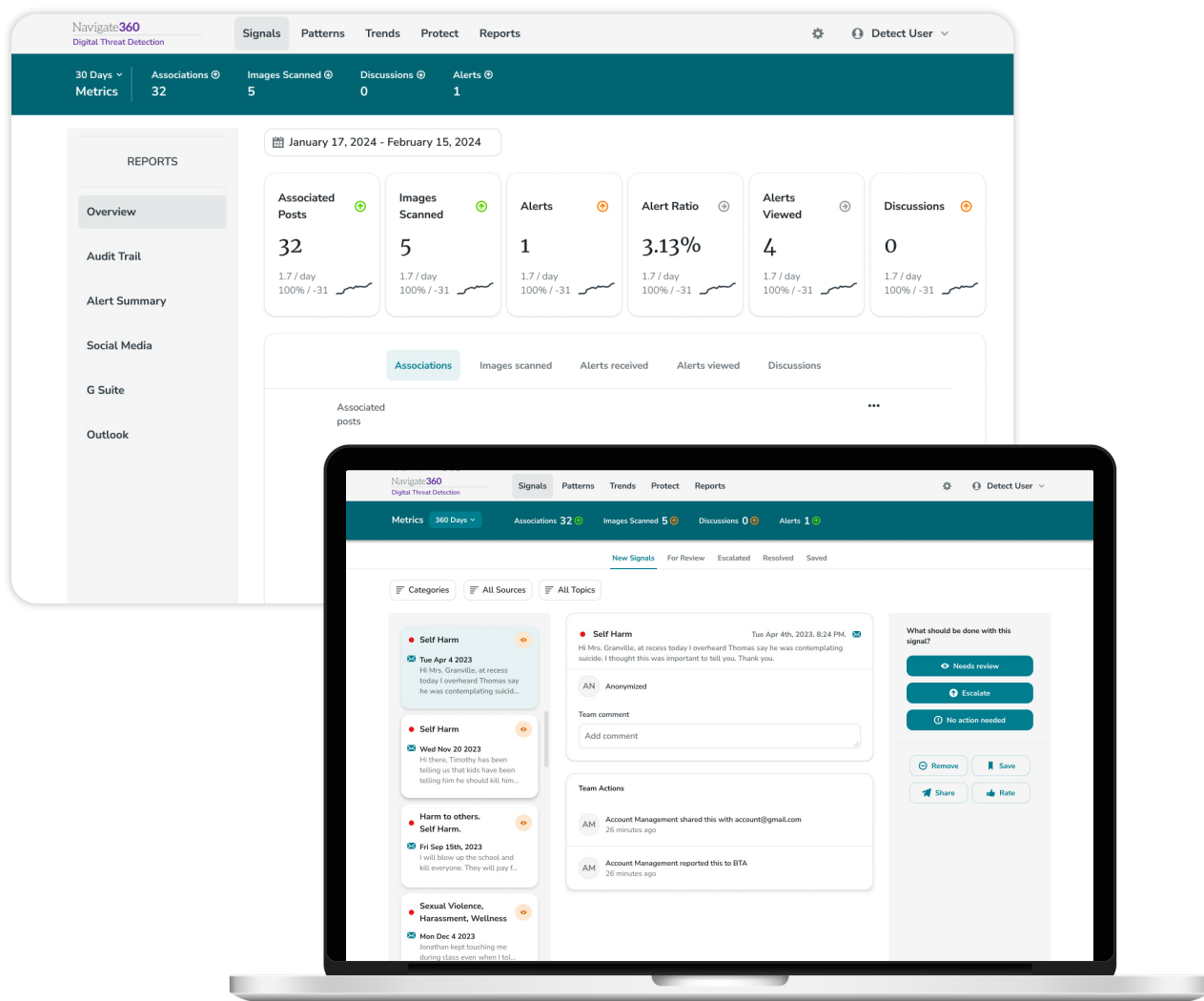
Anonymous Reporting System

Anonymous Reporting System offers students a way to report concerns that are invaluable for threat assessment experts and school professionals. Trusted by over 30,000 schools, this powerful tool provides a convenient solution, fostering discussion and accountability among administrators, mental health professionals, and law enforcement.

Behavioral Case Manager

Behavioral Case Manager supports schools' multidisciplinary threat assessment teams with an evidence-based solution, integrating localized processes and providing a comprehensive violence prevention tool for evaluating incidents early, enhancing threat prevention, documenting custom workflows to meet state reporting requirements, and improving outcomes for students of concern.





Digital Threat Detection

Digital Threat Detection is an innovative solution that leverages our proprietary artificial intelligence and machine learning to scan your school-issued sources and public social media to identify potential threats to students' mental health and safety. With this capability, districts can intervene early and provide the support students need to thrive.

Suicide Awareness & Prevention

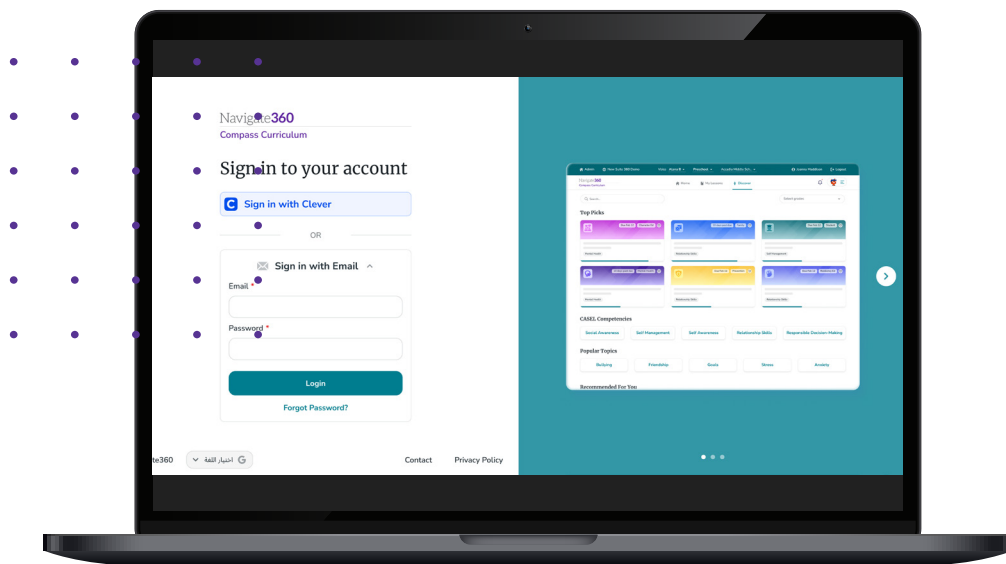
Suicide Awareness & Prevention is the only program that includes education, detection, and evidence-based screening and case management. Developed in partnership with leading expert Dr. Scott Poland, this curriculum allows you to proactively address the issue of suicide in your schools, helping educators build awareness and reduce student self-harm. What you know can save a life.

A Sense of Well-Being

With expert-developed curriculum, training, and behavior management tools, you can build character, address concerns, and give students the sense of well-being critical to the foundation of a positive and productive school culture.

Compass Curriculum Behavior Intervention

Behavior Intervention is an alternative to punitive measures (suspension) that turn challenging and disruptive behaviors into learning opportunities. By mapping to your school's existing discipline matrix, these lessons can be customized to meet the needs of your unique learning environment. Help students learn from their actions and reduce recidivism with a model that can be incorporated into a Multi-Tiered System of Supports (MTSS) framework.



Compass Curriculum Mental Health & Prevention

Mental Health & Prevention equips schools to support students with professionally developed lessons that help them understand and improve their mental health and wellness, equipping them with vital information, coping strategies, and the latest research and best practices. Developed with a trauma-informed lens, it enables students to take ownership of their mental health while creating a safe and welcoming environment for learning about sensitive topics.

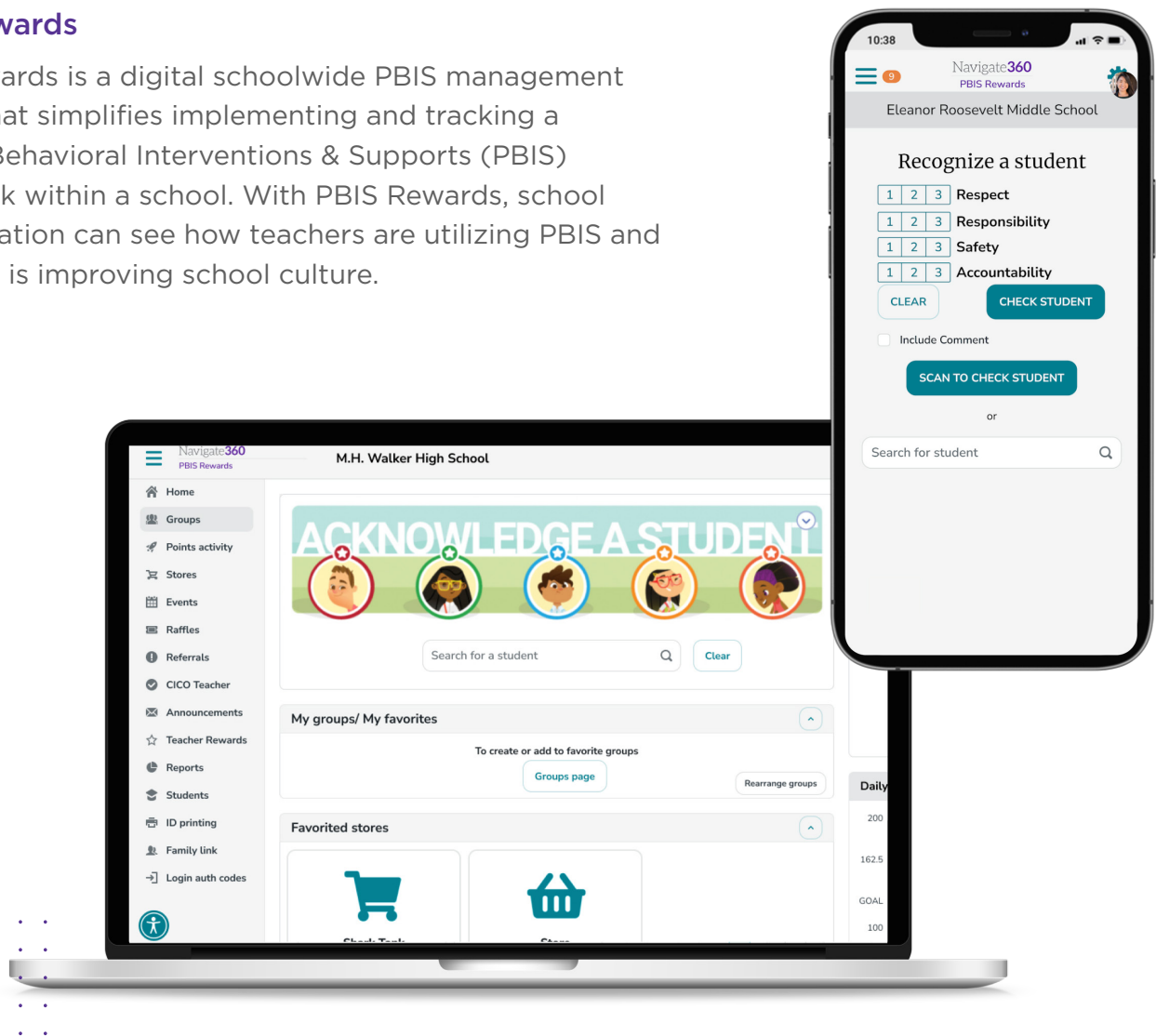


Compass Curriculum for Students

Compass Curriculum provides a comprehensive SEL program for students PK-12 that introduces and teaches vital social-emotional concepts in a manner that is accessible and relevant across all ages.

PBIS Rewards

PBIS Rewards is a digital schoolwide PBIS management system that simplifies implementing and tracking a Positive Behavioral Interventions & Supports (PBIS) framework within a school. With PBIS Rewards, school administration can see how teachers are utilizing PBIS and how PBIS is improving school culture.



Take a Layered, Holistic Approach to Supporting Youth Mental Health

Students can't reach their full academic potential unless they feel safe and supported at school. At Navigate360 we are committed to redefining the very concept of "safe" to encompass not only physical security, but also emotional well-being.

It takes more than single, point solutions to foster a healthy school culture while detecting, managing, and preventing threats.

Through a layered, holistic approach to student safety and well-being, you can help your students reach their full potential through the creation of safe, engaging, and supportive environments.



Setting a Course to Zero Incidents

Take a layered, holistic approach to school safety with Navigate360 technology, training, and guidance. Contact our safety and well-being experts today to learn more about how we can help you cultivate a culture of safety and success on your campus.

