SAFE UT

2019-2020
ANNUAL
REPORT

AVAILABLE 24/7 | 100% CONFIDENTIAL | ALWAYS FREE

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OVERVIEW

The SafeUT smartphone app is a statewide service that provides real-time crisis intervention to Utah's students, parents, and educators at no cost. SafeUT was developed by the legislatively created SafeUT Commission, chaired by the Utah Attorney General's Office. SafeUT allows students in crisis to open a two-way messaging service with master's level clinicians, call a crisis counselor directly, or submit confidential tips to school administrators on bullying, threats, violence, etc. The app is staffed by master's level trained crisis counselors at the University Neuropsychiatric Institute (UNI) 24 hours a day, 365 days a year.
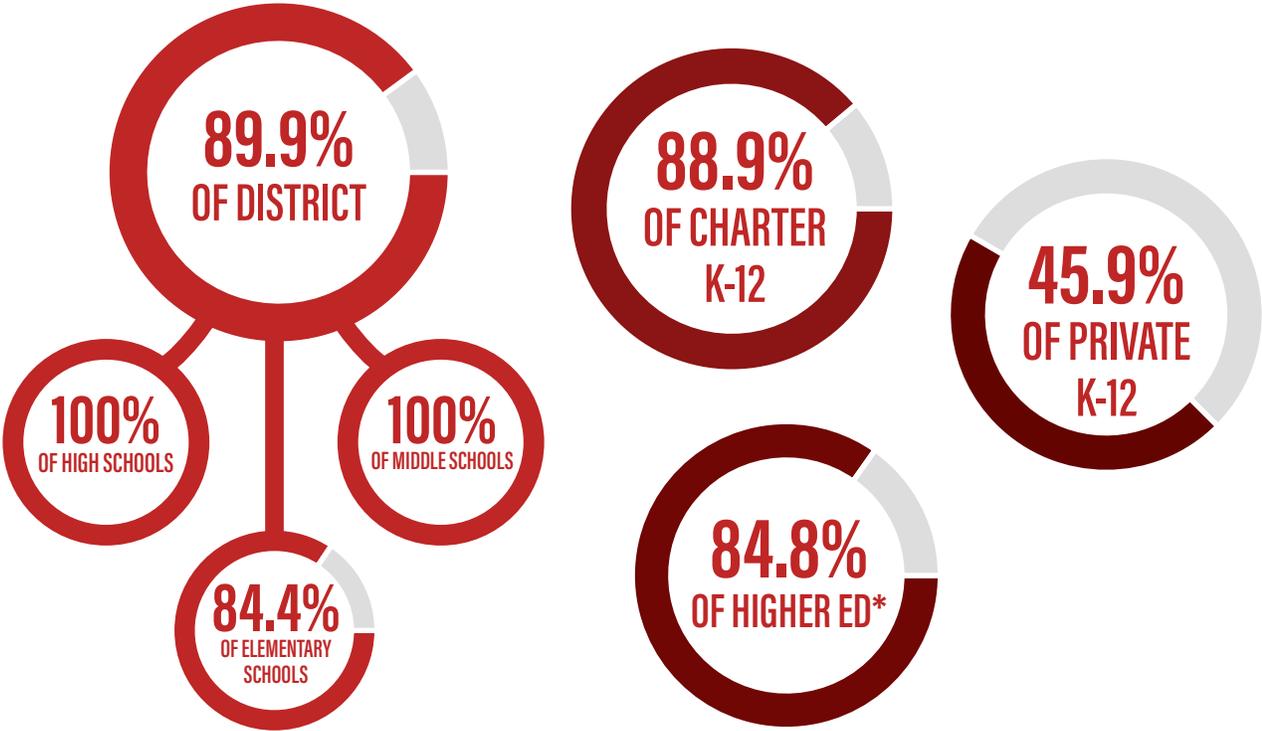
Far More Than an App

SafeUT is far more than an app; it is a mental health system that acts to provide professional help for youth and young adults in crisis. Crisis help can be provided through texting, which factors into SafeUT's success with youth more comfortable texting than talking on a phone. Use is confidential, and crisis counselors do not inquire about identifying information except in emergency situations. SafeUT has been recognized nationwide for its effectiveness in saving lives and de-escalating potential school incidents. The Commission is currently working with several states to implement similar programs.
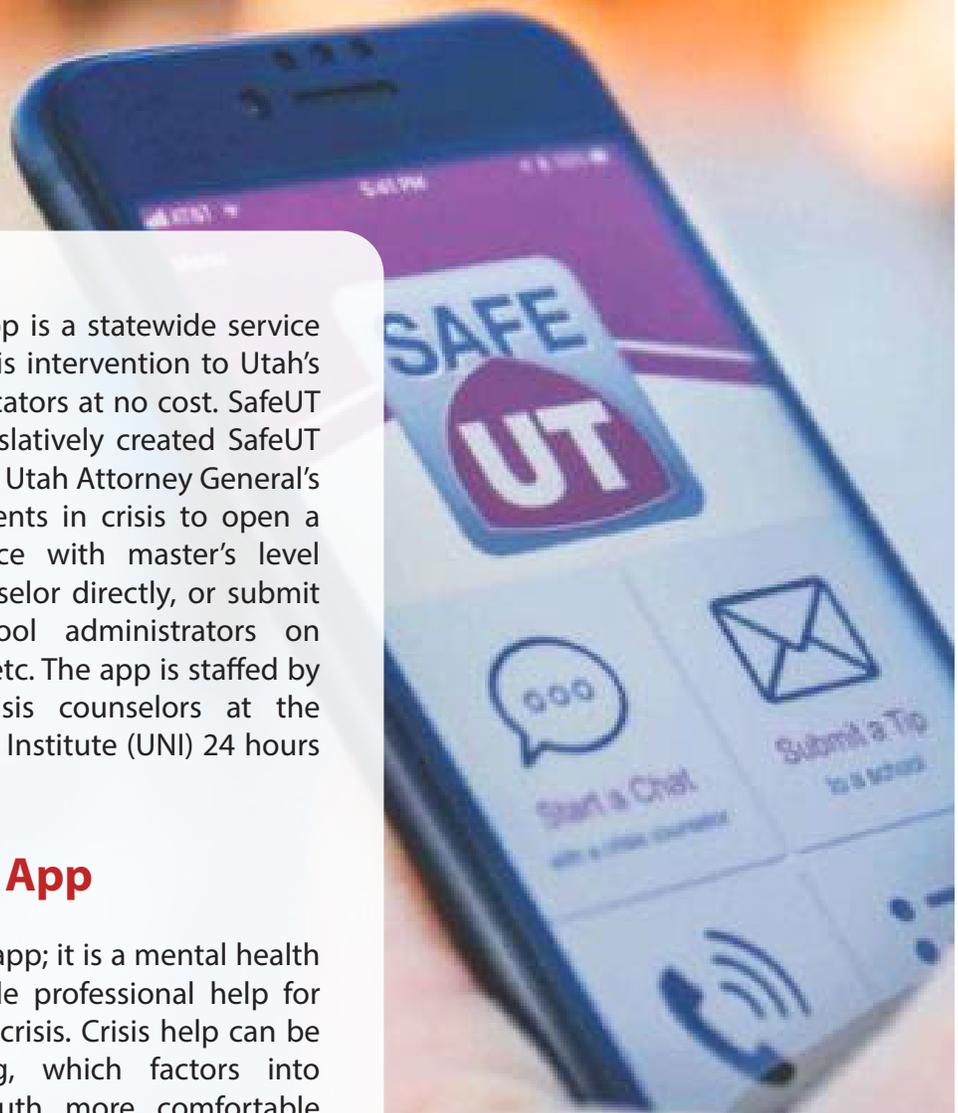
Enrolled schools are listed within the SafeUT app and school administrators are trained to handle submitted tips received through the app. At the end of the 2019-2020 academic school year, 87.8% of all Utah K-12 schools and universities (including public, private, and charter) have been enrolled in SafeUT. All tips submitted through the app are immediately reviewed by UNI staff. Non-urgent tips are sent daily to the appropriate school administrators, and tips of a more threatening nature (including violence or planned school attacks) are triaged by crisis counselors who may involve law enforcement and administrators to quickly resolve the crisis. During the 2019-2020 academic school year, the SafeUT app received tips about 201 unique verified school threats, which included reports of explosives, guns, knives, and planned school attacks.

802,373

STUDENTS HAVE ACCESS
TO THE APP

89.9%
OF DISTRICT

100%
OF HIGH SCHOOLS

100%
OF MIDDLE SCHOOLS

84.4%
OF ELEMENTARY
SCHOOLS

88.9%
OF CHARTER
K-12

45.9%
OF PRIVATE
K-12

84.8%
OF HIGHER ED*

87.8% TOTAL STUDENT REACH

*Westminster College, BYU, and LDS Business College not enrolled

Exploring Solutions

Suicide is the leading cause of death for youth in the state of Utah. After studying the issue, the Utah Attorney General's Office and Senator Thatcher proposed legislation in 2014 to form a commission to explore solutions. The legislation passed and the commission was led by the University Neuropsychiatric Institute (UNI), already renowned for their excellence in crisis call support. In 2015, the School Safety and CrisisLine legislation (SB 175) sponsored by Sen. Daniel Thatcher and Rep. Steve Eliason passed the Utah State Legislature designating UNI as the crisis services provider and creating an active commission, chaired out of the Attorney General's office, for implementation. The SafeUT app became available to middle, and high schools in early 2016.

Development & Expansion

The SafeUT program was developed with funding from the Utah State Legislature in collaboration with the Utah Attorney General's Office, the University Neuropsychiatric Institute (UNI) and UHealth, the Utah State Board of Education, and the Utah Anti-Bullying Coalition.

In 2018, SafeUT expanded to Utah higher ed institutions and Utah technical colleges. In 2019, SafeUT expanded services to the Utah National Guard.

In the summer of 2020 SafeUT is expanding services for Utah first responders in the form of SafeUT: Front Line, which will be available for Law Enforcement Officers, Fire, EMS, Health Care workers, and other front line workers and their families.
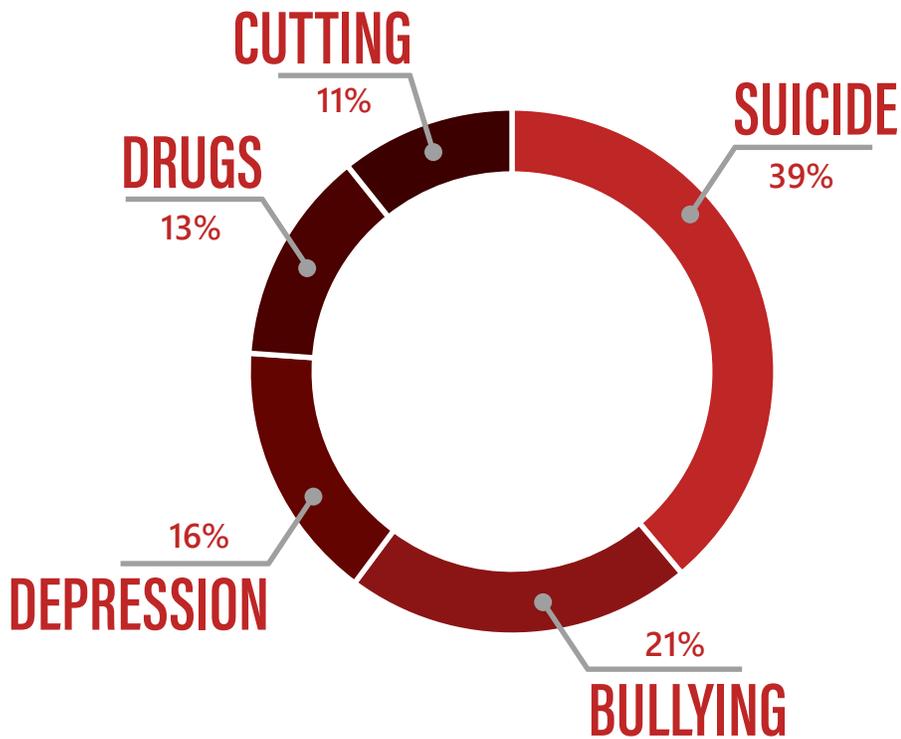
8,702
TOTAL TIPS
Received from August 1, 2019 to May 31, 2020

SafeUT enables a student, parent/guardian, or educator to call or send a text message chat in a messaging platform inside the app to a SafeUT crisis counselor, or submit a confidential tip to school administrators on concerns like bullying, threats, or violence.

CUTTING
11%

DRUGS
13%

SUICIDE
39%

DEPRESSION
16%

BULLYING
21%

SUICIDE: 1,808 TIPS   **BULLYING:** 991 TIPS   **DEPRESSION:** 741 TIPS
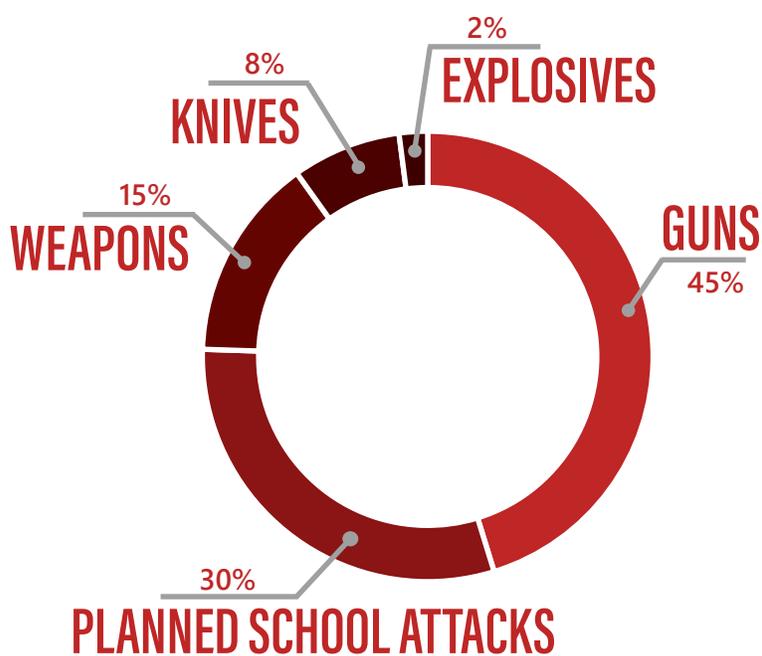
DRUGS: 612 TIPS   **CUTTING:** 499 TIPS

294
TOTAL THREAT TIPS
Received from August 1, 2019 to May 31, 2020

Through the SafeUT app, students, parents, and educators can submit tips about threats of school violence, weapons, and planned school attacks, along with other school-related concerns.

2%
EXPLOSIVES

8%
KNIVES

15%
WEAPONS

GUNS
45%

30%
PLANNED SCHOOL ATTACKS

GUNS: 133 TIPS

PLANNED SCHOOL ATTACKS: 89 TIPS

WEAPONS: 43 TIPS

KNIVES: 23 TIPS

EXPLOSIVES: 6 TIPS

POTENTIAL SCHOOL THREAT TIPS
Received from August 1, 2019 to May 31, 2020

279
VERIFIED TIPS

RESULTED IN

201
UNIQUE VERIFIED SCHOOL THREATS

21,854

TOTAL CHATS

Received from August 1, 2019 to May 31, 2020

Licensed clinicians in our 24/7 CrisisLine call center respond to all incoming chats and calls by providing supportive or crisis counseling, suicide prevention, and referral services.

SafeUT can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues.

261

chats from educators

1,157

chats from parents

20,436

chats from students
K-higher ed

LIFE SAVING INTERVENTIONS

If a SafeUT user is actively attempting suicide or has plans to harm themselves in the immediate future, SafeUT clinicians will work in coordination with first responders/school personnel to initiate an active rescue (life saving intervention).

583

LIFE SAVING
INTERVENTIONS INITIATED

From January 2019 to May 2020

● **283** Life Saving Interventions
FROM JAN 2020 TO MAY 2020

● **300** Life Saving Interventions
FROM JAN 2019 TO DEC 2019

SAFEUTNG

Overview

In the 6 months since launching SafeUTNG, in collaboration with the University Neuropsychiatric Institute, UHealth IT, and the Utah National Guard, SafeUTNG has had more than 1,000 downloads and continues to help our service members, civilian personnel, and their families who may be struggling. Users of the app connect with a master's level clinician 24/7/365 confidentially and at no cost to them. Brig. Gen. Michael J. Turley, adjutant general, Utah National Guard said it best: "I strongly recommend each and every Service Member download the SafeUTNG app, whether they feel they are in a crisis or not, I have full faith and confidence in the behavioral health providers working behind the scenes at the University Neuropsychiatric Institute to make this app possible. We've seen firsthand how it can save lives." *Free, N. (2020) SafeUTNG App Reporting Early Success. Public Affairs Office.*

134	22	1,143
CHATS	TIPS	DOWNLOADS

From December 6, 2019 through June 30, 2020

MANY THANKS

"I must say y'all have helped me a ton! I've been clean & sober for almost 2 years. You people had a hand in that. Please pass the message of my many thanks."
SafeUT chat from user

GRATITUDE

"I just want to say thank you. My daughter has the [SafeUT] app on her phone. She has been depressed a long time. We didn't realize how depressed: enough to attempt suicide by taking a large amount of common pills. After taking the pills and passing out or falling asleep for a while, a voice in her head (I believe God or a loved one that has passed on) told her, "Get up and call [SafeUT]." She probably wouldn't have died, but if she hadn't gotten up and gotten help/advice, she could have suffered serious liver damage and ongoing issues related to that. When I heard her on the phone around midnight, I went to see what was wrong. My daughter handed me her phone and the young woman at [SafeUT] told me what had happened so that we could get her to the Emergency room and get the treatment she needed (which is ongoing). Thank you for providing a valuable community service that especially helps youth with these kinds of troubles."
Email from a grateful parent

Emma smiling while recovering in the hospital.

SAVING EMMA

"My cousin has a daughter named Emma [who was] struggling... she was using the SafeUT app on Saturday the 8th of February. Someone named Bryce [a SafeUT clinician] was texting back and forth with her as she proceeded to try and take her life.... Her parents and I are reaching out because we want to tell someone, anyone, everyone... The SafeUT app and Bryce saved her life.... Bryce had gotten enough information to figure out who she was and send the police and paramedics to save her... she survived and is getting help. I know you guys know how important this is, but as someone who has worked and volunteered in a similar capacity... I thought perhaps you... and Bryce if you can find him, might want to know she lived. This app saved their daughter's life and I am so grateful for you and your work."
Message from a grateful family member

"THIS APP SAVED MY LIFE."

"This app saved my life. It gave me courage to speak up when I was in a dark time. I was about to end my life. I didn't because of this app."
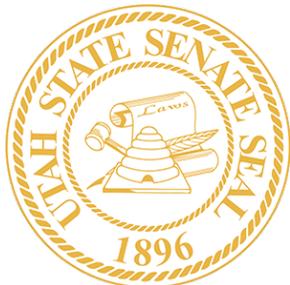*Google App Review*

AWARDS

2020 Best of State Award
Best Web-based Community Resource

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