SOS: SIGNS OF SUICIDE PREVENTION PROGRAM

Training Trusted Adults

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Agenda

Helping to Save Lives

- Youth suicide prevention basics
- ACT (Acknowledge, Care, Tell)
- What to do when a child ACTs
- Building coping skills
- Resources



Why do you think the SOS: Signs of Suicide Prevention Program is so important for our community to embrace?

The Importance of SOS: Signs of Suicide

- To help our community discuss mental health issues
- To differentiate between normal development and what may be a more serious mental health issue
- To encourage students to seek help for themselves or a friend
- Suicide is the second leading cause of death among people aged 11-18 (CDC, 2015)
- To know guidelines for responses
- More than 90% of youth who die by suicide have a diagnosable mental health disorder

Warning Signs

- A risk factor is any personal trait or environmental quality that is associated with an increased risk for suicide
- A warning sign is an indication that an individual may be experiencing depression or thoughts of suicide.
- A precipitation event is a recent live event that serves as trigger, moving an individual from thinking about suicide to attempting to take his or her own life

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What are some of the risk factors and warning signs in the video that stuck out to you?

Examples

Risk Factors

- History of drugs/alcohol use
- History of mental illness
- Previous suicide attempts
- Access to lethal weapons
- Exposure to suicidal behavior in others
- Family history of mental illness
- History of significant loss
- Struggles with sexual orientation/gender identity

Examples (cont'd)

Warning Signs are changes that occur over a period of two weeks

- Changes in eating or sleeping patterns
- Increased irritability/moodiness/rapid fluctuation in mood
- Decreased interest in usual activities/hobbies, isolation, involvement with the law

Guidelines for Responses

ACT To Help a Student In Need

Acknowledge that you are seeing signs of depression or suicide in a student and that it is serious

Care: Let the student know you care about them and you can help

Tell: Follow your school protocol and **tell** your mental health contact

Acknowledge warning signs

Most people give clues they are thinking about suicide...



Show you <u>Care</u>

It's okay to feel that way

Tell me more about it

I'm here for you

Asking about suicide

It's okay to ask about suicide.

Asking about suicide will not put the idea into someone's head.

Instead, it lets them know you see their pain and you are not afraid to help.

Indirect Questions

Do you wish you would go to sleep and not wake up?

Do you wish you were dead?

Direct Questions

Have you thought about killing yourself?

Have you had thoughts about suicide?

T

Tell a professional







If you are worried a student is thinking about suicide, you NEED to tell a professional (follow school protocol).

Do not promise to keep a secret.

It's worth making a friend mad at you if you are trying to save their life.

Ms. Jones, I need to tell you something. I'm getting worried about....

If a child is worried about a friend

- Listen to the child's concerns and encourage them to seek help
- · Contact their friend's parents directly and share the child's concerns
- Contact school mental health staff/administrator so they can support the child/family
- If you are concerned about a child's immediate safety, call 911
- Reassure the child they did the right thing telling you. Work together to help save a life.

Remember, help is always available:

- Their pediatrician
- Their school counselor
- For immediate safety, call 911





Text **ACT** to 741741.



1 (866) 488-7386

Guidelines for Responses: School Protocol

- Do not leave the child alone
- Be open
- Contact a parent/guardian/school counselor
- Stay supportive

Guidelines for Responses (cont'd)

The school counselor will:

- Conduct a mental health screening
- Notify parents of students who are considered at-risk of suicide
- Notify school administrator/staff based on a "need-toknow" bases of possible risk
- Exit student from school pending a mental health evaluation

Columbia-Suicide Severity Rating Scale

RESK ASSESSMENT VERSION		Front Booth	
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Parent Contact Acknowledgement Form

Sample Parent Acknowledgement Letter

Caddo Parish Schools School Name Address Phone Number

Date:			
Dear Mr., Mrs., Ms.,	Miss, or Dr	_	
belief that he/she returns to sc psychologist, social understand that the	is at risk therefore hool. Enclosed is a list of some worker, pediatrician, psycholog	ferred to the counselor's office due to suicidal ideations, o must seek a medical/mental health professional for e of the mental health providers in the area or you may segist, or medical doctor of your choosing (at the parent's expressions). Barzanna White, should be contacted prior to my child be edule an appointment.	assessment before elect any counselor, xpense). In addition, I
evaluated and is not	t considered to be a "danger to	e medical/mental health professional stating thatself or others at this time." Only one adult and the abov ave to remain outside due to COVID-19 and social distan	ve referenced student is
Parent Signature		 Date	

HIPAA: "Need-to-Know"

Health Insurance Portability Accountability Act

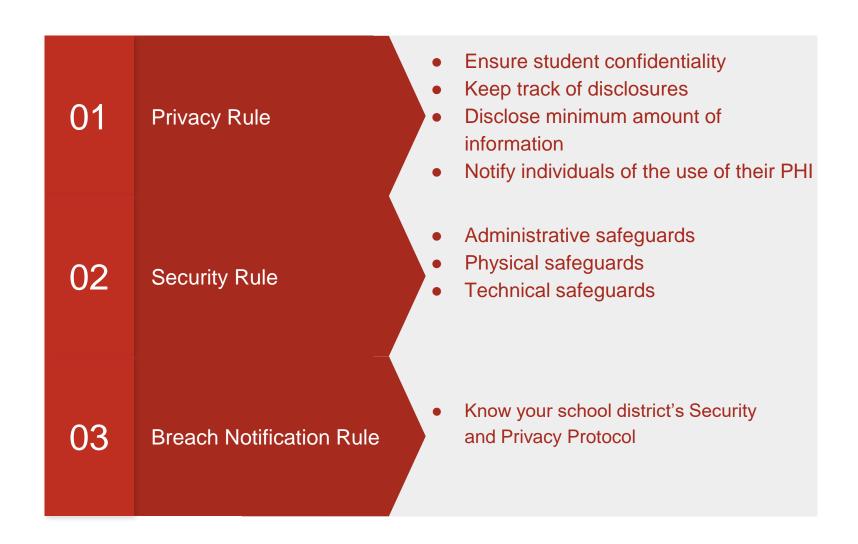


A need-to-know basis is sort of a requirement for healthcare organizations according to HIPAA

...You only tell people the facts they need to know at the time they need to know them.

Nothing more.

HIPAA: "Need-to-Know"



Building protective factors

Encourage: connection to school, participation in activities, and strong connections to friends.

Let children know you are always ready to listen - whether they are concerned about a friend or struggling themselves; they do not need to worry alone.













Building coping skills

A coping skill helps people deal with unpleasant feelings and hard times.











Exercise

Writing down what you are grateful for

Talk to friends and family

Listen to music

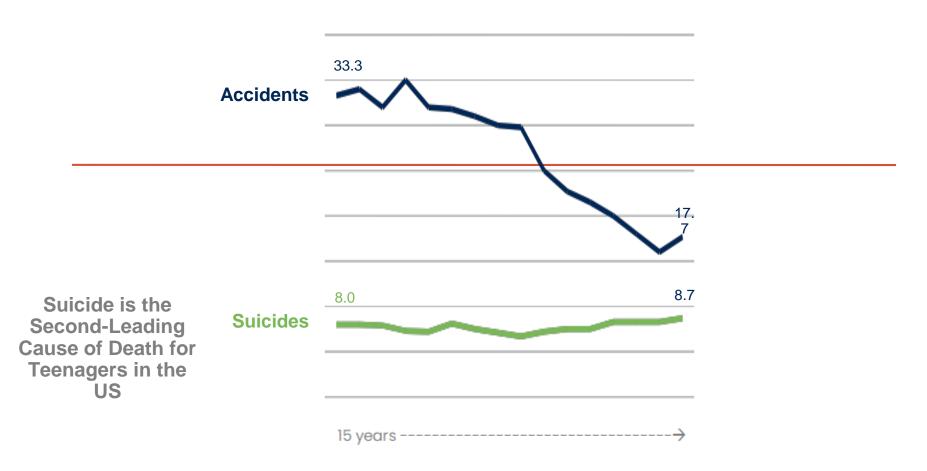
What are your teen's favorite coping skills?

Protective Factors

- Strong problem-solving skills
- Positive self-image
- Spiritual faith
- Close family relationships
- Strong peer support system
- Involvement in hobbies/activities
- Community connectedness
- Access to treatment
- Restrictive access to firearms and other means

Together we can make a difference

Deaths per 100,000; Population Ages 15-19



Thank you!

Together we can ensure that every student has a trusted adult to turn to.

We appreciate your support of youth suicide prevention in our school and community.

Questions?