

# Oregon Schools' Suicide Prevention Resource Kit

## State and National Resources

**Note:** *The resources included in this catalog were compiled for the purpose of supporting Oregon school and district staff in their suicide prevention planning, preparation, and implementation efforts. The list of resources, trainings, and programs is not meant to be an exhaustive or all-encompassing inventory, but instead provide a tailored selection of entries based on three guiding factors:*

- 1) supporting evidence and research,*
- 2) relevance and usefulness to Oregon schools, and*
- 3) contributing individual value to a comprehensive suicide prevention approach.*



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# General Suicide Prevention Resources

## National

### Informational Resources

 <p><b>CDC Suicide Fact Sheet</b> <i>Center for Disease Control</i></p>	<p>The Vital Signs fact sheet provides a broad overview on facts and context regarding suicide prevalence in the United States. Additional information includes factors that contribute to suicide along with guidance on how to respond when someone is identified as at-risk. This resource is especially useful for presenting the facts on suicide and establishing baseline knowledge on the topic. Link: <a href="https://www.cdc.gov/vitalsigns/pdf/vs-0618-suicide-H.pdf">https://www.cdc.gov/vitalsigns/pdf/vs-0618-suicide-H.pdf</a></p>
 <p><b>Suicide Prevention Resource Center (SPRC) School Resources</b> <i>Suicide Prevention Resource Center</i></p>	<p>The SPRC website serves as a suicide prevention informational hub that houses resources related to organizational planning, staff training, example protocols and procedures, pre-vention programming, and other resources. Schools can use the SPRC Gatekeeper Training Matrix to aid in the selection of appropriate suicide prevention programs and trainings. Link: <a href="https://www.sprc.org/settings/schools">https://www.sprc.org/settings/schools</a></p>



### Guides, Toolkits, and Policies

 <p><b>K-12 Toolkit for Mental Health Promotion and Suicide Prevention</b> <i>In collaboration between the Stanford University and Heard Alliance</i></p>	<p>The K-12 Mental Health Promotion and Suicide Prevention toolkit was developed as a comprehensive guide for implementing a school suicide prevention policy. The guide is comprised of tools for suicide prevention and mental health promotion (e.g., mindfulness, SEL, means restriction), suicide intervention (e.g., crisis response, social media, identify and refer protocols), and postvention (e.g., procedures, media communication, contagion). Tools and informational guidance can be accessed either online through topic modules or by downloading the toolkit PDF. Link: <a href="https://www.heardalliance.org/help-toolkit/">https://www.heardalliance.org/help-toolkit/</a></p>
 <p><b>Model School District Policy on Suicide Prevention</b> <i>The Trevor Project, National Association of School Psychologists, American School Counselor Association, an American Foundation for Suicide Prevention</i></p>	<p>This model policy outlines guidelines and suggested practices that schools and districts can draw from when designing a comprehensive suicide prevention policy. Organization of the policy is divided into three sections including model language, commentary, and resources. Within these sections, information can be found on topics such as key vocabulary, prevention, intervention, postvention, assessment and referral, in and out of school attempts, re-entry procedure, parental involvement and other related areas. Link: <a href="https://www.thetrevorproject.org/education/model-school-policy/">https://www.thetrevorproject.org/education/model-school-policy/</a></p>
 <p><b>Preventing Suicide: A Toolkit for High Schools</b> <i>Substance Abuse and Mental Health Services Administration (SAMHSA)</i></p>	<p>SAMHSA developed this toolkit to provide schools the tools and strategies for school-wide suicide prevention programming. Although designed for high schools, much of the guidance can be used to inform suicide prevention in the middle school setting. The document is comprehensive in nature and can be used by district or school teams during the initial information gathering stage of suicide prevention planning. Link: <a href="https://store.samhsa.gov/system/files/sma12-4669.pdf">https://store.samhsa.gov/system/files/sma12-4669.pdf</a></p>



# General Suicide Prevention Resources

## State

### Informational Resources


	<p><b>Oregon Suicide Prevention Resource Directory</b></p> <p><i>University of Oregon Prevention Lab, Oregon Alliance to Prevent Suicide</i></p>	<p>To better assist connecting schools with localized suicide prevention supports, two statewide directories were developed by the Oregon Alliance to Prevent Suicide and the University of Oregon Prevention Team. These directories include contact information for county-level suicide prevention coalitions and contact information for state-level resources (e.g., training coordinators, crisis response coordinators, etc.). Link: <a href="https://docs.google.com/spreadsheets/d/1Vh40_gw9Sv32TPYp_9INsQxw_WDjbJ0bRqp_GIT4bM/edit?usp=sharing">https://docs.google.com/spreadsheets/d/1Vh40_gw9Sv32TPYp_9INsQxw_WDjbJ0bRqp_GIT4bM/edit?usp=sharing</a></p>
	<p><b>Suicide in Oregon: Adolescents and Young Adults</b></p> <p><i>Oregon Health Authority</i></p>	<p>The 2015 Oregon Adolescent Suicide Fact Sheet provides brief historical facts regarding youth suicide trends in Oregon over the past two decades. This two-pager also breaks down current death by suicide rates by demographics, mechanism, and surrounding circumstances. The fact sheet can be used for establishing background knowledge on the context of youth suicide in Oregon. Link: <a href="https://www.oregon.gov/oha/PH/DiseasesConditions/InjuryFatalityData/Documents/Fact%20Sheets/suicide-youth-2015v2.pdf">https://www.oregon.gov/oha/PH/DiseasesConditions/InjuryFatalityData/Documents/Fact%20Sheets/suicide-youth-2015v2.pdf</a></p>

### Guides, Toolkits, and Policies

	<p><b>Suicide Prevention: Step by Step</b></p> <p><i>Lines for Life and Willamette Education Service District</i></p>	<p>Step by Step was developed in Oregon to assist schools with suicide prevention efforts by supplying easy-to-use tools and strategies for decreasing youth suicide and increase awareness surrounding mental health and wellness. The guide is organized into two sections: 1) promoting positive mental health messages and 2) prioritizing suicide prevention efforts. Link: <a href="https://oregonyouthline.org/step-by-step/">https://oregonyouthline.org/step-by-step/</a></p>
	<p><b>Developing Comprehensive Suicide Prevention, Intervention, an Postvention Protocols: A Toolkit for Oregon Schools</b></p> <p><i>Cairn Guidance</i></p>	<p>This toolkit was designed to provide Oregon schools with guidance on how to implement suicide prevention, intervention, and postvention efforts by supplying relevant protocols and example tools to support each component. Additionally, the toolkit provides Oregon specific guidance for local state laws including SB-561 (postvention reporting). Link: <a href="https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Documents/Oregon-School-Suicide-Protocol-Toolkit.pdf">https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Documents/Oregon-School-Suicide-Protocol-Toolkit.pdf</a></p>




# Suicide Prevention Key Components

## Connected and Safe School Culture

	<p><b>School Connectedness: Strategies for Increasing Protective Factors Among Youth</b></p> <p><i>CDC and Department of Health and Human Services</i></p>	<p>The CDC has identified increasing connectedness as a major strategic direction for preventing suicidal behavior. The School Connectedness guide outlines how schools can increase a student's feeling of connectedness through addressing core areas such as adult support, positive peer group membership, educational commitment, and school environment.</p> <p>Link: <a href="https://www.cdc.gov/healthyouth/protective/pdf/connectedness.pdf">https://www.cdc.gov/healthyouth/protective/pdf/connectedness.pdf</a></p>
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## Evidence-Based Training and Programs



### Staff Gatekeeper Training

	<p><b>ASIST (Applied Suicide Intervention Skills Training)</b></p> <p><i>Livingworks</i></p>	<p>This program provides an interactive workshop in suicide first aid for individuals who may be the first to talk with a person at risk, but have little or no training. 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. Because ASIST is a more intensive gatekeeper training, schools often benefit from having at least one staff member trained in the curriculum.</p> <p>Link: <a href="https://www.livingworks.net/asist">https://www.livingworks.net/asist</a></p>
	<p><b>QPR (Question, Persuade, Refer)</b></p> <p><i>QPR Institute</i></p>	<p>QPR Gatekeeper Training is designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. There are a variety of trainings offered from online gatekeeping training, triage training, suicide risk assessment and management, and trainings for specific professionals (including school health professionals). QPR is often used in schools as a universal training for all staff members that can be completed within 2-3 hours.</p> <p>Link: <a href="https://qprinstitute.com/organization-training">https://qprinstitute.com/organization-training</a></p>
	<p><b>Kognito At-Risk for High School and Middle School Educators</b></p> <p><i>Kognito</i></p>	<p>The Kognito training offers a middle school (50 minutes) and high school (60 minutes) version of online interactive role-play simulations that help build awareness and skills around mental health and suicide prevention in schools.</p> <p>Link: <a href="https://kognito.com/products/at-risk-for-high-school-educators">https://kognito.com/products/at-risk-for-high-school-educators</a></p>


# Suicide Prevention Key Components

## Evidence-Based Training and Programs


### Student Oriented Programs

 <p><b>Signs of Suicide (SOS)</b></p> <p><i>MindWise Innovations</i></p>	<p>A universal, school-based depression awareness and suicide prevention program designed for student youth populations. The main goals of the program are to increase student knowledge and adaptive attitudes about mental health, encourage help-seeking behaviors, reduce stigma of mental illness and acknowledge the importance of seeking help, engage parents and school staff as “gatekeepers”, and encourage schools to develop community-based partnerships to support student mental health. Link: <a href="https://www.mindwise.org/what-we-offer/suicide-prevention-programs/">https://www.mindwise.org/what-we-offer/suicide-prevention-programs/</a></p>
 <p><b>Sources of Strength</b></p> <p><i>Sources of Strength</i></p>	<p>Sources of Strength is a universal suicide prevention program designed to build protective peer social networks to reduce the acceptability of suicide as a response to distress, increase acceptability of seeking help, improve communication between youth and adults, and develop healthy coping attitudes among youth. Although Sources of Strength has been classified as a gatekeeper training program by the SPRC, the program is primarily concerned with upstream prevention and uses trained student-leaders to drive school prevention efforts. Link: <a href="https://sourcesofstrength.org/">https://sourcesofstrength.org/</a></p>

### Suicide Prevention Awareness Program

 <p><b>Response</b></p> <p><i>Columbia Care</i></p>	<p>Response is a high school-based suicide prevention kit that is designed to increase awareness, heighten sensitivity to depression and suicidal ideation, and offer response procedures to refer a student at risk for suicide. The kit includes an implementation manual, four 50-minute lesson plans, and an in-service manual for a 2-hour staff training. Link: <a href="http://www.columbiacare.org/response.html">http://www.columbiacare.org/response.html</a></p>
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### Postvention Training

 <p><b>Connect Postvention Training</b></p> <p><i>NAMI New Hampshire</i></p>	<p>Connect postvention training educates administrators and selected staff on how to respond to a sudden death by suicide through the use of standardized protocols and practices. The training includes best-practices when communicating with the media, memorialization protocols, and other strategies for reducing contagion amongst students. Link: <a href="https://theconnectprogram.org/available-services/reduce-suicide-risk-and-promote-healing-suicide-postvention-training/">https://theconnectprogram.org/available-services/reduce-suicide-risk-and-promote-healing-suicide-postvention-training/</a></p>
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# Suicide Prevention Key Components

## Evidence-Based Training and Programs



### Mental Health Training

 <p><b>MENTAL HEALTH FIRST AID OREGON</b></p>	<p><b>Mental Health First Aid</b></p> <p><i>National Institute of Behavioral Health and Missouri Department of Mental Health</i></p>	<p>This program introduces participants to risk factors and warning signs of mental illnesses and suicide. Uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate care. Teaches the common risk factors and warning signs of specific types of illnesses. Link: <a href="https://www.mhfaoregon.org/">https://www.mhfaoregon.org/</a></p>
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### Upstream and Elementary Programs

 <p><b>Good Behavior Game</b></p> <p><i>Paxis</i></p>	<p>A universal classroom-based program that teaches students self-regulation, self-control, and self-management strategies aimed towards reducing aggressive, disruptive classroom behaviors. This program emphasizes socialization and collaboration between peers to promote peace, productivity, health and happiness. Link: <a href="https://www.goodbehaviorgame.org/">https://www.goodbehaviorgame.org/</a></p>
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## Protocols: Identify and Refer, Monitoring, and Re-Entry


 <p><b>THE COLUMBIA LIGHTHOUSE PROJECT</b> IDENTIFY RISK. PREVENT SUICIDE.</p>	<p><b>Columbia Screening Protocol for Schools</b></p> <p><i>The Columbia Lighthouse Project</i></p>	<p>The Columbia Protocol for Schools is a customizable toolkit that includes the research validated screening tool the Columbia-Suicide Severity Rating Scale (C-SSRS) along with accompanying educational brochures and other school resources. Link: <a href="http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-communities-and-healthcare/#filter=_general-use.english">http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-communities-and-healthcare/#filter=_general-use.english</a></p>
 <p><b>SAMHSA</b> www.samhsa.gov</p>	<p><b>School Mental Health Referral Pathways (SMHRP) Toolkit</b></p> <p><i>SAMHSA</i></p>	<p>The SMHRP provides guidance, tools, and strategies for improving the coordination of mental health services for students both within school settings and between schools and outer-agencies. Link: <a href="http://www.esc-cc.org/Downloads/NITT%20SMHRP%20Toolkit_11%2019%2015%20FINAL.PDF">http://www.esc-cc.org/Downloads/NITT%20SMHRP%20Toolkit_11%2019%2015%20FINAL.PDF</a></p>

## Family and Community Involvement

 <p><b>SPRC</b> SUICIDE PREVENTION RESOURCE CENTER</p>	<p><b>Suicide Prevention Resources for Parents/Guardians/Families</b></p> <p><i>SPRC</i></p>	<p>This resource sheet provides schools with a list of online websites and information sheets designed for helping guide parents and guardians through conversations with students regarding suicide. Link: <a href="https://www.sprc.org/sites/default/files/resource-program/Families.pdf">https://www.sprc.org/sites/default/files/resource-program/Families.pdf</a></p>
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# Suicide Prevention Key Components

## Postvention



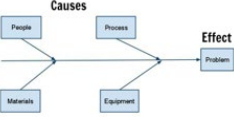
	<p><b>After a Suicide: A Toolkit for Schools</b></p> <p><i>SPRC, Education Development Center, and American Foundation for Suicide Prevention</i></p>	<p>The After a Suicide Toolkit focuses on how school staff can respond immediately and effectively after the occurrence of a student death by suicide. Sections include crisis response, helping students cope, working with the community and media, memorialization, social media, and other related topics.</p> <p>Link: <a href="http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf">http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf</a></p>
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## Elementary School Modifications


<p>Gizmo 4 Mental Health</p>	<p><b>Gizmo's Pawsome: A guide to Mental Health</b></p> <p><i>Connecticut Suicide Advisory Board</i></p>	<p>Gizmo's Guide takes an upstream approach for supporting the mental health and wellness of elementary aged youth by introducing the topic of mental health and providing internal and external coping strategies for taking care of oneself. The online booklet includes a personal mental health action plan that students can complete.</p> <p>Link: <a href="http://www.sprc.org/news/upstream-suicide-prevention-connecticut-elementary-schools">http://www.sprc.org/news/upstream-suicide-prevention-connecticut-elementary-schools</a></p>
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# Implementation and Systems Support

## Installation, Implementation, and Sustainment

	<p><b>Active Implementation Hub</b></p> <p><i>National Implementation Research Network</i></p>	<p>The Active Implementation hub was designed to assist schools by providing a scientific approach for the installation, implementation, and sustainment of research and evidence-based interventions and practices. The online learning environment includes lessons and modules on topics such as implementation science framework use and improvement cycles. Link: <a href="https://nirn.fpg.unc.edu/ai-hub">https://nirn.fpg.unc.edu/ai-hub</a></p>
	<p><b>Hexagon Tool</b></p> <p><i>National Implementation Research Network</i></p>	<p>To better assist schools in the selection process of appropriate interventions and programs, the National Implementation Research Network (NIRN) designed the Hexagon tool, which assesses interventions based on six implementation factors: need, fit, resources, evidence, readiness, and capacity. Link: <a href="https://schoolturnaroundsupport.org/sites/default/files/resources/NIRN-Education-TheHexagonTool.pdf">https://schoolturnaroundsupport.org/sites/default/files/resources/NIRN-Education-TheHexagonTool.pdf</a></p>
	<p><b>Root Cause Analysis</b></p> <p><i>QAPI</i></p>	<p>The root-cause analysis tool (fishbone-diagram) is a structured team process that allows users to systematically identify underlying factors or causes to problems encountered at an institution or organization. Link: <a href="https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/QAPI/downloads/FishboneRevised.pdf">https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/QAPI/downloads/FishboneRevised.pdf</a></p>

## Evaluation Support

	<p><b>Plan Do Study Act Cycles</b></p> <p><i>Institute for Healthcare Improvement</i></p>	<p>The Plan-Do-Study-Act cycle is a quality improvement tool that can guide schools in the systematic process of piloting select initiatives through a four step cycle: preparing, implementing on a small scale, measuring, and then adapting and scaling the intervention, initiative, or program if it is deemed effective. Link: <a href="http://www.ihl.org/resources/Pages/HowtoImprove/default.aspx">http://www.ihl.org/resources/Pages/HowtoImprove/default.aspx</a></p>
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