

# SUICIDE PREVENTION RESOURCE GUIDE FOR ELEMENTARY SCHOOLS

Supporting LEAs in meeting the requirements of AB1767



## WHAT IS AB1767?

AB1767 requires the governing board or body of a LEA that serves pupils in grades kindergarten through sixth to adopt and update as prescribed a policy on pupil suicide prevention that specifically addresses the needs of high-priority groups before the beginning of the 2020-21 school year.

The policy must:

- be age appropriate, delivered, and discussed in manner that is sensitive to the needs of young pupils
- be developed in consultation with school and community stakeholders, school-employed mental health professionals and suicide prevention experts
- be written to ensure proper coordination and consultation with the county mental health plan for a referral for mental health or related services made on behalf of a pupil who is a Medi-Cal beneficiary
- specifically address the needs of high priority youth groups
- address any training on suicide awareness and prevention to be provided to teachers of pupils in all of the grades served by the LEA
- be updated every five years

## HOW TO USE THIS GUIDE

In response to AB1767, the San Diego County Office of Education's Student Wellness & School Culture Department created this easy-to-use guide to support elementary LEAs in meeting the legislative requirements of this law. This guide contains a list of vetted, age-appropriate trainings and curriculum that address suicide awareness and prevention at the elementary school level. All resources are aligned with current research, best practices and/or are evidence-based. The resources included below should not be seen as an exhaustive list of considerations as suicide awareness and prevention work in elementary schools is continuously emerging.

This guide is organized into two sections:

- Suicide Prevention Training for Staff
- Suicide Prevention Curriculum & Programming

Questions about suicide prevention efforts in elementary school?  
Read [Suicide Awareness in Elementary School: Sense or Nonsense?](#)

[Columbia Suicide Risk Screening Tool for Ages 6-11](#)

# Suicide Prevention Training for Staff

TRAINING	DESCRIPTION	FORMAT	LENGTH	COST
<p><a href="#">Act on FACTS: Making Educators Partners in Youth Suicide Prevention</a></p> <p><i>By The Society for the Prevention of Teen Suicide</i></p>	<p>Training embraces school culture and presents real-life scenarios for youth suicide prevention methods through role plays</p> <p>*Create a <a href="#">free login</a> to register &amp; access training</p> <p>*60-minute base module is followed by 30-minute module specific to elementary schools</p>	<p>Online and self-paced</p>	<p>90 minutes</p>	<p>Free</p>
<p><a href="#">At-Risk For Elementary School Educators</a></p> <p><i>By Kognito</i></p>	<p>Work with a virtual coach to learn about mental health and how to identify and approach at-risk students, how to talk with parents and how to connect students and families to resources</p>	<p>Online and interactive series of three modules</p>	<p>1 hr</p>	<p>Contact for pricing</p>



# Suicide Prevention Curriculum and Programming

CURRICULUM	DESCRIPTION	FORMAT	COST
<p><a href="#">Erika's Lighthouse</a></p> <p><i>By Erika's Lighthouse</i></p>	<p>Skill-based programs use diverse student voices to spread mental health awareness and reduce stigma</p> <p><i>*Elementary programming includes an introduction to mental health for grades 4-6 and depression awareness for grades 5-6</i></p>	<p>Adaptive videos, lesson plans, and assessments</p>	<p>Free</p>
<p><a href="#">Hope Squad</a></p> <p><i>By Hope Squad</i></p>	<p>Mental health and social-emotional learning curriculum with one lesson per year on suicide prevention</p> <p><i>*Elementary programming includes grades 4-6; older students can teach lessons to younger students in a peer programming model</i></p>	<p>Trained school advisors organize and run weekly meetings with student leaders (30-50 minutes per week)</p>	<p>Annual costs</p> <ul style="list-style-type: none"> <li>• Curriculum = \$2,500-\$4,000</li> </ul> <p>One-time cost</p> <ul style="list-style-type: none"> <li>• Training = \$600-900</li> </ul>

# Suicide Prevention Curriculum and Programming

CURRICULUM	DESCRIPTION	FORMAT	COST
<p><a href="#">Lifelines Prevention: Building Knowledge &amp; Skills to Prevent Suicide</a></p> <p><i>By Hazelden Lifelines</i></p>	<p>A comprehensive suicide prevention curriculum that educates school staff, parents, and students on the facts about suicide and their respective roles as suicide “preventers”</p> <p><i>*Elementary programming includes grades 5-6</i></p>	<p>Paper-based guide, DVDs, and access to reproducible materials</p>	<p>\$295</p>
<p><a href="#">PeerHelpers PLUS</a></p> <p><i>By ThriveWay</i></p>	<p>A comprehensive program that addresses suicide prevention, bullying prevention, abuse and substance use through combining a schoolwide comprehensive prevention &amp; SEL curriculum with student peer-peer support</p>	<p>7 - 30-minute lessons</p> <p>Peer-peer support model</p> <p>Requires 2-3 trained coordinators</p>	<p>Contact program for current costs</p>
<p><a href="#">Sandy Hook Promise’s Know the Signs Programs</a></p> <p><i>By Sandy Hook Promise</i></p>	<p>Curriculum and training focused on preventing school violence through building positive school culture and early intervention; aligned with CASEL SEL competencies</p>	<p>Online or in-person 30-40 minute student trainings:</p> <ul style="list-style-type: none"> <li>• Start with Hello (Grades K-12)</li> <li>• Say Something (Grades 4-12)</li> </ul>	<p>Free</p>

# Suicide Prevention Curriculum and Programming

CURRICULUM	DESCRIPTION	FORMAT	COST
<p><a href="#">Sources of Strength Elementary</a></p> <p><i>By Sources of Strength</i></p>	<p>Universal K-6 classroom curriculum &amp; training that incorporates social emotional learning content with a focus on mental health, resiliency, and strength-based prevention for elementary schools</p>	<p>24-36 lessons across 12 units</p> <p>30-minute lessons typically facilitated 1-2 times per week</p>	<p>See <a href="#">website</a> for current costs</p>