

# **Inter-Lakes School District**

## **Suicide Prevention Plan**





Student safety and well-being is a top priority of the Inter-Lakes School District. We are here to partner with parents/guardians to provide suicide prevention recommendations and requirements for student health, safety and well-being.

## **POLICY**

### ***Suicide Intervention Policy - #5147 (JLDBB)***

Any faculty member who suspects a student is suicidal or has heard the same from other students or anyone, should report that information to a guidance counselor, school nurse, or an administrator. Concern(s) regarding a potential suicide will be reported to a child's parent/guardian.

## **FACULTY/STAFF TRAINING**

- Each year all faculty and staff will receive a two-hour training. This training can be facilitated by a staff member who has completed the NAMI "Train-the-Trainer" program or by another vendor such as UNH, NAMI or the NH Department of Education Bureau of Student Wellness.
- The annual training will include statistics, risk factors, protective factors, warning signs, proper terminology and how to talk to students when concerned. ***See Attachment #1*** "Preventing Youth Suicide Tips for Parents and Educators" to review a portion of the information reviewed at the training.
- All faculty/staff are expected to **immediately** report a concern in person or by calling the guidance office, nurse's office or an administrator. Email is not an effective or private method to report this information. It is the responsibility of the faculty/staff member who originally became aware of a concern to connect in person with guidance/nurse/administrator to ensure action has been taken.
- The district has developed a flow chart to assist Faculty/Staff members in understanding how to handle various situations. ***See Attachment 2.***

## **COUNSELORS/NURSES/ADMINISTRATORS**

- Will meet with the student immediately and assess the information using the Best Practices Student Safety Questionnaire. ***See Attachment 3.***
- Parent/Guardian will be called as school personnel will err on the side of caution to always notify and review the situation with a parent/guardian.
- Using the questionnaire and flow chart the counselor/nurse/administrator will review the next course of action, including but not limited to; calling the parent/guardian, keeping an eye on the student until the parent arrives, assisting the family to secure an emergency mental health appointment, calling NH Rapid Response for immediate assistance, contacting the student's mental health provider, calling 911 or calling DCYF if parent/guardian refuses to seek medical care.
- If a student discloses suicidal thoughts along with a plan to act on these thoughts, it is the district procedure that the student be evaluated by a psychiatric professional to determine the level of risk to their safety. This assessment needs to be completed before the student returns to school.
- Recommendations will be shared with the parent such as, but not limited to; seeking immediate hospitalization, seeking immediate mental health care, removing items from the home (guns, knives, ropes).

- Professional mental health evaluation, assessment and care will be recommended. School personnel are not trained to provide psychiatric care or a treatment plan.
- Personnel will follow up with parent/guardian regarding the care provided to the student out of school and a school re-entry plan recommended by the mental health provider.

#### **PARENTS/GUARDIANS**

- Parents/Guardians will always be notified via telephone when a concern regarding suicide ideation has been discussed at school with their student.
- Parents/Guardians may be asked to pick up their child to seek immediate medical attention, in which case they will be asked to sign the Student Safety Parent/Guardian Signature Form. *See Attachment #4.*
- Parents/Guardians will be asked to have a medical professional contact the school to review the re-entry plan for the student.

#### **RESOURCES**

- Will be provided to parents/guardians and all community members. *See Attachment #5.*

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text “HOME” to 741741).

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

## Risk Factors



- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

## Warning Signs



- Suicidal threats in the form of direct (e.g., “I want to die”) and indirect (e.g. “I wish I could go to sleep and not wake up”) statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

## What to Do



- Remain calm, nonjudgmental and listen.
- Ask directly about suicide (e.g., “Are you thinking about suicide”).
- Focus on your concern for their well-being
- Avoid being accusatory (e.g., don’t say, “You aren’t going to do anything stupid are you?”).
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- **Get help!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

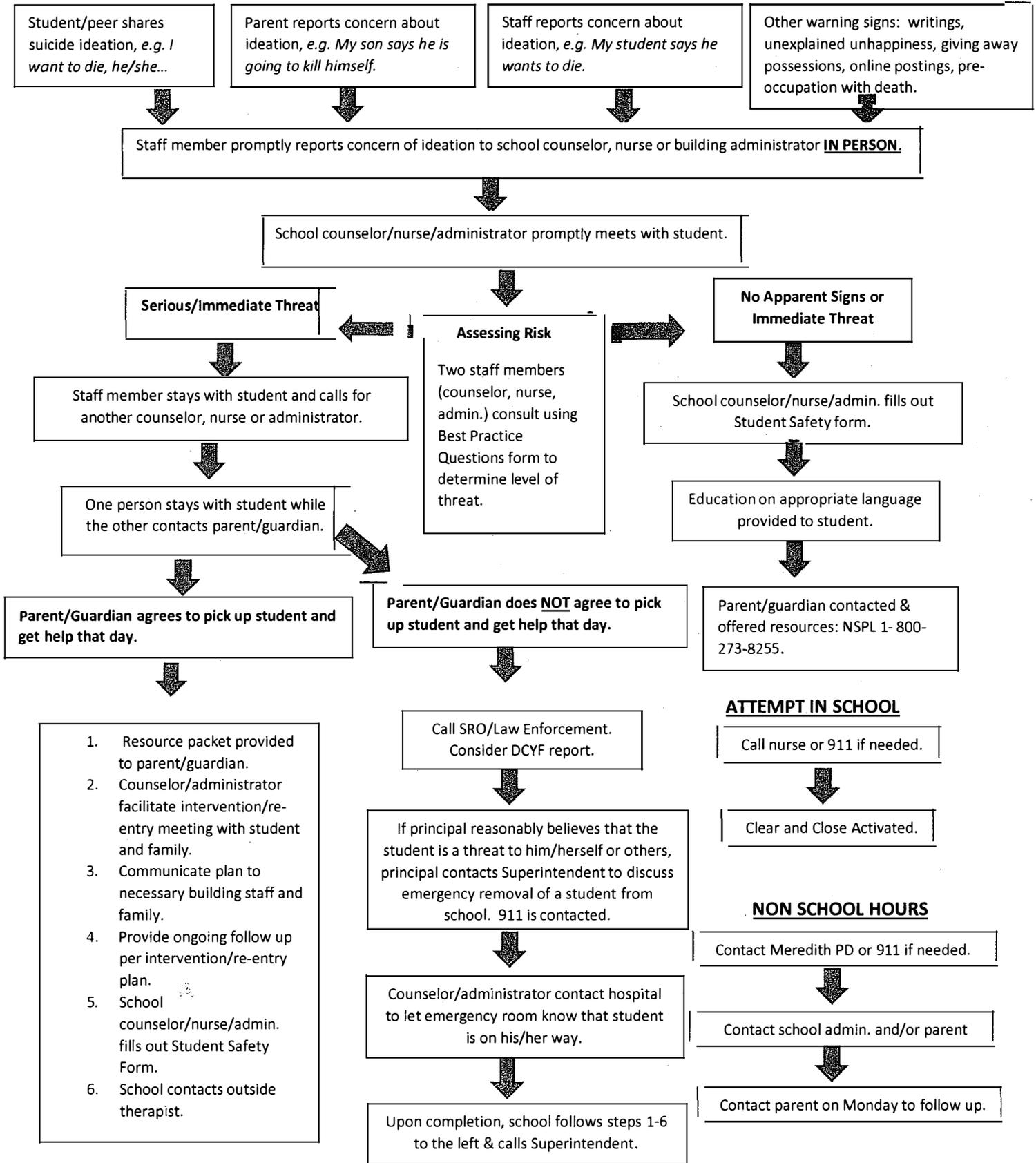
## Reminders for Parents



After a school notifies a parent of their child's risk for suicide and provides referral information, parents must:

- **Continue to take threats seriously.** Follow through is important even after the child calms down or informs the parent “they didn't mean it.”
- **Access school supports.** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- **Maintain communication with school.** After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.

# ILSD Suicide Threat/Attempt Flow Chart



Inter-Lakes School District  
Meredith, NH

**Best Practices Student Safety Questionnaire**

1. Have you ever thought of hurting or killing yourself?

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2. Are you currently thinking of hurting or killing yourself?

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If the person expresses thoughts of self-harm, and /or suicide, or even if ambivalent (e.g. says “I don’t know,” or “I don’t remember” or “maybe, I am not sure” or “sometimes, but not right this moment”), continue with these questions:

3. How frequently do you have these thoughts and feelings?

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4. Have you ever acted upon these thoughts? If yes, please expand/explain;

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6. Do you currently have a plan and timeframe in mind to hurt or kill yourself? If yes, please expand/explain:

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7. Are your parent(s)/guardian, siblings or friends aware of your plan?

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Inter-Lakes School District  
Meredith, NH

**Student Safety Parent/Guardian Signature Form**

Dear Parent/Guardian,

Please review this Safety Information for your student\_\_\_\_\_. We are extremely concerned about your student and ask you to complete the following. By signing below you agree to all items checked.

The parent/guardian will secure immediate medical assistance via the emergency room or an emergency appointment with an established therapist

The student will be supervised 24 hours per day by a responsible adult until medical help/clearance is secured

To remove all weapons/substances or means of self-harm in the home, securing items under lock and key until a medical health professional deems it is safe to return items to the home (this may include guns, knives, razors, rope, medications, etc.)

To notify the school of the date of the student's return to school so a team member can meet with the student/parents prior to re-entering school and to discuss a plan of safety if necessary to be implemented at school.

To request from medical professionals and share with school upon return medical paperwork authorizing clearance for the student to return to school and any suggestions for the school to maintain student safety.

I have read and understand and agree to the items above. Please note that a lack of parental/guardian follow through may be reported as child neglect to the Division of Children, Youth and Families due to the seriousness of this matter.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School Team Member Signature

\_\_\_\_\_  
Date

**Inter-Lakes School District**  
Meredith, NH

**Student Safety Resources for Parents/Guardians**

Emergency - 911

National Suicide Prevention Hotline - 1-800-273-8255 or TEXT 741741

NH Rapid Response 1-833-710-6477 (24 hour assistance), as of July 1 dial 988

Lakes Region Mental Health - 603-524-1100x445

Lakes Region General Hospital - 603-524-3211

Northern Human Services (Carroll County) - 603-447-2111

Huggins Hospital—603-569-7500 (ask for on-call Emergency Services Clinician)

Naminh.org - NH Alliance on Mental Illness

**School Contacts:**

**Inter-Lakes Elementary School**  
**603-279-7968**

Michael Bryant, Principal  
michael.bryant@interlakes.org

Ashley Shuffleton, School Counselor  
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Kate Clark, School Counselor  
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Teresa McCormack, School Nurse  
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Karen Cotreau, School Psychologist  
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**Sandwich Central School**  
**603-284-7712**

Jeremy Hillger, Principal  
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Sandy Spiro, School Counselor  
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Lora Colten, School Nurse  
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**Inter-Lakes Middle/High School**  
**603-279-6162**

Amanda Downing, Principal  
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Holly Vieten, Guidance Director  
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Nick Connell, School Counselor  
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Stacey Gagnon, School Counselor  
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Jodi Pendexter, School Nurse  
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Lisa Ransom, Outreach Counselor  
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Barb Pope, School Psychologist  
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