Suicide Prevention and Self-harming Behavior

EASTERN shall utilize a multifaceted approach to suicide prevention which integrates school and community-based supports.

1. Youth Suicide Awareness and Prevention Education

   A. Protocols for Administration of Employee Education

   As part of EASTERN’s professional development plan, professional educators in the school building serving students shall participate in four (4) hours of youth suicide awareness and prevention training every five (5) years.

   B. Resources for Parents/Guardians

   EASTERN may provide parents/guardians with resources including, but not limited to, health promotion and suicide risk, characteristics and warning signs; and information about local behavioral/mental health resources.

2. Methods of Prevention

   A. Early Identification Procedures

   Early identification of individuals exhibiting any suicidal risk factors or of individuals exhibiting warning signs is crucial to EASTERN’s suicide prevention efforts. To promote awareness, EASTERN employees, students and parents/guardians should be educated about suicidal risk factors and warning signs.

   B. Referral Procedures for At-Risk Students

   Any EASTERN employee or student who has identified a student with one (1) or more risk factors or who has any indication that a student may be contemplating suicide shall contact the Supervisor. The Supervisor will speak to the individual of whom the referral was made and will consult with the Student Success Coordinator, other Administrators or teachers to validate the concern.

   The Supervisor will contact the parent to discuss concerns and ask the parent for an immediate conference. The student will leave with the parent.

   The Supervisor will contact the student’s District of Residence by contacting the student’s High School Principal and/or Vice-Principal and/or Guidance Counselor for referral to the SAP Team.

   EASTERN shall document the reasons for referral, including specific warning signs and risk factors identified as indications that the student may be at risk.
3. **Reporting Procedures**

When referring a student suspected of attempting suicide or engaging in self-harming behavior, the Supervisor, in consultation with the student’s District of Resident-based mental health specialist or qualified medical personnel, will follow the following steps:

- contact the student’s parents and/or guardians as listed in the student’s emergency contact;
- do an initial risk assessment to determine the severity of the situation;
- report the behavior to the student’s District of Residence by contacting the student’s High School Principal and/or Vice-Principal and/or Guidance Counselor;
- refer according to the Student Assistance Procedure;
- protect the confidentiality of the student while addressing the concerns of any other child or children; and
- involve police or emergency services if student is in immediate danger and parents cannot be located or are unable or unwilling to help

EASTERN employees shall be responsible for effective documentation of incidents involving suicide prevention, intervention and response. The documentation of incidents should be provided to the student’s District of Residence.

**A. Re-Entry Procedures**

A student’s excusal from school attendance after a mental health crisis and the student’s return to school shall be consistent with state and federal laws and regulations and with the recommendation of the student’s District of Residence.

4. **Suicide Awareness and Prevention Resources**

EASTERN shall notify its employees, students and parents/guardians of this policy and shall post the policy on EASTERN’s website.

A listing of resources regarding suicide awareness and prevention shall be attached to this policy.

**References:**

School Code – 24 P.S. Sec. 1526
State Board of Education Regulations – 22 PA Code Sec. 12.12

**Adopted: 9/9/15**
Suicide Prevention Resources for Schools

General Information (many with webinar sessions)

1. **PA Youth Suicide Prevention Initiative** [http://www.paspi.org/]
   - **Mission** - The Pennsylvania Youth Suicide Prevention Initiative is a multi-system collaboration to reduce youth suicide.
   - **Vision** - Youth suicide prevention will be embraced and incorporated into the fabric of every community in Pennsylvania to address the social and emotional needs of youth at risk and survivors of suicide.

2. **Suicide Prevention Resource Center** [http://www.sprc.org/]
   - SPRC is the nation’s only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. They provide technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. They also promote collaboration among a variety of organizations that play a role in developing the field of suicide prevention.
   - **a. Toolkit for High Schools** [http://store.samhsa.gov/product/SMA12-4669]
     - Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students. Released in June 2012.

3. **American Foundation for Suicide Prevention** [http://www.afsp.org/]
   - The American Foundation for Suicide Prevention has been at the forefront of a wide range of suicide prevention initiatives – each designed to reduce loss of life from suicide. They are investing in groundbreaking research, new educational campaigns, innovative demonstration projects and critical policy work. And they are expanding their assistance to people, whose lives have been affected by suicide, reaching out to offer support and offering opportunities to become involved in prevention.

4. **American Association of Suicidology** [http://www.suicidology.org/home]
   - AAS is a membership organization for all those involved in suicide prevention and intervention, or touched by suicide. AAS is a leader in the advancement of scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

5. **Services for Teens At Risk (STAR Center)** [http://www.starcenter.pitt.edu/]
   - Services for Teens At Risk (STAR-Center) is a comprehensive research, treatment, and training center. Funded by the State of Pennsylvania’s General Assembly in 1986 to address adolescent suicide and depression, the program provides individual assessment and treatment to teens that are experiencing depression and suicidality. They also provide community education services about depression and suicidality to schools, social service agencies, churches and other organizations that request them.

6. **The Trevor Project** [http://www.thetrevorproject.org/]
   - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Spring 2013 Compiled by the: PA Youth Suicide Prevention Initiative; [www.paspi.org](http://www.paspi.org)
Comprehensive School Guide

1. **Youth Suicide Prevention School Based Guide** [http://theguide.fmhi.usf.edu/](http://theguide.fmhi.usf.edu/)

   The Youth Suicide Prevention School-Based Guide is designed to provide accurate, user-friendly information. The Guide is not a program but a tool that provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program. First, checklists can be completed to help evaluate the adequacy of the schools' suicide prevention programs.

   Second, information is offered in a series of issue briefs corresponding to a specific checklist. Each brief offers a rationale for the importance of the specific topic together with a brief overview of the key points. The briefs also offer specific strategies that have proven to work in reducing the incidence of suicide, with references that schools may then explore in greater detail. A resource section with helpful links is also included. The Guide provides information to schools to assist them in the development of a framework to work in partnership with community resources and families.

Training for School Staff

1. **Society for Prevention of Teen Suicide** [http://www.sptsusa.org/](http://www.sptsusa.org/)

   The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging overall public awareness through the development and promotion of educational training programs for teens, parents and educators. The free, interactive series Making Educators Partners in Suicide Prevention is designed to be completed at the viewer's own pace. Pennsylvania school staff requiring Act 48 hours may submit the certificate of completion to c-paschool@pa.gov or fax it to 717-783-4790, along with your Dept. of Education Professional ID number, to have these hours submitted.

2. **More Than Sad Program** [http://www.morethansad.org/index.html](http://www.morethansad.org/index.html)

   The More Than Sad Program of the American Foundation for Suicide prevention provides education about factors that put youth at risk for suicide, in particular depression and other mental disorders. The program includes two sets of materials—one for teens and one for teachers and school personnel. Instructional materials accompany the More Than Sad Program, including a power point presentation - [http://www.morethansad.org/materialspts.html](http://www.morethansad.org/materialspts.html)

   **American Foundation for Suicide Prevention** ([http://www.afsp.org/](http://www.afsp.org/)) - PA AFSP chapters will make the “More Than Sad” DVD available free to all high and middle schools in PA that request one.

   **Contact Pat Gainey to receive your copy.**

   Patricia Gainey, Regional Director, American Foundation for Suicide Prevention, Greater Philadelphia Regional Office3535 Market Street, Suite 4047Philadelphia, PA 19104; Office: (215)-746-7256

3. **Suicide Prevention Resource Center -Best Practice Registry** [http://www.sprc.org/bpr](http://www.sprc.org/bpr)
The purpose of the Best Practices Registry (BPR) is to identify, review, and disseminate information about best practices that address specific objectives of the National Strategy for Suicide Prevention. The BPR is a collaborative project of the Suicide Prevention Resource Center (SPRC) and the American Foundation for Suicide Prevention (AFSP). It is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Many of the best practice resources listed have to be purchased.

4. **Well Aware** [http://www.wellawaresp.org/]
   Well Aware has been actively involved in national suicide prevention efforts since 2003. Their work is centered on strategic communications, and applying this to advance awareness, knowledge and practice so as to reduce suicide in America. They offer free webinars on youth suicide and prevention. Many of their webinars such as “Cyberbullying and Suicide: What Schools Must Do to Protect Students and Districts, March 29, 2011” are archived.

**Material for Students**

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**Postvention Assistance**

1. **Services for Teens At Risk (STAR Center)**
   [http://www.starcenter.pitt.edu/]
   Services for Teens At Risk (STAR-Center) is a comprehensive research, treatment, and training center. Funded by the State of Pennsylvania’s General Assembly in 1986 to address adolescent suicide and depression, the program provides individual
assessment and treatment to teens that are experiencing depression and suicidality. They also provide community education services about depression and suicidality to schools, social service agencies, churches and other organizations that request them. Any PA school can contact the STAR-Center for assistance in the aftermath of a suicide or other tragic loss. STAR-Center can also provide in-service training and resource materials on a variety of mental health related topics.

2. Suicide Prevention Resource Center Postvention Toolkit
This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community. It is meant to serve as a practical resource for schools facing real-time crises to help them determine what to do, when, and how. The toolkit reflects consensus recommendations developed in consultation with a diverse group of national experts, including school-based personnel, clinicians, researchers, and crisis response professionals. It incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance.