

Jason Flatt
Youth Suicide Awareness
SB 323

July 20th Update (Family Engagement; Recovery Plans)

Family Engagement and Youth Suicide Prevention

- No one person (parent, teacher, counselor, administrator, mentor, etc.) can implement suicide prevention efforts on their own.
- Collaboration, support, and active involvement of families, schools, and communities are essential when developing a suicide awareness and prevention program.
- Researchers have found that students who believe their parents and teachers care about them personally as well as about their success within the school and community are less likely to commit suicide. (*Center for Disease Control and Prevention*)

What can schools do?

- Hold annual trainings with various stakeholders to educate students, parents, and staff about suicide awareness and prevention.
- Include school personnel's contact information in the School Handbook for families to contact concerning suicide awareness and prevention.
- Establish open two-way communication and a school culture where students feel they can freely share their thoughts and families can advocate for their children.
- Help students feel more connected by implementing multiple programs which allow for communication between home and school.
- Utilize the Individual Plan of Study at the middle school and high school levels to develop a plan for the future by understanding the significance of the present.
- Develop protocols for helping students who are at risk to attempt suicide or who have attempted suicide and steps that should be taken if a student commits suicide. These protocols should be known by teachers, staff, parents and students.
- **Include youth suicide information in student and parent handbooks, web pages, etc.**

What does research say about family engagement?

When families, schools and communities partner, students:

- earn higher grades and test scores;
- enroll in higher-level programs;
- are promoted;
- attend school regularly;
- have better social skills and adapt well to school;
- graduate and go on to postsecondary education;
- display more positive attitudes toward school;
- behave better both in and out of school;

- make better transitions from elementary to middle to high school;
- develop realistic plans for the future;
- less likely to drop out;
- from diverse cultural backgrounds do better when families and schools join forces to bridge the gap between home and school cultures. (*Beyond the Bake Sale*, Henderson & Mapp, 2007).

For additional information and/or professional development opportunities contact the Kansas Parent Information Resource Center:

<http://www.ksdetasn.org/kpirc>

Recovery Plans

SB 323 requires schools to include information relevant to crisis recovery plans in their crisis management plans. Here are some items that could be included in said recovery plan:

- Notifications/dissemination of information
- Continued crisis management
- Addressing memorialization
- Teaching coping skills (resiliency)
- Community involvement moving forward
- Media coverage and social media
- Crisis/counseling response teams
- Suicidal contagion/clustering
- Identifying other at-risk students
- Connecting to local mental health resources

July 18th Update (In-Service Agenda Example)

An attachment that represents new data (2014) released from CDC concerning youth suicide data for Kansas (in 2014 every 5.98 days a Kansas youth commits suicide) was included. This data can be incorporated into the required 1 hr. of professional staff development for youth suicide. **It is also a good idea to include this information into your student/parent handbooks.**

KSDE has received questions about the format for this training if the school utilizes internal resources and doesn't feature one of the on-line options (i.e. Jason Flatt Foundation, Safe Schools), utilize The Yellow Ribbon Campaign or have regional mental health available.

Here is a sample template that may be used to cover the 1 hr. requirement (please note: this is an example of what could be implemented, each USD will have different needs):

- Jason Flatt Act (SB 323) Introduction (10 minutes)
- Kansas data (see attachment) (10 minutes)
- Warning signs (see previous list serve message below) (10 minutes)
- Indicators leading up to it (i.e. cutting, depression, bullying prevention, alcohol/substance abuse etc.) There may be specific topics based on your local needs you could address as well that fall under the school based mental health or social-emotional umbrella, locals would have a better sense of that than KSDE. You also could use the resources we sent out that have been vetted relevant to SB 323. (10 minutes)
- School connection to regional mental health and the established protocols for referral (i.e. teacher-> counselor-> administrator -> mental health) (10 minutes); inform staff/parents that it is a part of your crisis plan
- Q and A (10 minutes)

For further information contact Kent Reed at kreed@ksde.org or 785-296-8109.

July 6th Update (On-line Options and Warning Signs):

Relative to on-line youth suicide awareness training(s) the market is generating new opportunities, here are the latest we are aware of:

Jason Foundation: <http://jasonfoundation.com/>

Infinitec is working on a 60 minutes training.

SafeSchools has two modules: 1) the Jason Flatt Act Training 2) an in-house training developed by Dr. Scott Poland.

Youth Suicide Warning Signs

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

How to Respond

If you notice any of these warning signs in anyone, you can help:

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help.

Source: youthsuicidewarnings.org

Original Jason Flatt Guidance (SB 323)

The Legislature has passed and the Governor has signed SB 323 which is known as the Jason Flatt Youth Suicide Awareness Act. The provisions of this bill relevant to suicide awareness and prevention are:

- The board of education of each school district shall provide suicide awareness and prevention programming to **all** school staff and shall notify the parents or legal guardians of students enrolled in such school district that the training materials provided under such programming are available to such parents or legal guardians.
- Such programming shall include at a **minimum**:
 - At least **one hour of training** each calendar year based on programs approved by the State Board of Education. Such training may be satisfied through independent self-review of suicide prevention training materials; and
 - A building crisis plan developed for each school building. Such plan shall include:
 - Steps for recognizing suicide ideation;
 - Appropriate methods of interventions; and
 - A crisis recovery plan
- On or before January 1, 2017, the State Board of Education shall adopt rules and regulations necessary to implement the provisions of this section.

Guidance

Between now and January 1, 2017 KSDE will be providing guidance relative to the implementation of SB 323 as well as adding resources to our KSDE School Counseling Resources web page (<http://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-M-Z/School-Counseling/School-Counseling-Resources>). KSDE encourages districts to develop partnerships with local and regional mental health centers and educational service centers to provide **evidenced based** training materials and technical assistance in developing crisis plans that meet the statutory requirements. This is also true for districts who plan on utilizing evidence based “independent self-review of suicide materials” that is intended to satisfy the requirements of the statute. An example of this is the curriculum available through the Jason Flatt Foundation located at

<http://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/>.

Districts are also reminded that suicide ideation is tier 3 on a school-based mental health continuum. It is recommended that part of the training addresses tier 1 and tier 2 issues that may lead to a tier 3 suicide ideation.

Resources

In order to get you started here are some relevant resources for youth suicide prevention:

Jason Flatt Foundation: <http://jasonfoundation.com/>

Kansas Suicide Prevention Resource Center: <http://www.kansasuicideprevention.org/>

National Suicide Prevention Life Line: <http://www.suicidepreventionlifeline.org/>

SAMHSA Suicide Prevention Page: <http://www.samhsa.gov/suicide-prevention>

Suicide Prevention Resource Center: <http://www.sprc.org/>

American Foundation for Suicide Prevention- Kansas Chapter: <https://www.afsp.org/local-chapters/find-your-local-chapter/afsp-greater-kansas>

Kansas Suicide Hotlines: <http://www.suicide.org/hotlines/kansas-suicide-hotlines.html>

Center for Disease Control (Suicide): <http://www.cdc.gov/violenceprevention/suicide/>

Yellow Ribbon Suicide Prevention: <http://yellowribbon.org/about/>

American Association of Suicidology: <http://www.suicidology.org/>

Headquarters Counseling Center: <http://www.headquarterscounselingcenter.org/>

Johnson County Suicide Prevention: <http://www.jocogov.org/dept/mental-health/suicide-prevention>

Sedgewick County Suicide Prevention:
http://www.sedgewickcounty.org/comcare/suicide_prevention.asp

Greater Kansas American Foundation for Suicide Prevention Facebook Page:
<https://www.facebook.com/AFSPGreaterKC/>

The Trevor Project (for LGBTQ students) <http://www.thetrevorproject.org/?gclid=CK2-2aeGlsoCFZODaQod-zoOzg>

Kansas Adjutant General's Suicide Prevention Program (designed for the military):
<http://www.kansasastag.gov/NGUARD.asp?PageID=506>

Spring Hill USD Suicide Prevention Page:
http://www.usd230.org/shhs/studentsparents/student_safety/suicide_prevention/

Chisolm Trail (Olathe) Middle School Student Support Services:

<http://schools.olatheschools.com/buildings/chisolmtrail/parent-info/student-support/>

HelpGuide.org: <http://www.helpguide.org/home-pages/suicide-prevention.htm>

SafeSchools: www.safeschools.com

Please watch the list serves for future updates. For more information please contact Kent Reed at kreed@ksde.org or 785-296-8109.