Code RED Universal Safety Tool

Code RED

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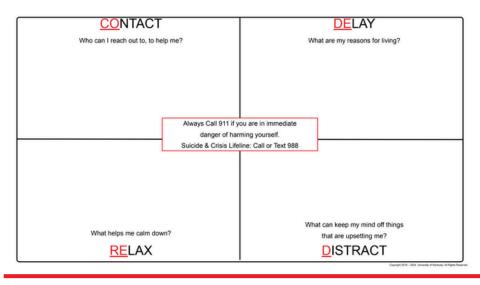
Distract

Code RED is an evidence-informed universal safety tool aimed at helping individuals, especially youth, prepare for potential mental health crises. It provides embedded strategies for identifying a trusted contact to reach out to, delaying risky decision-making, relaxing, and distracting from thoughts of suicide.

As a universal prevention tool, Code RED is intended for everyone, promoting proactive measures to be taken before a crisis arises. It follows the upstream prevention model, enabling individuals to identify and practice effective strategies and healthy coping skills that build resilience.

Additionally, Code RED includes important information about the 988 crisis line, ensuring that everyone knows how to access these vital services for themselves or someone in need. This tool promotes understanding, empowering individuals to take action when it matters most.

Code RED was developed by University of Kentucky Professor Dr. Julie Cerel, a psychologist in the College of Social Work at the University of Kentucky. Dr. Cerel is a national suicide subject matter expert in suicide prevention, treatment, and postvention. The tool has been piloted by Nationwide Children's Hospital in Columbus, Ohio, the Boys and Girls Clubs of America, and Kentucky school nurses.





GLS GRANT

Code RED training is being delivered to Kentucky schools as part of a Garrett Lee Smith SAMHSA Federal Grant received by the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities. The Kentucky GLS Grant project is focused on increasing the number of at-risk youth screened and identified for care in addition to increasing capacity of behavioral health providers to access, manage, and treat youth to improve the continuity of care to improved outcomes for youth.



