

Suicide Prevention for Kentucky Educators, Students and Communities: Partnering for Life

In response to new Kentucky legislation regarding suicide prevention training and awareness for middle school and high school staff and students, the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities Services has prepared the following list of programs, training and materials.

Why suicide prevention in Kentucky schools? Suicide is the second leading cause of death for youth and young adults in Kentucky. According to the Kentucky Youth Risk Behavior Survey*, 15% or 1 in 7 Kentucky high school students reported seriously considering suicide within a 12 month period. 17.4% or nearly 1 in 5 Kentucky middle school students reported that they had seriously considered killing themselves at some point in their lives.

However, experts say that suicide is preventable. When educators, students, and communities learn warning signs and how to take action when a young person might be at-risk of a suicidal crisis, lives can be saved.

What do the new suicide prevention laws require?

How do they affect your school community?

SB 65 - Suicide Prevention Education for Middle and High School Staff

Signed by Governor April 13, 2010

<http://www.lrc.ky.gov/record/10RS/SB65.htm>

Amends KRS 158.070 to require all high school and middle school principals, guidance counselors, and teachers to complete a minimum of two hours of self-study review of suicide prevention materials each school year. Also amends KRS 161.011 to permit suicide prevention training for classified employees.

** Note: although SB 65 does not designate a date of completion for the mandatory training, the Ky. Department of Education and the Ky. Department for Behavioral Health, Developmental and Intellectual Disabilities recommend that staff training be completed prior to dissemination of suicide prevention materials to students.*

HB 51 - Suicide Prevention Information for Middle and High School Students

Signed by Governor March 4, 2010

<http://www.lrc.ky.gov/record/10RS/HB51.htm>

Amends KRS 156.095 to require the Cabinet for Health and Family Services to post suicide prevention awareness and training information on its Web page by August 1, 2010; require every public middle and high school administrator to disseminate suicide prevention awareness information to all middle and high school students by September 1, 2010, and September 1 of each year thereafter.

What trainings are available for school staff and community?

Facilitated Educator, Staff and Community Training

Contact Jan Ulrich to schedule a free QPR training for your staff or community in Kentucky
502.564.4456 jan.ulrich@ky.gov

QPR - Ask a Question and Save a Life

Gatekeepers are trained to know the signs of suicide and how to talk to a person about them and then guide them to the help they need. Gatekeepers become trained through QPR Suicide Prevention Gatekeeper Training. Certified school staff trainings are two hours and meet the mandated training requirements. Classified staff and community QPR trainings generally run 90 minutes.

QPR stands for question, persuade, and refer. It is an educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need.

Just as people trained in CPR and the Heimlich Maneuver save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

School Facilitated Educator and Staff Training

The American Foundation for Suicide Prevention has partnered with the New York State Office of Mental Health to develop an educational program to help teachers and other school personnel learn more about teen suicide and how they can play a role in its prevention. *More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel* features two films, each approximately 25 minutes in length, and a manual that integrates both films into a comprehensive suicide prevention program. The program is designed to comply with state requirements or recommendations for teacher education in suicide prevention, and can be used for group trainings or individual study.

The films were co-produced by AFSP and the award-winning Break Thru Films, and have been endorsed by the National Association of School Psychologists. More more info and program cost, go to <http://morethansad.org>

SOS Signs of Suicide® For more information on using this program as part of your staff training, contact **Jan Ulrich** at 502.564.4456 or jan.ulrich@ky.gov

Online Educator and Staff Training

The **Society for the Prevention of Teen Suicide** offers free, interactive self-paced training for school personnel in response to legislation passed in New Jersey mandating suicide prevention training for staff. "Making Educators Partners in Youth Suicide Prevention" is a free online course that can be taken and earn CEUs and is open to anyone. Website also included helpful information for parents.

www.sptsnj.org

The **Jason Foundation** staff development program provides free two-hour self-paced online training for educators called “Youth Suicide Awareness and Prevention”. Participants receive a certificate following the completion of the training. Website also includes tips for parents.

<http://www.jasonfoundation.com/resources>

What safe and effective programs are available for secondary school students?

Student Programs and Materials

Evidence-Based Programs and Practices

SOS Signs of Suicide® [High School](#) & [Middle School](#) programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff. The SOS programs can also be used in alternative settings serving youth such as: social clubs, after school programs, and juvenile justice systems.

The **SOS High School Program** is the first school-based suicide prevention program selected by SAMSHA for its **National Registry of Evidence-Based Programs and Practices** that addresses knowledge and attitudes about suicide and depression, while reducing suicide attempts. Like the high school program, the SOS Middle School Program is designed to educate students to respond to the signs of suicide as a mental health emergency, using the **ACT**® approach (**A**cknowledge, **C**are, and **T**ell).

<http://www.mentalhealthscreening.org/schools/index.aspx>

*A limited number of SOS kits are available at no cost to Kentucky schools. For information regarding support and training for the SOS program for Kentucky middle and high schools, contact **Jan Ulrich** at **502.564.4456** or jan.ulrich@ky.gov*

Lifelines: A Suicide Prevention Program is a comprehensive, whole-school suicide prevention curriculum for implementation in middle school and high school. This curriculum includes a program guide, a CD-ROM (which contains reproducible handouts and other resources) and two DVDs. **Lifelines** is now listed on SAMSHA’s **National Registry of Evidence-Based Programs and Practices**.

<http://www.hazelden.org>

Additional information regarding programs selected by SAMSHA in the **National Registry of Evidence-Based Programs and Practices** can be found at www.nrepp.samhsa.gov.

The American Foundation for Suicide Prevention has partnered with the New York State Office of Mental Health to develop a film to educate high school students about depression, the leading risk factor for suicide in both adults and teens. Presenting vignettes of four teens who were treated for depression, this 26-minute film aims to teach adolescents to recognize depression in themselves or their

friends, and to encourage them to seek help. The film is endorsed by the National Association of School Psychologists. For more information and cost, go <http://morethansad.org>

Safe and Effective Messaging for Students: Video Reviews

The American Association of Suicidology Video Review Committee provides standardized reviews of videos to determine whether they have safe and effective messaging for their intended audiences. For a video to receive “recommended” status, the video must meet certain requirements, including that it clearly advocates suicide prevention and that the information provided is accurate. For additional requirements and a full list of recommended videos, visit the AAS website at:

<http://www.suicidology.org/web/guest/stats-and-tools/videos>

What fact sheets are available to schools and communities?

Suicide Prevention and Awareness Fact Sheets

Note: Disseminating these fact sheets is one component of a comprehensive approach to suicide prevention. In order to take action when aware that someone is suicidal, some individuals will need to be trained to make appropriate referrals within a school and/or community, and mental health resources must be available and accessible.

- **The Role of Teachers in Suicide Prevention: Recognizing and Responding to Warning Signs**
www.sprc.org/featured_resources/customized/teachers.asp
- **The Role of School Health and Mental Healthcare Providers in Suicide Prevention: Recognizing and Responding to Warning Signs**
www.sprc.org/featured_resources/customized/school_mentalhealth.asp
- **The Role of Clinical Social Workers and Mental Health Counselors in Preventing Suicide: Recognizing and Responding to Warning Signs**
www.sprc.org/featured_resources/customized/social_worker.asp
- **The Role of Teens in Suicide Prevention: Recognizing Warning Signs, Help-Seeking for Self or Friend** www.sprc.org/featured_resources/customized/teens.asp
- **“What to Do When a Friend is Depressed” Fact Sheet**
http://www.pueblo.gsa.gov/cic_text/health/friend-depressed/friend-depress.htm

Additional Resources

National Suicide Prevention Lifeline 1-800-273-TALK (8255) is a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress OR anyone concerned that someone they care about might be in crisis. The call will be routed to the nearest certified crisis center.

SAMHSA, Ad Council and Inspire USA Foundation Launch National Suicide Prevention Campaign for Teens *Rockville, MD. (March 31, 2010) /PRNewswire/* — The Substance Abuse and Mental Health Services Administration (SAMHSA), working in collaboration with the Ad Council and the Inspire USA Foundation, announced today the launch of a national public service announcement campaign designed to reduce the incidence of suicide and suicide attempts among teens in the United States. The PSAs tell teens that they are not alone in their struggles with emotional and mental health problems, and that other teens have successfully worked through the same issues. Young people seeking help are urged to visit www.reachout.com, where they can hear success stories and strategies from teens. For information on using this campaign in your school or community, visit <http://multivu.prnewswire.com/mnr/adCouncil/43256>

“School-based Suicide Prevention: A Matter of Life and Death” Video

This 14 minute video features Kentucky school principals, staff and parents who have experienced suicide loss, including suicide contagion in the school, and steps schools can take to reduce suicide and suicide attempts among their students. This video can be used with staff training, but is not appropriate for youth or children. Video is available in two parts on YouTube at:

<http://www.youtube.com/watch?v=13ntYuhvg0w> Part 1

<http://www.youtube.com/watch?v=RhFQXSbT3l&feature=related> Part 2

For a copy of the video, contact **Jan Ulrich** at **502.564.4456** or jan.ulrich@ky.gov

PREP_aRE: School Crisis Prevention and Intervention Training Curriculum

PREP_aRE curriculum was developed by the National Association of School Psychologists (NASP) to provide evidence-based resources and consultation related for school personnel in crisis preparation, prevention, intervention, response, and recovery procedures, with a special emphasis on the role of school-based mental health professionals. www.nasponline.org/prepare

Youth Risk Behavior Survey – Kentucky* The Kentucky Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and prevention (CDC) to monitor students’ health-risk behaviors in six priority areas. These six areas include injury and violence, alcohol and drug use, tobacco use, nutrition, physical activity, and sexual risk behaviors. These risk behaviors contribute to the leading causes of death, disability, and social problems among youth and adults in the U.S. **Kentucky’s 2009 YRBS results include:**

- 26.7% of high school students reported feeling so sad or hopeless almost every day for two weeks or more in a row during the past 12 months, that they stopped doing some usual activities.
- 15.1% of high school students reported seriously considered attempting suicide during the past 12 months.
- 8.8 % of high school students reported actually making a plan to kill themselves within the past 12 months.
- 17.4% of middle school students reported ever seriously thought about killing themselves.
- 6.5% of middle school students reported ever trying to kill themselves.

For more information on the YRBS visit:

www.education.ky.gov/KDE/Administrative+Resources/Coordinated+School+Health/Youth+Risk+Behavior+Survey.htm

www.cdc.gov/HealthyYouth/yrbs/index.htm

Websites:

Kentucky Department of Education (KDE) www.education.ky.gov

U. S. Department of Education www.ed.gov

National Suicide Prevention Lifeline www.suicidepreventionlifeline.org

Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities
<http://mhmr.ky.gov/KDMHMRS>

Kentucky Suicide Prevention Group www.kentuckysuicideprevention.org

National Association of School Psychologists www.nasponline.org

National Association of Secondary School Principals www.principals.org

American School Counselor Association <http://schoolcounselor.org>

Society for the Prevention of Teen Suicide www.sptsnj.org

Youth Suicide Prevention School-Based Guide <http://theguide.fmhi.usf.edu>

American Foundation for Suicide Prevention www.afsp.org

American Association of Suicidology www.suicidology.org

Suicide Prevention Resource Center www.sprc.org

Suicide Prevention Action Network www.spanusa.org

Jason Foundation www.jasonfoundation.com

Yellow Ribbon www.yellowribbon.org

Mental Health America www.nmha.org

National Alliance for Mental Illness (NAMI) www.nami.org

Jed Foundation www.jedfoundation.org

QPR Institute www.qprinstitute.com

American Psychological Association www.apa.org