

# Suicide Prevention Educator Trainings

*A compilation of resources by Kay Warren*

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## Organizations

### **AFSP: More Than Sad**

<https://afsp.org/our-work/education/more-than-sad/>

This DVD program teaches educators to recognize signs of mental health distress in students and refer them for help. It complies with the requirements for teacher education suicide prevention training in many states. This program teaches teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. This program teaches parents how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help.

### **California County Superintendents Educational Services Association (CCSESA): Regional K-12 Student Mental Health Initiative**

<http://www.regionalk12smhi.org/>

The Regional K-12 Student Mental Health Initiative (SMHI) focuses on prevention and early identification of mental health issues for students in grades K-12, with emphasis on grades K-8 and linkages to preschool and grades 9-12. This clearinghouse of resources and regional best practices is provided to assist California county offices of education, districts and schools to develop and implement effective programs and services that promote the mental health and wellness of students in grades K-8, with linkages to preschool and grades 9-12. The state funds are through the Mental Health Services Act (Prop.63).

### **TeachStar Online Academy**

Courses were prepared by the Los Angeles County Office of Education (LACOE) Center for Distance and Online Learning (CDOL), and funded through the California Mental Health Services Authority (CalMHSA) and the California County Superintendents Educational Services Association (CCSESA) through the Region 11 K-12 Student Mental Health Initiative (SMHI).

### **Introduction to Evidence-based Suicide Prevention Programs for Teachers**

<http://teachstar.lacoe.edu/products-page/all-courses/600-suicide-prevention-for-teachers/>

In this 4 hour training participants will examine and consider current trends and issues of youth suicide, bullying, cyberbullying, and non-suicidal self-injury behaviors. The goal of this course is to familiarize teachers with steps to identify warning signs and the risk factors of self-injurious and suicidal youth, procedures for referral, working with school mental health professionals, and how to implement suicide prevention strategies in the classroom.

### **Introduction to Evidence-based Suicide Prevention Programs for Administrators**

<http://teachstar.lacoe.edu/products-page/all-courses/601-introduction-to-evidence-based-suicide-prevention-programs-for-administrators/>

In this 4 hour training participants will examine and consider current trends and issues related to youth suicide, bullying, cyberbullying, and non-suicidal self-injury behaviors. The goal of this course is to familiarize administrators with steps to identify warning signs and the risk factors of self-injurious and suicidal youth, processes for referral and working with school mental health professionals, and how to implement suicide prevention strategies in schools.

## **Introduction to Evidence-based Suicide Prevention Programs for School Mental Health Professionals**

<http://teachstar.lacoe.edu/products-page/all-courses/601-introduction-to-evidence-based-suicide-prevention-programs-for-administrators/>

In this 4 hour training participants will examine and consider current trends and issues related to youth suicide, bullying, cyberbullying, and non-suicidal self-injury behaviors. The goal of this course is to familiarize school mental health professionals and nurses with steps to identify warning signs and risk factors of self-injurious and suicidal youth, their roles in a school site crisis team, how to work with teachers and administrators, and how to implement suicide prevention strategies in the schools.

## **Introduction to Evidence-Based Depression Suicide Prevention for Educators**

<http://teachstar.lacoe.edu/products-page/all-courses/630-bullying-prevention-for-educators/>

In this 2 hour training participants will examine and understand the three types of depression and different methods for treatment. The goal of this course is to familiarize teachers, administrators, school mental health professionals and nurses with depression among students. School staff and mental health professionals will become familiar with steps to identify warning signs and risk factors for depression, when and how to intervene with students who are at-risk, and their roles in a school site crisis team.

## **The Jason Foundation, Inc: Professional Development Series**

<http://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/>

The Jason Foundation, Inc. series of online Staff Development Training Modules provide information on the awareness and prevention of youth suicide. These training modules are suitable for teachers, coaches, other school personnel, youth workers, first responders, foster parents and any adult who works with or interacts with young people or wants to learn more about youth suicide. This series of programs introduces the scope and magnitude of the problem of youth suicide, the signs of concern, risk factors, how to recognize young people who may be struggling, how to approach the student and help an at-risk youth find resources for assistance. The Jason Foundation Staff Development Training Modules are provided at no cost to those requesting the programs.

## **Kognito**

Our innovative approach uses the science of learning, the art of conversation and the power of game technology to measurably improve social, emotional, and physical health. The Kognito learning methodology engages users in interactive role-play scenarios where they can build their skills through hands-on practice. Users take on a role and through a series of onscreen dialogue options, choose how to navigate a conversation.

## **At-Risk Trainings: At-Risk for High School (\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP); At-Risk for Middle School; At-Risk for Elementary School**

<https://www.kognito.com/products/pk12/about/>

At-Risk is a series of online professional development modules designed for use by individuals, schools, districts, and statewide agencies. A uniquely effective and engaging learning experience, At-Risk increases educators' skills and willingness to intervene with students in distress. Tailored by grade level, the scenario-driven programs were developed with mental health experts and educators to address common, relevant and realistic challenges with students at each grade level.

## **QPR Institute: School Health Professionals**

(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)

[https://courses.qprinstitute.com/index.php?option=com\\_zoo&task=item&item\\_id=18](https://courses.qprinstitute.com/index.php?option=com_zoo&task=item&item_id=18)

This 3-4 hour training program is for School Health Professionals and is an extended version of the NREPP-listed QPR Gatekeeper Trained for Suicide Prevention best practice program. This online, multi-media interactive course teaches school social workers, nurses, psychologists and school counselors how to detect, screen, and refer troubled youth identified by you or others in your work setting.

## **Screening for Mental Health**

### **The SOS Signs of Suicide® Online Gatekeeper Training**

<https://mentalhealthscreening.org/gatekeeper>

This free 90 minute online course is for middle and high school staff members, or staff at other organizations, looking to deepen their understanding of youth mental health, and considering implementing an evidence-based suicide prevention program. The module provides contextual information about mental illness, suicide, and risk and protective factors, and teaches participants to recognize and respond to the warning signs of depression and suicide.

### **SOS Signs of Suicide Prevention Program: Middle School Program; High School Program**

(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)

<http://shop.mentalhealthscreening.org/products/signs-of-self-injury-prevention-program>

The SOS Signs of Suicide Prevention Program is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts. SOS is unique among school-based suicide prevention programs as it incorporates an educational curriculum that raises awareness about suicide and depression, and a brief screening for depression. SOS can be implemented in one class period by existing faculty and staff.

### **SOS Second ACT Program: Preparing for Life Beyond High School**

(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)

<http://shop.mentalhealthscreening.org/products/sos-second-act-preparing-for-life-beyond-high-school>

This extension of the SOS High School Program builds resiliency in upperclassmen preparing to take charge of their mental health as they transition to college to work. The program reviews the signs and symptoms of depression and suicide, while also prompting students to discuss substance use and other risky behaviors. The program includes a step-by-step implementation guide, an educational DVD/discussion guide for students, and two tools to identify students in need: a validated adolescent depression screening tool and response cards that encourage help-seeking.

### **Signs of Self-Injury Prevention Program**

<http://shop.mentalhealthscreening.org/products/signs-of-self-injury-prevention-program>

The Signs of Self-Injury Prevention Program educates high school-age youth about self-injury and what to do if they see signs in themselves and their friends, while teaching school staff how to safely address self-injury and contagion. The program includes a step-by-step implementation guide, a DVD featuring a faculty/staff training track, and student educational track. A brief self-injury assessment tool and response cards encourage help-seeking for mental health concerns. Although they aren't required for program implementation, we offer comprehensive trainings for program implementers and suicide/self-injury prevention champions.

## **Society for the Prevention of Teen Suicide: Educators Online Training**

(\*Best Practices)

<http://sptsuniversity.org/>

ACT on FACTS is an updated version of the Best Practices, free, online training for educators Making Educators Partners in Youth Suicide Prevention offered by the Society for the Prevention of Teen Suicide. It provides two hours of professional development credit to educators at the discretion of your local school district, but is open to anyone who is interested in reviewing current strategies for youth suicide prevention in schools.

## **Youth Suicide Prevention Programs**

<http://www.yspp.org/training/index.htm>

Networks For Life: Training for schools, youth-serving organizations, and communities to guide them in suicide prevention, intervention, and postvention. Training can be 1.5 or 3 hours. Versions for special populations are available. Spanish language trainings are available.

## **OUTLoud Training Series: LGBTQ and Bullying**

Safe from Bullies - Saving Lives: 1 to 3 hour training for school staff and teachers, community partners, and families. Defines bullying and bias based harassment and who's involved in the behaviors. Identifies the relationship between bullying and bias based harassment & negative mental health outcomes.

Safe and Accepted: 1 to 3 hour LGBTQ Youth Suicide Prevention & Intervention for staff and teachers. Increases understanding about why LGBTQ youth are at greater risk for suicide and self-harm, and awareness of the warning signs for clinical depression & suicide.

## **Suicide Prevention Curriculum**

### **Hazelden Publishing: Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens**

(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)

This is a whole-school program made up of three unique components: Lifelines: Prevention, Lifelines: Intervention, and Lifelines: Postvention. This trilogy of programs is the only existing model of its kind available for teens. The complete Lifelines Trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.

- **Lifelines: Prevention**

[http://www.hazelden.org/OA\\_HTML/item/14484?Lifelines&src\\_url=itemquest](http://www.hazelden.org/OA_HTML/item/14484?Lifelines&src_url=itemquest)

Lifelines® addresses the whole school community by providing suicide awareness resources for school administrators, faculty and staff members, parents, and students. Information about suicide and the role of students in suicide prevention is presented in easy-to-follow lessons.

- **Lifelines: Intervention**

[http://www.hazelden.org/OA\\_HTML/ibeCCTpltmDspRte.jsp?item=131105](http://www.hazelden.org/OA_HTML/ibeCCTpltmDspRte.jsp?item=131105)

Lifelines® Intervention: Helping Students at Risk for Suicide is a whole-school program that educates on the ways to be fully prepared and how to address and respond to threats or signs of suicide and intervene. Lifelines® Intervention also provides clear guidance on how best to involve parents and guardians as partners. Other topics addressed include the challenges presented by bullied students, members of sexual minorities, and students in gifted special education classes.

- **Lifelines Postvention**

[http://www.hazelden.org/OA\\_HTML/ibeCCtpltmDspRte.jsp?item=54103](http://www.hazelden.org/OA_HTML/ibeCCtpltmDspRte.jsp?item=54103)

Lifelines® Postvention: Responding to Suicide and Other Traumatic Death is a best-practices manual specifically designed for middle and high school communities that educates everyone in the school community on how to successfully address and respond to not only suicide, but any type of traumatic death that profoundly affects the school population.

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- **Friend2Friend**

<https://www.kognito.com/products/friend2friend/>

Friend2Friend is a unique, 25-minute online learning experience for high school students provides a practical introduction to mental health and wellness that gives students an opportunity to learn about mental health and wellness, recognize when a peer may be showing signs of psychological distress and build skills in how to approach the peer in a manner that will motivate them to access support from a trusted adult.

### **SAVE (Suicide Awareness Voices of Education): Linking Education and Awareness for Depression and Suicide (LEADS) for Youth**

*(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)*

<http://www.save.org/what-we-do/education/leads-for-youth-program/>

LEADS for Youth is a school-based suicide prevention curriculum designed for students in grades 9-12 and educators. It creates opportunities for conversations within the classroom around suicide and depression and the stigma surrounding suicide. This three hour curriculum focuses on signs and symptoms of depression, identification of warning signs of suicide and barriers and benefits to seeking help. LEADS emphasizes linking students and teachers to school and community resources and empowering students to get help for themselves or for others.

### **Sources of Strength**

*(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)*

<https://sourcesofstrength.org/>

Sources of Strength, a universal suicide prevention program, is designed to build socioecological protective influences among youth to reduce the likelihood that vulnerable high school students will become suicidal. The program trains students as peer leaders and connects them with adult advisors at school and in the community. Specifically, these activities are designed to reduce the acceptability of suicide as a response to distress, increase the acceptability of seeking help, improve communication between youth and adults, and develop healthy coping attitudes among youth. Depending on the size of the high school, 10-50 students are recruited through staff and student nominations to form a team of peer leaders, who are mentored by 2-5 adult advisors. The program is often initiated as a 3- to 6-month project, but it is designed as a multiyear project with ongoing peer messaging and contacts growing over time.

## **STEP UP (Strategies and Tools Embrace Prevention with Upstream Programs)**

*(\*SAMHSA's National Registry of Evidence-based Programs and Practices - NREPP)*

<http://selfprevention.com/store/#!/STEP-UP-Middle-School-Program/p/3975038/category=0>

STEP UP (Strategies & Tools to Embrace Prevention with Upstream Programs) is a social and emotional learning program for middle school students, ages 11 to 14, aimed at promoting positive mental health, building emotional competence, and creating a safe school climate. STEP UP was developed in 2013 in response to the 2012 National Strategy for Suicide Prevention. Each of the 8 Steps breaks down to Blocks A & B for a total of sixteen, 25-minute lesson plans.

## **Youth Suicide Prevention Program - Best-Practice Health Curricula and School Programs**

*(\*Best Practice SPRC - Middle School & High School)*

YSPP partners with public and private schools, as well as colleges and universities, throughout the state of Washington. YSPP developed three health curricula designed to be taught by classroom teachers and appropriate for students at the elementary, middle, and high school levels.

- **Riding the Waves: 5th grade students**

[http://www.yspp.org/curriculum/RidingWaves\\_curriculum.htm](http://www.yspp.org/curriculum/RidingWaves_curriculum.htm)

Riding the Waves is developmentally appropriate for 5th grade students and taught by elementary school counselors. Lessons will address healthy emotional development, depression, and anxiety. This curriculum's overarching goal is to build the emotional skills within children to prevent suicide at its earliest stages.

- **Look Listen Link: 6th, 7th, and 8th grade students**

*(\*Best Practice - SPRC)*

[http://www.yspp.org/curriculum/look\\_listen\\_link.htm](http://www.yspp.org/curriculum/look_listen_link.htm)

Look Listen Link is an evaluated, classroom-based prevention curriculum geared for students in 6th, 7th, and 8th grade. It aims to teach students not only facts about stress, anxiety, depression, and suicide prevention, but also practical life skills to help a friend who may be struggling with these issues. Look Listen Link is the first middle-school level suicide prevention program in the nation earning "Best Practice" status from the Suicide Prevention Resource Center (SPRC).

- **H.E.L.P.: Helping Every Living Person: High school students**

*(\*Best Practice - SPRC & AFSP)*

[http://www.yspp.org/curriculum/HELP\\_curriculum.htm](http://www.yspp.org/curriculum/HELP_curriculum.htm)

H.E.L.P. Depression and Suicide Prevention Curriculum is an evaluated classroom curriculum appropriate for 9th-11th grade students. It is based specifically on the American Association of Suicidology (AAS) "Guidelines for School-based Suicide Prevention Programs". H.E.L.P. is considered best practice in the field of suicide prevention.

## Other California Resources

### Los Angeles County Youth Suicide Prevention Project

<http://preventsuicide.lacoe.edu/>

This Suicide Prevention Web site is a joint effort between the Los Angeles County Department of Mental Health (DMH), the Los Angeles County Office of Education's (LACOE) Center for Distance and Online Learning (CDOL), and the Los Angeles Unified School District's (LAUSD) School Mental Health Services (SMHS). Personnel from these three public entities have formed a planning work group named the Suicide Prevention Collaborative for Schools (SPCS). The goal is to provide information and materials on suicide prevention to the 80 school districts in Los Angeles County.

- **General Guidelines for Teachers and Staff**

<http://preventsuicide.lacoe.edu/admin-staff/staff/guidelines.html>

### With Hope, the Amber Craig Memorial Foundation

<http://www.withhopefoundation.org/>

With Hope Foundation is committed to supporting our schools efforts in suicide prevention through education. We have pledged to make available, at no cost to the schools, speakers and materials to effectively educate our community and our youth in the following ways:

- **School Gatekeeper Training**

This type of program is directed at school staff (teachers, counselors, coaches, etc.) to help them identify students at risk of suicide and refer such students for help. These programs also teach staff how to respond in cases of tragic death or other crisis in school.

- **Community Gatekeeper Training**

This type of gatekeeper program provides training to community members such as clergy, police, merchants, and recreation staff. This training is designed to help these people identify youths at risk of suicide and refer them for help.

- **General Suicide Education**

These school-based programs provide students with facts about suicide, alert them to suicide warning signs and provide them with information about how to seek help for themselves or for others. These programs often incorporate a variety of self-esteem or social competency development activities.

*\*The information contained in this document is drawn from a variety of sources about mental illness; however it is not a comprehensive study and the information is not intended to be used as a diagnostic tool. Through this document you are able to click to the suggested websites - each website is independently operated and is responsible for the information contained on their site. We cannot endorse everything contained on the individual sites, but we hope the information will be useful.*