

YOUTH SUICIDE AWARENESS & PREVENTION MODEL POLICY

THE JASON FLATT ACT – WINSTON CAREER ACADEMY



THE JASON FLATT ACT: STATE OF ALABAMA

- **SUICIDE IS THE TENTH CAUSE OF DEATH IN THE UNITED STATES ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION. FOR YOUTH BETWEEN THE AGES OF 10 AND 24, THE CAUSE OF DEATH RANKINGS ARE 2ND AND 3RD IN THE NATION, AND THESE RANKINGS ARE HIGHER FOR YOUTH IN THE SAME AGE BRACKETS IN THE STATE OF ALABAMA. THE JASON FLATT ACT WAS PASSED IN ORDER TO EQUIP EDUCATION INSTITUTIONS AND THEIR PERSONNEL TO RECOGNIZE AND ACT ON SIGNS OF SUICIDE RISK IN ORDER TO PROVIDE PREVENTION, INTERVENTION AND POSTVENTION WITH STUDENTS AT RISK, THEIR FAMILIES AND THE COMMUNITIES WHO MAY BE AFFECTED.**

DESCRIPTION OF BEHAVIOR EXPECTED OF STUDENTS

- **STUDENTS ARE EXPECTED TO TREAT OTHER STUDENTS WITH COURTESY, RESPECT, AND DIGNITY AND COMPLY WITH THE CODE OF STUDENT CONDUCT. STUDENTS ARE EXPECTED AND REQUIRED TO (1) COMPLY WITH THE REQUIREMENTS OF THE LAW, POLICY, REGULATION, AND RULES PROHIBITING HARASSMENT, VIOLENCE, OR INTIMIDATION AND (2) TO COMPLY WITH THE SYSTEM'S PREVENTION STRATEGIES RELATED TO SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION SUPPORT.**

WINSTON COUNTY B.O.E. NON-DISCRIMINATION POLICY

- **THE WINSTON COUNTY BOARD OF EDUCATION DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, DISABILITY, OR AGE IN ITS PROGRAMS AND ACTIVITIES AND PROVIDES EQUAL ACCESS TO THE BOY SCOUTS AND OTHER DESIGNATED YOUTH GROUPS.**
- **THE FOLLOWING PERSON HAS BEEN DESIGNATED TO HANDLE INQUIRIES REGARDING THE NON-DISCRIMINATION POLICIES:**
- **MR. SHANDY PORTER (TITLE IX)
FEDERAL PROGRAMS DIRECTOR
PO BOX 9, DOUBLE SPRINGS, AL 35553
205-489-5018, EXT. 6714**

Diane Watson – Director
and on WCTC Counseling Advisory Board

Office Hours: 7:30 am until 4:30 pm

Street Address

991 Hwy. 33 North
Double Springs, AL 35553

Mailing Address

PO Box 116
Double Springs, AL 35553-0116

Child Support - Mailing Address

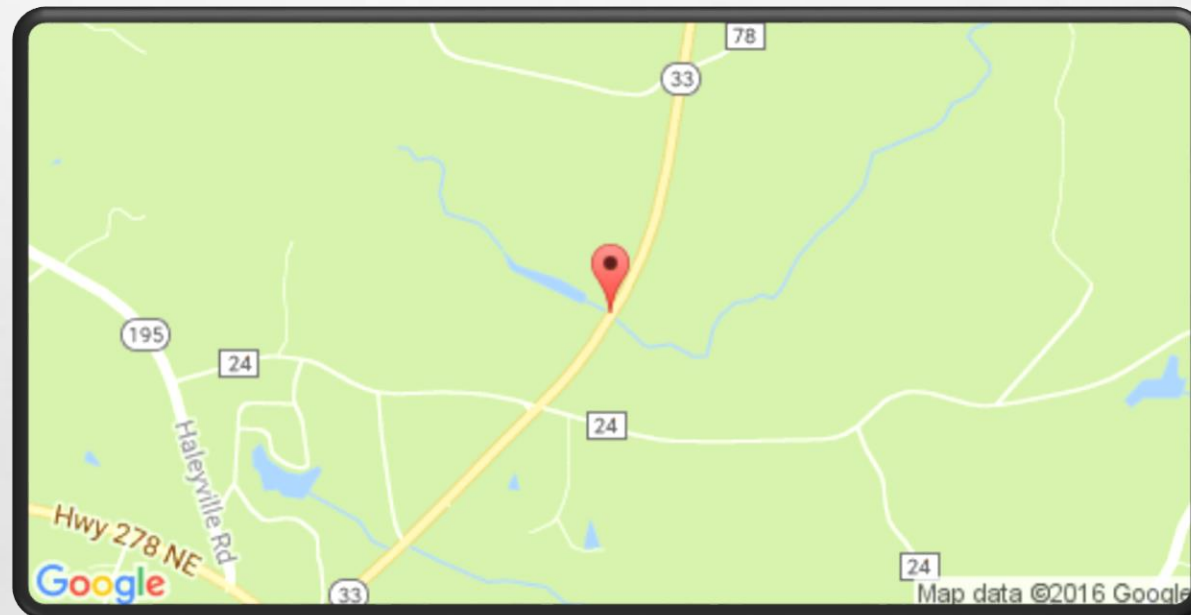
[PO Box 28](#)
[Double Springs, AL 35553-0028](#)

Winston County DHR Contact Info

Family and Child Services

(205) 489-1500

Winston County Sheriff's Department
205-489-2115 (after hours) or call 911



HOW TO KNOW IF YOUR FRIEND NEEDS HELP: DEPRESSION/SUICIDE

- **WHY TALK ABOUT SUICIDE?**

- **SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR HIGH SCHOOL STUDENTS.**
- **4 OUT OF 5 TEENS WHO COMPLETE SUICIDE GAVE CLEAR SIGNS BEFOREHAND.**

- **WHY DO PEOPLE CONTEMPLATE SUICIDE?**

- **WHILE MENTAL ILLNESS AND SUICIDE ARE CORRELATED, SUICIDALITY DOESN'T MEAN A PERSON IS "CRAZY."**
- **PEOPLE CONSIDER SUICIDE BECAUSE THEY DON'T SEE ANOTHER WAY OUT OF AN INTOLERABLE SITUATION.**

- **HOW DO YOU KNOW IF SOMEONE IS THINKING ABOUT SUICIDE?**

- **WORDS**

- **VAGUE:** I DON'T WANT TO BE HERE ANYMORE; EVERYONE WOULD BE BETTER OFF WITHOUT ME; I CANT TAKE IT ANYMORE; YOU WONT HAVE TO WORRY ABOUT ME ANY LONGER; I'M TRAPPED
- **SPECIFIC:** I WANT TO DIE; I WANT TO KILL MYSELF

HOW DO YOU KNOW IF SOMEONE IS THINKING ABOUT SUICIDE?

- **ACTIONS**

- **TYING UP LOOSE ENDS:** SAYING GOOD-BYE, GIVING AWAY TREASURED ITEMS
- **RISKY BEHAVIOR:** DRUGS; ALCOHOL; SEEMING NOT TO CARE WHAT HAPPENS TO THEM
- **MOOD:** UNUSUAL CHEERFULNESS (RELIEF THAT THEIR STRUGGLE WILL END SOON); INCREASING USE OF ALCOHOL, DRUGS, OTHER RISKY BEHAVIOR

WHAT DO YOU DO IF YOU KNOW OR SUSPECT SOMEONE IS SUICIDAL?

- **ASK:** BE SPECIFIC: “IT SOUNDS LIKE YOU’RE THINKING OF KILLING YOURSELF.” DON’T WALK AWAY FEELING UNSURE BECAUSE YOU SAID SOMETHING VAGUE SUCH AS “HURT YOURSELF.”
- **IF THE ANSWER IS NO AND YOU BELIEVE IT:** LISTEN. NO JUDGMENT; NO ADVICE. LET THEM KNOW YOU WANT TO UNDERSTAND. ENCOURAGE THEM TO FIND HELP. INVOLVE A TRUSTED AND SUPPORTIVE ADULT.
- **IF THE ANSWER IS NO AND YOU DON’T BELIEVE THEM:** LISTEN AND BE SUPPORTIVE, THEN CIRCLE BACK. BE HONEST: “WHAT YOU SAID EARLIER SOUNDS LIKE YOU’RE THINKING OF KILLING YOURSELF. I’M WORRIED AND I WANT TO HELP.” ACT AS THOUGH THEY SAID YES AND GET HELP.
- **IF THE ANSWER IS YES:** THANK THEM FOR TELLING YOU. ASSURE THEM YOU’RE GOING TO FIND SOMEONE TO HELP. ASK IF THEY HAVE THOUGHT ABOUT WHEN. IF IT’S NOW, CALL 911. IF THERE’S TIME, TELL AN ADULT AND KEEP TELLING UNTIL SOMEONE BELIEVES YOU AND HELPS. **DON’T LEAVE YOUR FRIEND ALONE.**

WHAT DO YOU DO IF YOU KNOW OR SUSPECT SOMEONE IS SUICIDAL?

- **REMEMBER** TO GET SUPPORT FOR YOURSELF TOO. SUPPORTING SOMEONE WHO IS DEPRESSED OR SUICIDAL CAN BE DIFFICULT AND SCARY. TURN TO SOMEONE YOU TRUST FOR COMFORT.

SUICIDE OVERVIEW

- **CAUSES**

- **MENTAL ILLNESS**
- **DEPRESSION**
- **LOW SUPPORT**
- **TOO MANY STRESSORS**
- **TOO FEW RESOURCES**
- **HELPLESS, HOPELESS**
- **“BURNING BUILDING”**

SELF HARM

- **INJURY TO SELF**
 - **CUTTING**
 - **SCALDING OR BURNING**
 - **STICKING OBJECTS INTO THE SKIN**
 - **HITTING SELF WITH HARD OBJECT**
 - **BANGING HEAD ON A HARD SURFACE**
 - **HAIR PULLING**
 - **PICKING SKIN OR SCABS**
 - **SWALLOWING INAPPROPRIATE OBJECTS**
 - **BREAKING BONES**

HEALTH

- **INTERFERING WITH WOUND HEALING**
- **EATING DISORDERS**
- **REFUSING NECESSARY MEDICAL INTERVENTION**

CAUSES

- **CREATING SENSATION**
- **CONTROL**
- **EMOTIONAL EXPRESSION**
- **PUNISHMENT**

THREATS TO OTHERS

- **CAUSES**
 - **EXPOSURE TO VIOLENT IMAGES AND IDEAS**
 - **MENTAL ILLNESS**
 - **DIMINISHED CAPACITY TO COPE WITH SETBACKS**
 - **EXTERNALIZING BLAME TO OTHERS**
 - **LIMITED RESOURCES AND TOO MANY STRESSORS**

IDENTIFYING RED FLAGS

- **GENERAL**
 - **CHANGE IN BEHAVIOR**
 - **ISOLATION**
 - **AGGRESSION**
 - **SUBSTANCE USE**
 - **MULTIPLE STRESSORS**
 - **LACK OF HOPE**
 - **FEW RESOURCES**
 - **FINANCIAL**
 - **EMOTIONAL**
 - **SOCIAL**

SUICIDE

- **STATEMENTS**
 - **I'LL NEVER (BE NORMAL, BE HAPPY, FIT IN)**
 - **I CAN'T (LIVE LIKE THIS, STAND FEELING LIKE THIS)**
 - **DIRECT STATEMENTS (I'M GOING TO KILL/HURT MYSELF)**
- **TYING UP LOOSE ENDS: SAYING GOOD-BYE, GIVING AWAY TREASURED ITEMS**
- **RISKY BEHAVIOR (DRUGS; ALCOHOL; SEEMING NOT TO CARE WHAT HAPPENS TO THEM)**

SELF HARM

- **SCARRING ON PLACES CLOTHES CAN HIDE**
- **RECURRING NEW WOUNDS (SCRAPES, CUTS, ABRASIONS, LACERATIONS, BRUISES, FRACTURES)**
- **INADEQUATE EXPLANATIONS FOR INJURIES**
- **INAPPROPRIATE CLOTHING FOR WEATHER CONDITIONS**
- **FEELING WORTHLESS**

HARM TO OTHERS

- **FASCINATION WITH VIOLENCE**
- **VIOLENT FANTASIES**
- **DIFFICULTY CONTROLLING ANGER**
- **LACK OF EMPATHY**
- **IN-DEPTH KNOWLEDGE OF KILLERS**
- **VICTIM/MARTYR SELF-CONCEPT**
- **PARANOIA**

HOW TO RESPOND

- **GENERAL**
 - **IDENTIFY AND ACKNOWLEDGE**
 - **EMPATHIZE**
 - **ASSESS**
 - **RESPOND**
 - **PACT**
 - **SAFETY PLAN**
 - **ENGAGE RESOURCES**
 - **FOLLOW UP**

SUICIDE

- **ASSESSMENT**
 - **WHEN, HOW, AND AVAILABLE RESOURCES DETERMINE NEXT STEPS**
- **IMPORTANT RESOURCES**
 - **FAMILY SUPPORT**
 - **SPIRITUALITY/FAITH**
 - **GOALS AND FUTURE PLANS**
- **MANIPULATION**

SELF-INJURY

- **ACKNOWLEDGE FUNCTIONALITY**
- **ASSESS INTENSITY, DURATION, FREQUENCY AND WHETHER BEHAVIORS ARE INCREASING OR DECREASING**
- **NO REACTIONS THAT IMPLY HORROR**

HARM TO OTHERS – CHALLENGE THE REALITY

- **PARANOIA, GRANDIOSE IDEATIONS**

- A MENTAL CONDITION CHARACTERIZED BY DELUSIONS OF PERSECUTION, UNWARRANTED JEALOUSY, OR EXAGGERATED SELF-IMPORTANCE, TYPICALLY ELABORATED INTO AN ORGANIZED SYSTEM. IT MAY BE AN ASPECT OF CHRONIC PERSONALITY DISORDER, OF DRUG ABUSE, OR OF A SERIOUS CONDITION SUCH AS SCHIZOPHRENIA IN WHICH THE PERSON LOSES TOUCH WITH REALITY.
- GRANDIOSITY REFERS TO AN UNREALISTIC SENSE OF SUPERIORITY—A SUSTAINED VIEW OF ONESELF AS BETTER THAN OTHERS THAT CAUSES THE **NARCISSIST** TO VIEW OTHERS WITH DISDAIN OR AS INFERIOR—AS WELL AS TO A SENSE OF UNIQUENESS: THE BELIEF THAT FEW OTHERS HAVE ANYTHING IN COMMON WITH ONESELF AND THAT ONE CAN ONLY BE UNDERSTOOD BY A FEW OR VERY SPECIAL PEOPLE.
- GRANDIOSITY IS CHIEFLY ASSOCIATED WITH **NARCISSISTIC PERSONALITY DISORDER**, BUT ALSO COMMONLY FEATURES IN **MANIC** OR **HYPOMANIC** EPISODES OF **BIPOLAR DISORDER**.

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