Wisconsin School-based Suicide Prevention

A Brief Overview

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Objectives

Attendees will:

1. Understand laws associated with suicide prevention in WI public schools
2. Learn how DPI helps schools comply with their legal mandate
3. Understand suicide prevention resources available
“I don’t care what you know, until I know that you care.”

“The relationship is necessary, but not sufficient, for change.”
Strong Relationship between school Connectedness and Student Outcomes
- Improved attendance
- Higher grades and classroom test scores

Strong Relationship between perceptions of being cared about and engagement in school
- Students feel supported and cared for when they see school staff dedicating their time, interest, attention, and emotional support to them.
The CDC (2009) notes that students who feel connected to school are:

- More likely to attend school regularly, stay in school longer, and have higher grades and test scores.
- Less likely to smoke cigarettes, drink alcohol, or have sexual intercourse.
- Less likely to carry weapons, become involved in violence, or be injured from dangerous activities such as drinking and driving or not wearing seatbelts.
- Less likely to have emotional problems, suffer from eating disorders, or experience suicidal thoughts or attempts.
How DO We Connect?

Empathy

Genuineness

Positive Regard
# Is Suicide A Problem?

From 2000-2014 (15 years) | Deaths among Youth age 5-19
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Unintentional/accidents | 2207
Suicide | 719
Cancer | 410
Homicide/Assault | 406
Congenital Malformations | 193
Heart Disease | 115
Chronic Low. Resp. Disease | 54

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**Suicide: 719**

During the past 12 months, what percentage of Wisconsin high school students (grades 9-12) felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities?

A. 17%
B. 21%
C. 25%
D. 35%
E. 43%
During the past 12 months, what percentage of Wisconsin high school students (grades 9-12) seriously considered attempting suicide?

A. 13%
B. 21%
C. 25%
D. 35%
E. 43%
Suicide/Depression IQ

What percentage of high school students reported making a plan about how they would attempt suicide?

A. 10%
B. 12%
C. 20%
D. 35%
E. 43%

2013 Wisconsin YRBS
What percentage of high school students reported actually attempting suicide?

A. 2%
B. 6%
C. 15%
D. 22%
E. 43%

2013 Wisconsin YRBS
What percentage of the high school students that report their attempts resulted in injury, poisoning, or overdose that was treated by a doctor or nurse?

A. 2.5%
B. 5.5%
C. 12.5%
D. 23.5%
E. 43.5%
Facts about suicide

- Asking someone if she/he is suicidal doesn’t increase risk
- Teens will reveal they are suicidal if asked
- Teens who talk about suicide may really be suicidal
- Teaching about suicide doesn’t increase risk
- Female, as well as male, suicide attempts should be taken seriously
- Anyone can help someone who is suicidal
Suicide Prevention Laws

- Laws - Yellow Handout
- Model Notice – Pink Handout
SP Full-day Training

• Schedule:
  
  o Part 1: Legal Requirements, Context (Data), & Gatekeeper Training (TOT)
  
  o Part 2: Evidence-Based Prevention/Intervention Programs & Strategies in Three-Tiered Framework
    ➡ Classroom Curricula: MS/HS
    ➡ Action planning

• Intended Audience: Pupil Services, Health, & Admin.
Suicide Prevention Framework

Targeted
High-Risk Individuals

Selected
High-Risk Groups

Universal
General Population

WEAK

STRONG

PROTECTIVE FACTORS
- Gatekeeper training
- Means restriction
- Classroom instruction
- Screen all students
- Public/Media education
- Crisis Planning

- Crisis Response
- Individual Counseling
- Case Management
- Parent Support
- Community Referrals

- Screen Groups
- Complementary Programs/Groups

• SCREENING
  - Gatekeeper training
  - Means restriction
  - Classroom instruction
  - Screen all students
  - Public/Media education
  - Crisis Planning

• PREVENTION
  - Crisis Response
  - Individual Counseling
  - Case Management
  - Parent Support
  - Community Referrals

• SUPPORT
  - Screen Groups
  - Complementary Programs/Groups
Resources for **Gatekeeper Training**

- DPI’s Gatekeeper Online Training Module
  Update coming soon!
- Suicide Prevention Gatekeeper Tools
- QPR – Question, Persuade, Refer – Trainers
  - Wisconsin Safe & Healthy Schools Center
WARNING SIGNS
Look/Listen for FACTS

- Feelings
  - Expressions of how kids are feeling
  - Helpless? Hopeless? Trapped? Isolated?

- Actions
  - Things kids do
  - Talking/writing about death? Give stuff away?
Look/Listen for FACTS

- **Changes**
  - Behaviors that are out of character
  - Disrespectful behavior? Stop participating?

- **Threats**
  - Overt and explicit threats of self-injury or suicide
  - Talking about how things will be better when gone?
Then A.C.T.

- **Acknowledge**
  - Identify that you know there’s a problem
- **Care & Compassion**
  - Show care and concern for the student
- **Tell**
  - Talk with a qualified helper or another trusted adult
Protective Factors

- **Important social resources**
  - strong interpersonal bonds
  - social support
  - sense of belonging
  - dominant attitudes & values prohibit suicide

- **Important personal resources**
  - strong sense of self-worth & self-esteem
  - good cognitive skills
  - sense of personal control
  - self-management skills to deal with stress, anger and depression
When you see urgent warning signs:

- Don’t shame: “You’re too sensitive. Grow up!”
- Don’t delay: get help right away, don’t wait.
- Don’t blame: “If you wanted a better grade, you would have worked harder.”
- Don’t give up: suicide is NOT a destiny
- Don’t do it alone: consult with other pupil services staff or principal.
What is Policy for CLC?

- Is there a policy of how to deal with kids in crisis when they are at the afterschool center?
  - What does it say?
  - Who does what?
  - Do I have to report?
  - How do we communicate with parents/guardians?
  - How do we communicate with day school?
Unit Lessons (MS/HS):

- What is Your Depression/Suicide IQ?
- Tech Messages: Scripts, Tweets, and Pings Related to Suicide Warning Signs (updated)
- SOS – It’s Time to ACT (DVD)
- Mirror, Mirror (new)
- Lights! Camera! Action! (updated)
- The Crisis Card
Crisis Response

Tier-3 strategy

AND

Planning and Preparation is an Immediate Need!

• Part 1: Student at risk for suicide
• Part 2: Suicide attempt
• Part 3: In the event of a suicide
A school-based plan to respond to student/staff suicidal behaviors

- District-wide crisis response plan is required under federal law
- Perform regular preparedness checks
- Plan for collaboration with local community resources & other districts if needed
- Crisis Plan Checklists: [www.mhawisconsin.org/schoolbasedmodel.aspx](http://www.mhawisconsin.org/schoolbasedmodel.aspx)
What Should Schools Do?

- PREPARE and PLAN!
  - Pre-planning is critical – upstream is easier than in the midst of the rapids!
- Develop a crisis response team.
- Develop policies and procedures.
- TRAIN!!!
Resources for Response Planning

- After a Suicide: A Toolkit for Schools
  - [http://store.samhsa.gov/product/SMA12-4669](http://store.samhsa.gov/product/SMA12-4669)
Social Media & Hotline Resources

- Text “Hopeline” to 741741
  http://centerforsuicideawareness.org/services/hopeline/about.html
- National Suicide Prevention Lifeline
  1-800-273-TALK (8255)
  www.suicidepreventionlifeline.org
- Trever Hotline: crisis and suicide prevention for LGBT youth
  1-866-488-7386
  http://www.thetrevorproject.org/
- Facebook
  Report/Support a friend
- Instagram
More Resources

- SPRC – Suicide Prevention Resource Center
  http://www.sprc.org/ (Teachers Page, Ethnic/Race Population Fact Sheets, etc.)
- AAS – American Association of Suicidology
  http://www.suicidology.org/web/guest/home
- NREPP – National Registry of Evidence-based Programs and Practices
  www.nrepp.samhsa.gov
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