

UPPER PERKIOMEN SCHOOL DISTRICT

Education Center
2229 E. Buck Road
Pennsburg, PA 18073

Ad Hoc Suicide Prevention Committee Meeting

March 9, 2020 – 6:00 pm

CHAIR: Dr. Kerry Drake

MEMBERS:

Mike Elliott

Judy Maginnis

Superintendent of Schools – Dr. Allyn Roche

Assistant Superintendent – Dr. Andrea Farina

Director of Curriculum & Instruction – Mrs. Kimberly Bast

AGENDA- Notes in Red

1. Welcome and Introductions – **Welcome and introductions shared**
2. Motion to approve February 20, 2020 Minutes (Attachment A)- **Approved**
3. Discussion
 - a. **Aevium Group Sharing- power point shared by two students including statistics; shared the “why” of the group and their goals- make known resources available, support students to discourage suicidal ideation and occurrences. Aevium is the new group. They identified people who can help this group and the overall student body by supporting them; Want to have activities for the students and community. Board thanked the presenters, and indicated this group is a good one, and could create positive network and opportunities; thanked them for being solution oriented. Dr. Roche asked what had happened so far- visited Spring-Ford and gathered ideas for getting this started at UPSD. Next steps- establish group at UPSD that will last and have positive impact at HS, and even MS. How can the board support this? UPHS is asking for it to be approved as a HS club- the procedure is to go before the board to get acknowledgement as a club. At this point, the advisors would be unpaid, but can work toward getting it as a club with paid advisors. Motion made from this committee to make it an official club. Slides will be shared with the full board to provide additional information.**
 - b. **QPR Training, May 6 at 6:30pm at the Education Center- All are welcome. QPR (Question, Persuade, Refer) is like CPR to help prevent suicide. This program has been shared in several forums already at UPSD.**
 - c. **Website Access Upgrade- Some upgrades/improvements were made to our website to make it easier to find suicide prevention on our webpage.**
4. **Next Steps – Former graduate Lauren Maginnis shared thoughts on next steps- two types of suicidal thoughts- active and passive (which can become active)- important to look at signs of passive before it leads to self-harm or active thoughts; stigma around mental health and suicide- because it can be negative so students won't report their feelings. Need to have a safe place to reach out (potentially anonymously) - guidance counselors seem busy with other things, could there be a counselor dedicated for this?
We will continue our discussions and support of student groups to assist peers, and training programs for students and staff to aid in understanding and erasing the negative stigma of mental health and suicidal issues through our work with pupil services and curriculum development.**

Committee Goal: Maximize district and community resources while collaborating and partnering with ALL stakeholder groups to support every student, parent/guardian, staff member, and community member so everyone is educated on the signs of suicides, available resources and supports for individuals and how to refer and access help and support toward reducing and eliminating suicide in the Upper Perkiomen Community.