



2022

Kentucky Department of Behavioral Health Recommendations for School Suicide Prevention Training



**PREVENTION PROMOTION
BEHAVIORAL HEALTH**
Empower. Prevent. Connect.



**CABINET FOR HEALTH
AND FAMILY SERVICES**
— Department for —
Behavioral Health, Developmental
& Intellectual Disabilities

Commonwealth of Kentucky
**PREVENTION
ENHANCEMENT
SYSTEM**



Bringing Training, Resources and Hope to Kentucky Schools

The last few years have been tough on students, faculty, staff, families, and the entire nation. Now is the time to recover and prepare to support our young people through intensifying mental health challenges.

When a child starts kindergarten, they learn the safety plans and practice drills that help them prepare for fires, tornadoes, and other natural disasters. Schools are proactive, so everyone knows what to do in case of an emergency. Later in life, many people become certified to provide Cardiopulmonary Resuscitation (CPR) in the event they encounter someone experiencing a heart attack. It is something individuals hope to never use, but a safety training skill that can be used in an emergency. Most people never need to use CPR, but they know what to do just in case.

Mental health and suicide must be treated similarly to save lives and help communities thrive. Addressing the risk of mental health concerns and suicide in a similar way is important. Becoming prepared before we need the skill can support community members to remain safe and thrive.

Coming Fall 2022

Kentucky School Suicide Prevention Toolkit

This comprehensive toolkit will guide you and your school in strengthening or developing written policies and procedures for the district or school level.

The toolkit begins with guidance on how to prepare a thorough postvention response plan. Postvention is a plan to address immediate, short-term, and long-term responses after a suicide to promote healing and reduce the negative effects of suicide exposure.

After outlining this crucial first step, the toolkit covers best practices, evidence-based programming and more.

For more information or assistance please contact:
Brittany Young at brittany.young@ky.gov or 502-564-2740

The Story The Data Tells

Suicide is the leading cause of death among youth and adults ages 10-34.

Middle and high school students spend a significant amount of time in the classroom and involved in extracurricular activities. School staff- including bus drivers, coaches, teachers, and administrators- are in a prime position to recognize the signs of suicide risk and to make referrals to care and other resources for these students.

In Kentucky in 2021, middle and high school students in grades 6, 8, 10 and 12 reported an increase in serious psychological distress.

Increases in mental health challenges were particularly prominent among 6th graders, who reported an increase in deliberate self-harm, suicide ideation, and suicide attempts.

Among Kentucky middle and high schoolers...

1 in 5

reported serious psychological distress in 2021

Nearly

1 in 7

seriously considered attempting suicide in 2021

1 in 14

attempted suicide in the past year

More than

1 in 3

high school students reported having poor mental health most of the time or always during the pandemic

Potential Signs to Identify Students At Higher Risk for Suicide

Students may share warning signs of suicide with teachers, friends, school staff, and parents. Interventions should include:

- Screening to identify suicide risk
- Assessment and evaluation by a behavioral health clinician when a screening or threat assessment indicates it is needed
- Parental involvement
- Referral
- Follow up



Students at higher risk include, but are not limited to, those who:

- Experience violent altercations (theft, physical attacks, sexual assault/harassment and/or dating violence)
- Do not get enough sleep
- Do not perform well academically
- Overperform academically or in extra curricular activities
- Use substances
- Spend an excessive amount of time on social media
- Experience bullying and do not feel safe at school OR who bully others
- Have access to lethal means (eg: prescription medications, firearms, etc.)
- Attempted suicide previously

Protective Factors

Protective factors can buffer the effects of risk factors.
An essential element in suicide prevention efforts
is enhancing protective factors for students.



What can schools do?

- Provide safe and supportive school environments that incorporate healthy, help-seeking behaviors, and connectedness to trusted adults.
- Connect students to mental health services when needed.
- Incorporate healthy social and emotional learning skills in the classroom.
- Provide high-quality mental health and suicide prevention training to all members of the school community and encourage discussions regarding comfort levels, needs, etc.
- Support staff in addressing their mental health and accessing the support and care they need.
- Review policies and procedures surrounding mental health and suicide prevention and ensure equity in all pieces.



What can Families do?

- Have open conversations with their youth about their concerns and struggles.
- Provide appropriate supervision, and model and encourage healthy decision making.
- Have dinner at the table together and discuss topics and activities their youth enjoys.
- Be involved with school activities, projects and homework.
- Volunteer at school events.
- Have an open line of communication with teachers and administrators at the child's school.
- Monitor social media activity.
- Encourage participation in extracurricular activities.
 - *Note: Data shows extracurricular activities are shown to be a protective factor. Increasing participation in youth/community extracurriculars may reduce risk for kids not already involved. However intense, over-scheduled involvement in extracurriculars appears to increase risk.*

Kentucky Mandate for Schools



Requirements for Suicide Prevention Staff Training:

- KRS 156.095 requires all school district employees with job duties requiring direct contact with students in grades six through twelve to fulfill one hour of high-quality suicide prevention training every year. The training should include the recognition of signs and symptoms of possible mental illness and shall be provided either in person, by live streaming, or via a video recording.

Requirement for Suicide Prevention Student Training (Grades 6-12):

- KRS 156.095 requires that every public school shall provide suicide prevention awareness information in person, by live streaming or via video recording with information to all students in grades six through twelve by September 15th of each year.

Recommendations for Staff Training

As school personnel, you care about the well-being of your students. Maintaining a safe and secure school environment is essential to enhancing a child's ability to learn and to be academically successful. It is also critical to their mental health and is essential in suicide prevention efforts.

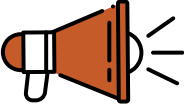
In order to ensure that school staff members feel equipped and ready to address suicidal risk among the students they encounter, legislation requires that school staff receive a minimum of one hour of training, either face-to-face, streaming, or by video.



On the following pages you will find some recommendations offered by the Department for Behavioral Health, Developmental & Intellectual Disabilities to meet requirements for KRS 156.095.

Good Staff Training

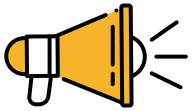
Good: Video sessions without discussion as a group and/or without inclusion of a review of local policies and practices.

 **PLEASE NOTE:** The determination of ranking as Good, Better, or Best is based on components of the training (i.e., mode of delivery, inclusion of review of policies and procedures, evidence-base), not the specific training. Trainings listed are examples of what might be utilized.

- **2020 Society for the Prevention of Teen Suicide - Making Educators Partners in Youth Suicide Prevention** (Video, no cost)
 - The Society for the Prevention of Teen Suicide, Inc. (SPTS) is a non-profit community organization founded in 2005 by two fathers who each experienced a devastating loss of a teenage child by suicide. The organization is dedicated to increasing awareness and reducing the stigma of suicide through specialized training programs and outreach resources that empower teens, parents, and educational leaders with the guidance and skills needed to help those at-risk of suicide build a life of resiliency.
- **KDE/KET – Suicide Prevention Train the Trainer** (Video, no cost)
 - This one-hour self-paced course is a guide **for school-based or community-based mental health professionals** to train school staff to lead Kentucky's suicide prevention course for students in grades 6-12.
- **LivingWorks Start** (Approximately \$40/person, volume pricing available)
 - LivingWorks Start teaches life-saving suicide prevention skills in as little as one hour online. Dynamic, interactive content provides a high-impact learning experience.
- **QPR Online Training** (Approximately \$30/person, volume pricing available)
 - QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR can be learned in the Gatekeeper course in as little as one hour.

Better Staff Training

Better: Face-To-Face session with no review of local policies and procedures or online simulation models.

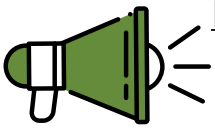


PLEASE NOTE: Contact the Regional Prevention Center (RPC) supporting your community to connect your school with training and funding information. (See contact list on page 18)

- **Kognito At Risk Simulation** (Approximately \$35/person, volume pricing available)
 - A 45-minute interactive role-play simulation for high school educators that builds awareness, knowledge, and skills about mental health and suicide prevention. Preparing faculty and staff to help support students exhibiting signs of psychological distress, talk about concerns and connect to support services.
- **Making Educators Partners in Youth Suicide Prevention: ACT on FACTS** (No cost)
 - This training addresses the role of educators in identifying and referring youth at potential risk for suicide. It offers various training formats including: lecture, Q&A with content experts, and role plays. This training highlights 4 categories of youth who may have higher risk factors for suicide including: Bullying, identifying as LGBTQ, gifted and youth reintegrating back to school after a suicide attempt.
- **More than Sad: Prevention Education for Teachers and Other School Personnel** (No cost)
 - This training increases awareness about youth suicide. It teaches adults to identify students at increased risk for behavioral health issues including suicide. Understanding treatment options and how to identify at risk students. (Training is 120 minutes, can be done with a live trainer virtually or in person)
 - For more information and assistance contact Megan Cole with AFSP at mcole@afsp.org
- **Sources of Strength (adult portion)** (Contact your local RPC for funding and training information)
 - Note: School does not have to be implementing Sources to utilize the adult training portion. The adult portion will train adults in upstream prevention, warning signs, shared risk and protective factors and more. (Sources of Strength provides high quality evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.)
- **Virtual or In Person Question, Persuade, Refer (QPR)** (Contact your local RPC for funding and training information)
 - QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR can be learned in the Gatekeeper course in as little as one hour.
- **Youth Mental Health First Aid** (Contact your local RPC for funding and training information)
 - Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or substance use challenges or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Best Staff Training (Recommended)

Best: Face-to-Face session with a certified trainer, including review of school's referral policies and procedures for identified students.



PLEASE NOTE: Contact the Regional Prevention Center (RPC) supporting your community to connect your school with training and funding information. (See contact list on page 18)

- **Applied Suicide Intervention Skills Training (ASIST)** (For staff identified for crisis team)
- **Lifelines Staff Training** (Contact your local RPC for online subscription information)
 - Staff training included with youth prevention curriculum, \$240/school; limited number of online subscriptions available at no cost.
- **Question, Persuade, Refer (QPR)** (Contact your local RPC for funding and training information)
 - QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR can be learned in the Gatekeeper course in as little as one hour.
- **SafeTalk (Suicide Alertness for Everyone)**
 - LivingWorks safeTALK is a four-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. A skilled, supportive trainer will guide you through the course, and a community resource will be on hand to support your safety and comfort.
- **Sources of Strength (adult portion)** (Contact your local RPC for funding and training information)
 - Note: School does not have to be implementing Sources to utilize the adult training portion. The adult portion will train adults in upstream prevention, warning signs, shared risk and protective factors and more. (Sources of Strength provides high quality evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.)

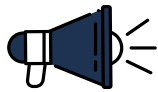
Recommended Educational School Policies for Suicide Prevention

Every school in Kentucky should have policies and procedures that protect the health and well-being of their students. These policies and procedures should address the prevention, assessment (including assessment of threat to the school), intervention, and response to suicidal behavior. These policies should be paired with other programs and procedures supporting the emotional and behavioral health of students more broadly.

Broad components of these policies and procedures should include:

- **Parental involvement** – parents and guardians are key players in youth suicide prevention. Parents should be informed and actively involved in all decisions regarding their child's welfare.
- **District implementation** – a district level suicide prevention coordinator should be designated. This person should be responsible for planning and coordinating the implementation of the policy for the district.
- **Staff professional development** – all staff should receive professional development on risk factors, warning signs, protective factors, response procedures, referrals, postvention, and resources regarding youth suicide prevention.
- **Youth suicide prevention programming** – developmentally-appropriate, student-centered education materials should be integrated into the curriculum of all K-12 health classes. This curriculum should include: healthy choices and coping strategies; risk factors and warning signs of mental disorders and suicide in oneself and others; help-seeking strategies for oneself and others, including how to engage school resources and refer friends for help.
- **Publication and distribution** – the policy should be distributed annually and included in student and teacher handbooks and on the school website.
- **Assessment and referral** – any student who is identified by a staff person as potentially suicidal should be seen by a mental health professional within the same school day to assess risk and facilitate a referral. Staff should continuously supervise the student to ensure safety. Parents should be notified. If the parent is not available, emergency services should be sought. Relationships should be established with community behavioral health providers before they are needed to ensure a warm hand-off from the school to mental health care.
- **Re-entry procedure** – after a suicidal crisis, an administrator should meet with the student and their parents to discuss the student's readiness to return to school. A designated follow-up process should be identified at intervals over a 6-month period after the crisis. Follow-up should occur with both the student and parent.
- **Postvention plan** – a crisis team should be designated prior to an incident to develop an action plan in the unfortunate incidence of a suicide death in the school community. The crisis team should meet immediately following the news of a suicide death to implement the action plan.

Recommendations for Student Training



ATTENTION



We do not recommend assemblies with a single speaker for an entire student body.

The topic may be triggering for students already at risk for suicide.


Smaller group settings permit a trauma-informed approach for delivery of materials.



On the following pages you'll find some recommendations offered by the Department for Behavioral Health, Developmental & Intellectual Disabilities to meet requirements for KRS 156.095.

Good Student Training

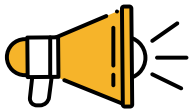
Good: Video sessions with accompanying discussion.

 PLEASE NOTE: The determination of ranking as Good, Better, or Best is based on components of the training (i.e., mode of delivery, inclusion of review of policies and procedures, evidence-base), not the specific training. Trainings listed are examples of what might be utilized.

- **2021 Society for the Prevention of Teen Suicide - Suicide Prevention Curriculum** (No cost)
 - Each lesson matches the developmental needs and abilities of the student population for which it was written (Grades 5-12, different curriculums for each). Each lesson is 45 minutes and includes classroom activities and discussion guides.
- **Erika's Lighthouse Program – Depression Awareness for Middle School Students; Depression and Suicide Awareness for High School Students** (No cost, discussion guides included in resource portal after sign in).
 - Depression Awareness (Grades 5-9) An introduction to depression by recognizing signs and symptoms with a strong focus on help-seeking and good mental health. Depression Education & Suicide Awareness (Grades 8-12) A deeper discussion about depression and suicide along with a strong focus on help-seeking and good mental health.
- **Teaching Resources for Talking with Teens About Suicide** (PBS NewsHour Extra, no cost, discussion guide included)

Better Student Training

Better: Face-to-Face or synchronous, live delivery of a single-session evidence-based or evidence-informed curriculum; peer-led programming without an accompanying evidence-based curriculum delivery



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 - Each lesson matches the development needs and abilities of the student population for which it was written (Grades 5-12, different curriculums for each). Each lesson is 45 minutes and includes classroom activities and discussion guides.
- **KDE/KET Student Training** (No cost, available after completing staff training)
 - After staff complete the one-hour train-the-trainer course, they will lead Kentucky's suicide prevention course for students in grades 6-12.
- **Kognito Friend2Friend Simulation** (Cost determined by number of licenses purchased)
 - Kognito's Friend2Friend Curriculum for secondary students is an interactive skill-based approach to core prevention and wellness topics. The program includes three modules: Emotional & Mental Wellness, Substance Use, and Safe & Caring Schools. Each module is made up of an online experiential portion that features simulated practice scenarios as well as lesson plans and discussion guides to extend the learning.
- **Lifelines Prevention Student Curriculum** (Grades 5-12; contact your local RPC for online subscription information)
 - The Lifelines Prevention student curriculum (formerly known as the Lifelines Curriculum) is one component of Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens, a comprehensive, school-wide suicide prevention program for middle and high schools.
- **Sources of Strength** (Contact your local RPC for funding and training information)
 - Evidence-Based, youth-designed, peer-led campaigns that reach the entire school and focuses on connection to trusted adults and accessing resources.
 - Elementary curriculum also available.

Best Student Training (Recommended)

Best: Face-to-Face or synchronous, live delivery of a single-session evidence-based or evidence-informed curriculum; peer-led programming without an accompanying evidence-based curriculum delivery.



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- **Linking Education and Awareness of Depression and Suicide (LEADS)** (High school only; \$125 per school)
 - Linking Education and Awareness for Depression and Suicide (LEADS) for Youth is an evidence-based suicide prevention curriculum designed for high schools. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide.
- **QPR-In Person** (Should only be provided to youth in 10-12 grades in groups of 30 or less; contact your local RPC for funding and training information)
 - QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR can be learned in the Gatekeeper course in as little as one hour.
- **Signs of Suicide** (Middle and high school versions, \$495/school)
 - SOS, Signs of Suicide, is an evidence-based program designed for middle and high school students that teaches youth to identify signs of depression and suicide in themselves and their friends.

Supplemental Training

- **The PACT (grades 10-12)** - A 12-episode video series that addresses risk and protective factors for substance use/misuse, suicide, dating violence, trauma, and other related issues. Created by the Kentucky River Regional Prevention Center and filmed in the Commonwealth with professional actors in the summer of 2019. Recommended use is supplemental to evidence-based programs and as enrichment.
 - To access links to the videos and the curriculum, or to request technical assistance related to implementation within a school or group setting, please email Brittany Young, Kentucky Mental Health Promotion and Suicide Prevention Enhancement Specialist, at Brittany.young@ky.gov.

The PACT was awarded a 2021 Bronze Telly Award.

Crisis text and phone line information

National Text Line:
Text **KY** to **741741**

National Suicide Prevention Lifeline:
1-800-273-8255
9-8-8

(9-8-8 Effective July 16, 2022)

Kentucky School STOP tip line:
866-393-6659

(For anonymous online reporting of unsafe situations in a school; tip is passed to school personnel)

Trevor Lifeline:
866-488-7386

(Provides 24/7 free and confidential crisis support services to LGBTQ young people)

Trevor Text Line:
Text **START** to **678-678**



Kentucky's Regional Prevention Centers

The Regional Prevention Centers serve every county in Kentucky. They are a portal to a variety of resources related to suicide prevention in schools and communities. Reach out to them with questions regarding the recommended trainings.

Four Rivers RPC 01

Cynthia Turner, Director

cturner@4rbh.org

(270) 442-8039 ext. 1703; fax (270) 442-5729

Serves: Ballard, Calloway, Carlisle, Graves, Hickman, Fulton, Livingston, Marshall, McCracken

Pennyroyal RPC 02

Chris Sparks, Director

csparks@pennyroyalcenter.org

(270) 886-0486; fax (270) 890-1790

Serves: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg

River Valley RPC 03

Brooke Arnold, Director

arnold-brooke@rvbh.com

(270) 689-6565; fax (270) 689-6677

Serves: Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster

LifeSkills RPC 04

Amy Hutchinson, Director

ahutchinso@lifeskills.com

(270) 901-5000 x1277; fax (270) 842-6553

Serves: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren

Communicare RPC 05

Tara Smith, Director

tcsmith@communicare.org

(270) 765-5992 x1401; fax (270) 737-2293

Serves: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

Seven Counties RPC 06

Patty Gregory, Director

pgregory@sevencounties.org

(502) 589-8600; Fax (502) 589-8925

Serves: Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble

Northkey RPC 07

Autumn Smith, Director

autumn.smith@northkey.org

(859) 283-0952 x3278; (fax) (859) 431-7959

Serves: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

Comprehend RPC 08

Tara Anderson, Director

tanderson@comprehendinc.org

(606) 759-7799; fax (606) 759-7609

Serves: Bracken, Fleming, Lewis, Mason, Robertson

Pathways RPC 09-10

Amy Jeffers, Director

amy.jeffers@pathways-ky.org

(606) 329-8588 x4099; fax (606) 324-9501

Serves: Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, Rowan

Mountain RPC 11

MaShawna Jacobs, Director

mashawna.jacobs@mtcomp.org

(606) 889-0328; fax 606-889-6427

Serves: Floyd, Johnson, Magoffin, Martin, Pike

Kentucky River RPC 12

Jamie Mullins-Smith, Director

jamie.smith@krccnet.com

(606) 436-4124; fax (606) 666-4151

Serves: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe

Cumberland River RPC 13

Jill Owens, Director

jill.owens@crccc.org

(606) 337-2070; fax 606-337-2210

Serves: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

Adanta RPC 14

Sherri Estes, Director

sestes1@adanta.org

(606) 679-9425; fax (606) 677-1862

Serves: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne

New Vista RPC 15

Shawn Freeman, Director

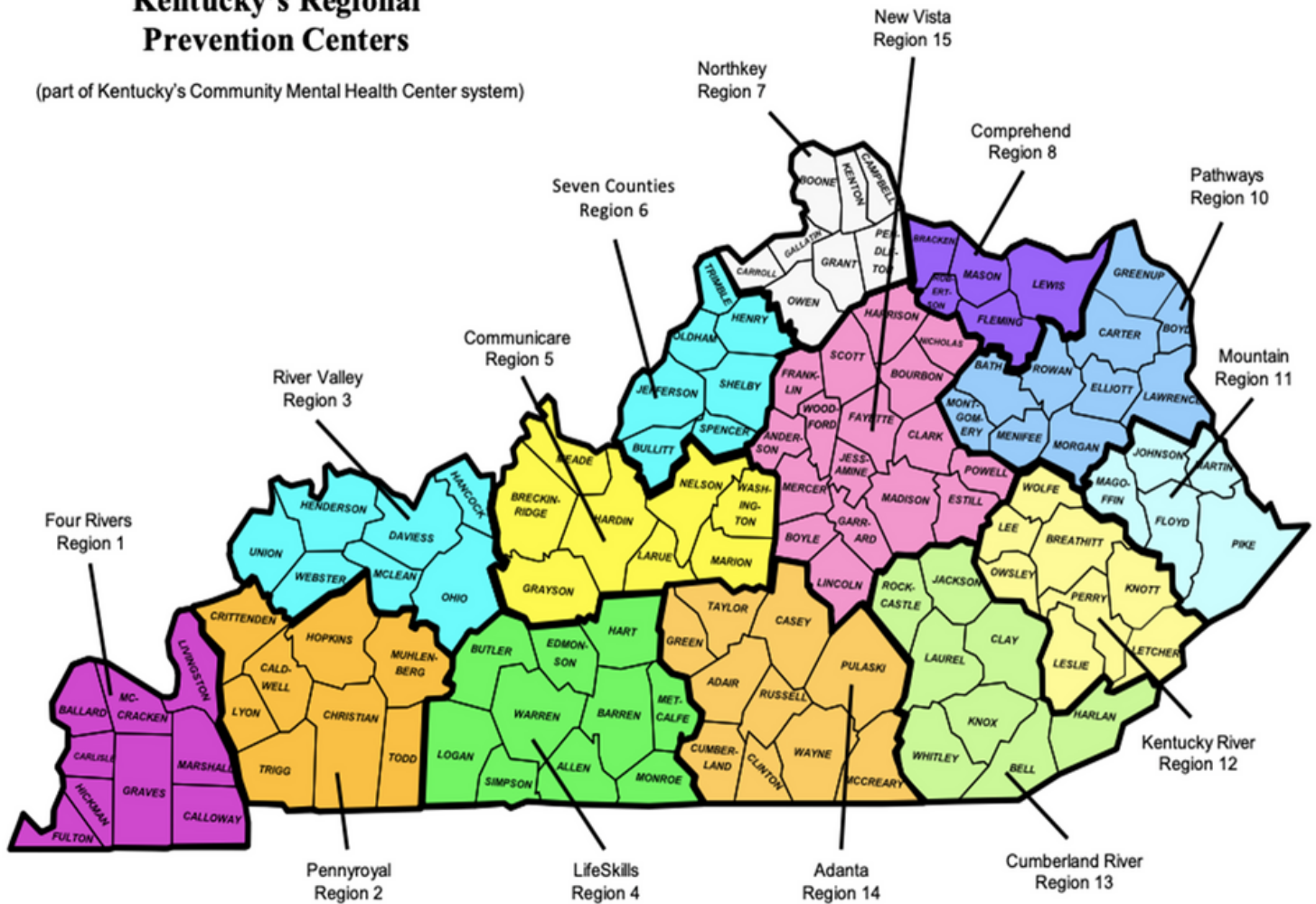
drfreeman@bluegrass.org

(859) 225-3296; fax (859) 254-2412

Serves: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford

Kentucky's Regional Prevention Centers

(part of Kentucky's Community Mental Health Center system)



For more information or assistance please contact:
Brittany Young at brittany.young@ky.gov or 502-564-2740