



UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

TOPIC: Suicide Prevention Program to Be Implemented in the Middle and High Schools

SUBMITTED BY: Christina Uribe Flores, Director of Guidance and Counseling

OF: Curriculum and Instruction Department

APPROVED FOR TRANSMITTAL TO SCHOOL BOARD: _____

DATE ASSIGNED FOR BOARD CONSIDERATION: June 20, 2018

Informational Report:

It is the recommendation of the Guidance and Counseling Department in collaboration with the Licensed Specialists in School Psychology (LSSPs) to implement a school-based depression awareness and suicide prevention program designed for middle and high school students.

As per House Bill 1386 which states that the Texas Department of State Health Services (DSHS) will coordinate with the Texas Education Agency (TEA) to provide and annually update a list of recommended early mental health intervention and suicide prevention programs for implementation in public elementary, junior high, middle and high schools within the general education setting. These programs are to be based upon best practices.



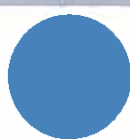
SIGNS OF SUICIDE (SOS) PROGRAM

**Presented by Christina Uribe Flores, Director of
Guidance and Counseling**

June 12, 2018

TEXAS SUICIDE FACTS

- Texas 2015 Youth Risk Behavioral Survey (CDC) reported that suicide is
 - 2nd leading cause of death for ages 12-18 (middle & high school ages)
 - 3rd leading cause of death for ages 10-14
- Texas Youth reported that
 - 1 out of every 6 considered suicide
 - 1 out of every 7 has made a plan to commit suicide



WHAT IS THE SOS PROGRAM

- The Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school and high school students (complies with House Bill 1386).
- It is the only youth suicide prevention program that has demonstrated an improvement in student's knowledge and adaptive attitudes about suicide risk and depression, as well a reduction in actual suicide attempts.
- The program is designed to teach on how to identify signs of depression and suicidality in themselves and their friends. The students also learn to respond to warning signs with the ACT technique



SOS PROGRAM KEY MESSAGE: ACT[®]

- Program uses a simple and easy to remember acronym:
 - **A**cknowledge that you are seeing signs of depression or suicide in yourself or a friend and that it is serious.
 - **C**are: Let your friend know how much you care about them and that you are concerned that they need help.
 - **T**ell a trusted adult that you are worried about yourself or a friend.



SOS GOALS

- Decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression,
- Encourage personal help-seeking and/or help-seeking on behalf of a friend,
- Reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment,
- Engage parents and school staff as partners in prevention through “gatekeeper” education, and
- Encourage schools to develop community-based partnerships to support student mental health.



RATIONALE-SUICIDE PREVENTION PROGRAM

- Suicide is considered a public health crisis for our youth.
- A district wide program in our middle and high schools will supplement our efforts to identify at risk youth and intervene and abide by:
 - House Bill 1386, FFB (Legal), DMA (Legal), FFE (Legal)



PROGRAM IMPLEMENTATION

- SOS Program: 1 annual lesson (45min)
- Parents: Receive online access to SOS portal for resources.



COST

- Program Fee
 - Initial Cost: \$495 per campus
 - Renewal (Annually) \$150 per campus
 - Total Cost for 11 Middle Schools and 4 High Schools \$7,425.00
- Funding: Grant
 - Dr. A. Carrillo, Executive Director of Federal & State Programs

