




# **AB2246 & Developing Your Suicide Prevention Policy: What School Leaders Should Know**

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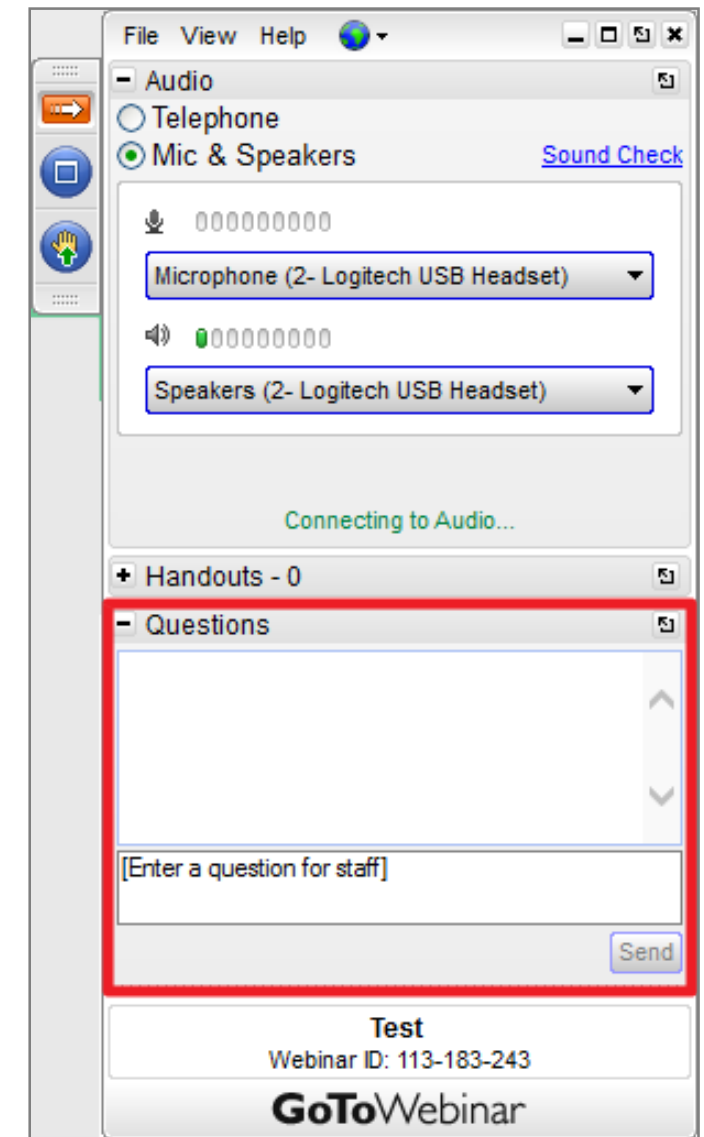
A W E B I N A R P R E S E N T A T I O N

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## Today's Presenter



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# Part 1

AB 2246

Pupil Suicide Prevention Policy

## AB 2246, O'Donnell. Pupil Suicide Prevention Policy

- **Author:** Assembly member Patrick O'Donnell, 70th District (D- Long Beach)

**Co-sponsors:** Equality California, The Trevor Project

- Legislation approved by Governor Brown and chaptered by Secretary of State Padilla: September 26, 2016 .
- Signed into law during National Suicide Prevention Awareness Month, AB 2246 represents an effort to address rising youth suicide rates.



## AB 2246, O'Donnell. Pupil Suicide Prevention Policy

- Requirement of all local educational agencies (LEA): County Offices of Education, school districts, state special schools, or charter schools.
- The pupil suicide prevention policy SHALL:
  - ***Be implemented by all LEAs that serve 7th to 12th grade students before the beginning of the 2017-2018 school year.*** This means LEAs adopt their pupil suicide prevention policies prior to the commencement of the 2017-2018 school year (i.e. prior to July 1, 2017).
  - ***Be developed in consultation with school and community stakeholders, school employed mental health professionals, and suicide prevention experts and***
  - ***Address procedures relating to suicide prevention, intervention, and postvention*** and
  - Adoption of policies occur at a regular (rather than a special) meeting.

## AB 2246, O'Donnell. Pupil Suicide Prevention Policy

- **The pupil suicide prevention policy must specifically address:**
- **High-Risk Groups**
  - (A) Youth bereaved by suicide.
  - (B) Youth with disabilities, mental illness, or substance use disorders.
  - (C) Youth experiencing homelessness or in out-of-home settings, such as foster care.
  - (D) Lesbian, gay, bisexual, transgender, or questioning youth.
- **Suicide Awareness and Prevention Training**
  - Teachers of pupils in grades 7 to 12.
  - Identify appropriate mental health services: school-based and community services.
  - Instructions on how to refer to these services.
  - Self-review suicide awareness and prevention training materials.

## AB 2246, O'Donnell. Pupil Suicide Prevention Policy

The pupil suicide prevention policy must specifically state:

- **School Employee**
  - Acts only within the authorization and scope of the employee's credential or license.
  - Not performing non-credentialed or licensed diagnosis or treatment.
- **The California Department of Education will**
  - Develop and maintain a model policy in accordance with this policy (AB 2246) to serve as a guide for local educational agencies.

## AB 2246, O'Donnell. Pupil Suicide Prevention Policy

- **Commission on State Mandates (CSM) for cost reimbursements**
  - “If the Commission on State Mandates determines that this act contains costs mandated by the state, reimbursement to local agencies and school districts for those costs shall be made pursuant to Part 7 (commencing with Section 17500) of Division 4 of Title 2 of the Government Code.”
  - No guaranteed costs repayments.
  - LEAs with a policy? Possible incremental reimbursement.
  - LEAs without a policy? Reasonable costs reimbursement.
  - The CSM decision making is on a case by case basis.

## Policy, Procedures, and Administrative Regulations

- LEA Board Policies and procedures authorize and direct the governing actions within a school district. In this case, the student ***suicide prevention policies should be clearly defined for students, parents, staff, and community stakeholders.***
- ***Policies and procedures help avoid legal liabilities***
  - Student Suicide: Could You Be Held Liable?
  - Student Suicides and School System Liability
- ***The CDE Model Policy will not only meet the minimum requirements of AB 2246, but also give LEAs best practice guidance.***

Cafaro, C.S. (2000). Student suicides and school system liability. School Law bulletin, 2(3), 17-25.

Taylor, K.R. (2001). Student suicide: Could you be held liable? Principal Leadership, 2(1), 74-78.

## Part 2

Pupil Suicide Prevention Policy

CDE Model Policy

## CDE Model Policy

- “In an attempt to reduce suicidal behavior and its impact on students and families, the Superintendent or Designee **SHALL *develop strategies for suicide prevention, intervention, and postvention***, and the identification of the mental health challenges frequently associated with suicidal thinking and behavior.
- These strategies **SHALL *include professional development for all school personnel in all job categories*** who regularly interact with students or are in a position to recognize the risk factors and warning signs of suicide, including substitute teachers, volunteers, expanded learning staff (afterschool) and other individuals with regular contact with students such as crossing guards, tutors, and coaches.”

## Model Policy: Strategic planning

- Shall involve school employed mental health professionals, local agencies, law enforcement, community organizations for implementation and evaluation.
- Create suicide prevention task force with chair as point of contact for district.
- Each school to appoint staff liaison to TF.
- Policy to review and revise annually.

## Model Policy: Prevention

- Safe messaging about suicide prevention
- Suicide prevention training & education
  - Training crisis teams\*
  - Training staff
  - Training students
- Specialized staff training
  - Assessment of risk
- Parents/guardians & caregiver participation & education

## Model Policy – Prevention: Safe Messaging

- Unsafe messaging can lead to contagion
- Media: “Committed suicide”/”Died by suicide”
- Suicide is preventable
- There are evidenced based treatments for all the risk factors of youth suicide
- Everyone plays a role in suicide prevention
- Resilience and recovery are possible

## Model Policy – Prevention: Safe Messaging

***Suicide and the grief that follows a death by suicide are very complex and no one person, no one thing is ever to blame.***

## Model Policy – Prevention: Safe Messaging

- National Action Alliance for Suicide Prevention Framework for Successful Messaging  
<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>
- Toolkit: Making Headlines: A Guide to Engaging the Media in Suicide Prevention <http://resource-center.yourvoicecounts.org/content/making-headlines-guide-engaging-media-suicide-prevention-california-0>
- How to Use Social Media for Suicide Prevention  
<http://resource-center.yourvoicecounts.org/content/how-use-social-media>

## Model Policy – Prevention: Staff Training

- ALL STAFF SHALL receive training in risk factors and warning signs of suicide, suicide prevention, intervention, referral and postvention ANNUALLY
- Training SHALL be offered under direction of school mental health professionals
- Adjusted year to year based on emerging best practices
- Core components identified

## Staff Training: Core Components

- Common myths about suicide
- Protective factors
- Risk factors & warning signs of youth suicide
- Appropriate ways to interact with at risk youth
- Procedures for responding to suicide risk
- Procedures for responding in aftermath of suicide
- Resources
- Emphasis on immediate referrals & supervision

## Model Policy – Prevention: Specialized Staff Training

- Training for school employed mental health professional in suicide risk assessment
- Assessing and Managing Suicide Risk (AMSR) is a one-day training workshop for behavioral health professionals based on the latest research and designed to help participants provide safer suicide care.  
<http://www.sprc.org/training-events/amsr>

## Model Policy – Prevention: Parent / Guardian / Caregiver Training

- Parents should be included in all suicide prevention efforts
- District must share all policies and procedures
- Policies easily accessed on webpages of school district

## Model Policy – Prevention: Parent / Guardian / Caregiver Training

- Access to training that emphasizes:
  - Risk factors/warning signs
  - Protective factors
  - How to respond
  - Services available through the school
  - Emphasis on reducing stigma and other obstacles to accessing mental health services.

## Model Policy: Prevention Resources

- **Applied Suicide Intervention Skills Training (ASIST)** is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. <https://www.livingworks.net/programs/asist/>
- **At-Risk by Kognito** is an evidence-based series of three online interactive professional development modules designed for use by individuals, schools, districts, and statewide agencies. It includes tools and template to ensure that the program is easy to disseminate and measure success at the elementary, middle, and high school levels. <https://www.kognito.com/products/pk12/>
- **Question, Persuade Refer (QPR)** is a gatekeeper training that can be learned online. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. <http://www.qprinstitute.com/>

## Model Policy: Prevention Resources

- **SafeTALK** is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.  
<https://www.livingworks.net/programs/safetalk/>
- **Youth Mental Health First Aid (YMHFA)** teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. YMHFA is an 8-hour interactive training for youth-serving adults without a mental health background.  
<https://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

Free YMHFA Training available through the CDE

<http://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>

## Suicide Prevention: Suicide Prevention Curriculum

- SOS: Signs of Suicide Depression Screening and Suicide Prevention
  - <http://shop.mentalhealthscreening.org/collections/youth-programs>
  - “The main teaching tool of the SOS program is a video that teaches students how to identify symptoms of depression and suicidality in themselves or their friends and encourages help-seeking.

## Model Policy: Intervention

- Intervention
  - Collaboration/Supervision
  - Suicide Prevention Liaisons (Crisis Team!)
  - Spells out process for assessment first then parent notification if appropriate
  - Referral process disseminated to staff & parents
  - Parent notification and involvement
  - Involving protective services

## Model Policy: Intervention

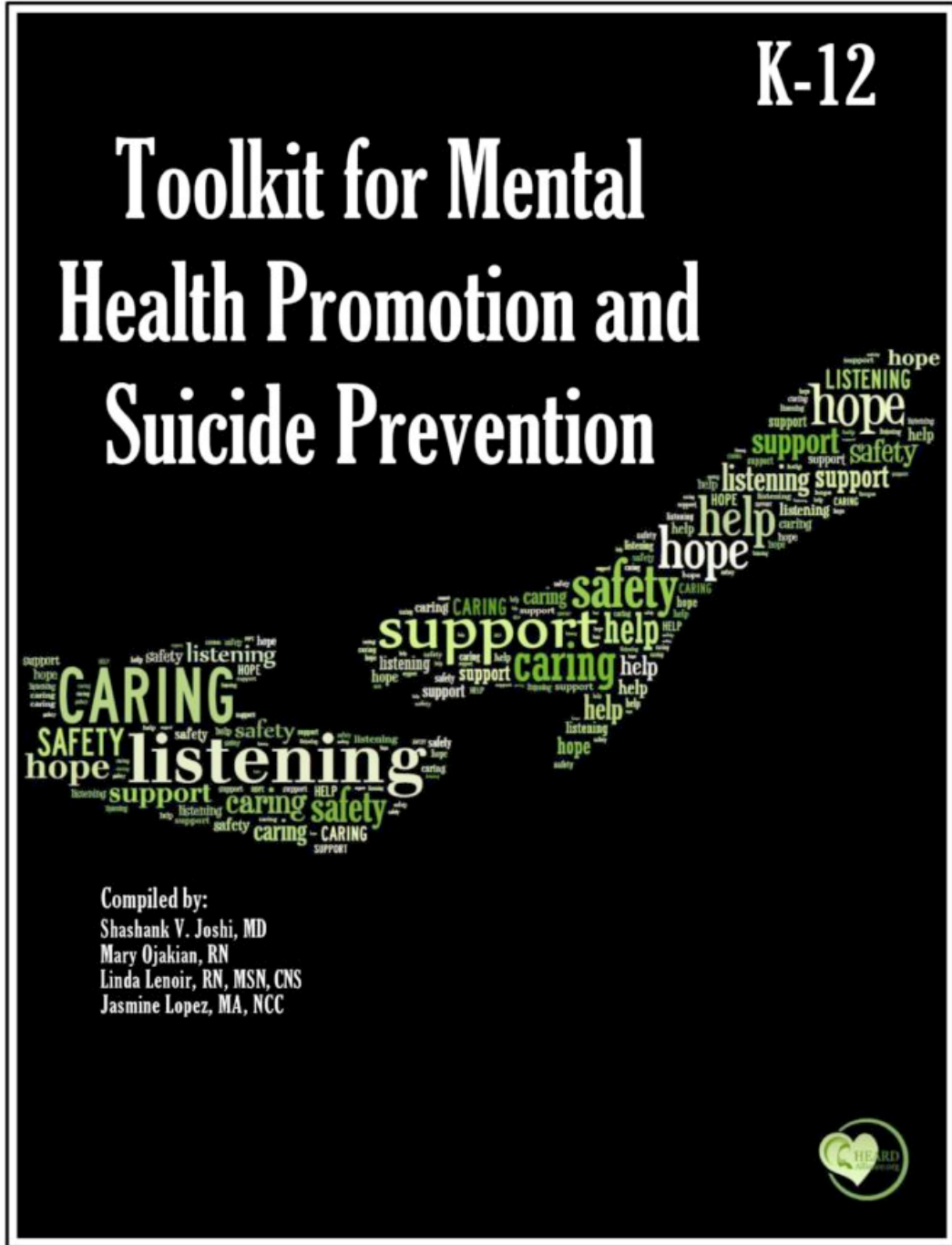
- Intervention
  - Action plans for in/out school suicide attempts
  - Interventions for low, moderate-high risk
  - Local resources & Law enforcement
  - Re-entry planning
  - Safety planning

## Model Policy: Postvention

- Postvention
  - Crisis team!
  - Confirm death
  - Triage staff & notify in person or phone
  - Reaching out to the family
  - Communications/Notifications
  - Psychological triage & Screening
  - Identify students at risk

## Model Policy: Postvention

- Postvention
  - All staff meeting/roles of the educator
  - Memorials
  - Media & Social media
  - Safe messaging
  - Long term postvention (Ongoing support for siblings and referred; anniversary, birthday, graduation planning)



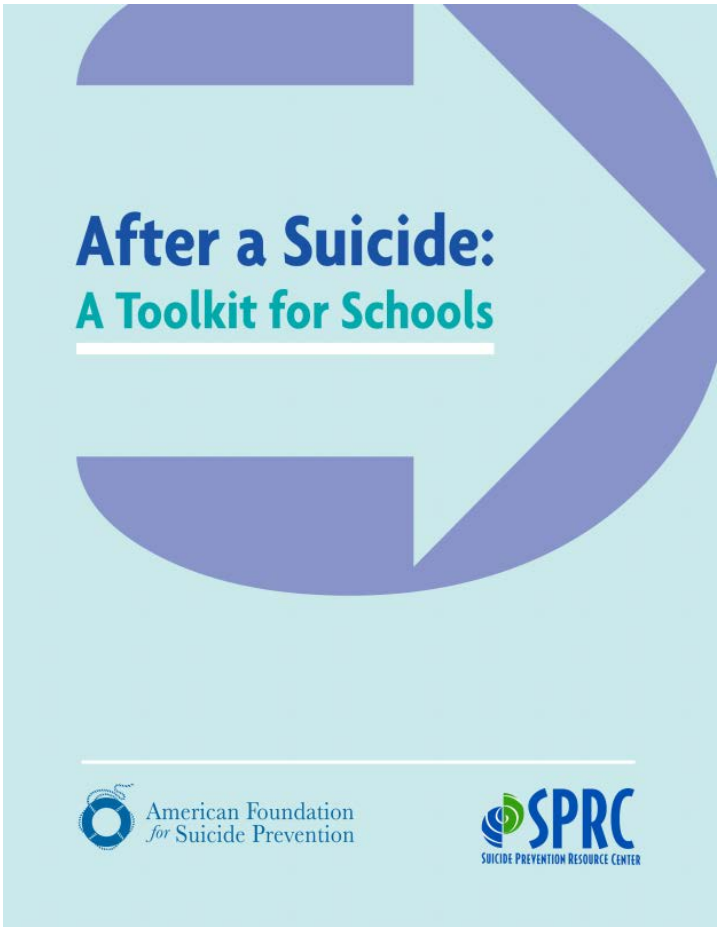
Toolkit for Mental  
Health Promotion and  
Suicide Prevention

SAMHSA



Preventing Suicide:  
A Toolkit for High Schools

SPRC / AFSP

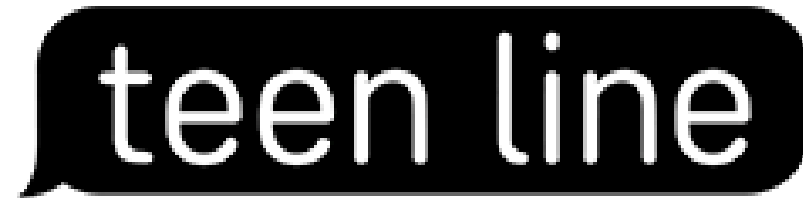


After a Suicide:  
A Toolkit for Schools

## Model Policy: Hotline Resources



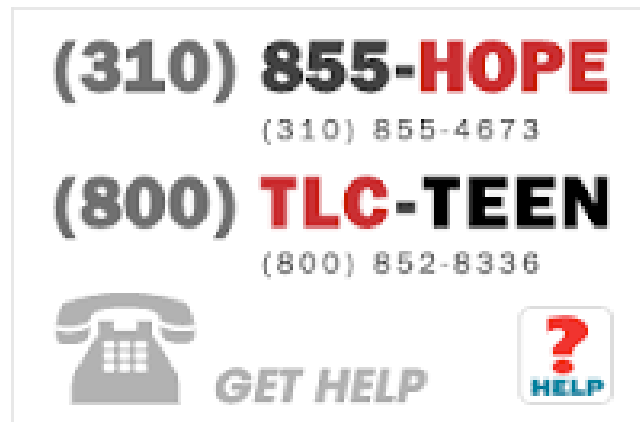
## Youth Suicide: Local Resources



California Department of Education

Suicide Prevention Resources

<http://www.cde.ca.gov/ls/cg/mh/suicidepreventionres.asp>



## Youth Suicide: Resources



AMERICAN FOUNDATION FOR  
Suicide Prevention

<https://afsp.org/chapter/afsp-greater-los-angeles/>



**National Alliance on Mental Illness**

## Youth Suicide: National Resources

- The Trevor Project  
[www.thetrevorproject.org](http://www.thetrevorproject.org)
- National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)
- Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

## Q&A



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