

## GRANT HALLIBURTON FOUNDATION

SUMMER 2008

### **Grant Halliburton Foundation supports training for school counselors and offers suicide prevention course**

*Foundation has awarded \$21,000 in grants and scholarships since 2006*

#### **SCHOOL COUNSELORS: A Guiding Force**

*"Thank you for the counselor education fund that allows us to maintain our professional skills. I have been able to attend training that has impacted my school of over 700 students. It is my hope that I am making a difference in the lives of children."*

*"I would like to take this opportunity to say THANK YOU for allowing so many of the counselors to attend our annual professional conference. I learned so much!"*

*"I certainly appreciate your generous donation to the counselors. I attended an all-day session on suicide assessment and intervention methods for counselors."*

*"I am very glad that you feel positively about the difference counselors can make. After our meeting, I thought about all that you said. I can tell you I approached the students a bit differently the next day. You definitely gave me something that will stay with me as I work with my students. I also want to thank you for the generous donation and the opportunity to attend the TCA Professional Growth Conference."*

*"The conference was superb! The pre-conference workshop enhanced my knowledge of using various techniques for suicide intervention. Currently, I am working on a proposal for my principal based on one of the sessions I attended. I'm so grateful that I had the opportunity to attend the conference and improve my skills...Thank you again for making it all possible."*

These are the words of school counselors who received training and continuing education in adolescent issues, including behavioral and mental health, as a direct result of funding provided by Grant Halliburton Foundation.

There are more than 10,000 school counselors in Texas. Last year, less than 20 percent of these counselors attended the Texas Counseling Association's annual Professional Growth Conference, a primary resource for continuing education on adolescent issues. The Grant

Halliburton Foundation has invested \$15,000 to send more counselors to this conference over the past three years.

“This conference offers training on many topics that keep counselors attuned to the changing face of our adolescent population,” noted Vanita Halliburton, co-founder and president of Grant Halliburton Foundation.

“These men and women see our children and teens on a daily basis. Quite often, they are the first to recognize that a young person needs help. It is critical that we give them the tools they need to help identify signs of distress.”

### **SAVING LIVES: Suicide Prevention Course**

It doesn't always take a trained professional to save a life. It simply takes a person who knows what to say and do to prevent a suicide. The Grant Halliburton Foundation offers a suicide prevention program that teaches people how to recognize a person at risk for suicide, how to intervene, and how to offer resources for help.

In 2007, Foundation president Vanita Halliburton received certification to teach a nationally recognized suicide prevention program called QPR, which stands for “Question, Persuade and Refer.” (For more information, see [www.qprinstitute.com](http://www.qprinstitute.com).)

Just as CPR provides life-saving skills that can restore breathing and circulation until health care providers arrive, QPR teaches people how to save lives through intervention at the point of a suicidal crisis.

QPR is an easy-to-learn, three-step process that anyone can use to recognize the signs of suicidal risk and, most important, to intervene and refer a suicidal person to help.

The course can be taught in 90 minutes and is offered by the Foundation at no charge to interested groups, which range from educators, counselors, nurses, PTA groups and youth workers to healthcare and community workers.

Nationwide, there are more than 3,000 certified QPR instructors. At present, the Grant Halliburton Foundation offers the only certified QPR instructor in the Dallas/Fort Worth area.

### **GIVING Where It Helps**

Since its founding in 2006, the Foundation has awarded a total of \$21,000 in grants and scholarships, including:

- \$15,000 to support professional training for school counselors, including programs that increase their knowledge of child and adolescent mental health issues,
- \$3,500 in college scholarships for art students, and
- \$2,500 to support arts education programs for young people.

These gifts support the Foundation's mission to increase awareness and understanding of adolescent mental health issues. They also help to recognize and encourage young people in the arts.

### About Grant Halliburton Foundation



The Grant Halliburton Foundation exists to promote awareness and understanding of adolescent mental health issues. It was established in 2006 in memory of a gifted young artist and musician who battled depression and bipolar disorder for several years before his death in November 2005 at the age of 19.

A graduate of Plano West Senior High and student at The University of Texas at Austin, he left behind a great legacy of creative works, including music, writing and poetry, more than 100 paintings, and hundreds of sketches and drawings. The collection of his work, entitled *Journey: The Art, Music and Words of Grant Halliburton*, was exhibited at two galleries in 2006. More than 1,000 people attended the opening receptions.

For more information or to make a donation, go to [www.GrantHalliburton.org](http://www.GrantHalliburton.org).

*The Grant Halliburton Foundation is a federally recognized 501(c)3 tax-exempt non-profit organization.*