

Self-harm / Suicide Prevention Protocol

Revere Local Schools

Revere Local Schools

- ❖ Matthew L. Montgomery - Superintendent
- ❖ Dr. Christine Kovach - Director of Student Services
- ❖ Jennifer Kirchner - High School Counselor
- ❖ Nick DePompei - High School Counselor
- ❖ Elizabeth Long - Middle School Counselor



Threat Assessment Management

A proactive plan to aid in the prevention
of violence in the Revere Local Schools

Why?

Myth

Young people don't kill themselves

Truth

Suicide is the number 2 cause of death for adolescents and rates are at a 30 year high



Myth

People who commit suicide are selfish.



Truth

While the act of suicide may seem selfish, the person behind the act is not. He or she is likely suffering, potentially from depression, which can cause distorted thoughts and feelings.



Myth

People who talk about suicide don't kill themselves.



Truth

8 out of 10 people who commit suicide tell someone that they're thinking about hurting themselves before they actually do it.



Myth

Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.



Truth

Talking about suicide provides an opportunity for communication, and fears that are shared are more likely to diminish. Talking about suicide is something that should be carefully managed.



Myth

Most young people who kill themselves really want to die.



Truth

Suicide is often a cry for help that ends in tragedy.



Myth

Young people who attempt suicide won't try it again.



Truth

Out of every 5 people who commit suicide, 4 have made a previous suicide attempt.

Proactive Programs

School Involvement



See Something Say Something

Our district began an awareness campaign to encourage all members of our school community to say something if they see or hear something that does not seem right or if they believe someone may be hurt.



Safe School Helpline

- Program the number into your phone
- Magnets for lockers
- Phone number on the Revere Local School District website
- Anonymous



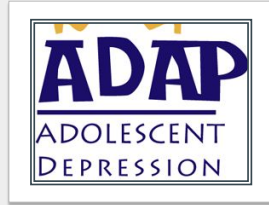
School Resource Officer

This position is funded through a collaboration with the school district and two local police departments.

Our school resource officer focuses not only on security, but also builds positive relationships with our students since he is visible in our buildings every day.



Adolescent Depression Awareness Program





Kognito

Conversations that make a difference.

Kognito uses conversation simulations featuring virtual humans to drive measurable changes in physical, emotional, and social health.



- ❖ Interactive staff training program
- ❖ Free through the state
- ❖ Link to Ohio Suicide Prevention Foundation www.ohiospf.org

Suicide Assessment Protocol

- ❖ Administrator and parent informed
- ❖ Two trained people interviewing the student
- ❖ Parent interview
- ❖ Triage
- ❖ Follow up

[illegible]

Upset student sent to the school counselor

[illegible]

ATTACHMENT 7A THREAT MAKER INTERVIEW GUIDE MIDDLE SCHOOL / HIGH SCHOOL STUDENT		SEVERE LOCAL SCHOOL OFFICE OF STUDENT SERVICES 508.531.2122 STUDENT INTERVIEW PROTOCOL
Student	Grade	Student Name
Teacher	Room	Class
Interviewer	Phone	Phone/Cell
Interviewer	Address	Phone for action
Other		Phone

Why do you think we are here today?

1. Vulnerability – Warning Signs / Protective Factors

What have you been feeling lately about your feelings?
 Can you tell if it's
 normal or not?
 Do the feelings and can't sleep

What is making you feel this way?

What updates you feel
 interventions?

Have you been having trouble

Have you been feeling that you are not in control of
 that you are not in control of what you do, how you do things?
 Yes _____ No _____

[illegible]

[illegible][illegible]

Resources - Hotlines

National Suicide Prevention Lifeline 1-800-273-TALK (8255)
Support Hotline (24 hours) Suicide/Crisis Problems 330-434-9144
GLBT Teens National Hotline 1-800-246-7743
Adolescent Suicide Prevention Program 330-923-0688
Psychiatric Intake Response Center (PIRC) at Akron Children's Hospital 330-543-7472
Child Guidance & Family Solutions Centers 330-762-0591

Where to get more information

Ohio Suicide Prevention Foundation 614-429-1528
American Foundation of Suicide Prevention 1-888-333-2377
Not My Kid www.notmykid.org
The Jed Foundation www.jedfoundation.org
The Jason Foundation www.jasonfoundation.com
Suicide Prevention Resource Center www.sprc.org

Q & A

ATTACHMENT 12

SUICIDE PROTOCOL CHECKLIST

Revere Local Schools – Suicide Protocol Checklist		CONFIDENTIAL
	Student:	
	Date:	
There procedures should be followed when:	A student discloses the intent of suicide in verbal, written, or behavioral form. A third party witnesses that a student has done the above. It has been determined that there was a recent attempt that has not been disclosed to the student's parents.	

Initial as steps are completed:

	Determination made as to immediate danger (i.e., ingested pills, cut self, etc.)												
	If in medical distress, call 911												
	Administrator/Director of Student Services is notified												
	Student is searched and all other appropriate areas (locker, car) also searched												
	Parent is notified												
	Interview Team Identified												
	Superintendent is notified												
	Student is 100% supervised (including restroom)												
	Determination made as to a current therapist/psychiatrist												
	Current therapist/psychiatrist notified												
	All forms are completed												
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 5%;"></td><td style="padding: 5px;">Student Interview</td></tr> <tr><td></td><td style="padding: 5px;">Parent Interview</td></tr> <tr><td></td><td style="padding: 5px;">Teacher Information Forms</td></tr> <tr><td></td><td style="padding: 5px;">Consent for Release of Confidential Information</td></tr> <tr><td></td><td style="padding: 5px;">Parent Contract signed for Mental Health Services or Refusal Form</td></tr> <tr><td></td><td style="padding: 5px;">Home Precautions Form Provided to Parent/Guardian</td></tr> </table>		Student Interview		Parent Interview		Teacher Information Forms		Consent for Release of Confidential Information		Parent Contract signed for Mental Health Services or Refusal Form		Home Precautions Form Provided to Parent/Guardian
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	Teacher Information Forms												
	Consent for Release of Confidential Information												
	Parent Contract signed for Mental Health Services or Refusal Form												
	Home Precautions Form Provided to Parent/Guardian												
	Intervention Plan developed for Re-Entry to School												
	All documents stored in a secure location for access if necessary												

Initials above refer to the following individuals:

Initials	Printed Name	Signature

ATTACHMENT 13

HOME PRECAUTIONS INFORMATION

Suicide Myth	Suicide Fact
“Young people don’t kill themselves”	Suicide is the number 3 cause of death for young people ages 15-24
“People who talk about suicide don’t kill themselves.”	8 out of 10 people who commit suicide tell someone that they’re thinking about hurting themselves before they actually do it.
“When adolescents talk about suicide, change the subject and try to get their mind off of it.”	Take them seriously! Listen carefully! Give them a chance to express their feelings. Let them know that you are concerned and want to help.
“Most young people who kill themselves really want to die.”	In fact, most people who kill themselves are ambivalent about whether they want to live or die. Suicide is often a “cry for help” that ends in tragedy.
“Young people who attempt suicide once won’t try it again.”	Out of every 5 people who commit suicide, 4 have made a previous suicide attempt.

WARNING SIGNS - AN EMERGENCY MAY BE COMING

- Feeling trapped, hopeless, or deeply depressed
- Pronounced change in eating or sleeping habits
- Pronounced change in school grades
- Significant change in usual behavior
- Deep pain due to loss of a loved one through death, divorce, or love relationship
- Low self-esteem and feelings of worthlessness.
- Suddenly not caring for prized possessions, giving away favorite things.
- Extreme withdrawal or isolation from others
- A previous suicide attempt
- When someone is talking about suicide and has access to or possession of pills or a weapon
- Being suddenly very happy after a prolonged episode of depression.
(Sometimes the reason the depression seems to be lifted is the person has decided to go ahead with the suicide attempt).

HOME PRECAUTIONS

- ✓ Secure medications, silverware (knives and forks), dog chains, tools, rope, scissors, sharp objects, sheets, flammable materials/objects, household chemicals, other items the child may use to harm him/herself, and car keys.
- ✓ Maintain 100% adult visual contact.

- ✓ Clearly monitor or prohibit Internet use.
- ✓ Do not draw the child/teen into a discussion at this time. Attempt to keep things calm. If you are unable to maintain a safe and calm environment, or if you need assistance, the following phone numbers may be of help.

HOTLINE RESOURCES – WHERE TO TURN FOR HELP

- Akron Children's Hospital Department of Adolescent Services 330-543-8538
- Psychiatric Intake Response Center (PIRC) at ACH 330-543-7472
- Child Guidance & Family Solutions Centers (24 hour crisis line) 330-762-0591
- Support Hotline (24 hours) Suicide/Crisis Problems 330-434-9144
- National Suicide Prevention Lifeline (24 hour helpline) 1-800-273-TALK (8255)
- Mental Health Association of Summit County Adolescent 330-762-3500
- Adolescent Suicide Prevention Program 330-923-0688

COUNSELING RESOURCES

- Child Guidance & Family Solutions 330-762-0591
- Avenues of Counseling & Mediation 330-723-7977
- Catholic Social Services 330-762-7481
- Jewish Family Services 330-867-3388
- Emerge Ministries 330-873-3439

ADDITIONAL SUPPORT AND SERVICES

- Poison Control Center 1-800-222-1222
- Substance Abuse Information 330-762-3500
- Child Abuse Hotline 330-434-5437
- Safe Landings 1-800-786-2929
(emergency shelter for troubled youth or runaways)
 - **Boy's Shelter** 330-253-7632
 - **Girl's Shelter** 330-784-7200
- Rape Crisis Center 1-877-906-7273
- GLBT Teens National Hotline 1-800-246-7743

WHERE TO GET MORE INFORMATION

- National Institute of Mental Health (NIMH) 1-866-615-6464
- Ohio Suicide Prevention Foundation 614-429-1528
- American Association of Suicidology www.suicideology.org
- Not My Kid www.notmykid.org
- American Foundation of Suicide Prevention 1-888-333-2377
- Suicide Prevention Resource Center www.sprc.org
- The World Health Organization www.who.int/en/
- The Jed Foundation www.jedfoundation.org
- The Jason Foundation www.jasonfoundation.com

ATTACHMENT 14

PARENT / GUARDIAN CONTRACT FOR MENTAL HEALTH SERVICES

Revere Local School District
Office of Student Services
330.523.3112

PARENT/GUARDIAN CONTRACT FOR MENTAL HEALTH SERVICES

I, _____, understand that my child, _____
is presenting a mental health issue that must be evaluated by a mental health professional. I understand
and agree to provide 24 hour supervision.

Supervision is defined as:

Parent/Guardian initial acknowledgment	
	Not leaving my child alone.
	Maintaining visual contact of my child at all times to ensure that my child will not harm him/herself and/or others.
	Removal of any and all objects (weapons, tools, silverware, guns, ropes, etc.) that could be used to harm himself/herself.
	Not leaving my child with someone else under the age of 21 years old. In having the school staff release my child into my care, I accept full legal responsibility and liability for my child.
	At the recommendation of the school, I also agree to have my child evaluated by a mental health professional within _____ from this date: _____ and will meet with school personnel for a re-entry plan if appropriate.
	I have been given a copy of the Home Precautions Information Form.

Parent/Guardian Signature	Date
School Staff Who Released Student	Date
School Staff Who Released Student	Date