

Student Suicide Prevention Plan

Purpose: To reduce the incidences of student suicide attempts and completions at Armadillo Technical Institute by providing best practices and trainings for administrators, staff, students, and parents.

Prevention Trainings:

- Risk Assessment Tool: Adolescent Safety Screening (SADPERSONS - provided through Phoenix Counseling) , implemented 18-19 and after.
- ASIST: Applied Suicide Intervention Skills Training. One or more on-site staff will be trained in this Oregon approved Evidence Based Practice. Implemented 20-21 and after.
<http://www.columbiacare.org/asist-applied-suicide-intervention-skills-training.html>
- QPR (Question, Persuade, Refer): Evidence-based, best practices suicide prevention training. Implemented 20-21 and after.
- SOS Signs of Suicide (SOS): a universal, school-based prevention program taught in high school. At ATI teachers receive training and facilitate the SOS lessons during Team. Implemented 2021 and after.
- Jackson County SART (Sexual Assault Response Team) annual student, staff, and parent training: Local trainers aim to make students aware and active shapers of their own culture, teaching them how to step forward and interrupt unhealthy behaviors – and how to create healthier ones. Just as crucially, the program teaches staff, administrators and parents how to help.
www.jacksoncountysart.org

Intervention:

- Risk Assessment Tool: Adolescent Safety Screening (SADPERSONS - provided through Phoenix Counseling). Used by all ATI staff following training with LaClinica qualified mental health professional. Tool used to quickly determine immediate risk to a student in the event that a counselor is not available.
- Free help resources such as crisis lines are shared with students multiple times each year, posted throughout campus, and listed on student ID cards.
 - Lines for Life (OHA): 800-273-8255
 - Crisis Text Line: Text HOME to 741741 from anywhere in the United States, anytime
- Jackson County Mental Health provides screenings, safety plans, and care coordination for all students regardless of insurance or lack of insurance.
- La Clinica provides a full-time mental health provider based at our school. La Clinica provides ongoing mental health support regardless of insurance. This role is responsible for providing counseling and consulting with school staff in the event of identified medium or high risk.
- All students are assigned to a Team, a small group of students supported by a staff member. Team provides a daily point of contact with a trusted adult and a supported opportunity to build healthy peer relationships. Team Leaders are available throughout the school day to support students who need to reset in the event of an incident. Team Leaders can provide general support, initial risk assessment using the approved and trained tool, suicide prevention lessons with curriculum. Team

Leaders may not provide mental health counseling beyond their training, including diagnosis or treatment.

- All students are provided with a RVTD bus pass, which allows them to access additional community resources such as Jackson County Mental Health or other counseling outside of school hours.

Postvention:

- School staff will call the Executive Director to coordinate and communicate with the following agencies as applicable: Suicide Prevention Coordinator at Jackson County Mental Health, Asante school nurse, school psychologist, and La Clinica mental health specialists.
- School wide communication systems are used to share information with and offer support to staff, students and families in their preferred language.
- A postvention checklist should be followed in the event that a student dies by suicide.

Immediately following a suicide it is recommended that:

- Crisis Response Team at this school meets to complete assigned tasks and discuss how staff should inform students and parents of the death. (preferably using the sample letters provided in the toolkit on pages 15-19).
- One assigned person on the Crisis Response Team contact the family of the deceased to confirm that the death was a suicide and ask for permission to disclose death and cause of death to students (page 9 of toolkit).
 - School respects deceased family's wishes to disclose or not disclose the cause of death.
- All student deaths be treated the same.
- Bring in outside help that is trained in trauma response. JCMH will come on site to deliver support and counseling to students and staff.
- If the school chooses to hold a memorial it should be time limited. A poster board where students can write memories is appropriate and should be left up for 1-3 days in an area that is avoidable by students who do not want to participate.
- A member of the Crisis Response Team should monitor social media pages for inflammatory statements or copy-cat behaviors. Social Media should be used to provide education on suicide and resources for students and staff.
- Staff identify students whom were close with the deceased and alert counselors to check in with these students.
- School allows ongoing grief counseling services at their school following the death of any student. {Winter/Spring holds ongoing grief counseling groups).
- Allow for time limited counseling services. Students should have access to counseling services for up to 5 school days following the death. Students who need counseling beyond this window should be referred to ongoing counseling services .

In the Weeks and months following a suicide.:

- Allow counselors or JCMH Youth Suicide Prevention Coordinator to go in to classrooms and give students accurate information about suicide and depression.
- Anticipate the anniversary of the death and ask for additional supports on site for students who need supports on and around the anniversary.

- Rearrange classrooms where the deceased student used to sit. The deceased's empty chair can be triggering for some students.
- Hold prevention and best practice training for students, staff, parents, or anyone interested.
- Hold a debriefing with concerned parents if needed with mental health professional support
- Hold awareness and educational sessions for students around suicide, warning signs, and how to help a struggling friend. This can be done before or after a suicide.
- Staff and school representatives refrain from speaking with the media about the details of a student's death. Use the media as an opportunity to educate the public on signs of suicide and depression and provide resources. Only ED or ATI Board Chair are approved to speak with the media on behalf of ATI.

Actions AVOIDED after a suicide (per Jackson County Mental Health recommendation)

- Holding a memorial services or assemblies on site. There are not enough trained adults to handle large groups of grieving students safely. Doing this puts students at risk for contagion. Holding large gatherings glamorizes completed suicides and pays positive attention to suicide in general.
- Allowing staff or students to distribute or create t-shirts, flyers, or buttons memorializing the student. If someone comes to school with any of these, allow them to wear it for the day and then explain why it is not a good idea to have these items.

Planning Criteria:

- This plan was developed based on Adi's Act requirements.
- Elements of this plan were adapted from the Comprehensive School Based Approach to Suicide - Jackson County (2017)
 - <https://drive.google.com/file/d/1-wP35bD0Z0Upee4S3PpLybgZIMb68ne0/view>
- Reviewed annually and updated as needed.
 - Updated Feb, 2021