

Suicide Prevention



Agenda

INTRODUCTIONS!

AB 2246

WHAT TO EXPECT: STUDENT PRESENTATION

RISKS/WARNING SIGNS

REFERRAL PROCESS

WHAT HAPPENS NEXT?

CRISIS RESPONSE TEAM

RESOURCES

Who am I?

Eva Jimenez

School Counselor

On Site: Monday, Wednesday and Friday

When: From 8:30am-3:30pm

Where: Inside the main office, Office E

Contact Info: 408-447-5445 ext. 2010 (office space shared with speech)

ejimenez@navigatorsschools.org

AB-2246

In Spring 2016, the governor approved assembly bill 2246 which states:

This bill would require the governing board or body of a local educational agency, as defined, that serves pupils in grades 7 to 12, inclusive, to, before the beginning of the 2017–18 school year, adopt a policy on pupil suicide prevention, as specified, that specifically addresses the needs of high-risk groups. By imposing additional duties on local educational agencies, the bill would impose a state-mandated local program. The bill would require the department to develop and maintain a model policy to serve as a guide for local educational agencies.

Student Presentation

Per AB-2246, we will also be providing a classroom presentation to all students grade 5th-8th. We will be addressing:

- Risk & warning signs
 - What is self harm?
- Referral process on campus
 - Each comment is taken seriously
- Safe messaging
 - Including safety in social media
 - Sensitivity to mental health
- How to seek help
 - Resources
 - Everyone will be given the National Suicide Hotline #1-800-273-8255

Risks

Dramatic changes from their usual self

Feelings: sadness, moodiness, angry outbursts, loss of interest in family, friends or activities

Thoughts: trouble concentrating, difficulty making decisions, thoughts of harming oneself, delusions and/or hallucinations

Behaviors: withdrawing from people, substance abuse, risky behaviors, missing school or other commitments, attempts to harm oneself(i.e. cutting)

Physical problems: sleeping too much or too little, eating too much or too little, unexplained aches or pains(somatic symptoms)

Warning Signs

Verbally threatening to kill themselves

Looking for ways to kill themselves

Talking or writing about death, dying or suicide

Expressing no reason for living

Rage, seeking revenge

Reckless or risky behavior

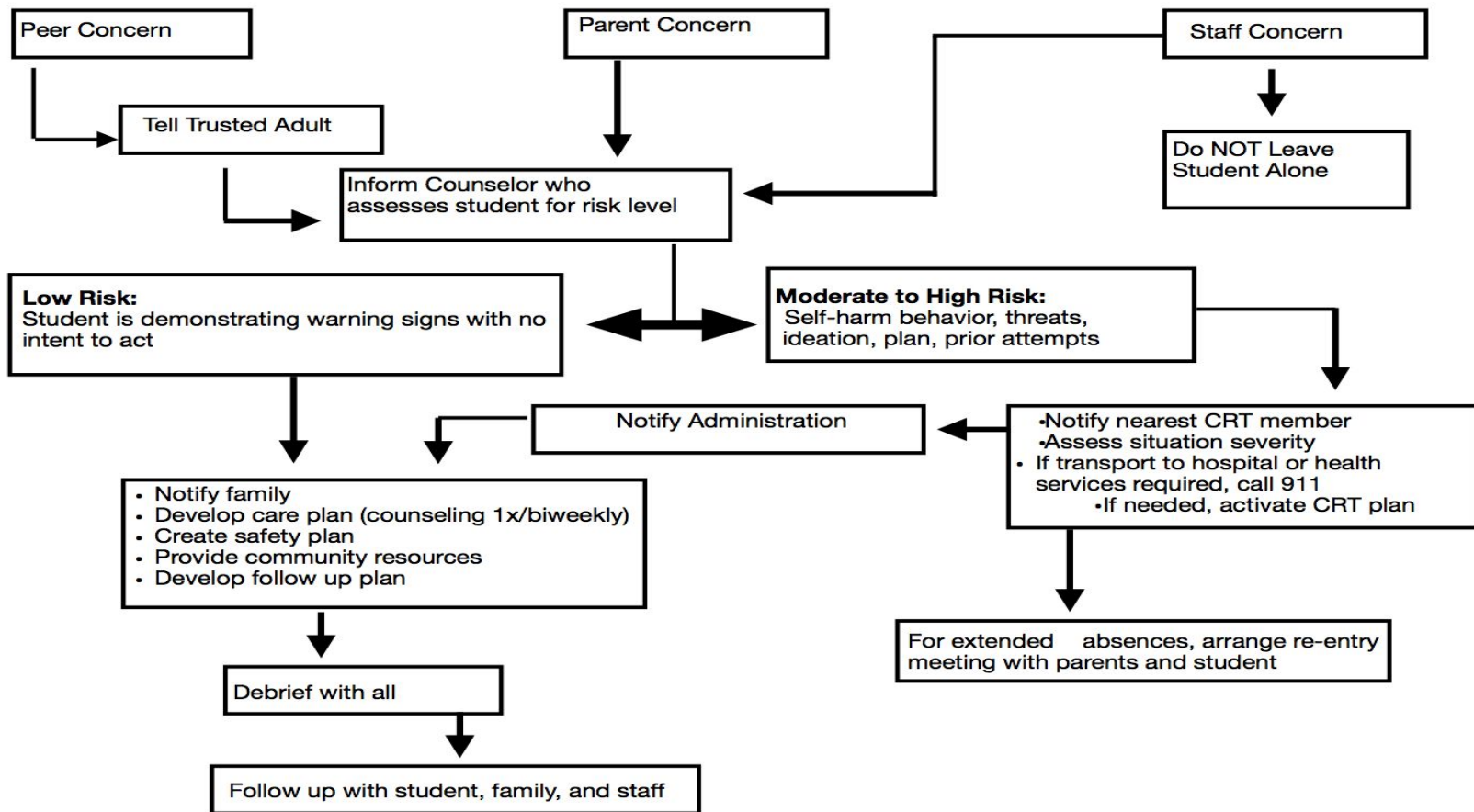
Feeling trapped

Withdrawal from friends, family and society

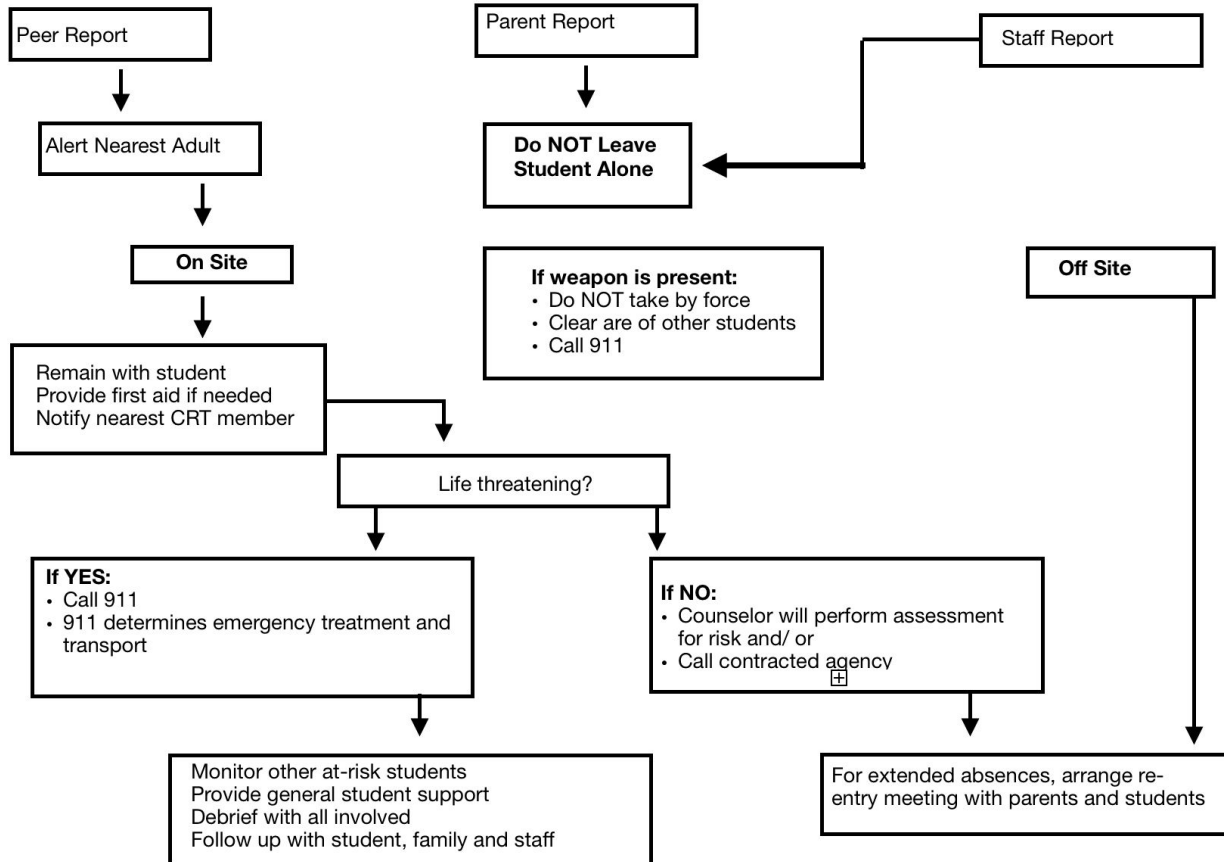
Dramatic mood changes

Anxiety, agitation, inability to sleep or increased sleep

Suicide Intervention Protocol Flowchart: Low, Moderate & High Risk
STUDENT HAS DEMONSTRATED RISK FOR SUICIDE



Suicide Intervention Protocol Flowchart: Extreme Risk
STUDENT ATTEMPTS SUICIDE OR HAS MEANS ON PERSON



What happens next?

After a student is referred to a counselor:

Step 1: Assessment

Step 2: Admin/Parent Contacted

Step 3: In the event that a student is identified as medium to high risk, ADMIN & the SRO will be contacted first for safety and then parent.

SRO: School resource Officer

Step 4: Depending on risk level, a student may be connected to counseling services varied from 1x/month to 1x/week

How Do I Help My Child?

3 Steps to HELP

1. Show you care
2. Ask about suicide
3. Persuade the suicidal person to get help and make sure that they get it.

What is NOT helpful

- Ignoring or dismissing the issue
- Acting shocked or embarrassed
- Panicking, preaching or patronizing
- Challenging, debating or bargaining
- Giving harmful advice
- Promising to keep a secret

Crisis Response Team

Roles & Responsibilities:

Respond to urgent situations when needed

Notifies family members of student crisis

Call 911 if needed

Provide first aid when needed

Clear area and ensure safety of all students

Calls on community resources for assistance if needed

Evaluates school crisis response and revise as needed

Crisis Response Team

Who are they?

CRT Leader: Eva Jimenez



Alt. CRT Leader: Sharon Waller



Vice Principal: Aimee Hubbard

Counselor: Eva Jimenez

Designated Teacher: Valicity Hudson



Designated Teacher: Jessie Hill



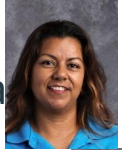
Designated Teacher: Ada Perales



Teacher Liason: Tina Hill



Secretary: Alex Mijares/ Teresa Silva



Nurse/Health Technician: Alex Mijares/
Teresa Silva



Campus Supervisor: Guadalupe Olmos



Media Spokesperson: Kirsten Carr



Resources

**National Suicide Prevention Lifeline:
1-800-273-TALK (8255)**

Online Chat:

<http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Text: Text **741741** from anywhere in the USA to text with a trained Crisis Counselor.

San Benito County Behavioral Health:
1-831-636-4020

San Benito County **24 Hour Crisis Line:**
1-888-636-4020

San Benito County/Community Solutions:
1-831-637-1094

Santa Clara County Behavioral Health:
1-800-704-0900

Santa Clara County/Community Solutions:
1-408-842-7138

Gilroy Family Resource Center:
1-408-758-3440

EMQ Families First: 1-408-379-9085

Youth Crisis & Runaway Hotline:
1-800-843-5200