

Minidoka County Schools
School Board Report
January 20, 2020

PAuSE/Mental Health Committee/District Crisis Protocol/Hope Squad

Mini- Cassia PAuSE -Suicide Prevention and Support organization-

Suzette Miller has been serving as our DSC representative for the last two years. Community meetings are held every 3rd Wednesday of February, April, June, August, October, and December. In addition, "Lunch and Learn" meetings are held every 3rd Thursday of January, March, May, July, September, and November. Guest speakers are invited to discuss topics surrounding suicide prevention, awareness and support. **Mini- Cassia PAuSe** is a non-profit organization that is dedicated to suicide prevention and awareness through education in our schools and throughout the community. The goal is to provide support and resources to survivors to find hope and healing.

This past fall, we organized a team of educators, counselors, psychologists, and support personnel to form the **District Mental Health Committee**.

District Mental Health Committee Members: Suzette Miller, Tyson Christensen, Nikki Sayer, Kent Chandler, John Kontos, Shelley Merrill, TL Lowder, Sherry Bingham, Shanna Lindsay, Greg Durrant, Tiffany Bliss, Danelle Stutzman, Kerri Tibbitts

Sherry Bingham, Special Services Director, provided the current procedures in place to support mental health for district students:

- 1) Behavior plan in place which provides support at the lowest level
- 2) Opportunity of counseling in the classroom
- 3) Self-referral or parent, teacher, for counseling (goes to Sherry)
- 4) If determined, counseling will be provided

Tyson Christensen, of EduQuest, also explained the additional services his company can provide students once they have been referred by the building administrator.

The committee reviewed Policy 372.50 Suicide Prevention, Intervention and Response and provided input and suggestions for revisions of the policy and procedures.

Our District Mental Health Committee felt that it was important to not only follow the policy, but also provide a protocol to follow in the event of a crisis/tragedy. This protocol would assist our schools in handling a crisis situation as well as provide consistency in how each event is addressed. We found that this protocol was helpful in dealing with the loss of a student at Rupert Elementary this fall, as well as the recent loss of a staff member at Acequia Elementary.

Crisis Team Protocol

(Developed by the Admin team , and Mental Health Committee)

1. Upon notification of accident/death/suicide involving a student or staff member please verify the information with family or law enforcement (if needed).
2. Gather the basic facts concerning the incident and, whenever possible, confer with the family about what they are comfortable sharing with the general public.
3. Notify the Superintendent and discuss the need for additional support staff (Counselors, School Psychologists, District Administrators, Substitutes, others) as determined by the building Crisis Team.
4. Share information with ALL staff members present as soon as possible.
5. Request that a Remind notification be sent to Admin Team and/or Board members as appropriate.
6. Gather staff together prior to or after school to prepare them for the day or to de-brief at the end of the day. Make sure they are aware of supports available (substitute coverage, counseling, time to collect themselves, etc.) as needed.
7. Contact parents of students in the impacted class. Allowing parents to come and pick up their child, if they want to be the one to share the news with their child privately.
8. Make arrangements for the building Administrator or a Teacher to visit with each class and or grade level to share sad news. Have a buddy teacher/substitute available if needed.
9. The District will arrange to provide additional counseling support/staffing for both students and staff as needed.
10. You may consider sending home to parents a letter notifying them of the incident and the supports in place for students and when they will be available.
11. Closely monitor those students and staff who were close to the student/staff member involved in the incident, especially for the next few weeks.

In an effort to proactively provide suicide prevention, awareness and support, our district has partnered with the Hope Squad program and purchased an integrated curriculum to implement in our two high schools this year. Our vision is to further implement this program into our middle and elementary schools in the next few years.

Minico / Mt. Harrison have recently begun the implementation of the **Hope Squad** class in their school this second semester. They committed to having two teachers be trained by certified Hope Squad trainers this past November. They have also partnered with the Hope Squad from Bonneville High School to learn and gain support from a well established program. On Monday, January 13 approximately 60 students from Minico, Mt. Harrison and Bonneville High School had a retreat at the Burley Inn and learned more about the possibilities and supports that come from the Hope Squad program.

What is Hope Squad?

Hope Squad advisors train students who have been identified by their classmates as a trustworthy peers. These students are trained to watch for at-risk students-provide friendship, identify warning signs, and seek help from trusted adults. Through evidence-based training modules, Hope squad members are empowered to seek help and save a life. Hope Squad members are NOT taught to act as counselors, but rather, are educated on how to recognize signs of suicide contemplation, and how to properly and respectfully report this to an adult. Hope Squads are the eyes and ears of the school. Hope Squads seek to reduce self- destructive behavior and youth suicide by training, building, and creating change in schools and communities.

Students from the Hope Squad class at both high schools plan on sharing in a "Good News" report later with the Board this spring.

Report prepared by Suzette Miller- Secondary Student Achievement Director
1/14/2020

Suicide in Idaho: Fact Sheet

September 2018

- In 2016, there were 44,965 deaths by suicide in the United States, an average of 1 person every 12 minutes.
- Idaho is consistently among the states with the highest suicide rates. In 2016, Idaho had the 8th highest suicide rate in the U.S. with a rate of 20.8, 50% higher than the national average.
- Suicide is the 2nd leading cause of death for Idahoans ages 15-34 and for males up to age 44.
- Between 2013-2017, 110 Idaho school children (ages 6-18 years old) died by suicide; 25 of those deaths were among children age 14 or younger.
- Between 2012-2016, an estimated 7,100 adults age 18 and up attempted suicide in Idaho; resulting in an attempt rate of 686 per 100,000.

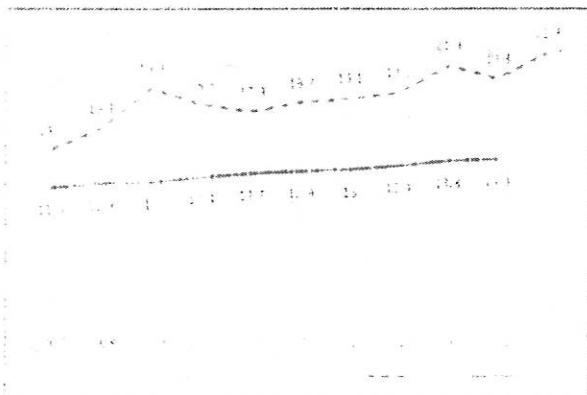
Idaho Resident Suicides By Public Health District

*Rate per 100,000 population

District	Anchor City	Suicides 2017	Rate (per 100,000)	Population 2017	Suicides 2013-2017	5-Year Average Rate
1	Coeur D'Alene	57	24.3+	234,845	251	22.2
2	Lewiston	24	22.1-	108,520	130	24.2
3	Nampa	76	26.8+	283,184	273	20.0
4	Boise	97	19.3-	501,649	460	19.2
5	Twin Falls	52	26.4+	196,712	215	22.3
6	Pocatello	41	23.8-	172,451	210	24.7
7	Idaho Falls	46	20.9+	219,577	195	18.3
Idaho Overall		393	22.9+	1,716,943	1,734	20.9

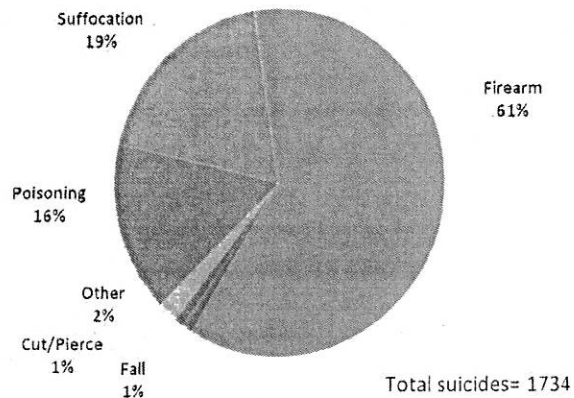
Increase from 2016, - Decrease from 2016

Idaho & US Rates by Year: 2007-2017



*Rate per 100,000 population

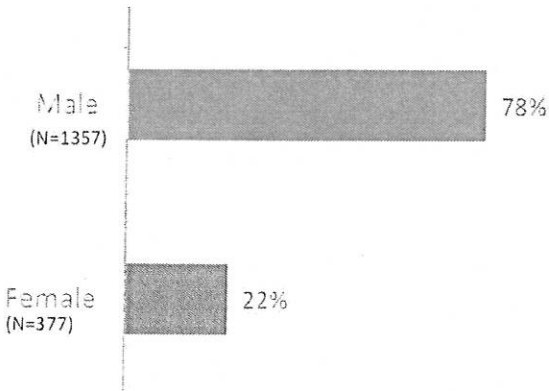
Idaho Method: 2013-2017 (All Ages)



Idaho Youth Risk Behavior Survey 2017 – Public and Charter High School Students

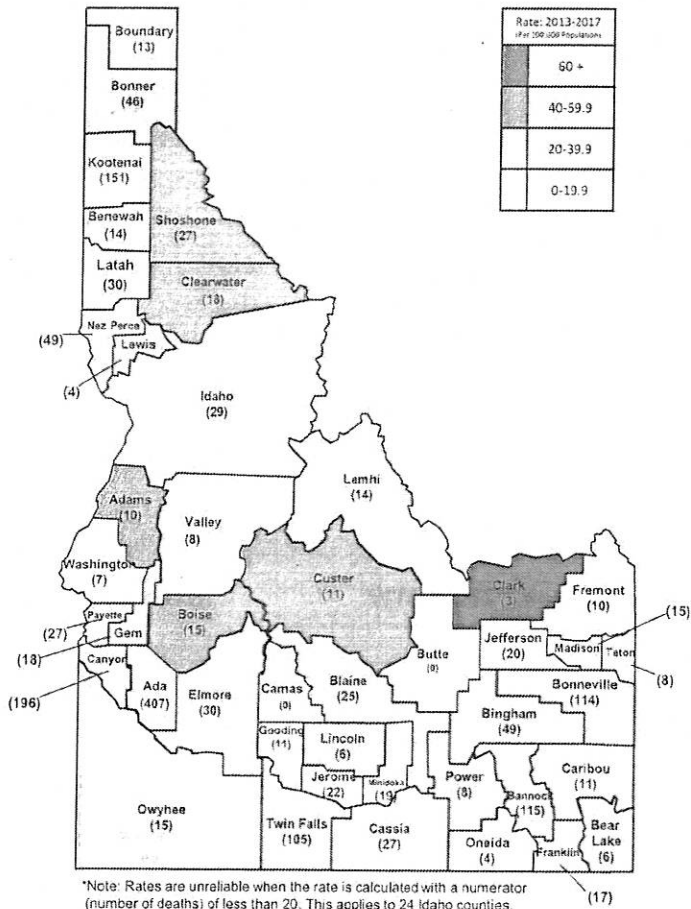
Grade	Sad or Hopeless (%)	Suicidal (%)	Plan (%)	Attempt (%)	Medical Care for Attempt (%)
9 th	34.8	22.7	20.1	12.8	3.2
10 th	36.7	23.9	19.4	10.3	3.7
11 th	34.0	20.9	19.1	8.8	3.3
12 th	34.6	19.5	14.8	5.6	2.5
Idaho Overall	35.0	21.7	18.4	9.7	3.2

Idaho Suicide Deaths by Gender: 2013-2017



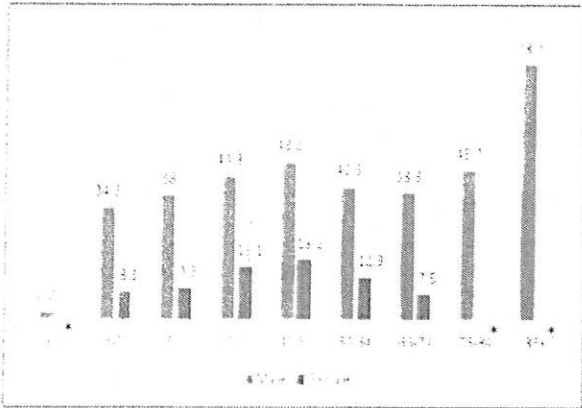
Idaho Suicide Rates by County: 2013-2017

*Rate per 100,000 population
 **Number of deaths is shown below county name.



Idaho Suicide Rates by Age and Gender: 2013-2017 Combined

(*Rate per 100,000 population)



*Note: Rates are unreliable when the rate is calculated with a numerator (number of deaths) of less than 20. Female rates not calculated for this reason.

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Suicide Prevention Program
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 Boise, Idaho 83720-0036
 (208) 334-4953



Sources: Idaho Bureau of Vital Records and Health Statistics, Idaho Department of Health & Welfare; Centers for Disease Control and Prevention; State Department of Education. Special Thanks to Max Rich, Senior Research Analysts and Pam Harder, Research Analyst Supervisor, Idaho Bureau of Vital Records and Health Statistics.



HOPE SQUAD on. PERSUASIVE Empowerment

Elementary School

The Hope Squad has changed the culture of our school to one where everyone looks out for one another and lets adults know when they see or hear something that concerns them.

Middle School

At this point, I think it is the most effective program available to us, the school and students are so used to it by now it's almost a legacy. Students count on it—they would be more upset if we changed programs.

High School

Kids this age are marvelous at listening to their friends but they get overwhelmed and don't know how to carry it after a while. So if you have a program that addresses what to do and how to get help sooner perhaps break cycles sooner. I think peers are very relevant.

Hope Squads

Hope Squads seek to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities.



Train



Build



Change

What is a Hope Squad?

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Join the Hope Squad Movement

Hope Squad is a curriculum based three-year integration program in partnership with QPR. Students are nominated by their peers and trained by the school Hope Squad advisors. First year curriculum, "**Hope Squad Fundamentals**" begins with being trained in QPR. Second year curriculum, "**Hope Squad Essentials**" members increase their understanding about mental illness and gain confidence supporting and recognizing the needs of their peers. Third year curriculum, "**Hope Squad Connections**", members now have the skills to train and mentor the new members and are given the opportunity to provide training for their families and communities.



Visit Us Online At HopeSquad.com