

Suicide Prevention Resource Guide for Elementary Schools

Supporting Schools & Districts in Meeting the Requirements of AB1767

What Is AB1767?

AB1767 requires the governing board or body of a LEA that serves pupils in grades kindergarten through sixth to adopt and update as prescribed a policy on pupil suicide prevention that specifically addresses the needs of high-risk groups before the beginning of the 2020-21 school year.

The policy must:

- be age appropriate, delivered, and discussed in manner that is sensitive to the needs of young pupils
- be written to ensure proper coordination and consultation with the county mental health plan for a referral for mental health or related services made on behalf of a pupil who is a Medi-Cal beneficiary
- address any training on suicide awareness and prevention to be provided to teachers of pupils in all of the grades served by the LEA

How to Use This Guide

In response to AB1767, the San Diego County Office of Education's Student Wellness & School Culture Department created this easy-to-use guide to support elementary LEAs in meeting the legislative requirements of this law. This guide contains a list of vetted, age-appropriate trainings and curriculum that address suicide awareness and prevention at the elementary school level. The resources included below should not be seen as an exhaustive list of considerations as suicide awareness and prevention work in elementary schools is continuously emerging.

This guide is organized in two tables:

- Suicide Prevention Training for Staff
- Suicide Prevention Curriculum & Programming

Suicide Prevention Training for Elementary Staff

Trainings & Links	Description	Format	Length	Cost
<p><u>Act on FACTS: Making Educators Partners in Youth Suicide Prevention</u></p> <p><i>By The Society for the Prevention of Teen Suicide</i></p>	<p>Training embraces school culture and presents real-life scenarios for youth suicide prevention methods through role plays.</p> <p><i>*Core modules relate to teen suicide prevention with additional module available for elementary prevention.</i></p>	<p>Online & self-paced</p>	<p>1-3 hours</p>	<p>Free</p>
<p><u>At-Risk For Elementary School Educators</u></p> <p><i>By Kognito</i></p>	<p>Work with a virtual coach to learn about mental health and how to identify and approach at-risk students. Learn how to talk with their parents and connect them to resources.</p>	<p>Online & interactive with 3 modules</p>	<p>1 hour</p>	<p>Contact a sales rep for pricing</p>
<p><u>Signs Matter: Early Detection</u></p> <p><i>By American Foundation for Suicide Prevention</i></p>	<p>Scientifically based information on a variety of topics related to youth suicide, alongside best practice recommendations drawn from experts in the mental health and education fields.</p>	<p>Online & self-paced</p>	<p>2 hours</p>	<p>Costs per user:</p> <ul style="list-style-type: none"> • 1-49 = \$35 • 50-99 = \$25 • 100-199 = \$15 • 200-499 = \$10 • 500-999 = \$6 • 1000+ = \$4
<p><u>The "ASK" Workshop</u></p> <p><i>By Lifeline Workshops</i></p>	<p>Apply and practice skills through case studies and guided simulations. Leave with tools and templates you can integrate into your practice immediately.</p>	<p>Online & interactive videos, mini-lectures and group discussions.</p>	<p>9 hours broken down by two 4.5-hour trainings.</p>	<p>\$106 per person</p>

Suicide Prevention Elementary Curriculum & Programming

Name & Links	Description	Format	Cost
<p><u>Erika's Lighthouse</u></p>	<p>Curriculum introducing mental health by understanding everyday feelings vs. overwhelming feelings with a strong focus on help-seeking and good mental health.</p> <p><i>*Elementary programming covers grades 4-6</i></p>	<p>Adaptive videos, lesson plans and assessments.</p>	<p>Free</p>
<p><u>Hope Squad</u></p> <p><i>By Hope Squad</i></p>	<p>Peer-to-peer youth suicide prevention program that empowers trained and mentored students nominated by their peers to perform intentional outreach with their fellow students.</p>	<p>Two to three trained school advisors organize and run weekly programming with students (30-50 minutes/month).</p>	<p>\$1,000 per year/school plus training costs for advisors</p>
<p><u>Lifelines Prevention: Building Knowledge & Skills to Prevent Suicide</u></p> <p><i>By Hazelden Lifelines</i></p>	<p>A comprehensive suicide prevention curriculum that educates school staff, parents, and students on the facts about suicide and their respective roles as suicide “preventers”.</p> <p><i>*Elementary programming covers grades 5-6</i></p>	<p>Paper-based guide, DVDs and access to reproducible materials.</p>	<p>\$295</p>
<p><u>Sandy Hook Promise's Know the Signs Programs</u></p> <p><i>By Sandy Hook Promise</i></p>	<p>Curriculum and training focused on preventing school violence through building positive school culture and early intervention; aligned with CASEL SEL competencies.</p>	<p>Online or in-person 30-40 minute student trainings:</p> <ul style="list-style-type: none"> • <i>Start with Hello for grades K-12</i> • <i>Say Something for grades 4-12</i> 	<p>Free</p>

<p><u>Sources of Strength</u></p> <p><i>By Sources of Strength</i></p>	<p>Universal K-6 classroom curriculum & training that incorporates social emotional learning content with a robust focus on mental health, resiliency and strength-based prevention for elementary schools.</p>	<p>Thirty-minute lessons with 12 units typically facilitated 1-2 times per week.</p>	<p>Curriculum = \$750-\$3,000</p> <p>Training & PD = \$1,500-\$5,000</p> <p><i>*One-time costs</i></p>
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