

Supporting our Students in Need

RCSD Suicide Prevention

2017-2018

Parent Presentation

Why are we teaching suicide prevention and awareness in school?



AB 2246 Pupil Suicide Prevention Policies

- To be implemented by all local education agencies that serve students grades 7-12.
- Address procedures that deal with
 - Prevention (education)
 - Intervention (supporting students in distress)
 - Postvention (supporting the student body if a student suicide occurs)

Suicide is...

- The 3rd leading cause of death in youth ages 10-14
- The 2nd leading cause of death in youth ages 15-24

National Institute of Mental Health



Among 9th - 12th grade students in the United States, 17% have seriously considered suicide in the past 12 months.



LGBTQ youth seriously contemplate suicide at almost three times the rate and attempt suicide at almost five times the rate of heterosexual youth.

RCSD California Healthy Kids Survey 2015-2016

19% of all 7th grade students answered yes
to *experienced chronic
sadness/hopelessness in the past 30 days*

How are we educating and
supporting our RCSD
students?

Roseville City School District SUICIDE PREVENTION

Staff Development

Suicide prevention training shall be provided to teachers, counselors, and other district employees who interact with students in grades 6-8.

Instruction

Suicide prevention instruction shall be incorporated into the health education curriculum by school counselors working with students in grades 6-8. Instruction is designed to help students be aware of suicide warning signs.

Intervention

Students shall be encouraged to notify a teacher, principal, counselor, or other trusted adult when they are experiencing thoughts of suicide or when they suspect or have knowledge of another student's suicidal intentions.

Every statement regarding suicidal intent shall be taken seriously. Whenever a staff member suspects or has knowledge of a student's suicidal intentions based on the student's verbalizations or act of self-harm, he/she shall promptly notify the principal or school counselor.

Signs of Suicide (S.O.S) Program

- Help students recognize the symptoms of depression or warning signs of suicide in themselves or their friends
- Purpose is not to tell whether students are depressed, but rather to inform them about whether they, or their friends, may have symptoms that need further evaluation
- Childhood is an important time to promote healthy development. Since a previous suicide attempt is the leading risk factor for adult suicide, introducing prevention early may help promote prevention
- Teach them the appropriate steps they should take to get help



Acknowledge

There may be an issue.

Care

Let your friend know you care.

Tell

Talk to a trusted adult at school.



SOS Trusted Adults DVD



SOS Signs of Suicide Prevention Program: Student Video preview

Timeline for school presentations:

1. Parents will receive an email with this presentation and an opt-out informational letter approximately two weeks before presentations.
2. Students will participate in presentation, be educated on how to get help and take a brief screening

Important Things for Parents to Know





A **risk factor** is an attribute that is associated with increased risk of suicidal behavior.

- Risk factors are not causes

Examples

- **Behavioral Health** (depressive disorders, non-suicidal self-injury, substance use)
- **Personal Features** (hopelessness, low self-esteem, social isolation, poor problem solving)
- **Adverse Life Circumstances** (interpersonal difficulties, bullying, history of abuse, exposure to peer suicide)
- **Family Characteristics** (history of family suicide, parental divorce, history of family mental health disorders)
- **Environment** (exposure to mental health stigma, access to lethal means, limited access to mental health care, exposure to suicide)

Warning Signs

A warning sign is a verbal or behavioral clue that an individual may be experiencing depression or thoughts of suicide.

- Most individuals give warning signs or signals of their intentions
- Seek immediate help if:
 - Someone is threatening to kill themselves
 - Actively seeking means
 - Talking, posting, and/or writing about death
 - Examples: “Life isn’t worth living,” “My family would be better off without me.” “I won’t be in your way much longer.”
- Other warning signs to take seriously
 - Risky behavior, recklessness
 - Increased substance use
 - Decreased interest in usual activities
 - Extreme withdrawal

Protective Factor

A protective factor is a personal trait or environmental quality that can reduce the risk of suicidal behavior.

- Protective factors don't imply that anyone is immune to suicidality but help reduce risk
- Examples:
 - **Individual Characteristics** (adaptive temperament, coping skills, self-esteem, spiritual faith, resiliency)
 - **Family/Other Support** (connectedness, social support)
 - **School** (positive experience, connectedness, sense of respect)
 - **Mental Health and Healthcare** (access to care, support through medical and mental health relationships)
 - **Restricted Access to Means** (i.e. firearms/medications/alcohol, safety barriers for bridges)

We must recognize...

- *No one event creates suicidality

- *It takes a combination of stressors across different areas in one's life to reach a point where someone feels hopeless enough to attempt suicide

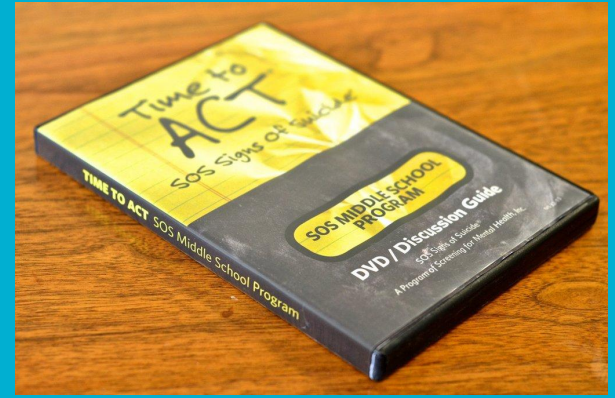
Summary

Our goal in using the SOS Program is to educate school staff, students, and parents about depression, suicide, warning signs, and ways to prevent suicide. We also seek to increase the confidence of our students to get help for those in need.

Please...

- Do not be afraid to talk to your kids about suicide
- Know the risk factors and warning signs of youth suicide
- Any firearms in the house should NOT be accessible to kids
- Respond immediately if your child is showing warning signs
- Reach out to the school for resources

Thank you for coming



You are welcome to stay and speak with our middle school counselors or community partners if you have questions.

Resourceful handouts are available at the tables.