

Suicide Intervention Plan

Springfield Public Schools

2021-2022

This plan was informed by the Model School District Policy on Suicide Prevention and the After a Suicide Toolkit for Schools, which are both cowritten or endorsed by the National Association of School Psychologists, the American School Counselor Association, and the American Foundation for Suicide Prevention. This plan should be reviewed annually to ensure components remain best practice.

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SECTION 1: INTRODUCTION

Context

Purpose

The goal of Springfield Public Schools is to protect the health and safety of all students. We recognize that physical and mental health are integral components to student outcomes, both educationally and beyond graduation, and that we as educators have an ethical responsibility to take a proactive approach to suicide. As in all of our work, this guidance assumes some professional judgment as reflected by the American School Counselor Association Ethical Standards (2016) and the National Association of School Psychologists Principles of Professional Ethics (2020).

Scope

Due to the ethical responsibility of school staff as outlined in licensure standards, this plan covers known suicidal concerns that occur in any areas of the school or community where students would interact (virtually or in person) with staff or school-sponsored volunteers. This includes in the school, on school property, at school-sponsored functions, through school-sponsored communication means (email, Google Classroom, etc.) or on school busses.

Definitions

The following are words that will be used throughout this plan and the definitions that Springfield Public School uses to define them. Definitions are taken from the Model School District Policy on Suicide Prevention written by the American School Counselor Association, the National Association of School Psychologists, the Trevor Project and the American Foundation for Suicide Prevention.

At-Risk

A student who is considered at-risk or high-risk is one who has made a suicide attempt, has the intent to die by suicide or has displayed a significant change in behavior suggesting the onset of potential mental health conditions or a deterioration of mental health. The type of referral and its level of urgency shall be determined by the students level of risk as determined by the school-based crisis team.

BIPOC

An acronym standing for Black, Indigenous and People of Color.

Crisis Team

A multidisciplinary team that consists of administrators, mental health professionals and others whose primary focus is to address crisis preparedness, intervention, response and recovery. These professionals have been specifically trained in the area of crisis preparedness and take a leadership role in developing crisis plans, ensuring staff can execute crisis protocols and provide mental health services during crisis intervention and recovery. The district-level crisis team, or district Care Team, can secure additional resources and advise building teams in the event of a large-scale or ongoing crisis.

LGBTQ+

An acronym standing for lesbian, gay, bisexual, transgender and queer or questioning and other gender non-conforming individuals.

McKinney-Vento Act

The McKinney-Vento Homeless Assistance Act authorizes the federal program that supports the education of children and youth experiencing homelessness. Each school district has a McKinney-Vento liaison to support the needs of homeless youth.

Mental Health

A state of mental, emotional and cognitive health that can impact perceptions, choices and actions affecting wellness and functioning. Mental health conditions include depression, anxiety disorders, post-traumatic stress disorder and substance use disorders. Mental health can be impacted by home and social environments, early childhood adversity or trauma, physical health and genes.

Mental Health Professional

School counselors, school social workers and school psychologists who support each school building. School-based mental health professionals can provide short-term counseling, crisis counseling, connect students and families to resources in the community and make a referral to an outside agency for on-going support.

Risk Assessment

An evaluation of a student who may be at risk for suicide, conducted by appropriate designated school staff (e.g. school psychologist, school social worker, school counselor, or in some cases a trained school administrator). This assessment is designed to elicit information regarding a student's intent to die by suicide, previous history of suicide attempts, presence of a suicide plan and its level of lethality and availability, presence of support systems, level of hopelessness and helplessness, mental status and other relevant risk factors.

Risk Factors

Characteristics or conditions that increase the chance that a person may attempt to take their life. Suicide risk is often the result of multiple risk factors converging at a moment in time. They may encompass biological, psychological and/or social factors in the individual, family or environment. The likelihood of an attempt is highest when factors are present or escalating, when protective factors and healthy coping techniques have diminished and when the individual has access to lethal means.

Self-Harm

Behavior that is self-directed and deliberately results in injury or the potential injury to oneself. Self-harm behavior can be either non-suicidal or suicidal. Although non-suicidal self-injury (NSSI) lacks suicidal intent, youth who engage in any type of self-harm should receive mental health care. Treatment can improve coping strategies to lower the urge to self-harm and reduce the long-term risk of a future suicide attempt.

Suicide

Death caused by self-directed injurious behavior with any intent to die as a result of the behavior. Note: Medical examiner's office must confirm that the death was a suicide before a school official may state this as a cause of death. Additionally, parent or guardian preference shall be considered in determining how the death is communicated to the larger community.

Suicide Attempt

A self-injurious behavior for which there is evidence that the person had at least some intent to die. A suicide attempt may result in death, injury, or no injury. A mixture of ambivalent feelings such as a wish to die and a desire to life is a common experience with most suicide attempts. Therefore, Ambivalence is not a reliable indicator of the seriousness or level of danger of a suicide attempt or the person's overall risk.

Suicidal Behavior

Suicide attempts, injury to oneself associated with at least some level of intent, developing a plan or strategy for suicide, gathering the means for a suicide plan, or any other overt action or thought indicating intent to end one's life.

Suicidal Ideation

Thinking about, considering or planning for self-injurious behavior that may result in death. A desire to be dead without a plan or the intent to end one's life is still considered suicidal ideation and shall be taken seriously.

Suicide Contagion

The process by which suicidal behavior or a suicide completion influences an increase in the suicide risk of others. Ideation, modeling and guilt are each thought to play a role in contagion. Although rare, suicide contagion can result in a cluster of suicides within a community.

Postvention

Suicide postvention is a crisis intervention strategy designed to assist with the grief process following suicide loss. This strategy, when used appropriately, reduces the risk of suicide contagion, provides the support needed to help survivors cope with a suicide death, addresses the social stigma associated with suicide and disseminates factual information after the death of a member of the school community. Often a community or school's health postvention effort can lead to readiness to engage further with suicide prevention efforts and save lives.

Limits to Confidentiality

School employees are bound by the laws of the Family Education Rights and Privacy Act (FERPA). There are situations when confidentiality must not be maintained. If, at any time, information is shared that suggests a student is at imminent risk of harm or danger to themselves or others, that information must be shared. The details regarding the student can be discussed with those who need to intervene to keep the student safe. This is in compliance with the spirit of FERPA known as "minimum necessary disclosure." For more information, please see 34 CFR § 99.36 - What conditions apply to disclosure of information in health and safety emergencies?

Sample Student Handbook Language

Protecting the health and wellbeing of all students is of the utmost importance to the school district. The school board has adopted a suicide prevention policy which will help to protect all students through the following steps:

- Students will learn about recognizing and responding to warning signs of suicide in friends, using coping skills, accessing support systems and how to request help for themselves and friends.
- Each school will have suicide prevention staff that serve as the point of contact for students in crisis and refer students to appropriate resources. This will be the student's school counselor, school social worker or school psychologist.
- When a student is identified as being at-risk, a risk assessment will be completed by a trained school staff who will work with the student and connect the student to appropriate resources.
- Students have access to local and national resources such as:
 - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
suicidepreventionlifeline.org
 - The Trevor Lifeline: 1-866-488-7386
thetrevorproject.org/gethelpnow
Text "Trevor" to 678-678
 - Crisis Text Line: Text TALK to 741-741
 - Whitebird Crisis Line: 541-687-4000
Mobile Crisis Services: 541-726-3714 (ask for CAHOOTS)

All school personnel and students will be expected to help create a school culture of respect and support in which students feel comfortable seeking help for themselves or their friends. Students are encouraged to tell any staff member if they or a friend are feeling suicidal or are in need of help. When confidentiality and privacy are important, students should know that when there is a risk of suicide, safety comes first.

SECTION 2: SUICIDE PREVENTION

Staff Training

Staff training recommendations and timelines are outlined in a table in Section 5.

Question, Persuade, Refer

All staff will be trained in the foundations of suicide prevention using the Question, Persuade, Refer (QPR) curriculum. QPR is a brief training designed to provide the knowledge and skills to identify warning signs that someone may be suicidal, gain confidence to talk to them about their suicidal thoughts and connect them with professional care. Staff will get a QPR refresher every 3 years.

School Climate and Culture

Positive Behavior Interventions and Supports (PBIS)

Springfield Public Schools uses multi-tiered systems of support for decision-making including Positive Behavioral Interventions and Supports (PBIS). PBIS is a multi-tiered system of

behavioral support with the purpose of improving outcomes for students. PBIS consists of positive, strength-based practices to prevent problem behavior and promote student success. PBIS is not a specific intervention, but instead a framework so that specific behavioral supports can be tailored to fit the school, community, and families. The tiers within PBIS form a continuum of support from universal practices to support all students to intensive, individualized interventions.

Tier 1: Universal Practices

Tier 1 includes practices that target the entire school and facilitates a positive school climate and culture. A successful Tier 1 should meet the needs of about 80% of students. These universal practices form the foundation of PBIS upon which the other two tiers are built. Tier 1 strategies can include:

1. Reviewing daily positively-stated expectations and routines for each setting. Students are directly taught these expectations multiple times throughout the year
2. Verbal or written acknowledgement system that reinforces student behavior meeting the positive expectations
3. Clear procedures for managing behavior that does not meet expectations. Focus on maintaining equity and finding alternatives for exclusion
4. Data system that tracks student behavior
5. Data-based decision making to inform practices, monitor progress toward school-wide outcomes, and screen for students who need additional support
6. Parent, guardian and/or community involvement and input regarding universal practices

Tier 2: Targeted Practices

Students who need additional support beyond Tier 1 practices may also receive Tier 2 supports. These are typically standardized interventions which allow for efficient implementation for 10-15% of the student population. Tier 2 practices may include:

1. Screening behavioral data to identify students who need Tier 2 support, as well as a procedure for staff to request assistance for student behavior. This should include a way to identify students with internalizing behavior as well as externalizing
2. Multiple evidence-based interventions including First Step Next utilizing EA support, check-in/check-out, structured breaks, mentorship, or small-group social skills instruction and coaching. Additionally, a referral to outside mental health counseling could be considered. These interventions should provide additional structure, opportunities for feedback, instruction on school-appropriate skills, and be matched to the function of student behavior. Focus should also be on involving parents and caregivers including training on the critical components of the intervention
3. Using data to monitor student progress toward behavioral goals, intervention effectiveness or need for modification, and fidelity of implementation.

Tier 3: Intensive Practices

Tier 3 practices include high-intensity, individualized interventions for the approximately remaining 5% of students who need support in addition to that available at Tiers 1 and 2. These practices may include:

1. Screening behavioral data to identify students with severe behavior in need of individualized, Tier 3 supports

2. Individualized behavioral assessment. This usually includes a functional behavioral assessment (FBA) that specifically identifies and measures the targeted problem behavior, triggers that elicit the severe behavior, consequences that maintain the behavior, and other contextual variables. The result of an FBA is a hypothesis of the function of a student's problem behavior, which informs the creation of an individualized behavior support plan.
3. Function-based behavior support plan. Behavior support plans should include prevention strategies, teaching strategies, and consequence strategies, with specific focus on a virtual learning environment and supporting learning at home through family and caregiver support. A behavior support plan identifies appropriate replacement behavior that serves the same function for the student as the problem behavior, and identifies ways to teach and reinforce these replacement behaviors.
4. A student support team for each student receiving Tier 3 support that designs, implements, and provides input about the plan. This team may include a student's teacher, parents or guardians, behavior specialist, case manager, administrator, school psychologist, and outside community members (e.g., counselor).

Social Emotional Learning (SEL)

Each school has a universal system for teaching social/emotional skills and utilizes a multi-tiered system to support students who are not making adequate progress toward skill acquisition.

Elementary schools in Springfield use universal social skills curriculum in each building. Curriculum is selected by the school building, and many buildings have chosen Second Step. The basis of this program is focusing, following directions, reflecting feelings, identifying emotions and solving problems in productive ways. Social skills are taught to all students in a general education setting by a classroom teacher, Teacher on Special Assignment (TOSA) or school psychologist.

Ophelia's Place, a Eugene-based non-profit, facilitates our universal social-emotional learning at the middle school level. Between 6th and 8th grade, all students receive lessons on peers as allies, internet safety, sexual harassment, conflict resolution, media & body image, healthy relationships and digital decision-making.

Students who do not make adequate progress in learning or demonstrating skills taught in a universal setting are identified by a team as requiring more intensive support. This can look like a "lunch bunch," targeted small group instruction focused on specific skills taught by a special education teacher or Teacher on Special Assignment (TOSA), or even a mentorship program with a preferred adult. Students needing individualized social skills instruction are often served in a special education setting where skills can be taught, practiced and reinforced in a variety of school-based settings with adult support.

School-Based Mental Health Support

School Psychologists

School Psychologists are school-based mental health professionals who have expertise in early child development and developmental disabilities in addition to mental and behavioral health.

School psychologists can provide initial crisis support, screening and referral services for students as well as coordinate with Springfield Public Schools community mental health partners to provide wrap-around services that meet student needs in school and at home.

School Counselors

School Counselors are school-based mental health professionals that are dually trained to provide academic and mental health counseling and guidance. They can provide initial crisis support and assessment,, school based counseling, screening and referral services for students needing further mental health support. In addition they support coordination with outside mental health providers, community mental health supports and connection with Springfield Public Schools community mental health partners.

Licensed Clinical Social Workers

Licensed Clinical Social Workers are school-based mental health professionals that are trained in mental health as well as the foundations of social work including case management and referrals to community agencies. They can provide initial crisis support, school based counseling services, as well as screening and referral services for students needing further mental health support. They also serve as primary contact for Springfield Public Schools partner agencies in their buildings.

School Nurses

A nurse can be essential in pre-screening students for suicide risk, and determine what supports they may need to best assist them. The nurse can also be a great asset to the suicide prevention team to determine if student medications or health conditions are contributing to their suicide risk. Nurses can also be a trusted person a student can turn to and divulge information they may not feel comfortable telling anyone else.

Community Mental Health Partnerships

Springfield Public Schools has developed relationships with several mental health providers from the Eugene/Springfield area. Each school building in Springfield has an assigned mental health therapist who serves students in their school building from one or more of the following agencies: The Child Center, Looking Glass Counseling, Direction Service, Ophelia's Place, Centro Latino Americano, Oregon Community Programs, Roseburg Therapy and CAHOOTS.

Students who receive healthcare coverage under the Oregon Health Plan can have their mental health services billed to their Coordinated Care Organization. Students with private insurance or no insurance can have mental health services provided on-site at the agency or potentially paid for by the school district.

Students can access mental health services from an outside agency on site in their school in a variety of ways. Teachers, counselors or other building staff can refer a student through a building's request for assistance form, students can self-refer by talking to their teacher or counselor, and family members can contact their child's school psychologist or counselor to refer. If a child is younger than 14, a parent or guardian must consent prior to a child accessing services.

Risk and Protective Factors

Risk factors are characteristics of a person or their environment that increase the likelihood that they will die by suicide. Protective factors are personal or environmental characteristics that help protect people from suicide. Below are several identified risk and protective factors.

| Risk Factors | Protective Factors |
|---|--|
| <ul style="list-style-type: none">● Prior suicide attempts● Misuse of alcohol or drugs● Mental depression or mood disorders● Access to lethal means● Knowing someone who died by suicide● Social isolation | <ul style="list-style-type: none">● Effective mental or behavioral health care● Connectedness to individuals, family, community or other social systems● Problem solving skills, coping skills and the ability to adapt to change● Self-esteem and life purpose |

At-Risk Students

Some groups of students are at higher risk of suicidal ideation or suicide attempts than others. Stress from prejudice or discrimination is a known risk factor in LGBTQA+ and BIPOC youth (family rejection, bullying, violence), and historical trauma suffered by American Indians and Alaska Natives (resettlement, destruction of cultures and economies) contributes to high suicide rates. In schools, students who identify as a member of these groups are potentially at increased risk due to a lack of identified support system and feelings of perceived burdensomeness. It is the goal of Springfield Public Schools to create a school climate and culture that supports the health and wellness of our diverse population of students.

SafeOregon Tip Line

In order to maintain the safest learning environment, Springfield Public Schools participates in the statewide SafeOregon tip line program. Students, parents and community members can report threats or suspicious activity 24 hours a day. Tips can be reported via:

- Call or text: 844.472.3367
- Email: tip@safeoregon.com
- Online: www.safeoregon.com/report-a-tip/

Any messages will be retrieved by the Oregon State Police and routed to the appropriate school or district administrator.

Student Evidence-Based Suicide Prevention Programming

Springfield Public Schools has a variety of programming within school buildings that actively prevents suicide using research-based practices proven to decrease the rates of suicide. The goal of suicide prevention programming is to create a continuum of support for students that crosses school buildings and grade levels and supports students at all developmental and experience levels.

5 Radical Minutes

5 Radical Minutes is an evidence-based suicide prevention curriculum that can be run in 5 minutes a day. Students work in pairs to discuss a topic to uncover commonalities. The program starts with fun and easy topics and gradually moves into areas that build trust among peers with

the goal of increasing personal ownership of behavior toward others. The foundation of this program is in restorative practices and trauma-informed methodology to create kind, compassionate and caring classroom communities. There is also tier 2, small group prompts for students who require additional support.

Look, Listen, Link

Look, Listen, Link is an evidence-based curriculum for middle school-aged youth that consists of four 45-minute lessons that focus on identifying causes of stress along with healthy ways of coping with stress and anxiety. It also focuses on teaching youth to recognize friends who are depressed and how to link them to resources.

Sources of Strength

Sources of Strength is a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying and substance abuse.

| Evidence-Based Student Suicide Prevention Programming | | | |
|--|--------------------|---------------------|------------------------------|
| Age Group | Grade Level | Program | Time Commitment |
| Elementary School | K-5th | 5 Radical Minutes | 5 Minutes per day |
| Middle School | 6th-8th | Look, Listen, Link | 45 Minute lesson 4x per year |
| High School | 9th-12th | Sources of Strength | Created as a class |

SECTION 3: SUICIDE INTERVENTION

Staff Training

Staff training recommendations and timelines are outlined in a table in Section 5.

Building-Level Procedures

All Springfield Public School staff will be trained by building crisis teams on building-level procedures for referring students who they believe are at risk for suicide. Procedures should include school-specific warning signs, when and how to report findings during and after school hours, who to report to and what to expect in terms of follow-up.

District-Level Procedures

All Springfield Public School mental health staff and administrators will be trained by the district crisis team on district-level procedures for responding to students who they believe are at risk for suicide. Procedures should include the documentation process and review of the data system.

Applied Suicide Intervention Skills Training (ASIST)

All district mental health staff and relevant administrators will be trained in ASIST. ASIST is an evidence-based suicide intervention model to identify youth with thoughts of suicide, seek a

shared understanding of reasons for dying and living, develop a safety plan based on a review of risk, and be prepared to follow-up.

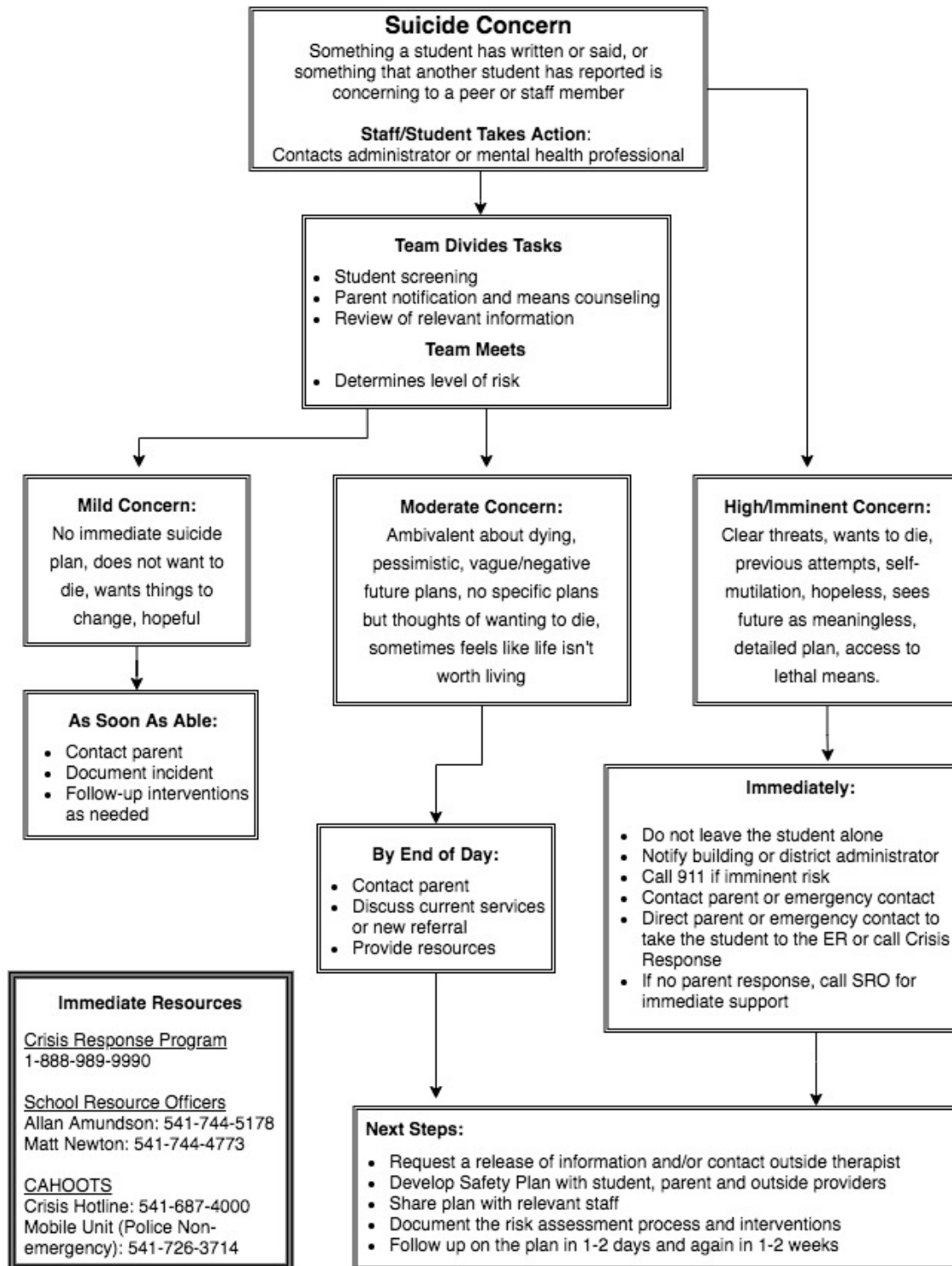
Identifying a Concern

Teachers, support staff, peers or families may be the first individuals to recognize the warning signs of a youth experiencing suicidal ideation or other mental health concerns and who are in need of intervention.

Warning Signs

- Changes in behavior or routines
- Sleeping too much or too little
- Drug or alcohol use
- Talking about being a burden to others
- Talking about feeling hopeless
- Looking for a way to kill oneself (e.g. searching online or obtaining means)
- Talking about wanting to die

Response Protocol



Referral to Building Team

In each building there are mental health professionals or administrators trained in suicide intervention. Springfield Public Schools expects all staff to act on suicidal ideation only within

the scope of their licensure. In the event that there is a suicide concern and it is unclear who to refer the youth to, please use the following point of contact for each building.

All school employees can also be reached by email at first.last@springfield.k12.or.us

| Responsible School Officials | | |
|-------------------------------------|-------------------|--------------|
| School | Principal | Phone |
| A3 High School | Ame Beard | 541-744-6728 |
| Gateways High School | Lesa Haley | 541-744-8862 |
| Springfield High School | Jose da Silva | 541-744-4782 |
| Thurston High School | Chris Reiersgaard | 541-744-5030 |
| Agnes Stewart Middle School | Jeff Fuller | 541-988-2520 |
| Briggs Middle School | Jeff Mather | 541-744-6350 |
| Hamlin Middle School | Kevin Wright | 541-744-6356 |
| Thurston Middle School | Brandi Starck | 541-744-6368 |
| Centennial Elementary | Marilyn Williams | 541-744-6383 |
| Douglas Gardens Elementary | Carla Smith | 541-744-6387 |
| Elizabeth Page Elementary | Lacey Macdonald | 541-744-6391 |
| Guy Lee Elementary | Bambi Vandyke | 541-744-6395 |
| Maple Elementary | Dave Hulbert | 541-744-6403 |
| Mt Vernon Elementary | Shelley Nurre | 541-744-6407 |
| Ridgeview Elementary | Wayne Reposa | 541-744-6308 |
| Riverbend Elementary | Ryan Beck | 541-988-2511 |
| Thurston Elementary | Amber Mitchell | 541-744-6411 |
| Two Rivers- Dos Rios Elementary | Charlie Jett | 541-744-8865 |
| Walterville Elementary | Nicki Gorham | 541-744-6415 |
| Yolanda Elementary | Jeff Butler | 541-744-6418 |
| <i>Other Programs</i> | | |
| Alternative Education | Lesa Haley | 541-744-8862 |
| SPS Online | Lesa Haley | 541-744-8862 |
| WLA-Middle | Katie Nunes | 541-246-1640 |
| WLA-High | Tyson Migliaccio | 541-246-2843 |

Risk Determination

File Review

A review of student's records may be conducted in order to support risk level determination and identify risk and protective factors. This could include any relevant disabilities or diagnoses, identification of current support systems, information on behavioral or disciplinary history, changes in behavior or grades over time, relevant medical or health history and any identified attendance concerns.

Student Screening

Students at risk for suicide should be screened using the Columbia-Suicide Severity Rating Scale. Additional questions may be asked as appropriate to assist with safety planning. Additional information could include history of trauma, current stressors, access to lethal means (e.g. weapons, guns or prescription medication).

Columbia- Suicide Severity Rating Scale (C-SSRS)

The C-SSRS is an evidence-based screening tool that includes a simple series of questions to assess risk level. There is also a phone-based application that can be used for screening as well and can be found on your phone's app store under "Columbia Protocol." The recommended response protocol has been modified to reflect school-specific responses. Questions do not have to be asked verbatim, what is important is that the answers are obtained.

| | | |
|---|-----|----|
| 1. In the past month have you wished you were dead or wished you could go to sleep and not wake up? | Yes | No |
| 2. In the past month have you had any actual thoughts of killing yourself? | Yes | No |
| If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6 | | |
| 3. Have you been thinking about how you might do this? e.g. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it." | Yes | No |
| 4. Have you had these thoughts and had some intention of acting on them? As opposed to "I have the thoughts but I definitely will not do anything about them." | Yes | No |
| 5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan? | Yes | No |
| 6. Have you ever done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc. | Yes | No |

| | | |
|---|-----|----|
| If YES, ask: Was this within the past 3 months? | Yes | No |
|---|-----|----|

The highest risk associated with any answer should determine the response:

| | |
|----------|--|
| Low | Low risk: Schedule regular check-ins. Identify support systems and resiliency factors. |
| Moderate | Moderate risk: Schedule regular check-ins. Identify support systems and resiliency factors. Develop safety plan |
| High | High or Imminent risk: Schedule regular check-ins. Identify support systems and resiliency factors. Develop a safety plan. Refer immediately to services. |

Teacher Input

A student’s teacher(s), case manager or other specialists who work closely with the student may be asked for input on a risk assessment if their input would be important in determining level of risk. Some information that may be collected includes:

- A description of the teacher’s relationship with the student
- If they have any concerns about behavior, self-harm or potential violence
- If they have noticed any changes in the student’s behavior
- Whether the student has communicated threats of harm
- Whether the student has referenced the ability or desire to obtain weapons
- Whether the student references violence or vindication within the media
- Whether the student has justified violence to solve problems
- If the student has had any recent social problems or issues with bullying
- Any known stressors at home or in the community
- Any history of involvement with drugs, alcohol or involvement with juvenile justice

Caregiver Notification and Involvement

The administrator or mental health professional shall inform the student’s parent or guardian on the same school day, or as soon as possible, any time a student is identified as having any level of risk for suicide or if the student has made a suicide attempt (unless notifying the parent or guardian will put the student at increased risk of harm). Caregivers play a key role in youth suicide prevention and it is important to Springfield Public Schools that they be informed and actively involved in decisions regarding the students welfare.

Parent or Guardian Input

A building team may wish to interview a parent or other caregiver about their student when a suicide concern is presented. Some information a team may wish to collect:

- Determine if the student communicated any previous threats of harm
- Determine if there have been any particularly difficult social issues recently
- Determine if there are any changes in behavior at home
- Take note of any stressful situations at home or in the community that could be impacting the student
- Establish if the student is connected with any outside agencies

Lethal Means Counseling

When a student indicates suicidal intent, school staff shall attempt to discuss safety at home or “means safety” with the parent or guardian with the goal of limiting the student’s access to mechanisms for carrying out a suicide attempt e.g. guns, knives, ligatures, etc. In addition to means counseling, safety planning may also occur. It is important to ask caregivers whether the individual has access to firearms, medication or other lethal means. The Suicide Prevention Resource Center has a free evidence-based training course called Counseling on Access to Lethal Means (CALM) that is recommended training for Springfield Public Schools mental health professionals.

Firearm Safety

- Temporarily off-site is the best location for firearms when someone in the house is suicidal. This could be with a friend or family member, or on hold with a law enforcement agency in the event of an emergency.
- If off-site is not an option, then second best would be locking the firearm in a gun safe with ammunition stored separately. Disassembling the gun and storing a key component separately or away from the home is another option.
- If the caregiver can’t or won’t store the gun offsite, reinforce that overall, a locked gun is safer than an unlocked gun, and an unloaded gun is safer than a loaded gun when someone is suicidal.

Medication Safety

- Remove unneeded and expired medication from the home, especially if they are prescription painkillers.
- For necessary medication, keep only non-lethal quantities on hand. Ask a pharmacist for advice.
- Lock up abuse-prone drugs such as prescription painkillers, anxiety pills, amphetamines, sedatives and tranquilizers.

Special Considerations

When a parent or guardian is notified of a perceived suicide risk or attempt, it is essential that the school maintain student confidentiality related to personal information such as sexual orientation or gender identify, especially when the student has not already disclosed to the parent or guardian and does not want it shared. Information shared should be restricted to the perceived risk of suicide or facts of the attempt.

If through discussion with the student, the building administrator or mental health professional determines that there is further risk of harm due to parent or guardian notification, then they may determine that a delay in communication may be necessary. Springfield Public Schools requires that if a school member suspects child abuse or neglect is occurring that Child Protective Services is contacted. All mental health professionals will consult with an administrator prior to taking inaction in contacting a parent or guardian following a suicide concern and that inaction will be documented appropriately.

In some situations, a school based crisis team may request a referral for an outside risk assessment evaluation. In these situations, the school district is responsible for payment for that

service, and a review of the outcome of the assessment by the school-based team may be required for the student to return to on-site learning. The school administrator or mental health professional can discuss this option with a Special Programs administrator.

Suicide Attempts

Occasionally staff will become aware of a suicide attempt by a student that is in progress in school or at an out-of-school location. In these situations the physical and mental health and safety of the student are paramount and take precedence. Note: Self-harm behaviors are on a continuum of level and urgency and not all instances of suicidal ideation or behavior warrant hospitalization. A mental health assessment, including a suicide risk assessment, can help determine the best treatment plan.

In-School Suicide Attempts

In the event of an in-school suicide attempt, school staff will:

1. Render first aid, contact the building administrator and follow the district emergency medical procedures
2. Remain with the student
3. Remove all other students from the immediate area as soon as possible
4. Have an administrator or mental health professional contact the student's parent or guardian
5. Engage the building crisis team to assess whether additional support is required to ensure the safety and well-being of all students including those who may have had emotional or physical proximity to the victim
6. Request a mental health evaluation for the student as soon as possible

Out-of-School Suicide Attempts

In the event that school staff becomes aware of a suicide attempt by a student that is in progress at an out-of-school location or outside of school hours, school staff will:

1. Call 911 (police and/or emergency services)
2. Inform the student's parent or guardian
3. Inform the building administrator

If the student contacts the staff member to express suicidal ideation, the staff member shall maintain contact with the student (in person, online, or on the phone) and then enlist the assistance of another person (in person, call, text) to contact the police while maintaining engagement with the student.

Continuity of Care

If long-term intensive services by a community provider are warranted, the school based crisis team will collaborate with the provider and family to ensure continuity of care between school, home and community. Together with parents or guardians, the school official will provide information for the community mental health partner agency to ensure a smooth transition from crisis intervention to meeting underlying or ongoing mental health needs. If the student already receives mental health support from an outside agency, the school administrator or mental health professional will request a signed release of information so that any safety or support recommendations can be continued in all settings.

Safety Planning

Safety planning is an essential intervention for individuals at risk for suicide. This is not a safety contract or no-suicide contract, but rather a brief intervention that prioritizes a list of coping strategies and supports developed collaboratively between the student and the mental health professional. It should include specific, concrete and evidence-based strategies tailored to individual needs and circumstances to decrease the risk of suicidal behavior. The Brown Stanley Safety Plan is one example of an evidence-based safety plan and it is outlined below.

| Elements of a Good Safety Plan - Zero Suicide Institute | |
|--|---|
| Warning Signs | Recognition of the signs that immediately precede a suicidal crisis |
| Internal Coping Strategies | Things that the student can do to distract themselves without contacting anyone |
| Social Situations to Distract | Places that the student can access that provide a safe environment |
| People To Ask for Help | At least three supportive individuals. People who are available, able to support, aware of resources, and informed that they are a part of the safety plan |
| Professionals To Call During Crisis | Professionals and crisis support agencies including hours and contact information. This should include current treatment provider, local and regional crisis support and national crisis support providing 24/7 crisis services |
| Making the Environment Safe | Steps to remove access to lethal means and other strategies to maintain a safe environment |

SAMPLE SAFETY PLAN

Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Coping strategies (things I can do to take my mind off my problems that don't involve contacting another person):

1. _____
2. _____
3. _____

People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

People who I can reach out to for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Professionals I can call during a crisis:

1. Clinician Name _____ Phone _____
Emergency Contact Information: _____

| Agency | Number | Hours |
|---|---|--|
| Whitebird Crisis Line CAHOOTS Mobile | 1-800-422-7558 541-726-3714 (police non-emerg) | 24/7 |
| Oregon Youthline http://oregonyouthline.org | 1-877-968-8491 Text: teen2teen to 6674 | Teens avail: M-F 4-10pm Adults available 24/7 |

Things that can help make my environment more safe:

1. _____
2. _____

The one thing that is most important to me and makes life worth living:

Documentation

All suicide concern follow-up will be documented by mental health professionals or administrators at the building on Data Port. All confidential, sensitive or private information including information collected during a risk assessment or safety plans will be kept out of the student's educational record but will stay in Data Port on the district server in the event that the district needs to review the procedures taken by a school team.

Requesting District Review

In the event that an individual would like the district to review the suicide intervention procedures conducted by a school building team, they can contact the district's Special Program's Director, Brian Megert at brian.megert@springfield.k12.or.us or 541-726-3250.

SECTION 4: POSTVENTION

Staff Training

Staff training recommendations and timelines are outlined in a table in Section 5.

District-Level Procedures

All Springfield Public School mental health staff and administrators will be trained by the district crisis team on district-level procedures for tragedy response and suicide postvention.

Procedures should include the flow of communication, and the role of building crisis team members in the event that a tragedy response is required.

Connect Postvention

Connect Postvention is an evidence-based suicide postvention program that allows a school district to respond effectively to a suicide death in order to prevent additional suicides and promote healing for suicide loss survivors.

Following a Suicide Attempt

Exiting from a Hospital or Inpatient Facility

When exiting a hospital setting (emergency department or inpatient program) following a suicide attempt or behavioral health crisis, it is the hope of Springfield Public Schools that the student's acute care team will reach out to Springfield Public Schools to allow the school team time to prepare for the student's return to school. The school district in partnership with the Prevention Lane team are working on a transition agreement with local hospitals to formalize this process.

Re-Entry Planning

Creating a safety net of support following a suicide attempt is Springfield Public School's goal. It is our hope that schools are made aware of a student's plan to return to school following a suicide attempt prior to arrival on campus with the goal of creating a caring and supportive community to greet them.

If able, the school mental health professional and building administrator should plan a re-entry meeting with the student and caregiver upon their return to school. Privacy and confidentiality

will remain at the forefront of any reentry plan, with only need-to-know information going to need-to-know individuals.

At a re-entry meeting:

1. Identify a single school point of contact for mental health concerns. This person will be the liaison between the school building and home.
2. Work to obtain a release of information to talk with any outpatient care providers.
3. Review any relevant documents from the hospital or mental health provider, particularly those with safety plan or accommodation recommendations.
4. Determine any necessary accommodations for the school or classroom environment.
5. Draft a student Safety Plan
6. Determine what information will be shared and with whom, particularly what information classroom teachers will need in order to support the student.
7. Schedule a time to follow up with the team and check in on any plan modifications needed.
8. Document the re-entry plan

Often, a student will return to the school setting following a suicide attempt or mental health crisis without the school knowing. Once the school is made aware that the student has returned, a re-entry meeting should be scheduled as soon as possible to ensure that necessary supports are put in place.

Following a Suicide Death

When the district is notified of a death by suicide, the district tragedy response team (or District Care Team) is activated to support impacted school buildings. School administrators and mental health professionals should be trained on the district's Initial Tragedy Response Procedures to respond to a youth suicide death.

Sharing Information

While sharing information with staff and students, be sure to be respectful of the wishes of the family when deciding whether to disclose cause of death. Be sure that staff, parents and guardians are armed with the resources necessary to respond to questions that students have, are able to identify the warning signs of suicidal behavior and know how to refer students for additional support.

Avoiding Suicide Contagion

Building crisis teams should actively triage risk factors for contagion including emotional proximity (e.g. siblings, friends, teammates), physical proximity (e.g. witness, neighbor) and pre-existing mental health issues and trauma. Explain to staff that identifying and providing services to other high-risk students is to prevent another death. Staff should be reminded of warning signs of suicidal behavior and informed that it has been clearly demonstrated through research that talking about mental health and suicide in a nonjudgmental way that encourages dialogue and help-seeking does not elevate suicide risk.

Memorial Guidance

It is recommended that Springfield Public Schools buildings avoid planned on-campus physical memorials (e.g. photos, flowers, locker displays), funeral services, tributes, or flying the flag at half-staff because it may inadvertently sensationalize the death and encourage suicide contagion among vulnerable students. Spontaneous memorials may occur from students and the school should give notice for when the memorial will be removed and given to the student's family. Cards and letters can also be reviewed by administrators and given to the family. Any school-based memorials should include a focus on how to prevent future suicides and have prevention resources available. Any questions about yearbook dedications, graduation remembrances, permanent memorials or scholarships should be directed to the building administrator or level director.

SECTION 5: PLAN IMPLEMENTATION

Program Adoption

District-Wide

| Level | Program | Training Provider |
|------------|---------------------|-------------------|
| Elementary | 5 Radical Minutes | District Staff |
| Middle | Look, Listen, Link | District Staff |
| High | Sources of Strength | Matchstick |

Mental Health Team

| Tool | Training Provider |
|--|-------------------|
| Data Port Documentation System <ul style="list-style-type: none"> ● Columbia- Suicide Severity Rating Scale ● Brown Stanley Safety Plan Template | District Staff |

Professional Development Needs

Whole District

| Training | Frequency | Training Provider |
|---------------------------|---------------|-------------------|
| Question, Persuade, Refer | Every 3 years | Prevention Lane |

Mental Health Professional Specific

| Training | Frequency | Training Provider |
|---------------------|---------------|-------------------|
| ASIST | Every 3 years | Prevention Lane |
| Connect Postvention | Every 3 years | Prevention Lane |

Other Recommended Trainings

| Who | What | Training Provider |
|-----------------------------|---|-------------------|
| All Staff | Building suicide response protocol | Building Staff |
| Building Crisis Team | Review of Building Crisis Procedures | Building Staff |
| | Review of Building Tragedy Response Procedures | Building Staff |
| District Mental Health Team | Review of District Suicide Risk Procedures | District Staff |
| | Review mental health partnerships and how to make referrals | District Staff |
| | Counseling on Access to Lethal Means (CALM) | Free Online |

Roll Out Timeline

| Year 1: 2021-2022 |
|---|
| <p><u>Professional Development</u></p> <p><i>QPR Training</i></p> <ul style="list-style-type: none"> ● Offered fall 2021 for all staff including new staff <ul style="list-style-type: none"> ○ Goal to have all staff trained by 2024 (1/3 of total staff per year for a 3-year roll-out) <p><i>ASIST Training</i></p> <ul style="list-style-type: none"> ● ASIST Training offered to mental health professionals for extended contract hours in August before inservice week <p><i>Connect Postvention</i></p> <ul style="list-style-type: none"> ● Postvention training will be provided to mental health professionals during the school year if Public Health availability aligns with school schedules <p><u>Curriculum and Programming</u></p> <p><i>5 Radical Minutes</i></p> <ul style="list-style-type: none"> ● Elementary building will identify a primary administrative coordinator (e.g. Principal or Assistant Principal) ● Elementary building will identify an implementation coordinator (e.g. Behavior Interventionist) ● Building Implementation Coordinator will introduce 5RM to teachers <p><i>Look, Listen, Link</i></p> <ul style="list-style-type: none"> ● Middle school buildings will identify when LLL will be integrated into their schedule (e.g. advisory) ● Middle school buildings will identify who will be teaching LLL ● Counselors will introduce LLL to staff at their buildings |

Sources of Strength

- Gateways, Springfield and Thurston will continue to implement Sources of Strength
- A3 will start implementing Sources of Strength
- Sources of Strength will continue to be provided as a class or club to student peer leaders
- Matchstick will continue to consult with Adult Advisors

Implementation Tools

- District Mental Health team to review the district suicide prevention plan and tragedy response procedures
- Data Port to be introduced to mental health staff and administrators including the C-SSRS and Brown Stanley Safety Plan.

Year 2: 2022-2023

Professional Development

QPR Training

- Have all staff trained by 2024 (goal of 2/3 by the end of 2023 to conclude a 3-year roll-out)

ASIST Training

- Training for new mental health staff and those who missed the 2021 training

Connect Postvention

- Training for new mental health staff and those who missed the 2021 training

Curriculum and Programming

5 Radical Minutes

- Building Implementation Coordinator will reintroduce 5RM to teachers

Look, Listen, Link

- Counselors will reintroduce LLL to staff at their buildings

Sources of Strength

- Sources of Strength will continue to be provided as a class to student peer leaders
- Building Adult Advisors will provide an overview of the program to new building staff

Implementation Tools

- The district suicide prevention plan and tragedy response procedures will be reviewed by a district team of mental health professionals annually
- Data Port training for new staff

Year 3: 2023-2024

Professional Development

QPR Training

- Finish all staff trainings by 2024 to conclude a 3-year roll-out

ASIST Training

- Training for new mental health staff and those who missed the 2021 or 2022 trainings

Connect Postvention

- Training for new mental health staff and those who missed the 2021 or 2022 trainings

Curriculum and Programming

5 Radical Minutes

- Building Implementation Coordinator will introduce 5RM to teachers

Look, Listen, Link

- Counselors will reintroduce LLL to staff at their buildings

Sources of Strength

- Sources of Strength will continue to be provided as a class to student peer leaders
- Building Adult Advisors will provide an overview of the program to new building staff annually

Implementation Tools

- The district suicide prevention plan and tragedy response procedures will be reviewed by a district team of mental health professionals annually
- Data Port training will be provided to new staff