

SUICIDE PREVENTION

Suicide Prevention

Training for Students

- ✓ SOS-Signs of Suicide curriculum is taught every year in all middle schools and high schools. Each school has a representative who has access to the Google Doc and will update the date the program will be taught. They will also state if Crisis Team members are needed.
- ✓ Safe2Tell and Text-a-Tip are anonymous ways for students to report risk-taking behavior to adults. All tips are investigated and many tips have resulted in positive interventions with students for a variety of problems. These are to be taught at all levels, Elementary-High School. There is a link on each school website. 1-877-542-SAFE-(7233)
- ✓ ACT Acknowledge-Care-Tell. This acronym is taught in SOS. All secondary schools are encouraged to publicize the importance of informing an adult of all worrisome behaviors.
- ✓ Suicide Intervention Protocols are completed by psychologists, social workers and counselors should a student make suicidal statements to peers or an adult. Based on the assessment, appropriate follow up resources are given to the family.
- ✓ District Crisis Team support in the event of a suicide attempt or completed suicide, District Crisis Team members provide support and evidence-based suicide prevention and postvention services for schools.

Training for Staff

- ✓ Applied Suicide Intervention Skills Training (ASIST) is an internationally recognized "gatekeeper" program designed to give adults skills to be more comfortable, confident and competent in helping prevent the immediate risk of suicide. All Mental Health and Counselors are trained upon entering the District.
- ✓ ASSIST –refresher training. Each year, we will offer refresher training for all mental health staff. This is an opportunity to improve skills and practice with colleagues.
- ✓ PREPARE Training- PREPARE is the model we use for Crisis Response and Recovery. All mental health and counselors are encouraged to be trained in this model. We offer both PREPARE 1 and PREPARE 2 each year.
- ✓ Safe Talk- A model for all staff, (Teachers, Paras, Custodial, bus drivers, etc...) to respond to students who may be at-risk for suicide. This gives staff a common language and awareness, as well as the skills to access support for students.

SUICIDE ASSESSMENT PROCEDURES

Suicide Assessment Procedures

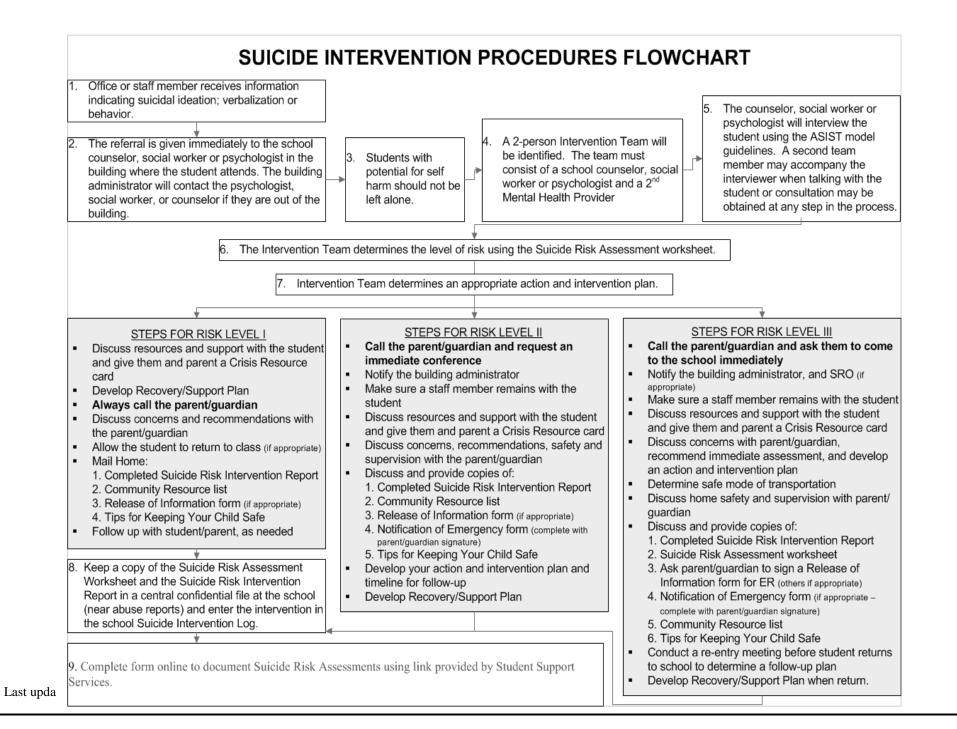
- 1. Any concerns about suicidal thinking or behavior must be referred. The referral for suicide risk may come from parents, staff, students, or other credible sources. Concerns about depression, suicidal thinking, verbalization or behaviors must be referred. All referrals will be taken seriously and result in a suicide risk assessment.
- 2. All such referrals will be given immediately to the school counselor, social worker or psychologist in the building where the student attends. If the school counselor, social worker or psychologist is not present in the building at the time of the concern, a building administrator must be notified. The building administrator must contact the school counselor, social worker or psychologist by phone immediately so they can respond.
- 3. Students with potential for self-harm should not be left alone and should be supervised until a risk assessment has been completed.
- 4. The suicide risk assessment will be conducted by a two-person team. The team must include a school counselor, social worker or psychologist who will then identify a second member of the team; a mental health provider. (See Suicide Risk Intervention Report on pages 6-7).
- 5. The Intervention Team will perform the following functions:
 - a. The school counselor, social worker or psychologist will interview the student using the ASIST model guidelines.
 - b. A second team member may accompany the interviewer when talking with the student or consultation may be obtained at any step in the process.
- 6. After consultation, the **team** will determine the level of risk using the Suicide Risk Assessment Worksheet (page 9). **Note:** Accurate ratings may not always be easily determined. A student may try to minimize their feelings, superficially lowering the risk. Likewise, the team may have information from a source other than the student that increases the level of concern. Contact with the student's parent/guardian may also give pertinent information in determining risk. Professional judgment will need to be used in determining the level of risk.
- 7. Steps to be taken by the school counselor, social worker or psychologist according to the level of risk: Level I Risk (Beginning):
 - a. Discuss resources and support with the student, provide a copy of a Crisis Resource card to student and parent.
 - b. Have the student develop and sign Recover/Support plan and provide a copy for the student. (Reevaluate risk if student refuses to sign.)
 - c. Call the parent/guardian. The school counselor, social worker or psychologist will **always** notify the parent/guardian when a student overtly or covertly expresses self-harming ideation.
 - d. Discuss concerns and recommendations with the parent/guardian.
 - e. Allow the student to return to class after consultation with the parent (if appropriate).
 - f. Mail home a copy of:
 - (1) Completed Suicide Risk Intervention Report
 - (2) Community Resource list
 - (3) Release of Information form (if appropriate)
 - (4) Tips for Keeping Your Child Safe
 - g. Follow up with student/parent as needed
 - h. Complete and sign Recovery /Support Plan

Level II Risk (Moderate):

- a. Notify the parent/guardian of the concern and request an immediate conference. One team member notifies the building administrator.
- b. Make sure a staff member remains with the student.
- c. Discuss resources and support with the student, provide a copy of a Crisis Resource card to student and parent.
- d. Have the student develop and sign Recovery/Support plan and provide a copy of the plan to the student. If student refuses to sign, re-evaluate risk.
- e. Discuss concerns, recommendations, home safety and supervision with the parent/guardian.
- f. Discuss and provide a copy:
 - (1) Completed Suicide Risk Intervention Report
 - (2) Community Resource list
 - (3) Release of Information form (if appropriate)
 - (4) Have parents sign Notification of Emergency form and provide a copy
 - (5) Tips for Keeping Your Child Safe
- g. Develop your action and intervention plan and timeline for follow-up.
- h. Complete and sign Recovery/Support Plan

Level III Risk (Emergent):

- a. Call the parent/guardian and ask them to come to the school immediately. One team member notifies the building administrator, and SRO (if appropriate).
- b. Make sure a staff member always remains with the student until a parent/guardian arrives. One team member notifies the building administrator.
- c. Discuss resources and support with the student, provide a copy of a Crisis Resource card to student and parent.
- d. See if the student will develop and sign Recovery/Support plan. If student refuses to sign, reevaluate risk and safety needs, if appropriate
- e. Discuss concerns with the parent/guardian and recommend immediate assessment and develop an action and intervention plan to obtain assessment.
- f. Determine safe mode of transportation to access further assessment.
- g. Discuss home safety and supervision with the parent/guardian.
- h. Discuss and provide a copies of:
 - (1) Completed Suicide Risk Intervention Report (copy to parents for ER)
 - (2) Suicide Risk Assessment worksheet (copy to parents for ER)
 - (3) Ask parent/guardian to sign a Release of Information form for the ER and chosen counselor/therapist, if appropriate (copy to parents)
 - (4) Have parent/guardian sign the Notification of Emergency form
 - (5) Community Resource list
 - (6) Tips for Keeping Your Child Safe
- i. Before the student returns to school, conduct re-entry meeting to determine follow-up plan.
- j. Complete and sign Recovery/Support Plan, if appropriate, may need to be done at time of re-entry.
- 8. Keep a copy of the Suicide Risk Assessment Worksheet and the Suicide Risk Intervention Report in a central confidential file at the school (near abuse reports) and enter the intervention in the school Suicide Intervention Log (paper copy).
- 9. Complete form online to document Suicide Risk Assessments using the email link provided by Student Services. Enter student information into a shared Google Doc shared amongst Counseling, Deans, and Administration.



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Suicide Risk Assessment Worksheet

Instructions: Use as a checklist to summarize information for risk assessment.

Keep in central confidential file at school.

	Level I Risk (Beginning)		Level II Risk (Moderate)		Level III Risk (Emergent)
1. Current Suicide Plan					
A. Details		Vague		Some specifics	Well thought out, knows when, where, how
B. Availability of means		Not available, will have to get		Available, close by	Has in hand
C. Time		No specific time or in future		Within a few hours	Immediately
D. Lethality of method		Pills, slash wrists		Drugs/alcohol, car wreck, carbon monoxide	Gun, hanging, jumping
E. Chance of intervention		Others present most of the time		Others available if called upon	No one nearby, isolated
Notes:					
2. Previous Suicide Attempts					
2. Frevious Suicide Attempts		None or one of low lethality		Multiple of low lethality or one of medium	One of high lethality or multiple moderate
		None of one of low lethality		lethality; history of repeated threats	One of high remainty of multiple moderate
Notes:					
3. Stress					
		No significant stress		Moderate reaction to loss and environmental	Severe reaction to loss or environmental
				changes	changes
Notes:					
4. Symptoms		Deile estisities continue consul		Come deile estisities dismented disturbance	Crease disturbances in deile for stiening
A. Coping Behavior		Daily activities continue as usual with little changes		Some daily activities disrupted; disturbance in eating, sleeping, school work	Gross disturbances in daily functioning
		Mild; feels slightly down		Moderate; some moodiness, sadness,	Overwhelmed with hopelessness, sadness,
B. Depression		wind, reels slightly down		irritability, loneliness, and decrease of	and feelings of worthlessness
D. Depression				energy	
Notes:	1			<i></i>	

5. Resources						
		Help available; significant others		Family and friends available but unwilling		Family and friends not available or hostile,
		concerned and willing to help		to help consistently		exhausted, injurious
Notes:						
6. Communication Aspects						
		Very indirect or nonverbal expression of internalized suicidal goal (guilt, worthlessness)		Inter-personalized suicidal goal, "They'll be sorry – I'll show them"		Direct expression of feelings and suicidal intent
Notes:						
7. Life Styles						
		Stable relationships, personality, and school performance		Recent acting-out behavior and substance abuse; acute suicidal behaviors unstable personality		Suicidal behavior in unstable personality; emotional disturbance; repeated difficulty with peers, family, and teachers
Notes:						
8. Medical Status / Mental Heal	th					
		No significant medical/mental		Acute but short-term or psychosomatic		Chronic debilitating or acute catastrophic
		health problems		illness or mental health issues		illness or chronic mental health symptoms
Notes:		neurin problems	1	miless of mental neuril issues	L	inness of enrome mental nearth symptoms
Total Checks:	Level I	Level II		_ Level III Student willingly signed	Recov	very/ Response Plan: 🗌 Yes 🗌 No
Student Name:		Infinite C	Campi	ıs #:		
Date: Ti	me:	Counselo	$\mathbf{r}(\mathbf{s})$:			
II			<u> (5)</u> • <u> </u>			

Adapted from Suicide Risk Assessment Worksheet by J. Smith, 1988s, unpublished manuscripts, Dallas Independent School Districts, Dallas, TX

This assessment reflects current concerns as presented by the student and/or third parties. As always, a mental health assessment reflects information presented during this interview and may change, becoming more or less concerning, with time.

NOTIFICATION OF EMERGENCY

The undersigned, the parent/guardian of	was involved
in a conference with school personnel indicated below on	
(date)	
I have been advised that my child appears to be in a state of psychological emer	gency (danger of
hurting self / suicidal ideation).	
I have been further advised that I should seek some psychological/psychiatric co	onsultation as soon as
possible/immediately.	
I have been provided with a list of resources and emergency numbers.	
I have been informed of home safety and supervision.	
I understand that Adams 12 Five Star School District is not responsible for the p	provision of or payment
for these services, but is alerting me to this emergency just as they would inform	n me of any health
problem. Any further action that I undertake in regard to this matter is of my ow	wn decision and my
own financial responsibility.	
I understand a re-entry meeting must occur upon my child's return to school.	

Parent or Legal Guardian

Parent or Legal Guardian

Date

Staff Members Present at Conference:

School: _____

TIPS FOR KEEPING YOUR CHILD SAFE

WHAT DO I NEED TO KNOW ABOUT YOUTH SUICIDE?

Risk factors for exhibiting suicidal behavior:

- Loss of a significant other
- Previous suicide of a peer or family member
- Family and personal stress
- Substance Abuse

- Depression and other mental health issues
- Problems at school
- Access to weapons or other means of harming oneself
- Questions regarding sexual orientation

Students who are having suicidal thoughts may exhibit a variety of symptoms including, but not limited to:
Significant changes in behavior such as change in
Appears sad or hopeless

- Significant changes in behavior such as change in appearance, changes in grades, withdrawing from friends, changes in eating or sleeping habits.
- Making suicidal threats either direct "I want to die" or indirect "Things would be better if I weren't here."
- Reckless behavior
- Self inflicted injuries
- Giving away prized possessions
- Saying good bye to friends and family
- Making out a will

It is important to remember the signs and risk factors listed are generalities. Not all students who contemplate or die by suicide will exhibit these kinds of symptoms AND not all students who exhibit these behaviors are suicidal.

WHAT CAN I DO TO KEEP MY CHILD SAFE?

- **ASK**. Talking about suicide does not make a student suicidal. Asking if someone is having suicidal thoughts gives him/her permission to talk about it. Asking sends the message that you are concerned and want to help.
- **TAKE SIGNS SERIOUSLY**. Studies have found that more than 75% of people who die by suicide showed some of the warning signs in the weeks or months prior to their death.
- **GET HELP**. If you have concerns that your child is suicidal, seek immediate help from a mental health practitioner. Suicidal students need to be evaluated by an expert in assessing risk and developing treatment plans. Parents can contact school counselors, social workers or psychologists for a listing of resources. Parents may also want to consult with their insurance company to obtain a list of mental health providers covered by their policy. When you call to make an appointment, tell the person on the phone that your child is suicidal and needs to be seen as soon as possible.
- LIMIT ACCESS TO WEAPONS, PRESCRIPTION DRUGS, MEDICATIONS AND OTHER MEANS.
- **DO NOT LEAVE HIM OR HER ALONE**. It is important that parents surround themselves with a team of supportive friends or family members who can step in and help as needed.
- **REASSURE YOUR CHILD THAT LIFE CAN GET BETTER**. Many suicidal people have lost all hope that life can improve. They may have difficulty problem solving even simple issues. Remind your child that no matter how bad things are the problem can be worked out. Offer your help.
- **LISTEN**. Avoid making statements such as "I know what it's like" or "I understand." Instead make statements such as "Help me understand what life is like for you right now."

KNOW AND BE READY TO USE EMERGENCY RESOURCES (such as):

Maine Crisis Services—1-888-568-1102

Suicide Prevention Lifeline	1-800-273-TALK	(1-800-273-8255)
Police	911	
Community Reach Center	303-853-3500	

For more information about depression and suicide: American Foundation for Suicide Prevention American Association of Suicidology National Mental Health Association American Academy of Pediatrics Man Therapy

www.afsp.org www.suicidology.org www.nmha.org www.aap.org www.mantherapy.org

APPS: MY3 and Safety Net

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SUICIDE RISK ASSESSMENT REPORT

Student Name:	Date:
Grade: Date of birth:	Gender: M F
Ethnicity: American Indian African American Asian Pacific Islander/HI	Hispanic/Latino Caucasian Other
School:	Referred by:
Form completed by: (Must be Mental Health and/or Coun	selor)
Reason for assessment:	
Health and/or Counselor. All participants must initial. Name Position	part of the Assessment Team. Team MUST include Mental Initial Role Interview Interview Consult Support onducts risk assessment Support
Student supervised until released	
Parent/Guardian Notification Time: Parent notified by phone Parent came to school for conference Emergency Card Contact	Spoke to:
Student Released To: Parent/Guardian Emergency Card Contact Law Enforcement Student returned to class Other	
 Community Resource list provided/mailed (circle Discussion of Home Safety/Supervision (access to Tips for Keeping Your Child Safe brochure prov Release of Information Signed for ER/Therapist Notification of Emergency signed by parent/guan Action and Intervention Plan developed (Page 2) Follow-Up Action, Intervention and Support Pla Outpatient Therapist/MD notified (if applicable) Other	o weapons, drugs, RX's, etc) vided/mailed (circle) (circle) Name: rdian n developed (Page 2)

CONFIDENTIAL SUICIDE RISK ASSESSMENT REPORT

Action, Intervention		— , ,					
A Safety Plan was e	stablished with: Student	school	family				
Recovery/Support Plan completed and signed:							
	or r fun compreted and signed.		(comments)				
	t therapist / counselor:	Phon	e:				
Other resource	-						
personnel who will personnel who will person of follow-up services	rovide follow-up to this intervention	n, provide cont dian by:	designed for each student. Indicate the sch tact information and briefly describe what t Phone: Phone: Phone: Phone: Phone: Phone:				
Inform parent re Plan and follow -up:	e-entry meeting must be heldDa	ate of re-entry	meeting:				
Other Comments: _							
 Keep an original your building. Enter the interver Share Recovery and the second s	ention in your Suicide Interventio and Support Plan with parents a) school personnel who were iden	sk Assessment n Log.	t Worksheet in a central confidential file upport plan and have a conversation of h				

Recovery/ Support Plan

Name :	Grade:	Date:
Step 1:	Warning signs (thoughts, images, mood, situa developing:	ations, behavior) that a crisis may be
1.		
2.		
3.		
Step 2:	Internal coping strategies – Things I can do to	take my mind off my problems without
	contacting another person (relaxation techni	que, physical activity):
1.		
2.		
3.		
Step 3:	People and social settings that provide distra	iction:
Name:		Phone:
Name:		Phone:
3.Place:		4. Place:
Step 4:	People whom I can ask for help:	
1.		Name: Phone:
2.		Name: Phone:
3.		Name: Phone:
Step 5:	Professionals or agencies I can contact during	g a crisis:
Therapist	Name:	Phone:
Emergenc	y Contact #:	
Maine Cri	sis Services—1-888-568-1102	
Suicide Pr	evention Lifeline Phone: 1-800-273-TALK (8255)	
Contact P	blice: 911	
Step 6:	Making the environment safe:	
1.		
2.		

Staff Signature:	Date	Review Dates:
(MH/Counselor)		
Student Signature:	Date	
Parent/ Guardian:	Date	

	REQUEST TO RELEASE OR SECURE CONFIDENTIAL INFORMATION (Not required for release to another Administrative Unit)							
Legal Name of C	hild/ Student:	Date:						
This permission sh	nall be valid for the following duration. Beginning _		and shall terminate					
Indicate Consent	Records/information to be released or secured:	Indicate Consent	Records/information to be released or secured:					
🗌 Yes 🔲 No	Audiometric	🗌 Yes 🔲 No	Psychological					
Yes No	Educational	Yes No	Physical Therapy					
Yes No	□ IEP	🗌 Yes 🗌 No	Social Work					
Yes No	Medical	Yes No	Speech/Language					
🗌 Yes 🗌 No	Occupational Therapy	🗌 Yes 🗌 No	Other:					
🗌 Yes 🗌 No	Psychiatric	🗌 Yes 🗌 No	Other:					
Agency	To and From		To and From					
Address								
City, State, Zip	City, State, Zip							
All information released or secured will be in compliance with the Family Education Rights and Privacy Act and the Colorado Open Records Law. No additional information will be released or secured without prior approval from the parent, except as provided by law.								
PARENTAL CONSENT I understand that consent is voluntary and may be revoked at any time in writing. I hereby authorize the transfer of information as indicated above.								
Signature (Parent/G	uardian/ESP)	Date						
Date consen	t received by District/Administrative Unit:							

SUICIDE INTERVENTION LOG

School: insert new form

Month:

	Student Name	Grade	Date of Inter- vention	Gender	Ethnicity*	Risk Level* (Check one)	Intervention Team Leader (Please print full name)	ER Referral	MH Referral	Second Wind Referral
1				\square M \square F				$\Box Y \Box N$	$\Box Y \Box N$	$\Box Y \Box N$
2				□ M □ F				$\Box Y \Box N$		$\Box Y \Box N$
3				□ M □ F				□Y □ N		□Y □ N
4				□ M □ F				□Y □ N		□Y □ N
5				□ M □ F				□Y □ N		□Y □ N
6				□ M □ F				□Y □ N		□Y □ N
7				□ M □ F				□Y □ N		□Y □ N
8				□ M □ F				□Y □ N		□Y □ N
9				□ M □ F				□Y □ N		□Y □ N
10				□ M □ F				□Y □ N		□Y □ N
11				□ M □ F				□Y □ N		□Y □ N
12				□ M □ F				$\Box Y \Box N$		$\Box Y \Box N$
13				□ M □ F				$\Box Y \Box N$		$\Box Y \Box N$
14				□ M □ F				□Y □ N		□Y □ N
15				□ M □ F				□Y □ N		□Y □ N
16				□ M □ F				□Y □ N		□Y □ N

* 1 = American Indian 2 = Asian

5 – C

4 = Hispanic / Latino 5 = Caucasian Risk Levels: I = Beginning

II = Moderate

3 = A frican American

6 = Pacific Islander / HI

III = Emergent