

*What Parents and Guardians
Need to Know about Suicide
Prevention in Our Schools:*

Lifelines Trilogy

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Lifelines
A Suicide Prevention Program

5 Important Things Our Parents Want to Know

**Why Youth Suicide
Prevention is Important**

Warning Signs

**How to Enhance
Protective Factors**

**What Are We Doing For
Prevention**

Who Are Trusted Adults

Why Youth Suicide Prevention is Important in Schools

The reality of our current situation:

- 2nd leading cause of death 10-24 year olds
- Rate increasing for 5-11 year olds
- Dramatic increase in attempts in 10-14 year old girls
- Prevention DOES work!

We have a plan:

- Lifelines Trilogy:
 - Prevention
 - Intervention
 - Postvention
- Trusted Adults

BUT IS IT SAFE...

Can't talking about suicide in school plant the idea in the minds of vulnerable youth?

Is it safe to talk about suicide in schools?

Is talking about suicide just for getting attention?

Do we need to talk about it as early as 5th grade?

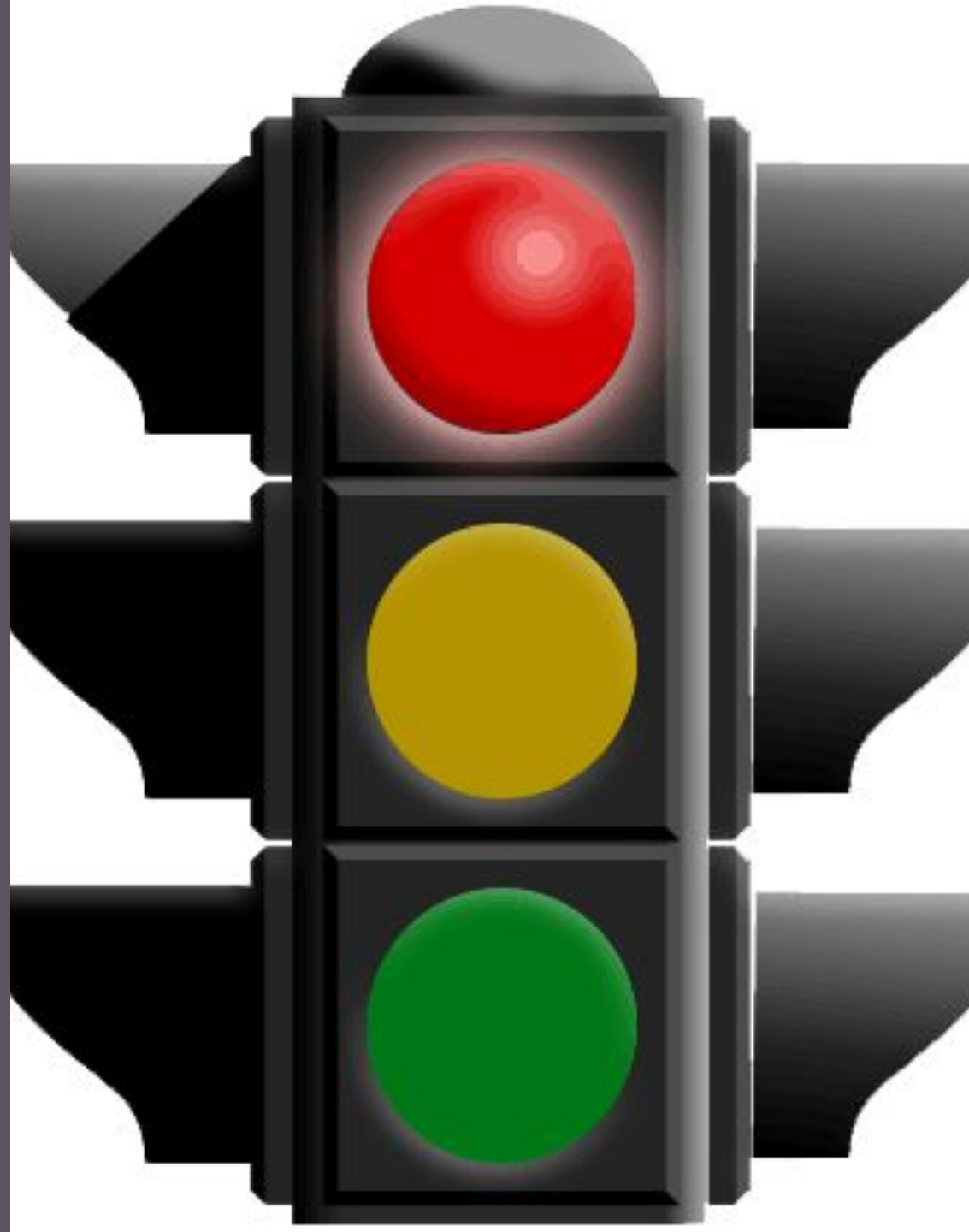
Schools play an important role in helping vulnerable youth!

OUR ROLE...
Recognition

Red - Warning Signs

Amber - Risk Factors

Green – Protective Factors



FACTS:

Feelings, Actions, Changes, Threats and Situations

WARNING SIGNS

CHANGES:

- Changes in appearance
- Changes in mood, for example, no longer cheerful or suddenly cheerful
- Increased irritability
- Changes in eating habits and/or weight gain/loss
- Loss of interest in activities
- Bullying behavior- even as a bystander
- Actual threats or suicide notes
- Concerns expressed by peers

Protective Factors

- Sense of connection in school, community, religious organizations, teams and clubs.
- Positive self-esteem and good coping skills.
- Access to care for emotional/physical challenges, substance abuse.
- **Contact with a TRUSTED adult!**

- Teach your children it is okay to ask for help.
- Give children permission to talk about traumatic events like suicide.
- Encourage your child to identify trusted adults (it might not be you!)
- Foster participation in school and community activities.
- Acknowledge efforts vs accomplishments.
- Be a good listener.

The Importance of Trusted Adults

Lifelines curriculum designed to help students identify 2 Trusted Adults in their lives.

Here's how students describe trusted adults:

- being nonjudgmental
- making time to talk, even if your schedule is tight
- taking me seriously
- not telling me "it will be better tomorrow"
- listening!
- being someone who takes action
- being honest if you think you have to tell someone else about my problem
- remembering what we talked about and asking me about it later

What Are We Doing to Help?

Lifelines Trilogy

- Comprehensive
 - Prevention- Teacher lessons
 - Intervention- Counselor practices
 - Postvention- Crisis response
- Evidence-based
- Uses public health prevention model
- Sustainable

School Staff Prevention Goals

- Know warning signs
- Identify at-risk students
- Support and refer to appropriate resources (School Counselors, SFLC, CST)
- Educate students
 - how to respond to troubled peers
 - what resources are available fo help

Lifelines
A Suicide Prevention Program

Lifelines Prevention Lessons

Four, 45 minute lessons students learn
in 5th grade

Four, 45 minute lessons students learn in
7th & 9th grade

Two, 45 minutes lessons students learn
in 11th grade

Takeaways- Social Connection, Help Seeking, & Access to In-School Resources
TRUSTED ADULT

What Else?

Postvention procedures are in place in the event we encounter a traumatic situation or crisis.

Postvention Includes:

- District Crisis Management Team
- School Based Crisis Management Team
- Traumatic Loss Manual
 - Roles and responsibilities
 - Procedures
 - Communication & scripts
 - Resources
- Updated Policies
- Counseling Services and Programs
- Training

SCHOOL BASED RESOURCES

Wall High School School Counseling

- WHS Counselors and Staff

Wall Intermediate School Counseling

- Mollie Curran
- Eliza Willms
- Kirstin Proctor

Wall Elementary Schools' Family Liaison Counselors

- Allenwood Elementary School: Amanda Smyth
- Central Elementary School: Stephanie Crepeau
- Old Mill Elementary School: Michelle McRoberts Roth
- West Belmar Elementary School: Stacey McManus

COMMUNITY BASED RESOURCES

[Perform Care](#)

PerformCare assists in linking individuals with services related to emotional and behavioral health concerns. 877.652.7624

[Monmouth County Mental Health Association](#)

The Monmouth County MHA provides advocacy and services to families in Monmouth County. 732.542.0422 / After Hours 732.996.7645

[Suicide Prevention Lifeline](#)

988 (Formerly 1.800.273.8255) - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

[Youth Helpline: 2nd Floor](#)

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. 888.222.2228

[Wall Youth Center](#)

The Wall Youth Center & Community Services is the social services department of Wall Township. 732.681.1375