

## Kingswood Regional High School Self-Harm Prevention Protocol:

[when a student talks about or writes about self-harm]

Expectations of teachers, staff and coaches are as follows:

**All employees are mandated reporters.** If you have a concern about a student and the potential for self-harm, immediately consult one of the following people to discuss your concerns: Lara Crane, Kristan Sheffer, Wendy Huggard, Anika Hastings, Sheryl Power and /or the school nurse on duty.

### Level #1 - CONCERN

Staff may become alarmed by some student behaviors, comments, writings, or social media that indicate a student is struggling such as:

- Comments about death, suicide, cutting, wanting to die, etc.
- Expressions of sadness, emptiness, hopelessness, pessimism, helplessness, worthlessness
- Evidence a student is having difficulty concentrating or remembering
- Marked changes in usual behavior such as losing interest/pleasure in usual activities, loss of energy or drive, falling asleep in class, restlessness, irritability, cutting class
- Evidence of agitation or excessive energy
- Marked changes in appearance such as significant weight loss or gain
- Comments from other students about a classmate with these behaviors or feelings
- Evidence of self-mutilation including cutting, bruising, scratches, etc.
- Withdrawal from friends and/or activities

### Level #2 - CRITICAL SITUATION

- The student is distraught and tells you he/she wants to hurt him/herself
- Another student/teacher/parent reports that the student wants to hurt him/herself

#### DURING SCHOOL HOURS

1. Tell the student you are not allowed to keep this information confidential and you need to tell someone who can help.
2. Accompany the student to the Counselor's office.
3. Tell the counseling secretary that the student must see a counselor immediately.
4. If the student refuses to go with you,

#### DO NOT LEAVE THE STUDENT ALONE.

Immediately phone an available adult (Counselor, Principal, Asst.Principal, Main Office staff, School Nurse) or seek help from a fellow teacher.

1. Call for the Counselor or Administrator to join the meetings with the student.
2. The Counselor will encourage the student to talk about what is happening.
3. If the student is deemed to be in crisis, the Counselor will contact the student's parents to take him/her for an emergency evaluation. The Counselor will talk to the student about contacting parents and decide on a follow-up plan.
4. If a parent is unavailable or refuses, contact the police for support to transport for evaluation.

#### 2:30 – 5:00 AFTER SCHOOL HOURS

1. Encourage the student to talk about what is happening and attempt to calm him/her.
2. Tell the student you are not allowed to keep this information confidential and you need to tell someone who can help.
3. Inform the Administrator on duty.
4. The Administrator on duty will call the parents and request that they come pick up their son/daughter. Instruct them to contact the Emergency Services at a local hospital.

Below are the numbers if they are unsure of whom to call:

Huggins Hospital	(603) 569-7500
Wentworth-Douglass Hospital	(603) 742-5252
Memorial Hospital	(603) 356-5461
Frisbie Memorial Hospital	(603) 332-5211

5. If the parents are unavailable, call the local police to have the child transported to the Emergency Department.
6. Remain with the student until parents or police arrive.

#### DO NOT LEAVE STUDENT ALONE.

#### AFTER 5:00 pm

If you become aware of information after 5pm and you are concerned about the possibility of a student being in imminent danger, please call police in the town where the student resides, or if you do not have that information, call the Wolfeboro Police Department at 569-1444 **OR** call 911

**Post-event self-care:** Hearing a student talk about suicide can trigger feelings in you. It is normal to feel helpless, angry, or an overwhelming sense of responsibility. After the crisis, take a moment to talk to someone you trust about your own feelings. You may wish to review what took place with a school counselor