

District Suicide Prevention Protocol

- ***Suicide Prevention Commitment***

Mt. Angel School District is committed to protecting the health and well-being of all students and understands that physical, behavioral and emotional health are integral components of student achievement. All staff are expected to be proactive in maintaining a safe and supportive learning environment and to immediately report to the building principal any indications that a student may be in danger of harming himself/herself or others. Students are strongly encouraged to report if they, or another student, are feeling suicidal or in need of help. A summary of available resources shall be updated and posted for students, families and staff.

- ***Prevention***

All district employees shall attend an initial 2-hour in-person training in suicide prevention. After the initial training, subsequent annual trainings may be completed via in-person or online options. The training shall include, but is not limited to: the identification of risk factors, warning signs, interventions and response procedures, referrals and postvention strategies.

The Special Services Director is responsible for planning, coordinating and monitoring the implementation of this policy. The school counselor shall be designated as the school suicide prevention coordinator to act as a point of contact for issues relating to suicide prevention and policy implementation.

- ***Intervention***

Any employee who reasonably believes that a student is at imminent risk of suicide shall immediately report such belief to the School Counselor. Indications that a student is at imminent risk of suicide shall include, but are not limited to: the student verbalizing the desire to commit suicide, evidence of a suicide attempt and/or self-harm. A student may also complete a student self-referral if he or she feels at risk of suicide. A student should report to a staff member if he/she believes another student is at imminent risk of suicide. This report should be investigated by the School Counselor.

Upon notification, the School Counselor shall complete a Level 1 Suicide Risk Assessment. If warranted, the student will be placed under continuous adult supervision during this time. Emergency medical services will be contacted immediately if an in-school suicide attempt occurs. The School Counselor shall contact the Director of Special Services and Superintendent.

Prior to contacting the student's parent/guardian, the Director of Special Services and/or the Superintendent shall determine if there could be further harm resulting from parent/guardian notification. If parent/guardian notification could result in further risk of harm or endanger the health or well-being of the student, then local law enforcement and the Department of Human Services/Child Welfare (DHS) shall be contacted. If warranted, a district administrator will accompany the student to the hospital until the proper authorities arrive.

If appropriate, the principal or designee shall contact the student's parent/guardian and provide the following information:

1. Inform the parent/guardian that there is reason to believe the student is at risk of suicide;
2. Inform the parent/guardian if emergency services were contacted;
3. Inform the parent/guardian of the results of the Level 1 Risk Assessment
 - a. If warranted, refer to Level 2 County team
4. Ask the parent/guardian whether he/she wishes to obtain mental health counseling for the student;
 - a. Provide the names of community mental health counseling resources if appropriate

The School Counselor will seek parental permission to communicate with outside mental health care providers regarding the student. If the student is under the age of 14 and the parent/guardian refuses to seek appropriate assistance, the School Counselor shall contact DHS. If the student is 14 years of age or over and refuses to seek appropriate assistance, the School Counselor will contact DHS.

The Principal or Counselor shall document the incident, including contact with the parent/guardian, by recording:

1. The time, date and circumstances which resulted in the student coming to the attention of school officials;
2. A timeline of the specific actions taken by school officials;
3. The parent/guardian contacted, including attempts;
4. The parent/guardian response;
5. Time and date of release of student to authorized individual;
6. Anticipated follow up and safety plan. (Schedule safety plan review date as appropriate).

Prior to a student returning to school, the Principal, School Counselor, School Psychologist and/or other appropriate school personnel shall meet with the student and his/her parent/guardian in order to develop a safety plan. A school support team shall convene to determine if additional evaluation and/or supports are needed. The team will identify an employee to periodically meet with the student to monitor his/her safety and address any problems or concerns with re-entry.

● *Postvention*

Immediately following a student suicide death, the Superintendent will contact the regional crisis team. The crisis team shall meet and develop a postvention plan. At a minimum, the postvention plan shall address the following:

1. Verification of death;
2. Preparation of school and/or district response, including support services;
3. Informing staff of a student death;
4. Informing students that a death has occurred;
5. Providing counselors to support students and staff at the school;
6. Providing information on the resources available to students and staff.

The crisis team shall work with teachers to identify the students most likely to be impacted by the death in order to provide additional assistance and counseling if needed. Additionally, staff will immediately review suicide warning signs and reporting requirements.

- ***Staff Professional Development:***

- Initial Training (In-Person): Question, Persuade, Refer (QPR)
- Additional Training Options;
 - ASIST (2-day)
 - In-Person
 - QPR (2 hours)
 - SafeTALK (4 hours)
 - Youth Mental Health First Aid (8 hours)
 - Online
 - Act on Facts (2 hours)

- ***Student/Family Outreach, Resources and Communication***

- Curriculum and Lessons
 - Oregon Youth Line (grades 6-12): Oregon Youth Line and Lines for Life teach 45-90 minute lessons promoting mental wellness, help-seeking behavior and coping skills via adult educators and experienced youth peer leaders. Lessons include: coping with stress, suicide prevention, under pressure, understanding bullying and teen decision making.
 - Curriculum (grades 8-12): SOS/Signs of Suicide--three 45-minute lessons (recognizing symptoms of depression and suicide in self and others), 1 hour staff presentation, 1 hour parent presentation
 - More than Sad (grades 9-12): components for students, parents and teachers. Recognize signs/risk factors, demystify the treatment process, learn how to initiate the conversation, refer to get help.
- Resources
 - OregonYouthLine.org, teen2teen@linesforlife.org, 877-968-8491 or Text teen2teen to 839863
 - Youth Family Crisis Services 503-576-4673
 - National Suicide Prevention Hotline 1-800-273-8255 (en espanol)