

Policy 5141.52: Suicide Prevention

Status: ADOPTED

Original Adopted Date: 08/18/2011 | **Last Revised Date:** 08/24/2023 | **Last Reviewed Date:** 08/24/2023

The Governing Board recognizes that suicide is a leading cause of death among young people, prevention is a collective effort that requires stakeholder engagement, and that school personnel who regularly interact with students are often in a position to recognize the warning signs of suicide and to offer appropriate referrals and/or assistance. In an effort to reduce suicidal behavior and its impact on students and families and other trauma associated with suicide, the Superintendent or designee shall develop measures, strategies, practices, and supports for suicide prevention, intervention, and postvention.

In developing policy and procedures for suicide prevention, intervention, and postvention, the Superintendent or designee shall consult with school and community stakeholders, school employed mental health professionals, suicide prevention experts, and, in developing policy for grades K-6, the county mental health plan. (Education Code 215)

School and community stakeholders and school mental health professionals with whom the Superintendent or designee shall consult include district and school administrators, school counselors, school psychologists, school social workers, school nurses, mental health specialists, other staff, parents/guardians and caregivers, students, local health agencies, mental health professionals, community organizations, law enforcement, legal counsel, and/or the district's risk manager or insurance carrier. The Superintendent or designee may also collaborate with county and/or city governments in an effort to align district policy with any existing community suicide prevention plans.

Measures and strategies for suicide prevention, intervention, and postvention shall include, but are not limited to:

1. Staff development on suicide awareness and prevention for teachers, interns, school counselors, and others who interact with students, including, as appropriate, substitute teachers, coaches, expanded day learning staff and crossing guards, tutors, and volunteers. The approved materials for training shall include how to identify appropriate mental health services, both at the school sites and within the larger community, and when and how to refer students and their families to those services. They may also include programs that can be completed through self-review of suitable suicide prevention materials. The training includes but is not limited to PublicSchoolWORKS.
2. Instruction to students in problem-solving, coping, and resiliency skills to promote students' mental, emotional, and social health and well-being, as well as instruction in recognizing and appropriately responding to warning signs of suicidal intent in others
3. Methods for promoting a positive school climate enhance student's feelings of connectedness with the school characterized by caring staff and harmonious interrelationships among students
4. The review of materials and resources used in awareness efforts and communications to ensure they align with best practices for safe, culturally responsive, and effective messaging about suicide
5. The provision of information to parents/guardians and caregivers regarding risk and protective factors, warning signs of suicide, the severity of the suicide problem among youth, the district's suicide prevention curriculum, the district's suicide prevention policy and procedures, basic steps for helping suicidal youth, the importance of communicating with appropriate staff if suicide risk is present or suspected, access to prevention training, and/or school and community resources that can help youth in crisis
6. Encouragement for students to notify appropriate school personnel or other adults when they are experiencing thoughts of suicide or when they suspect or have knowledge of another student's suicidal intentions
7. Crisis intervention procedures for addressing suicide threats or attempts
8. Counseling and other postvention strategies for helping students, staff, and others cope in the aftermath of a student's suicide
9. Establishment of district and/or school-site crisis intervention team(s) to ensure the proper implementation and review of this policy and other district practices related to the emotional and behavioral wellness of students, including, but not limited to, the oversight of mental health and suicide prevention training, collaboration with community mental health organizations, identification of resources and organizations that provide evidence-based

treatment, collaboration to build community response, and compliance with Education Code 215

As appropriate, these measures and strategies shall specifically address the needs of students who are at high risk of suicide, including, but not limited to, students who are bereaved by suicide; students with disabilities, mental illness, or substance use disorders; students who are experiencing homelessness or who are in out-of-home settings such as foster care; and students who are lesbian, gay, bisexual, transgender, or questioning (Education Code 215)

The Board shall ensure that measures and strategies for students in grades K-6 are age appropriate and delivered and discussed in a manner that is sensitive to the needs of young students (Education Code 215)

If a referral is made for mental health or related services for a student in grade K-6 who is a Medi-Cal beneficiary, the Superintendent or designee shall coordinate and consult with the county mental health plan (Education Code 215)

District employees shall act only within the authorization and scope of their credential or license. Nothing in this policy shall be construed as authorizing or encouraging district employees to diagnose or treat mental illness unless they are specifically licensed and employed to do so (Education Code 215)

The Board shall review and update this policy as necessary, least every five years. The Board may, at its discretion, review the policy more frequently. Folsom Cordova USD will review the policy every three years or whenever deemed necessary (Education Code 215)

The Superintendent or designee shall periodically review data pertaining to school climate and available reports of suicidal ideation, attempts, or death to identify patterns or trends and make recommendations regarding program development

The Superintendent or designee shall post this policy on the district's website, in a prominent location and in a manner that is easily accessible to parents/guardians and students (Education Code 234.6)

Training and Education

Training shall be provided to all staff that includes risk factors and warning signs of suicide, suicide prevention, intervention, referral, and postvention. All training shall be offered under school-employed mental health professionals who have received advanced training specific to suicide and may benefit from collaboration with one or more county and/or community mental health agencies.

The training provided will include core components of suicide prevention, such as:

- Suicide risk factors, warning signs, and protective factors
- How to talk with a student about thoughts of suicide
- How to respond appropriately to young people who have suicidal thoughts
- The referral of a student, on the same day, who is identified to be at risk of suicide for assessment while being under constant monitoring by a staff member
- Emphasis on reducing the stigma associated with mental illness and that early prevention and intervention can drastically reduce the risk of suicide
- A review of the data annually to identify trends in the prevalence or occurrence of suicide ideation, attempts, or death
- The impact of traumatic stress on emotional and mental health
- Common misconceptions about suicide
- School and community suicide prevention resources
- Appropriate messaging about suicide
- The procedures for responding to suicide risk and the aftermath of suicidal behavior
- Resources regarding youth suicide prevention

Training resources include, but are not limited to, the following:

All FCUSD staff will be trained through PublicSchoolWORKS in Suicide Prevention. New staff should be trained during the first three months upon hire and then trained every third year thereafter.

FCUSD mental and physical health professionals will receive training beyond their education and licensing requirement in suicide prevention and intervention through ASIST, QPR (Question, Persuade, Refer) or other

nationally recognized training programs when hired and will receive a refresher update every other year thereafter. Mental and physical health professionals include School Psychologists, School Counselors, Nurses, Mental Health Specialists, School Social Workers and other staff with PPS credentials.

FCUSD mental and physical health professionals will provide mental health training to all school site staff annually on the basics of youth mental health, recognizing the signs of suicide risk, and how to access help for a student if suicide risk is suspected.

Suicide Prevention Explanation for K-6th Grade

Folsom Cordova Unified School District (FCUSD) wants to keep all students safe. We have people who can help if you are not feeling okay. We work together with the county mental health plan so students can get free help if they need it. We also have ways to get help on our website at <https://www.fcusd.org/Page/39167>.

We can help all students, including those who:

- Feel sad or depressed
- Feel anxious or upset
- Have lost someone to suicide
- Are disabled
- Have mental illness
- Have substance use disorders
- Are homeless or in out-of-home settings like foster care
- Who are LGBTQ+

Classroom teachers shall use district SEL lessons to teach students:

- To be mindful of themselves and their feelings
- How to be kind to everyone
- How to make good decisions
- What to do if someone is being mean or a bully
- How to ask for help
- How to get help for others
- How to cope with stress and trauma

If you need help or someone to talk to, you can ask a school staff person for help.

School staff are trained by experts to help:

- Look for students who are in a crisis or displaying warning signs
- Find the right mental health services at school and outside school
- Refer students and families to those services.

If school staff hear or see any warning signs, they will ask a mental health team member or school nurse to help the student. Any student who is in a crisis will not be left alone. The mental health team member or school nurse will decide the risk of harm and how best to help the student.

If students try to hurt themselves at school, staff will:

- Remain calm and let the site administrator know what is happening
- Get emergency help for the student
- Be caring and stay with the student until help arrives
- Offer help to the student and their family
- Administrator(s) and a support team will work with the youth and family about what support is needed at the school for the student to have access to learning

If students attempt to hurt themselves away from school, staff will:

Let the site administrator(s) know what information they have learned;

Administrator(s) or mental health staff will offer help to the student and their family; and Administrator(s) and support team will work with youth and family about what support is needed at the school for the student to have access to learning

After a student has or knows someone who has had a crisis, staff will:

- Share what happened with only those who need to know
- Make a plan with the family to help the student
- Help the student make up for any missed work
- Be caring and help the students in school
- Follow up with the student and family often to see what help is needed

If someone dies by suicide, District Office staff will:

- Contact Administrator and assigned mental health staff re: support needed
- Send a team to the school to help anyone who is in need
- Offer help to any families who are in need

If any student ever needs help, they can:

- Ask any staff person for help
- Fill out a school request for help form
- Contact The Source at (916) 787-7678 24 hours a day
- Text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line
- Call the National Alliance on Mental Illness (NAMI) at 1-800-950-6264 Monday through Friday from 7 a.m. to 3 p.m.
- Call the Crisis Hotline at 1-800-991-5272; or Call the National Suicide Prevention Lifeline at 1-800-273-8255 or 988

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References

Description

Ed. Code 215	Suicide prevention policies
Ed. Code 215.5	Student identification cards; inclusion of safety hotlines
Ed. Code 216	Suicide prevention online training programs
Ed. Code 234.6	Bullying and harassment prevention information
Ed. Code 32280-32289.5	School safety plans
Ed. Code 49060-49079	Student records
Ed. Code 49602	Counseling and confidentiality of student information
Ed. Code 49604	Suicide prevention training for school counselors
Gov. Code 810-996.6	Government Claims Act
Pen. Code 11164-11174.3	Child Abuse and Neglect Reporting Act
W&I Code 5698	Emotionally disturbed youth; legislative intent
W&I Code 5850-5886	Children's Mental Health Services Act

Management Resources References**Description**

California Department of Education Publication	Model Youth Suicide Prevention Policy
California Department of Education Publication	Health Education Framework for California Public Schools, Kindergarten Through Grade Twelve, May 2019
California Department of Education Publication	Health Education Content Standards for California Public Schools: Kindergarten Through Grade Twelve, 2008
CALSCHLS Publication	California School Staff Survey (CSSS)
CALSCHLS Publication	California School Parent Survey (CSPS)
CALSCHLS Publication	California Healthy Kids Survey (CHKS)
CDC and Prevention Publication	School Connectedness: Strategies for Increasing Protective Factors Among Youth, 2009
Court Decision	Corales v. Bennett (Ontario-Montclair School District) (2009) 567 F.3d 554
Each Mind Matters Publication	Making Headlines: Guide to Engaging the Media in Suicide Prevention in California, 2012
Heard Alliance Publication	K-12 Toolkit for Mental Health Promotion and Suicide Prevention, 2017
Mental Health Svcs Oversight & Accountability Pub	Striving for Zero: California's Strategic Plan for Suicide Prevention 2020-2025
Nat'l Assoc. of School Psychologists Publication	Preventing Suicide: Guidelines for Administrators and Crisis Teams, 2015
Suicide Prevention Resource Center Publication	After a Suicide: A Toolkit for Schools, 2nd Edition, 2018
U.S. Dept. of Health & Human Services Publication	Preventing Suicide: A Toolkit for High Schools, 2012
U.S. Dept. of Health & Human Services Publication	National Strategy for Suicide Prevention: Goals and Objectives for Action, rev. 2012
Website	CSBA District and County Office of Education Legal Services
Website	Suicide Prevention Messaging
Website	National Action Alliance for Suicide Prevention
Website	Mental Health Services Oversight and Accountability Commission
Website	HEARD Alliance
Website	Each Mind Matters: California's Mental Health Movement
Website	Crisis Text Line
Website	CalSCHLS
Website	California Mental Health Services Authority
Website	Suicide Prevention Lifeline
Website	Suicide Prevention Resource Center
Website	National Child Traumatic Stress Network
Website	Substance Abuse and Mental Health Services Administration
Website	Trevor Project
Website	American Academy of Pediatrics
Website	American Association of Suicidology
Website	American Foundation for Suicide Prevention
Website	American Psychological Association
Website	California Department of Education, Mental Health
Website	California Department of Health Care Services, Mental Health Services
Website	Centers for Disease Control and Prevention, Mental Health

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[National Association of School Psychologists](#)

[National Institute for Mental Health](#)

[American School Counselor Association](#)

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