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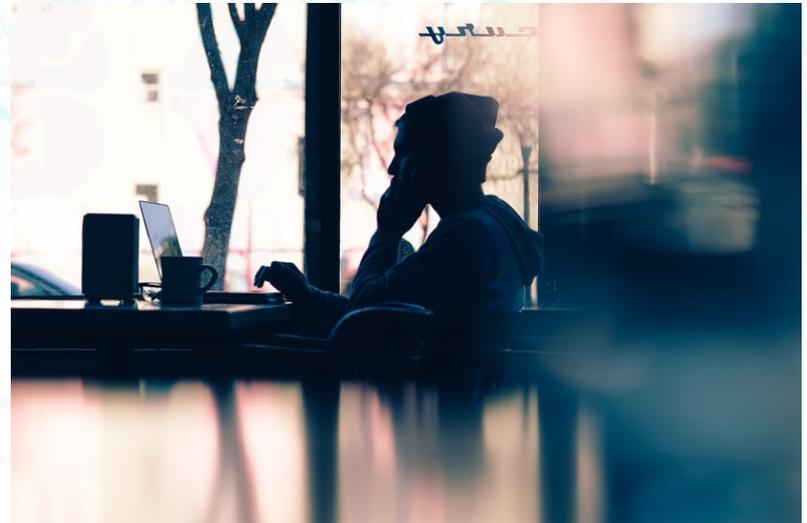
Preventing Suicide During Covid-19: Emerging Strategies for a Distance Environment

**For School Counselors, Administrators and Other Mental
Health Professionals**

April 30, 2020

Overview

- Suicide risk factors, warning signs.
- Preventing suicide.
- Telehealth procedures.
- Crisis response resources.
- Efforts to reach students with little access
- What guidance do you need?



Giving feedback

For suicide prevention guidance questions please:

- Post question in the GoTo chat area.
- Please be concise.

We will:

- Respond to as many questions as possible.
- Continue to post updates to the ['Administrators, School Counselors and Other Mental Health Professionals'](#) area on our website.

We will not be able to respond to questions regarding other subject areas.

Signs of stress

- Fear and worry.
- Changing eating or sleeping patterns.
- Trouble concentrating.
- Worsening health problems.
- Feeling alone, seeking social support.
- Sadness, anxiety, moodiness.
- Avoiding activities.



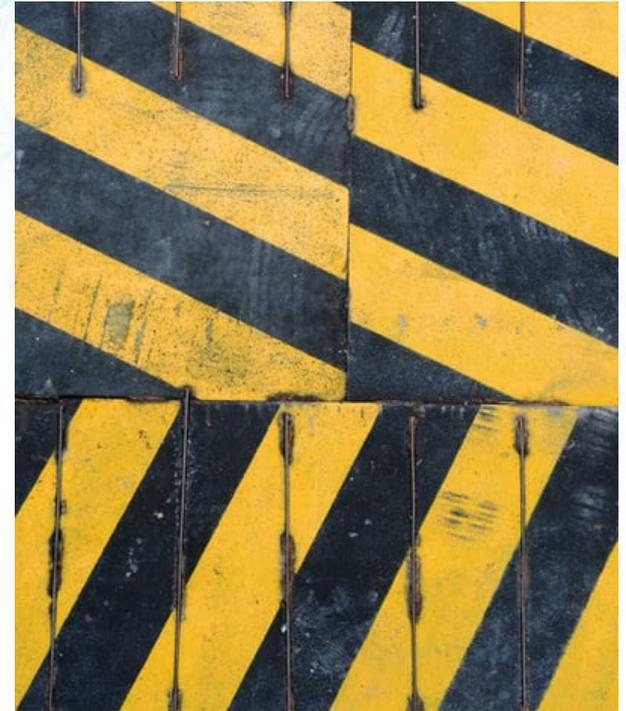
Suicide risk factors

- Previous attempts
- Isolation, aloneness
- Self-injury
- History of depression, substance use, behavior problems
- High stress
- Family history
- Firearms in home
- Situational crisis



Suicide warning signs

- Direct threats
- Plans
- Extreme hopelessness/despair
- Preoccupation with death
- Change in:
 - Appearance
 - Behavior
 - Thoughts
 - Mood



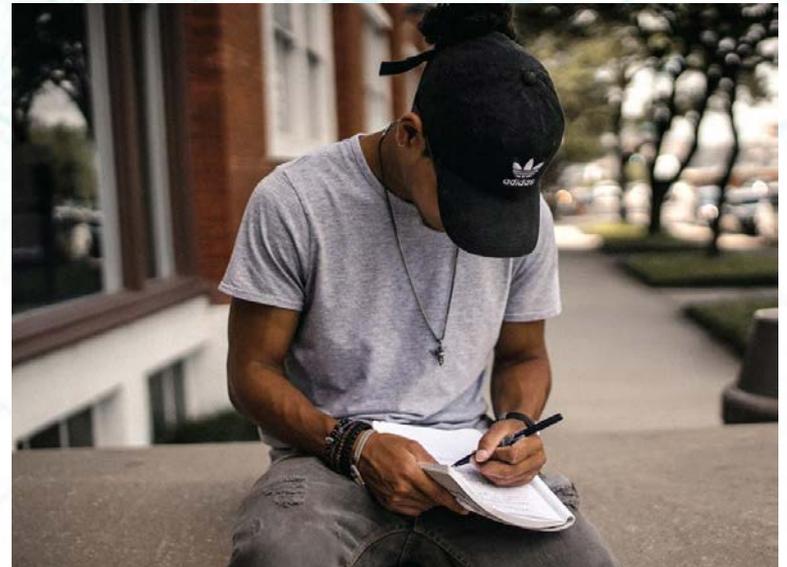
What you can do

- Emotional safety
- Supportive, trusting relationship
- Make use of support resources
- Create networks of supportive adults
- Never ignore signs or keep information secret
- Get immediate help if threat seems serious



Racial Equity Lens

- Be culturally-responsive to needs and strengths.
- Ask about internal family supports.
- Be mindful of access to technology, internet and local resources.



Dealing with Suicide Risk remotely

Telehealth Tips: Clients with Suicidal Risk

Lots of documents out there: This one is good!

- Includes tips on screening, safety planning, and contact recommendations if risk is present
- Suicide Risk Assessment links (some online training required)
- Suicide Safety Planning form links – adaptations for remote work
- Many, many resources listed
 - ReachOut Oregon
 - Now Matters Now (DBT skills ideas for clinicians – adaptable for schools)

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288Z.pdf>

Equipping yourself: Free trainings

Oregon Health Authority sponsored training for school counselors and other behavioral health providers

1. CAMS (Collaborative Assessment and Management of Suicidality)
 - A. CAMS base (3 hr online training)
 - B. CAMS teen module – can be taken after the base training for teen specific interventions

Email: mpos@aocmhp.org to get a code for free training

Equipping yourself: Free trainings

Oregon Health Authority sponsored/vetted training for behavioral health providers (including school counselors)

2. CALM: Counseling on Access to Lethal Means – free online course
3. C-SSRS: Columbia-Suicide Severity Rating Scale – free online training and forms specific to schools
4. Question, Persuade, Refer – QPR – 1.5 hr basic suicide warning signs training, online version available by contacting qpr@linesforlife.org



Prevention



Intervention



Postvention



Youth led program to help promote healthy norms and coping skills to fellow peers in a school setting. It focuses on hope, help, and strength. liz@matchstickpdx.com

☎ 503.399.7201 ✉ liz@matchstickpdx.com



Question, Persuade, Refer: A 1.5 hr online or in person training program ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them with help.

☎ 503.224.5211 ✉ qpr@linesforlife.org



A half-day in-person training program that teaches ages 15+ how to recognize and engage individuals who might be having thoughts of suicide and how to connect them with community resources.

☎ 503.399.7201 ✉ mpos@aocmhp.org



A broad overview training to teach skills to recognize the early signs of mental illness, mental health problems, and substance use.

☎ 503.399.7201 ✉ mpos@aocmhp.org



A two-day workshop designed for anyone 16+ to learn to provide skilled intervention and safety planning with someone having suicidal thoughts.

☎ 503.399.7201 ✉ mpos@aocmhp.org



Connect postvention teaches adult service providers the best practices to respond in a coordinated and comprehensive way in the aftermath of a suicide.

☎ 503.399.7201 ✉ amarcus@aocmhp.org

Tier 3 – Crisis support

Student is at risk for suicide or imminent harm.

If you can't conduct a formal risk assessment:

Determine risk for imminent harm - CALL 9-1-1.

- Call the National Suicide Hotline (800-273-8255).
- [LinesforLife](#) remote risk assessment and safety planning **503-575-3760**.
- Consult ODE's [How to Prevent Suicide](#) guidance documents.
- See [OHA's Telehealth Tips: Clients with Suicide Risk](#)
- Refer to outside mental health provider.
- Communicate regularly with parents, guardians and trusted adults.
- Offer caregivers resources such as [Reach Out Oregon](#).
- Check in frequently with student, family and teacher (as appropriate).

Exciting New Support Service:

Remote Suicide Risk Assessment and Safety Planning Line

- Monday – Friday 8:30AM-4:30PM
- Can take referrals from school counselors, admin or other school-based mental health professionals
- Meant to be a safety net if you are experiencing fatigued or limited resources. Not meant to replace existing relationships/systems for connecting kids to services.

(503) 575-3760

Questions? KahaeR@linesforlife.org

Admin, Counselor or other School-Based Mental Health staff identifies a potential at-risk student

Referral to Remote Suicide Risk Assessment:
School staff* reaches out to L4L RSRASP. Whenever possible, student should be involved in the conversation about this reach out. If possible, have a 3-way call with school staff, student, and adult caregiver/parent and the RSRASP staff.

During Referral Call:
School staff provides referral information, and student contact info (Preferably multiple means of contact including parent/adult caregiver contact, student cell, and home address), school staff contact information, and the reason for the referral.

If 3-way call isn't possible:
School staff works with student and parent/adult caregiver to keep student safe while referral is made and until L4L is able to contact student.
L4L attempts to contact student within 60 minutes.

L4L completes C-SSRS** with student, creates safety plan (if needed), provides referrals (appropriate for assessed risk level), and informs other trusted adults (as needed and in adherence to L4L guidelines/protocols). Parent warmline is given as a resource. (OFSN***)

L4L follows up with school staff who made the original referral. Preferred: School staff confirms their availability to follow up with appropriate school resources and maintain regular connection with the student/family at least until mental health services begin.

L4L follows up with student and trusted adult, as planned during assessment and planning. L4L continues to be available to school staff regarding student as needed.

FOR ADMINISTRATORS, SCHOOL COUNSELORS, & OTHER SCHOOL MENTAL HEALTH STAFF

Remote Suicide Risk Assessment & Safety Planning
For Oregon Schools through Lines for Life (L4L)

* "School staff" refers to designated school staff—administrators, school counselors, or other school-based mental health staff.

**C-SSRS is the Columbia-Suicide Severity Rating Scale

Staff identifying students in need are strongly encouraged to discuss with student the referral for assessment. (Eg: "I am honored that you shared this with me. Because I care about you, it's important to me that you get the help you need to be well. And I know that I can't offer that on my own. So I'd like to reach out to a caring adult who does know about supporting kids through thoughts of suicide so that they can help us. If you want, you can listen in to what I share with them.")

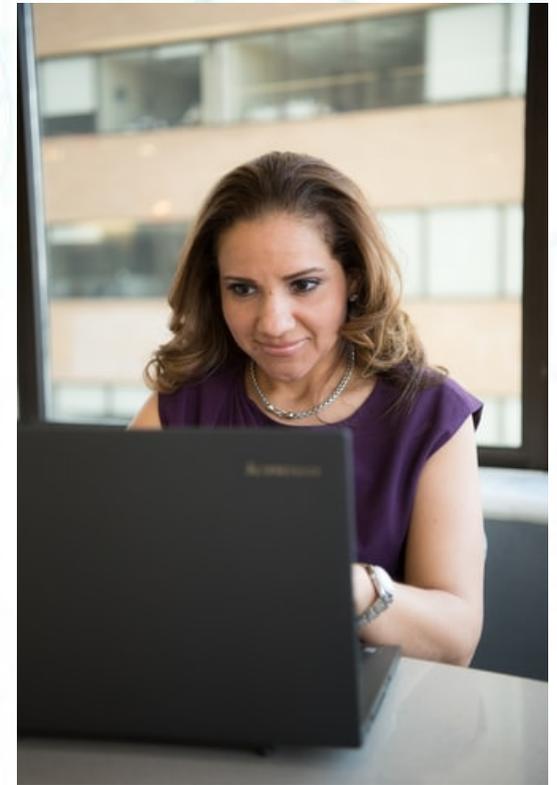
*** OFSN - Oregon Family Support Network

RSRASP is staffed with kind, caring experts in assessing suicidal crisis. They are masters-level mental health professionals.

Remote Suicide Risk Assessment & Safety Planning Line:
(503) 575-3760
Hours:
8:30AM-4:30PM
Monday - Friday

We want your feedback

- What guidance do you need to help support your students and their families?
- What guidance do you need to help support you in your work?



Thank you!

ODE Website Resources:

- [For students and families](#)
- [For educators and school staff](#)
- [For administrators, school counselors and other mental health professionals](#)

Contact information:

- Dr. B Grace Bullock grace.bullock@ode.state.or.us
- Dr. Beth Wigham beth.wigham@ode.state.or.us
- Jill Baker jill.baker@dhsosha.state.or.us