



Creating Opportunities in Preventing and Eliminating Suicide (COPEs)

Year Two Highlights
July 2022 - June 2023

COPEs is a capacity-building initiative led by the San Diego County Office of Education (SDCOE) in partnership with County of San Diego Behavioral Health Services and 31 local education agencies (LEAs), funded by the State of California Mental Health Student Services Act (2021-2025).

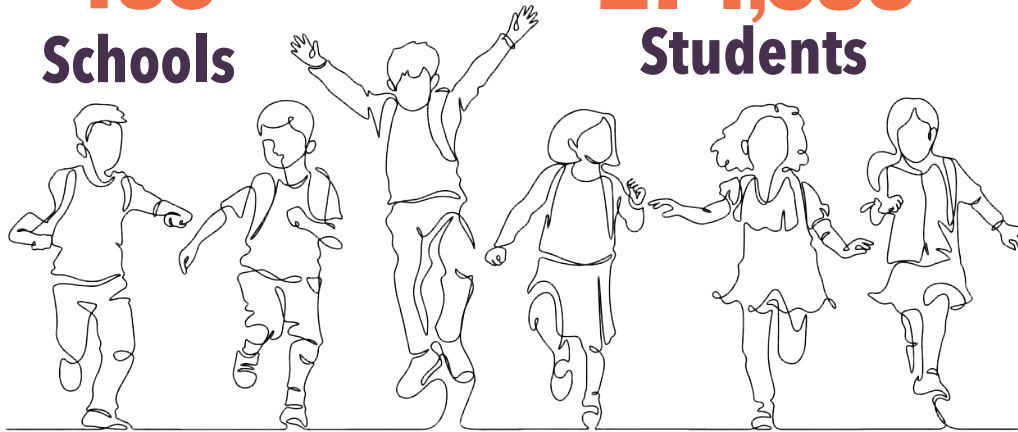
Participating LEAs Represent

430

Schools

274,639

Students



Districts

- Bonsall
- Chula Vista Elementary
- Fallbrook
- SDCOE Juvenile Court and Community Schools
- Lakeside
- La Mesa-Spring Valley
- Lemon Grove
- Mountain Empire
- National City
- Poway
- San Marcos
- San Diego Unified
- Santee
- Spencer Valley
- Sweetwater

Charters

- Altus Schools (Audeo)
- City Heights Preparatory
- Compass
- Empower
- Feaster
- Helix
- High Tech High
- Learning Choice Academy
- Mueller-Bayfront
- San Diego Global Vision Academy
- San Diego Virtual School
- Scholarship Prep Oceanside
- School for Entrepreneurship and Technology
- SIA Tech
- Urban Discovery

Training and Technical Assistance

SDCOE provided **30 trainings**

Over **2,000** COPES school/district staff & Over **400** parents/caregivers

received training on youth mental health challenges and support strategies



Through capacity building efforts **COPES LEAs** provided:

675 mental health and suicide prevention trainings and events in their school communities that engaged over...

60,000 students

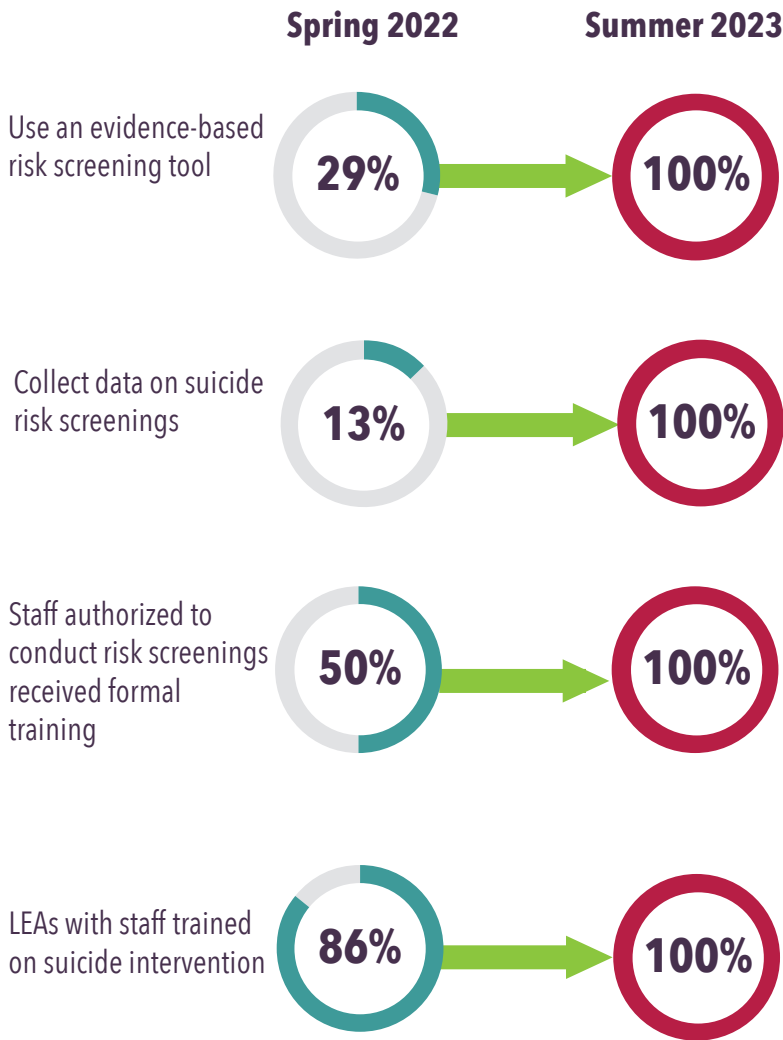
8,500 staff

3,000 parents/caregivers

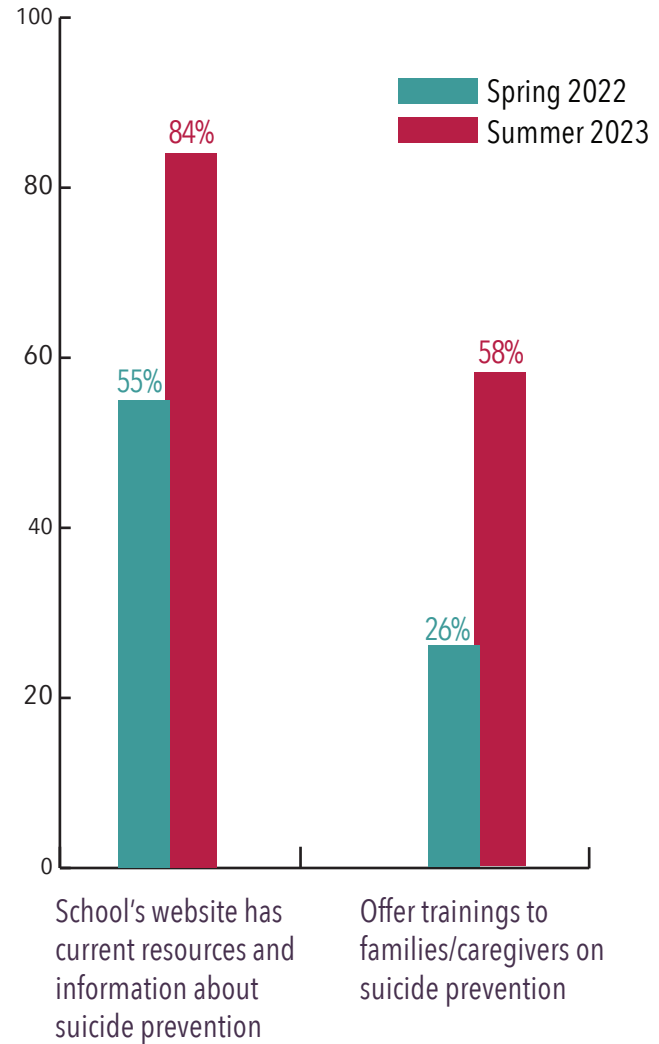


Suicide Prevention and Intervention

COPEs LEAs have expanded suicide prevention policies and practices.



Suicide Prevention Awareness



From July 2022 to June 2023,
31 COPEs LEAs conducted

3,387 suicide risk screenings



Improving Mental Wellness

COPES LEAs conduct an annual needs assessment to evaluate their strengths and challenges in promoting mental wellness.

Enhancing Staff Wellness

Staff are given the opportunity learn about personal wellness & how to respond to stress in a healthy way.

Spring 2022

36%



Summer 2023

68%

Staff know how to access mental health services for themselves.

49%



77%

Practices are in place to support staff wellness.

40%



58%

Percent who responded "Mostly" or "Definitely"

Bolstering Crisis Support

When a mental health emergency arises, a professional is available.

Spring 2022

45%



Summer 2023

94%

Follow-up services are provided for students who experience mental health emergencies.

29%

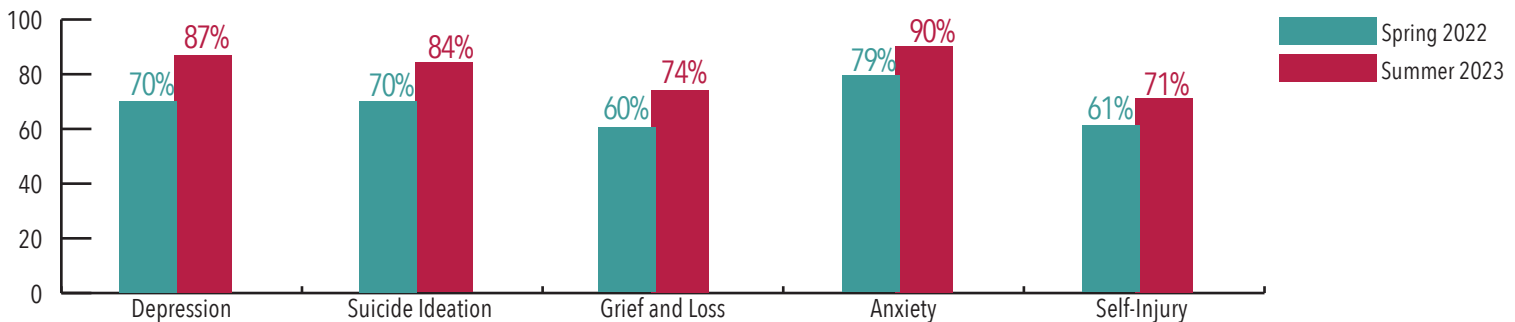


71%

Percent who responded "Mostly" or "Definitely"

Improving Tier 1 Mental Health Supports & Resources

COPES LEAs have increased Tier 1 mental health supports for the most common challenges faced by youth.

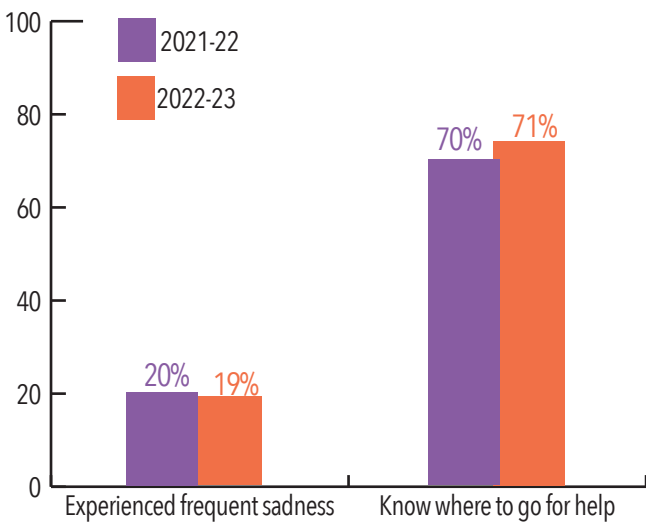


Percentage of LEAs reporting that Tier 1 supports for the following mental health topics were "mostly" or "definitely" in place

Student Mental Health

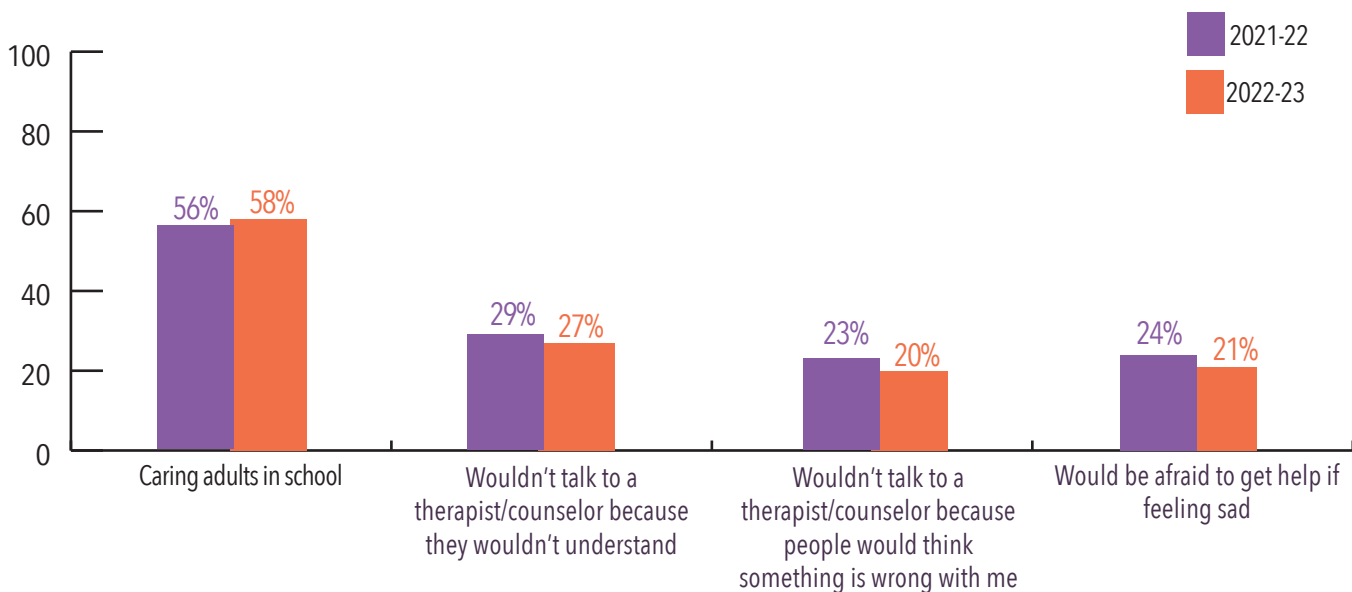
The SDCOE COPES team tracks specific school climate and student mental health indicators from the annual California Healthy Kids Survey¹ based on research demonstrating a negative association between student perceptions of school climate and suicide ideation.² Select areas of improvement from the 2021-22 to the 2022-23 academic years are highlighted below.

Elementary School Indicators



Note: Sample includes 5th grade students from elementary schools participating in COPES that administered the CHKS survey for 2021-22 and/or 2022-23. Sample sizes ranged from 4,712 - 8,770 students for each indicator.

Secondary School Indicators



Note: Sample includes 7th, 9th, and 11th grade students from secondary schools participating in COPES that administered the CHKS survey for 2021-22 and/or 2022-23. Sample sizes ranged from 21,590 - 35,151 students for each indicator.

¹California Healthy Kids Survey (CHKS). <https://calchls.org/>.

²Benbenishty R, Astor RA, Roziner J. A School-Based Multilevel Study of Adolescent Suicide Ideation in California High Schools. J Pediatr. 2018 May;196:251-257.

COPEs RESOURCES

Calming Corners

All 430 COPEs schools received calming corner kits for each school campus to allow students opportunities to decompress and practice self-regulation and coping skills.

Of a sampling of schools surveyed...

96% agreed calming corners support student use of coping and self-regulation strategies

87% reported decreased student levels of distress

82% said calming corners promote students overall well-being



Policy to Practice: Suicide Intervention Toolkit

The aim of this toolkit is to share protocols, templates and resources that align with best practices in suicide intervention.

CREATED BY THE SDCOE STUDENT WELLNESS AND SCHOOL CULTURE DEPARTMENT



Policy to Practice Toolkit

SDCOE's [Policy to Practice: Suicide Intervention Toolkit](#) was created to equip districts and charter schools with an evidence-based screening tool and comprehensive suicide intervention protocols to ensure action is taken to save student lives. It recently received the [2023 CSBA Golden Bell Award](#) for innovation and excellence in school safety and climate.

"It provides a strong procedural way to work through crisis response that is consistent across all campuses in our district. All district counselors are acting in the same procedural way and adjusting for age-appropriateness."
- COPEs school counselor

"Implementing the toolkit has created consistency across all of our eight schools. The protocol was simple to follow and all who used it were easily trained. It was one of the best initiatives we've done this year."
- COPEs assistant superintendent