



Suicide Prevention Plan

*For Teachers and Staff of Tolar
Junior High School*

Jill R. Griffith
Angelo State University

Why Do We Need a Plan?

- *It's the law*

“Texas law: Texas Education Code - District-Level Planning and Decision-Making

Each school district shall have a district improvement plan that is developed, evaluated, and revised annually, in accordance with district policy, by the superintendent with the assistance of the district-level committee established under Section 11.251 [of the Education Code]. The purpose of the district improvement plan is to guide district and campus staff in the improvement of student performance for all student groups in order to attain state standards in respect to the student achievement indicators adopted under Section 39.053 of the Education Code.

The district improvement plan must include strategies for improvement of student performance that include methods for addressing the needs of students for special programs, including suicide prevention programs (in accordance with Health and Safety Code requirements regarding parental or guardian notification procedures) (NEW), conflict resolution, violence prevention, or dyslexia treatment programs.

Tex. Education Code §11.252 (a)(3)(B)”

EDUCATION CODE CHAPTER 11. SCHOOL DISTRICTS. (n.d.). Retrieved July 15, 2016, from <http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.11.htm>

Ethical Guidelines

- *We as educators are legally and ethically obligated to report any student that we believe may be a harm to themselves or to others.*
- *Never negate a risk, when in doubt report concern to counselor.*

National Suicide Statistics

- *3rd cause of death among persons aged 10-14*
- *2nd cause of death among 15-34 year olds*
- *4th cause of death 35-44 year olds*
- *Nationally 113 suicides occur every 13 minutes(Centers for Disease, 2015).*

State and Local Statistics

- *Suicide rates tend to be higher in rural areas relative to the rest of the nation (Varia, Ebin, & Stout, 2014, p 109).*
- *Tolar, Texas is considered a rural area*

These statistics are alarming and they are preventable.

Warning Signs

- *Threats of suicide*
- *Suicidal ideation*
- *Preoccupation with death*
- *Giving away possessions*
- *Changes in behavior*
- *Writing about suicide*
- *Substance Abuse*
- *Self-harm*

The National Association of School Psychologists. (n.d.). Preventing youth suicide: tips for parents & educators. Retrieved from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Risk Factors

- *History of mental illness*
- *Drug/Alcohol use*
- *Major life changes*
- *Family issues*
- *History of abuse*
- *Firearm in the home*
- *Previous Suicide attempts*
- *Recent completed suicide within social group*
- *Recent completed suicide in community*

The National Association of School Psychologists(n.d.). Preventing youth suicide: tips for parents & educators. Retrieved from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

What to do if you hear plans first-hand?

- *Listen without judgement*
- *Ask if they are considering suicide*
- *Be calm and understanding*
- *Do not dismiss their feelings, assure them there is help and that these feelings are temporary*
- *Do not leave the student alone*
- *Take the student with you to the counselor or to the administrator in charge*

If you hear the information second-hand

- *Immediately notify the school counselor or the administrator in charge about the rumor*

The National Association of School Psychologists. (n.d.). Preventing youth suicide: tips for parents and educators. Retrieved from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Counselor Plan of Action

- *Do not leave student alone*
- *Remove anything that could be used to cause harm*
- *Interview student*
- *Suicide risk assessment*
- *Determine level of Danger*
- *If danger is imminent call 911*
- *Notify parents & provide resources*
- *Complete parent notification documentation form*
- *Offer follow up services*

Community Resources for Referrals

- *Immediate Danger Call 911*
- *Hood County Sheriffs Department 1-817-579-3316*
- *National Suicide Prevention Lifeline 1-800-273-TALK*
- *Pecan Valley Centers for Behavioral & Developmental Health Care: Crisis Hotline: 1-800-772-5987 Offer Mobile Crisis Outreach Teams for Schools*
- *Lake Granbury Medical Center 1-817-573-2273*
- *LGBT Youth Suicide Hotline:1-866-4-U-TREVOR*

Postvention

What to do after a death by suicide:

- *Verify suicide*
- *Contact family*
- *Activate the crisis response team*
- *Inform faculty and staff and include guidance for talking with students*
- *Administrator will share information in all 1st period classes*
- *Identify, screen, and monitor students at-risk*
- *Monitor social media and post resources*
- *Notify parents of highly affected students*
- *Provide on-site crisis counseling services*
- *Provide recommendations for community-based mental health services*
- *Encourage parents of students that stay home to grieve not to leave student alone*
- *Continue actively monitoring students and staff during recovery period*

Postvention What You do After A Death By Suicide Can Help Prevent More Tragic Deaths. This is Sometimes called "Postvention" (n.d.). Retrieved July 14, 2016, from <http://www.texasuicideprevention.org/wpcontent/uploads/2015/02/TexasSuicidePrevention-PostventionFlyer-20150126.pdf>

Postvention continued

What not to do after a death by suicide

- *Do not glorify the act, or give detailed information about the means used*
- *Do not conduct on campus memorial services*
- *Avoid mass gatherings focused on the victim*
- *Do not dedicate year book pages or any events to the victim*
- *Discourage student memorialization of victim*

Postvention What You do After A Death By Suicide Can Help Prevent More Tragic Deaths. This is Sometimes called "Postvention" (n.d.). Retrieved July 14, 2016, from <http://www.texasuicideprevention.org/wpcontent/uploads/2015/02/TexasSuicidePrevention-PostventionFlyer-20150126.pdf>

References

- American School Counselor Association. (n.d.). Ethical Standards for school counselors. Retrieved from <http://www.schoolcounselor.org/asca/media/asca/Resource%20Center/Legal%20and%20Ethical%20Issues/Sample%20Documents/EthicalStandards2010.pdf>
- Centers for Disease Control and Prevention. (2015). Suicide facts at a glance. Retrieved from http://www.cdc.gov/ViolencePrevention/suicide/youth_suicide.html
- EDUCATION CODE CHAPTER 11. SCHOOL DISTRICTS. (n.d.). Retrieved July 15, 2016, from <http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.11.htm>
- Gibbons, M.M., & Studer, J.R.(2008). Suicide Awareness Training for Faculty and Staff: A Training Model for School Counselors. *Professional School Counseling*. V11, n4, 272-276.
- The National Association of School Psychologists. (n.d.). Preventing youth suicide: tips for parents and educators. Retrieved from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>
- Postvention What You do After A Death By Suicide Can Help Prevent More Tragic Deaths. This is Sometimes called "Postvention" (n.d.). Retrieved July 14, 2016, from <http://www.texasuicideprevention.org/wpcontent/uploads/2015/02/TexasSuicidePrevention-PostventionFlyer-20150126.pdf>
- Preventing Youth Suicide: Tips for parents and Educators. (n.d.). Retrieved July 14, 2016, from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>.
- US Department of Education, Emergency Response and Crisis Management Technical Assistance Center. (2007). Coping with Multiple Suicides Among Middle School Students: Lessons Learned From School Crisis and Emergencies. Retrieved From <http://files.eric.ed.gov/fulltext/ED498521.pdf>
- Varia, S. G., Ebin, J., & Stout, E. R. (2014). Suicide prevention in rural communities: Perspectives from a Community of Practice. *Journal Of Rural Mental Health*, 38(2), 109-115. doi:10.1037/rmh0000019
- Wiely, C., (2012). Suicide Prevention for Counselors Working with Youth in Secondary and Post-Secondary School. *Alabama Counseling Association Journal*, v38, n2, 9-14. Retrieved from <http://files.eric.ed.gov/fulltext/EJ1016290.pdf>