

**NEW KENSINGTON-
ARNOLD
SCHOOL DISTRICT**

SECTION: OPERATIONS

TITLE: SUICIDE AWARENESS,
PREVENTION AND RESPONSE

ADOPTED: August 27, 2015

REVISED:

<p>1. Purpose SC 1526 Pol. 103.1, 248, 249, 806</p> <p>2. Authority Title 22 Sec. 12.12 Pol. 207, 216, 236</p> <p>3. Guidelines</p> <p>SC 1526</p> <p>SC 1526</p>	<p style="text-align: center;">819. SUICIDE AWARENESS, PREVENTION AND RESPONSE</p> <p>The Board is committed to protecting the health, safety and welfare of its students and school community. This policy supports federal, state and local efforts to provide education on youth suicide awareness and prevention; establish methods of prevention, intervention, and response to suicide or suicide attempt; and to promote access to suicide awareness and prevention resources.</p> <p>In compliance with state law and regulations, and in support of the district’s suicide prevention measures, information received in confidence from a student may be revealed to the student’s parents/guardians, the building principal or other appropriate authority when the health, welfare or safety of the student or any other person is deemed to be at risk.</p> <p>The district shall utilize a multifaceted approach to suicide prevention which integrates school and community-based supports.</p> <p>The district shall notify district employees, students and parents/guardians of this policy and shall post the policy on the district’s website.</p> <p style="text-align: center;">SUICIDE AWARENESS AND PREVENTION EDUCATION</p> <p><u>Protocols for Administration of Student Education</u></p> <p>Students shall receive age-appropriate education on the importance of safe and healthy choices, coping strategies, how to recognize risk factors and warning signs, as well as help-seeking strategies for self or others including how to engage school resources and refer friends for help.</p> <p>Lessons shall contain information on comprehensive health and wellness, including emotional, behavioral and social skills development.</p>
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<p>SC 1526 Pol. 333</p>	<p><u>Protocols for Administration of Employee Education</u></p> <p>All district employees, including but not limited to secretaries, coaches, bus drivers, custodians and cafeteria workers, shall receive information regarding risk factors, warning signs, response procedures, referrals, and resources regarding youth suicide prevention.</p> <p>As part of the district's professional development plan, professional educators in school buildings serving students in grades six (6) through twelve (12) shall participate in four (4) hours of youth suicide awareness and prevention training every five (5) years.</p> <p>Additional professional development in risk assessment and crisis intervention shall be provided to guidance counselors, district mental health professionals and school nurses.</p> <p><u>Resources for Parents/Guardians</u></p> <p>The district may provide parents/guardians with resources including, but not limited to, health promotion and suicide risk, including characteristics and warning signs; and information about local behavioral/mental health resources.</p>
<p>SC 1526</p>	<p style="text-align: center;">METHODS OF PREVENTION</p> <p>The methods of prevention utilized by the district include, but are not limited to, early identification and support for students at risk; education for students, staff and parents/guardians; and delegation of responsibility for planning and coordination of suicide prevention efforts.</p> <p><u>Suicide Prevention Coordinators</u></p> <p><i>District-Wide –</i></p> <p>A district-wide suicide prevention coordinator shall be designated by the Superintendent. This may be an existing district employee. The district suicide prevention coordinator shall be responsible for planning and coordinating implementation of this policy.</p> <p><i>Building Level –</i></p> <p>Each building principal shall designate a school suicide prevention coordinator to act as a point of contact in each school for issues relating to suicide prevention and</p>

	<p>policy implementation. This may be an existing district employee.</p> <p><u>Early Identification Procedures</u></p> <p>Early identification of individuals with one (1) or more suicidal risk factors or of individuals exhibiting warning signs, is crucial to the district's suicide prevention efforts. To promote awareness, district employees, students and parents/guardians should be educated about suicidal risk factors and warning signs.</p> <p>Risk factors refer to personal or environmental characteristics that are associated with suicide including, but not limited to:</p> <ul style="list-style-type: none">• Behavioral Health Issues/Disorders:<ul style="list-style-type: none">- Depression.- Substance abuse or dependence.- Previous suicide attempts.- Self injury.• Personal Characteristics:<ul style="list-style-type: none">- Hopelessness/Low self-esteem.- Loneliness/Social alienation/isolation/lack of belonging.- Poor problem-solving or coping skills.- Impulsivity/Risk-taking/recklessness.• Adverse/Stressful Life Circumstances:<ul style="list-style-type: none">- Interpersonal difficulties or losses.- Disciplinary or legal problems.- Bullying (victim or perpetrator).- School or work issues.- Physical, sexual or psychological abuse.
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SC 1526	<ul style="list-style-type: none">- Exposure to peer suicide. <ul style="list-style-type: none">• Family Characteristics:<ul style="list-style-type: none">- Family history of suicide or suicidal behavior.- Family mental health problems.- Divorce/Death of parent/guardian.- Parental-Child relationship. <p>Warning signs are indications that someone may be in danger of suicide, either immediately or in the near future. Warning signs include, but are not limited to:</p> <ul style="list-style-type: none">• Expressions such as hopelessness, rage, anger, seeking revenge, feeling trapped, anxiety, agitation, no reason to live or sense of purpose.• Recklessness or risky behavior.• Increased alcohol or drug use.• Withdrawal from friends, family, or society.• Dramatic mood changes. <p><u>Referral Procedures</u></p> <p>Any district employee who has identified a student with one (1) or more risk factors or who has an indication that a student may be contemplating suicide, shall refer the student for further assessment and intervention.</p> <p><u>Documentation</u></p> <p>The district shall document the reasons for referral, including specific warning signs and risk factors identified as indications that the student may be at risk.</p> <p style="text-align: center;">METHODS OF INTERVENTION</p> <p>The methods of intervention utilized by the district include, but are not limited to, responding to suicide threats, suicide attempts in school, suicide attempts outside of school, and completed suicide. Suicide intervention procedures shall address the development of an emotional or mental health safety plan for students identified as being at increased risk of suicide.</p>
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<p>SC 1526</p>	<p style="text-align: center;">REPORT PROCEDURES</p> <p>Effective documentation assists in preserving the safety of the student and ensuring communication among school staff, parents/guardians and mental health service providers.</p> <p>When a district employee takes notes on any conversations or situations involving or relating to an at-risk student, the notes should contain only factual or directly observed information, not opinions or hearsay.</p> <p>As stated in this policy, district employees shall be responsible for effective documentation of incidents involving suicide prevention, intervention and response.</p> <p>The suicide prevention coordinator shall provide the Superintendent with a copy of all reports and documentation regarding the at-risk student. Information and reports shall be provided, as appropriate, to guidance counselors, district mental health professionals and school nurses.</p>
<p>SC 1526</p>	<p style="text-align: center;">SUICIDE AWARENESS AND PREVENTION RESOURCES</p> <p>A listing of resources regarding suicide awareness and prevention shall be attached to this policy.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 1526</p> <p>State Board of Education Regulations – 22 PA Code Sec. 12.12</p> <p>Board Policy – 103.1, 113, 113.2, 113.3, 114, 117, 146, 204, 207, 216, 236, 248, 249, 333, 805, 806</p>