

EAST STROUDSBURG AREA SCHOOL DISTRICT

SECTION: OPERATIONS

TITLE: SUICIDE AWARENESS,
PREVENTION AND RESPONSE

ADOPTED: August 19, 2002

1ST READ: JULY 20, 2015

REVISED:

<p>1. Purpose <u>SC 1526</u> <u>Pol. 103.1, 248,</u> <u>249, 806</u></p> <p>2. Authority <u>Title 22</u> <u>Sec. 12.12</u> <u>Pol. 207, 216, 236</u></p> <p>3. Guidelines <u>SC 1526</u> <u>SC 1526</u></p>	<p style="text-align: center;">819. SUICIDE <u>AWARENESS, PREVENTION AND RESPONSE</u></p> <p><u>The Board is committed to protecting the health, safety and welfare of its students and school community. This policy supports federal, state and local efforts to provide education on youth suicide awareness and prevention; establish methods of prevention, intervention, and response to suicide or suicide attempt; and to promote access to suicide awareness and prevention resources.</u> Recognizing that suicide is a leading cause of death among teenagers, the Board has developed guidelines to assist administrators and staff in dealing with students at risk. The recommendations have been developed as part of the Student Assistance Program. The primary focus of this effort will be the implementation of a referral process. The school district will support treatment efforts that contribute toward the safety and well-being of students at risk.</p> <p><u>In compliance with state law and regulations, and in support of the district's suicide prevention measures, information received in confidence from a student may be revealed to the student's parents/guardians, the building principal or other appropriate authority when the health, welfare or safety of the student or any other person is deemed to be at risk.</u> The Board hopes that all school personnel should be alerted to the warning signs of childhood and adolescent depression/suicide. The school district encourages students at risk to receive the necessary help as quickly and professionally as possible.</p> <p>The Board desires school personnel working with a depressed or suicidal student to make parental contact and referral.</p> <p><u>The district shall utilize a multifaceted approach to suicide prevention which integrates school and community-based supports.</u> Recommendations for recognition of depression/potential suicide include:</p> <p><u>The district shall notify district employees, students and parents/guardians of this policy and shall post the policy on the district's website.</u> <u>Identification of a Risk of Suicide</u></p> <p style="text-align: center;"><u>SUICIDE AWARENESS AND PREVENTION EDUCATION</u> The following signs may indicate that a student intends to commit suicide. A student</p>
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~~exhibiting some or many of these signs may be suicidal:~~

Protocols for Administration of Student Education

~~1. Affective signs—Frequent crying or sadness, depression, hopelessness, moodiness, extreme irritability or agitation, and/or severe mood swings.~~

Students shall receive age-appropriate education on the importance of safe and healthy choices, coping strategies, how to recognize risk factors and warning signs, as well as help-seeking strategies for self or others including how to engage school resources and refer friends for help.

~~2. Behavioral signs—Sudden behavioral changes, recklessness, impulsiveness, withdrawal from friends, giving away possessions, threat to hurt oneself, neglect of appearance, increased use of alcohol and drugs, impaired school performance, and/or frequent tardiness/absences.~~

Lessons shall contain information on comprehensive health and wellness, including emotional, behavioral and social skills development.

~~3. Cognitive signs—Preoccupation with death, writings or artwork about death or suicide and/or impaired concentration.~~

Protocols for Administration of Employee Education

Notification, Referral, and Intervention

All district employees, including but not limited to secretaries, coaches, bus drivers, custodians and cafeteria workers, shall receive information regarding risk factors, warning signs, response procedures, referrals, and resources regarding youth suicide prevention.

~~1. If any staff member observes any of the above signs in a student or hears a report or concern of a student's suicide threats or acts, s/he should immediately notify the school principal of the potential risk for a student suicide.~~

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Pol. 333

As part of the district's professional development plan, professional educators in school buildings serving students in grades six (6) through twelve (12) shall participate in four (4) hours of youth suicide awareness and prevention training every five (5) years.

~~2. The school principal should then notify the student's parent(s)/guardian(s) and the school psychologist.~~

Additional professional development in risk assessment and crisis intervention shall be provided to guidance counselors, district mental health professionals and school nurses.

~~3. The student should stay with the school principal or counselor until the parent(s)/guardian(s) arrive.~~

Resources for Parents/Guardians

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The district may provide parents/guardians with resources including, but not limited to, health promotion and suicide risk, including characteristics and warning signs; and information about local behavioral/mental health resources.

~~4. The school principal and the school psychologist should have a conference with the parent(s)/guardian(s) to discuss whether to bring the student home or to treatment.~~

METHODS OF PREVENTION

~~5. The school principal and the school psychologist should supply the parent(s)/guardian(s) with a list of outside referral sources and assist the parent(s)/guardian(s) in obtaining immediate intervention. In addition, the school principal and/or the school psychologist should inquire about whether a gun is present in the home, and if so, advise the parent(s)/guardian(s) of the need to secure the gun.~~

The methods of prevention utilized by the district include, but are not limited to, early identification and support for students at risk; education for students, staff and parents/guardians; and delegation of responsibility for planning and coordination of suicide prevention efforts.

High Risk Situations

Suicide Prevention Coordinators

~~When the school principal has reason to believe that a student is in immediate danger, s/he should notify the police so that the student can receive appropriate outside assessment and treatment. If the student's parent(s)/guardian(s) cannot be reached, this can be done without their permission. The school principal may disclose personally identifiable information from the student's educational records to an appropriate party in such an emergency, if the information is necessary to protect the student.~~

District-Wide –

A district-wide suicide prevention coordinator shall be designated by the Superintendent. This may be an existing district employee. The district suicide prevention coordinator shall be responsible for planning and coordinating implementation of this policy.

Building Level –

Each building principal shall designate a school suicide prevention coordinator to act as a point of contact in each school for issues relating to suicide prevention and policy implementation. This may be an existing district employee.

Early Identification Procedures

Early identification of individuals with one (1) or more suicidal risk factors or of individuals exhibiting warning signs, is crucial to the district's suicide prevention efforts. To promote awareness, district employees, students and parents/guardians should be educated about suicidal risk factors and warning signs.

Risk factors refer to personal or environmental characteristics that are associated with suicide including, but not limited to:

• Behavioral Health Issues/Disorders:

- Depression.
- Substance abuse or dependence.
- Previous suicide attempts.
- Self injury.

• Personal Characteristics:

- Hopelessness/Low self-esteem.
- Loneliness/Social alienation/isolation/lack of belonging.
- Poor problem-solving or coping skills.
- Impulsivity/Risk-taking/recklessness.

• Adverse/Stressful Life Circumstances:

- Interpersonal difficulties or losses.
- Disciplinary or legal problems.
- Bullying (victim or perpetrator).
- School or work issues.
- Physical, sexual or psychological abuse.
- Exposure to peer suicide.

• Family Characteristics:

- Family history of suicide or suicidal behavior.

- Family mental health problems.
- Divorce/Death of parent/guardian.
- Parental-Child relationship.

Warning signs are indications that someone may be in danger of suicide, either immediately or in the near future. Warning signs include, but are not limited to:

- Expressions such as hopelessness, rage, anger, seeking revenge, feeling trapped, anxiety, agitation, no reason to live or sense of purpose.
- Recklessness or risky behavior.
- Increased alcohol or drug use.
- Withdrawal from friends, family, or society.
- Dramatic mood changes.

Referral Procedures

Any district employee who has identified a student with one (1) or more risk factors or who has an indication that a student may be contemplating suicide, shall refer the student for further assessment and intervention.

Documentation

The district shall document the reasons for referral, including specific warning signs and risk factors identified as indications that the student may be at risk.

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METHODS OF INTERVENTION

The methods of intervention utilized by the district include, but are not limited to, responding to suicide threats, suicide attempts in school, suicide attempts outside of school, and completed suicide. Suicide intervention procedures shall address the development of an emotional or mental health safety plan for students identified as being at increased risk of suicide.

Procedures for Students at Risk

A district-approved suicide assessment instrument may be used by trained mental health staff such as counselors, psychologists, social workers.

<p><u>Pol. 806</u></p>	<p><u>Parents/Guardians of a student identified as being at risk of suicide shall be notified by the school. If the school suspects that the student’s risk status is the result of abuse or neglect, school staff shall immediately notify Children and Youth Services.</u></p> <p><u>The district shall identify mental health service providers to whom students can be referred for further assessment and assistance.</u></p> <p><u>Mental health service providers – may include, but not be limited to, hospital emergency departments, psychiatric hospitals, community mental health centers, psychiatrists, psychologists, social workers, and primary care providers.</u></p> <p><u>The district shall create an emotional or mental health safety plan to support a student and the student’s family if the student has been identified as being at increased risk of suicide.</u></p> <p><u>Students With Disabilities</u></p>
<p><u>Pol. 103.1, 113, 113.2, 113.3, 114</u></p>	<p><u>For students with disabilities who are identified as being at risk for suicide or who attempt suicide, the appropriate team shall be notified and shall address the student’s needs in accordance with applicable law, regulations and Board policy.</u></p>
<p><u>Pol. 103.1, 113, 113.2, 113.3, 114</u></p>	<p><u>If a student is identified as being at risk for suicide or attempts suicide and the student may require special education services or accommodations, the Director of Special Education shall be notified and shall take action to address the student’s needs in accordance with applicable law, regulations and Board policy.</u></p>
	<p><u>Documentation</u></p> <p><u>The district shall document observations, recommendations and actions conducted throughout the intervention and assessment process including verbal and written communications with students, parents/guardians and mental health service providers.</u></p> <p><u>The Superintendent or designee shall develop administrative regulations providing recommended guidelines for responding to a suicide threat.</u></p>
<p><u>SC 1526</u></p>	<p><u>METHODS OF RESPONSE TO SUICIDE OR SUICIDE ATTEMPT</u></p> <p><u>The methods of response to a suicide or a suicide attempt utilized by the district include, but are not limited to:</u></p> <ol style="list-style-type: none"><u>1. Identifying and training the school crisis response/crisis intervention team.</u><u>2. Determining the roles and responsibilities of each crisis response team member.</u>

<p><u>SC 1526</u></p>	<p><u>The suicide prevention coordinator shall provide the Superintendent with a copy of all reports and documentation regarding the at-risk student. Information and reports shall be provided, as appropriate, to guidance counselors, district mental health professionals and school nurses.</u></p> <p style="text-align: center;"><u>SUICIDE AWARENESS AND PREVENTION RESOURCES</u></p> <p><u>A listing of resources regarding suicide awareness and prevention shall be attached to this policy.</u></p> <p><u>References:</u></p> <p><u>School Code – 24 P.S. Sec. 1526</u></p> <p><u>State Board of Education Regulations – 22 PA Code Sec. 12.12</u></p> <p><u>Board Policy – 103.1, 113, 113.2, 113.3, 114, 117, 146, 204, 207, 216, 236, 248, 249, 333, 805, 806</u></p>
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