

Somerset High School Suicide Prevention Plan

Purpose: To provide training to all staff, relay information to all students, and make parents aware about suicide prevention.

Training & Awareness

<u>Staff Training</u>	<u>Student Knowledge</u>	<u>Parent / Community Awareness</u>
<ul style="list-style-type: none"> ■ All <u>classified staff</u> will need to complete a self study review of suicide prevention, respectfully to meet Senate Bill 65 and House Bill 51 ■ Who needs to be trained? - <u>All certificated and classified personnel</u> need to receive training ■ Training will need to be provided by the end of August each school year ■ Teachers will be given a procedure outline on what steps to follow on student suicide ■ Teachers shall provide students with brochures, handouts, and other information as needed ■ Teachers shall demonstrate to students how to locate information about suicide prevention on the schools website ■ Teachers shall lead a classroom discussion for their students about suicide prevention sometime during the first month of school ■ Counselors shall go into classroom and provide information to all students with some type of "Gate Keeping Program" 	<ul style="list-style-type: none"> ■ All students will need to be provided knowledge and information about suicide prevention ■ All students will be provided brochures, handouts, and other information as needed ■ Information on the schools website will be provided and demonstrated by teachers on how to obtain it ■ Students will receive information from counselors with a "Gate Keeping Program" through one of their classes ■ Students wishing to request more information about suicide prevention will be allowed to do so through school email or by personally talking to school personnel 	<ul style="list-style-type: none"> ■ Parent information will be provided during 8th grade Parent Night for all incoming Freshman ■ Information will be provided on the schools website about suicide prevention ■ Suicide Prevention information will be provided on the school and district newsletter ■ A "one call" will be send to all parents providing them with information about suicide prevention on the schools website and information that will be coming from the newsletter ■ Parents wishing to request more information about suicide prevention will be allowed to do so through school email or by personally contacting the school

Do's and Don'ts Regarding Suicidal Ideation

Information from KCSS: Hinting, writing, or talking about suicide is a call for help and must be taken seriously. When confronted with a situation in which life-threatening behavior is present, immediate mobilization of all appropriate resources is paramount. Under such conditions, commitment to student confidentiality is superseded by the need to initiate life saving intervention(s).

<u>DO</u>	<u>DON'T</u>
<ul style="list-style-type: none"> ■ Listen to what the student is saying and take the suicidal threat seriously. ■ Get help by contacting a school counselor, psychologist, principal or other appropriate resource. Never attempt to handle a potential suicide by yourself. ■ Observe the student's nonverbal behavior. Facial expressions, body language, and other overt signs often are often telling than what the student says. ■ Ask whether the student is thinking about suicide. If the indication is "yes," ask how she/he plans to do it and what steps have already been taken. ■ Assure the person that you care and you will find help that will keep her/him safe. ■ Stay with the student, and if possible, assist with transfer to appropriate mental health professional. The student has placed trust in you, so you must help transfer that trust to another person. 	<ul style="list-style-type: none"> ■ Leave the student alone for even a minute. ■ Act shocked, don't allow yourself to be sworn to secrecy, or don't ignore the threat. ■ Let the student convince you that the crisis is over. Often the most dangerous time is precisely when the person seems to be feeling better. Sometimes the student may appear happy and relaxed simply because they have come to a decision (even if that decision is suicide). ■ Take too much upon yourself. Your responsibility to the student in this situation is limited to listening, being supportive and getting her/him to a trained mental health professional/therapist (immediately.)

Somerset High School Crisis Plan

Purpose: In the event of a student suicide or death, we need to be prepared for our students, parents, and the community.

Classifications of Suicide (3 Levels)

<u><i>Suicidal Threat</i></u>	<u><i>Suicide Attempt</i></u>	<u><i>Suicide Completed</i></u>
<p>In the event a staff member has reason to believe that a student is a suicide risk or has made a suicidal threat they should:</p> <ul style="list-style-type: none"> ■ Keep the student under continuous adult supervision. ■ Notify the principal or counselor ■ Do not leave the student alone <p><u>Principal, Counselor or Team:</u></p> <ul style="list-style-type: none"> ■ After meeting with the student, as advised by the principal and or counselor shall: ■ Immediately contact the student's parents/guardians and make appropriate recommendations for treatment. ■ Recommend that parents make an immediate contact with a mental health professional. If requested, provide the parents/guardians the names and phone numbers of mental health resources (agencies, therapists, hospitals, etc.) If the parent/guardian is unavailable or uncooperative regarding emergency services, contact the Community-Based Services to intervene on behalf of the student (potentially a medical neglect referral). ■ It is recommended that a follow-up call to the family be made expressing the school's concern and willingness to cooperate with the appropriate medical agencies as requested. ■ In collaboration with a specific treatment plan formulated for the student by the treating agency, meet with the student's teachers to alert them of the identified risk(s) and to request that they assist in monitoring the student's behavior. ■ Document all actions taken on behalf of the student (i.e., referrals, phone contacts, follow-up activities, etc.). 	<p>In the event of an actual suicide attempt staff members should:</p> <ul style="list-style-type: none"> ■ Notify the principal ■ Ensure the physical safety of the student <p><u>Principal, Counselor or Team:</u></p> <ul style="list-style-type: none"> ■ Call 911, District Support Team/Central Office ■ School nurse, counselor or other staff shall administer first aid until emergency responders arrive ■ The student will be kept under constant observation at all times ■ The school principal, or designated professional, will communicate with the appropriate school personnel, parents/guardians and counselors to establish an immediate plan of action ■ The school counselor, social worker or school psychologist will refer the parents/guardian to seek immediate health care intervention. ■ Follow-up should be made by counselor with parent/guardian to determine that treatment services were obtained ■ Document all actions taken on behalf of the student (i.e., referrals, phone contacts, follow-up activities, etc.) 	<p>School staff should exercise caution when discussing an "apparent suicide" with students. Often there will be ongoing investigations by the police department, and parents or other relatives may be reluctant to accept the terrible nature of the death. When the cause of death is clear, it is best to request permission from the parents to talk about the suicide with other students.</p> <p>If news of death by suicide is received, the principal or designee shall initiate efforts to address emotional reactions within the school community.</p> <p><u>Staff Actions:</u></p> <ul style="list-style-type: none"> ■ Notify principal ■ Avoid spreading rumors ■ Watch for warning signs in other students (such as "copycat" actions) <p><u>Activities to be avoided include:</u></p> <ul style="list-style-type: none"> ■ Special memorial services within the school building ■ Flying the school flag at half staff ■ Special yearbook notices ■ Large student assemblies <p>Suicide should not be ignored nor should it be romanticized or sensationalized; it should be dealt with thoughtfully, carefully and compassionately</p>

Procedures to follow in the event of a suicide or student death

<p><i>Phase 1 – Administration will:</i></p> <ul style="list-style-type: none"> ■ Once the death has been confirmed notify the Superintendent ■ Identify any family member(s) that may be at school and provide crisis counseling ■ Do not release the names of other family members who attend the school ■ If the media requests information, refrain from discussing any details relating to the deceased 	<p><i>Phase 2 – Administration will:</i></p> <ul style="list-style-type: none"> ■ If the event occurs after school hours and off campus then a “one call” shall go out to all teachers and staff members informing them to attend a required staff meeting the next morning at 7:15 am. ■ If the event occurs during school hours and off campus then teachers and staff members will be notified to attend a required staff meeting immediately after school. ■ Outside counselors will be contacted for additional support. These will include: Counselors from Hopkins Elementary, Meece Middle School, Adanta, 	<p><i>Phase 3 – Staff Meeting</i></p> <ul style="list-style-type: none"> ■ Give all staff accurate information ■ Have school counselor or other appropriate professional describe how students may react to the news and suggest how teachers can address questions and reactions ■ Allow time for school staff to ask questions and express their feelings; some staff may be particularly upset and may request and/or require support ■ Outline procedures for the remainder of the school day (You want to stay on a normal schedule / do not change any routine) ■ Provide support meetings for school personnel if the need exists ■ Compile a list of other students deemed to be at risk; consider immediate counseling opportunities as part of the school and district's commitment to responsible follow-up and recovery ■ Give teachers a sample form to follow to announce to students (if needed)
<p><i>Phase 4 – Information for Teachers/Staff</i></p> <ul style="list-style-type: none"> ■ Teachers will need to address their students in their classroom / inform them about counselors in the building ■ The amount of time to address the event will depend on the mood of the classroom and feelings of the students ■ Allow students to leave class during the day to receive support offered from school personnel or community faith-based persons who have received this specific training ■ Consider avoiding any large group meetings or assembly of students (in an effort to maintain order and control) ■ Allow students to discuss, express feelings, talk in groups about the situation ■ Teachers will need to monitor all classes throughout the day, the mood of the students, answer questions when needed 	<p><i>Phase 5 – Addressing the Parents / Community</i></p> <ul style="list-style-type: none"> ■ ONLY WITH THE PERMISSION OF THE PARENTS (GUARDIANS) WILL WE FOLLOW THE FOLLOWING STEPS – IF PERMISSION IS NOT GRANTED THIS PHASE WILL NOT OCCUR ■ A “one call” shall go out to all parents informing them that a letter will be sent home containing information that they need to read ■ A notification letter for parents with information about suicide will be passed out to all students to take home at the end of the school day ■ DO NOT SEND a letter home to a parent of the deceased 	<p><i>Phase 6 – Follow Up</i></p> <ul style="list-style-type: none"> ■ Consider an after school faculty meeting; the following points may be covered: <ol style="list-style-type: none"> 1. Debrief the events of the day 2. Provide emotional support for all staff 3. Review the characteristics of high-risk students and compile an additional list based on staff observations of student reactions during the day 4. Announce the plans made by the family for services 5. To the extent possible, make efforts to ensure that regular routine is followed ■ In general, recognize a tragic loss of life, without emphasizing the means of death

Procedures to follow in the event of a suicide or death of a Parent or Guardian

<ul style="list-style-type: none"> ■ Before any information is given out to teachers or staff, school will need to seek permission from the family first ■ Information will go out to the student’s teachers first and the schools Family Resource Center ■ Allow student to leave the class as needed to speak with the counselor or other school personnel ■ Monitor student behavior - Inform counselors / administration if student displays or speaks of harming themselves or others
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