Comprehensive Suicide Prevention 2019-2020

Model Policy developed by American Foundation for Suicide Prevention (AFSP) in collaboration with American School Counselor Association (ASCA), National Association of School Psychologists (NASP), and The Trevor Project

- School Board Policy pertaining to schools, employees, and students — in progress
- District Level Suicide Prevention Coordinator to plan & lead district-wide implementation — in place
- Ongoing Staff professional development on risk factors, warning signs, protective factors, response procedures, referrals, postvention, and resources — in place
- Suicide Prevention Taskforce — in progress
- Youth suicide prevention programming — in progress
- Assessment and Referral protocols — in place
- Parent Notification and Involvement — including Means Safety Counseling — in place
- Re-Entry Procedures in place — in place
- Implementation of a Crisis Response Plan — in place

Prevention

- Upstream Suicide Prevention
  - Social Emotional Learning (SEL) curriculum for all students:
    - New: All Elem schools have a .5 SEL specialist to help schools adopt & teach universal SEL skills
    - New: All Elem schools have Second Step Curriculum w/additional features of Bully Prevention
  - Continue: Second Step or School Connect taught to middle school aged students
  - Continue and expand: Sources of Strength — currently in 25 secondary schools and 3 elementary pilot programs (new)
  - Continue: Restorative Practices (discipline policy and philosophy)
  - Continue: Establishing safe, welcoming, and inclusive environments
  - Continue: Youth Mental Health First Aid (YMHFA) — all new employees are trained

Staff Professional Development: QPR — Question, Persuade, Refer

- New: Suicide Prevention Gatekeeper Model training for ALL Jeffco employees
- New: Suicide Prevention Gatekeeper Model training offered to parents/caregivers

QPR teaches individuals how to:
- Recognize warning signs and risk factors (prevention)
- Ask someone directly if they are feeling suicidal (intervention)
- Refer someone to care and mental health support (intervention)

Intervention

- Assessment & Referral: Improved Suicide Risk Assessment (SRA) Process
  - Continue: C-SSRS: Columbia Suicide Severity Rating Scale for students experiencing suicidal thoughts
  - Updated: Nationally recognized, evidence based student Support Plan
  - New: Educate caregivers on Means Safety/Safeguarding The Home at time of SRA
  - Updated: Supportive and comprehensive Re-Entry Plan including effective follow up care (following a suicide related school absence)

Postvention

- Improved evidence-based best practice response protocols
  - Updated: Evidence-based communication plans for staff, students, and families using suicide specific safe messaging protocols
  - Updated: Evidence-based Crisis Recovery and Response Toolkit
  - In progress: Improved communication tools between outside mental health professionals and school mental health professionals
  - Updated: Supportive and comprehensive Re-Entry Plan including effective follow up care (following a suicide related school absence)