



# Three Rivers School District Suicide Prevention Plan

Draft



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# Suicide Prevention Protocol

Talking about suicide, mental health and the supports available for both is the necessary first step in Suicide Prevention. Some believe that talking about suicide increases suicide when research shows educating students (and people, in general) about the warning signs, how to ask for help for a friend or self, and the assistance that is available reduces the risk of suicide. A comprehensive district wide approach will help make our students, staff and community stronger.

## Staff Professional Development

All building administrators and school counselors will be ASIST trained and certified. All other school district staff who have contact with students will be QPR trained. Each year staff will need a reminder of QPR major points and district expectations. This can be done verbally in a staff meeting, through a SafeSchools video/quiz or through an email.

### Building administrators and school counselors

- ASIST training (16 hours) before school year. <https://www.livingworks.net/asist>
- Certified for 2 years.
- Renewal available (4 hours).
- New administrators and school counselors complete training before the school year begins.

### All other staff (certified and classified) who have contact with students

- QPR training (1-1 1/2 hours) no later than the end of September, but preferably before the school year. <https://qprinstitute.com/>
- Yearly QPR major points and district expectations reminder.
- New staff hired throughout the school year will be trained before the start of the next school year.

## Youth Suicide Prevention Modules

Research has proven that talking/learning about suicide does not increase suicidal thoughts, attempts or completions. In fact, it reduces attempts and completions because students and staff are more aware of warning signs, have discussed coping skills and know who they can reach out to when having suicidal thoughts. Lessons are not based on idolizing suicide or those who have completed suicide, but what students can do when faced with themselves or others who present signs of suicide ideation.

Middle school and high school modules will be purchased through Lifelines. The module is designed for students with a standards based focus at each level. Classroom presentations through Oregon YouthLine will be offered to 8th grade students along with a Lifeline lesson module designed for 7-10 graders. The content will include risk factors, warning signs of suicide and



mental health conditions. Modules would include information on: stress, coping skills, how to ask for help and how to support friends/peers.

### **Middle school**

- 6th grade
  - Lifelines 4 lessons: Suicide isn't Silly, Friends Help Friends, Asking for Help Takes Courage, Practicing What We've Learned.
  - Taught in health, elective or PE.
  - Lessons once a week for 4 weeks or all in one week.
- 8th grade
  - Lifelines 4 lessons: When Is a Friend in Trouble?, How Do I Help a Friend?, Where Can I Go to Get Help?, How Can I Use what I've Learned?
  - Oregon Youth On-line 3 lessons: Let's Talk YouthLine, coping with Stress and Stress Management and Suicide Awareness.

### **High school**

- Response, Third Edition. <http://www.columbiacare.org/response.html>
- Taught in Health 1 course.

### **General Suicide Awareness**

Leadership, clubs and other classes are encouraged to promote positive mental health messages through mental health and/or suicide awareness campaigns. This must be done under the direction of the advisor, teacher and/or school counselor. Information can be spread through newsletters, announcements, bulletin boards, posters and activities.



# Suicide Intervention Protocol

When a student or staff member displays suicidal warning signs it is important to get that person to a trained support personnel quickly. Screening takes place on the spot and a determination can be made about the level of risk and need for further assessment and treatment. Reporting a concern, even when uncertain, is always encouraged and many times is a step taken to save a life.

## Guidelines for reporting suicide concerns

Concern should develop in any peer or school employee when they observe either direct or indirect warning signs or suicidal thoughts (ideation) in a student. A student can also self-report.

- Staff will take all suicidal behavior and comments seriously EVERY TIME.
  - Contact the school counselor and/or administrator as soon as possible. This can be done in person, by phone call, Google Meets or email asking them to stop by the classroom ASAP. Staff should consider the nature and severity of the warning signs. If there is any immediate concern or you are unsure, speak directly to the counselor and/or administrator. The counselor or administrator will check in with the student.
  - If the behavior suggests an immediate threat or you feel concern for the immediate safety of the student, keep the student within sight at all times, until an administrator or counselor can check in with the student.
- If threat is active, the student has or is threatening to actively cause harm
  - Stay with the student.
  - Have another student go to the counseling center or office to notify the counselor or administrator as quickly as possible.
- No student expressing suicidal thoughts should be sent home alone or left alone during the screening process. Every effort should be made to avoid sending the student home to an empty house.

\*This protocol follows the Josephine County Risk to Self Assessment Protocol. The Protocol is attached in the Appendix section, page .





# Three Rivers School District Suicide Intervention Process

**Suicide risk is recognized.**

- ✦ **Behavior**
- ✦ **Self report**
- ✦ **Peer report**
- ✦ **Other concerns**

**Contact school counselor or administrator.**

**If imminent danger, CALL 911.**  
 Notify administrator & SRO.  
 Student ingests medication or other harmful substance  
 Student has harmed self  
 Student attempts to leave campus  
 Student threatens with weapon

**Suicide Risk Screening Interview Level 1**  
 Preferably by a school counselor (can contact counselor at another TRSD building) or administrator.

- ✦ Interview student using Suicide Risk Screening Form.
- ✦ Contact parent/guardian & ask to come to school to help with support plan. Student has the option to be present and/or talk to parent.
- ✦ Consult with another trained counselor, admin or Options prior to decision about Level 2 referral & assessment.
- ✦ Inform administrator of screening results. Administrator contacts DO as necessary.

**Risk Referral & Assessment Level 2**  
 By Qualified Mental Health Provider  
 Choose ONE option below.

- ✦ Student's therapist
- ✦ On-site Options counselor
- ✦ Options 24 hour crisis hotline 541.474.5360 & request assessment
- ✦ Transport to hospital (by parent, police or ambulance)

**REMINDER: Have parent complete medical release of information form or send with student.**

**Student Support Plan**  
 Complete Student Support Plan form  
 Complete Personal Resource Sheet as needed  
 Make and give copies to parent and/or student

## Suicide Risk Screening Interview Level 1

Use the Suicide Risk Screening Interview Form, pages . The form is used for documentation and to ensure that the Three Rivers School District Suicide Intervention Protocol is followed. If at any time you feel uncomfortable or feel you need a second person to sit in on the interview, stop asking questions and call in a second person who is ASIST trained.

- Warning signs and risk factors could include: written statements about suicide, withdrawal from others, preoccupation with death, feelings of hopelessness, substance abuse, mental health issues, current emotional/psychological pain, discipline problems, conflict with others (friends/family), bullying, being a bully, recent personal or family change or loss (i.e. divorce, death), recent changes in appetite, family problems, giving away possessions, current trauma (domestic/relational/sexual abuse), crisis within the last two weeks, stresses from gender identity, sexual orientation or ethnicity.

### Notifying parents/guardians

- Must always happen when there appears to be any risk of self-harm. This includes if a student discloses thoughts of suicide or if there is reason to believe there is a current risk for suicide.
- Parents are asked to come to school to participate in the support plan.
- It is recommended that the counselor or person conducting the interview still contact parents to share concerns even if the student denies experiencing thoughts of suicide or there is not a reason to believe there is a current risk.
- Provide the Parent Letter/Information sheet, page .

Child abuse or neglect. If the person conducting the interview knows or has reasonable suspicion that a student has been abused or neglected or is likely to be, a phone call must be made to the Department of Human Services, 1.855.503.7233. All school employees are mandatory reporters.

### Decision

- It is best practice to consult with another trained person (school counselor, administrator or Options counselor) to determine if a Risk Referral & Assessment, Level 2, is appropriate. This must be done before a determination is made. Please note the second person on the Suicide Risk Screening Interview Form.
- **Level 2 not appropriate:** The Student Support Plan is completed by the end of the next school day.
- **Level 2 is appropriate:** Referral is made to one of the options listed. Please encourage the parent to complete the Medical Information Release Form so the school and the referral agency can speak to each other and share information. A Student Support Plan is completed before or upon the student's return to school.





## Risk Referral and Assessment Level 2

When a Level 2 referral and assessment is determined appropriate by two ASIST trained interviewers the referral requires parent permission unless the student is 14 years of age or older. If a parent is unavailable or unwilling to consent to a referral and an assessment, the interviewer should contact the SRO or law enforcement. Be sure to share the information you have already asked/collected based on the Level 1 interview with the referral agency/person.

Please follow the Risk Referral & Assessment Level 2 Checklist, page .

Referral is made to ONE of the following Level 2 Qualified Mental Health Professionals (listed in order of preference). Please complete the Level 2 checklist included with the Suicide Risk Screening Interview Form.

- **Student's Mental Health Therapist.** Call the therapist or agency; a voicemail is not sufficient. The therapist or agency then makes an immediate plan with the student and/or family to conduct the Level 2 Assessment. If the therapist or agency cannot be reached, then the interviewer will choose another option below.
- **Options Counselor assigned to your building.** If the school has an assigned Options Counselor, then the interviewer will contact that person to see if they are available to conduct an assessment within a short period of time. This assessment cannot wait until the next day.
- **Options 24 hour Crisis Hotline, 541.474.5360.** Interviewer calls the Crisis Hotline and requests a suicide risk assessment. If possible, put the family and/or student on the phone and make an immediate plan of action, which could include having someone come to the school to conduct the assessment.
- **Hospital.** Arrange student transportation (school staff, community partner, parent/guardian) to the Asante Three Rivers Medical Center through the parent, SRO, Law Enforcement or Ambulance. Contact the Three Rivers Medical Center ER, 541.472.7000 (ask to speak to the ER) to let them know you are sending a student and requesting a suicide assessment.

## Student Support Plan

After every suicide screening the interviewer schedules a meeting that includes a school counselor (at the elementary level this could include the Options Counselor supporting the student or TRSD School Counselor from a neighboring school), student, parent and administrator to complete a Student Support Plan. The form is found on page . This provides planned support for the student, identifies who is responsible for specific tasks, and includes a date to review the plan. This is warranted after a Level 1 interview or upon the return of a student to school following a Level 2 assessment. Information will be shared with identified staff, when appropriate, to help support the student and the plan in place. A school point person (usually the interviewer) needs to be identified



and is responsible to communicate with the parent/guardian and the community providers. A Personal Resource Sheet, page can also be completed for the student at this time.

Confidentiality will be maintained and privacy is important. There will be times when limited information will need to be shared. Parents/guardians and the student need to be informed that during the following times limited information can or will be shared:

- The building administrator is notified of every suicide concern for safety reasons.
- Information from the Suicide Risk Screening Interview form sent to Stephanie Allen-Hart.
- School staff identified in the Student Support Plan could receive limited information to provide support to the student and maintain safety. This should be discussed while developing the plan.
- The Suicide Risk Screening Interview form will be kept strictly confidential and will be kept in a working file with the counselor or administrator and not placed in the student's permanent file.

