

San Diego County Suicide Prevention Council's Suicide Prevention Support Resources 2018 A Quick Guide for Schools

Resources	Local	National
School Support	<p>HERE Now School Based PEI and Anti-BIAS Program Countywide San Diego Youth Services, Spring Valley and East Communities Campus tel. 619 258-6877 ext. 3274 cell. 619-405-8340 fax. 619 258-0676 jpark@sdyouthservices.org www.sdyouthservices.org Introduction to Services: The HERE Now Project focuses on preventing suicide by educating youth and their families on the risk factors of suicide and reduce the stigma around seeking help for themselves or others. In addition, the HERE Now program is working to support the school culture and environment to be preventive and proactive in educating all members of the school community (teachers, students, parents) regarding suicide prevention as well as identifying and working with individual and groups of students who may be struggling emotionally and/or engaging in self-destructive or otherwise risky behaviors.</p> <p>San Diego County Office of Education The San Diego County Office of Education (SDCOE) is committed to supporting schools, students and families with resources to address suicide prevention for our students. They provide consultation, trainings and technical assistance to the 42 School Districts to implement AB2246. http://www.sdcoe.net/student-services/student-support/Pages/Suicide-Prevention.aspx</p>	<p>The K-12 Toolkit for Mental Health Promotion and Suicide Prevention The K-12 Toolkit for Mental Health Promotion and Suicide Prevention has been created to help schools comply with and implement AB 2246, the Pupil Suicide Prevention Policies. The Toolkit includes resources for schools as they promote youth mental wellness, intervene in a mental health crisis, and support members of a school community after the loss of someone to suicide. Additional information about this Toolkit for schools can be accessed on the Heard Alliance Web site at http://www.heardalliance.org/.</p> <p>Preventing Suicide: A Toolkit for High Schools 2012 by SAMHSA This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students. https://www.samhsa.gov/capt/tools-learning-resources/preventing-suicide-toolkit</p> <p>After a Suicide: A Toolkit for School After a Suicide: A Toolkit for School is a comprehensive guide that will assist schools on what to do if a suicide death takes place in the school community. See the Suicide Prevention Resource Center Web page at http://www.sprc.org/comprehensive-approach/postvention</p>

	<p>San Diego County Suicide Prevention Council (SPC) School Collaborative K-12</p> <p>The SPC School Collaborative K-12 was formed to provide resources and education to San Diego County schools interested in implementing suicide prevention programs. The subcommittee is open to all educators and interested stakeholders. www.spcsandiego.org ; 858-609-7976</p>	<p>Public Messaging on Suicide Prevention</p> <p>For information on public messaging on suicide prevention see the National Action Alliance for Suicide Prevention website at http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/</p> <p>Engaging the Media Regarding Suicide Prevention</p> <p>For information on how to engage the media regarding suicide prevention see the Your Voice Counts Web page at https://emmresourcecenter.org/resources/making-headlines-guide-engaging-media-suicide-prevention-california</p> <p>How to Use Social Media for Suicide Prevention</p> <p>For information on how to use social media for suicide prevention see the Your Voice Counts Web page at https://emmresourcecenter.org/resources/making-headlines-guide-engaging-media-suicide-prevention-california</p>
<p>Student Education</p>	<p>More Than Sad Training</p> <p>More Than Sad is a school-ready and evidence-based training and you can listed on the national Suicide Prevention Resource Center's best practices list, specifically designed for teen-level suicide prevention. See the American Foundation for Suicide Prevention Web page at https://afsp.org/our-work/education/more-than-sad/</p> <p>Yellow Ribbon Suicide Prevention School Program- San Diego Chapter</p> <p>YRSPP® uses the public heath model to address youth/teen/young adult suicide. Through education, training and public awareness campaigns, YRSPP® helps reduce stigma associated with asking for help while giving young people access to vital life skills. Using safe and effective suicide prevention messaging, the Ask 4 Help®! curriculum provides young people with knowledge to</p>	<p>Break Free from Depression (BFFD)</p> <p>Break Free from Depression (BFFD) is a 4-module curriculum focused on increasing awareness about adolescent depression and designed for use in high school classrooms. See the Boston Children's Hospital Web page at http://www.childrenshospital.org/breakfree</p> <p>Coping and Support Training (CAST)</p> <p>Coping and Support Training (CAST) is an evidence-based life-skills training and social support program to help at-risk youth. See the Reconnecting Youth Inc. Web page at http://www.reconnectingyouth.com/programs/cast/</p>

	<p>increase help seeking behavior for themselves or on behalf of others. Yellow Ribbon Ask 4 Help!® cards are widely distributed as part of the program. http://www.yellowribbonsd.org/</p> <p>National Alliance on Mental Illness in San Diego (NAMI San Diego) NAMI San Diego, a non-profit organization, provides education, support and advocacy to improve the lives of everyone affected by mental illness. www.namisaniego.org</p> <p>The Directing Change Program The Directing Change Program and Film Contest is a youth engagement program that educates students about the warning signs for suicide and mental health through the creation of short films. Educational resources and lesson plans are available. The program is free and evaluated.: www.DirectingChangeCA.org.</p>	<p>Students Mobilizing Awareness and Reducing Tragedies (SMART) Students Mobilizing Awareness and Reducing Tragedies (SMART) is a program comprised of student-led groups in high schools designed to give students the freedom to implement a suicide prevention on their campus that best fits their school's needs. See the SAVE Web page at https://www.save.org/what-we-do/education/smart-schools-program-2/</p> <p>Linking Education and Awareness for Depression and Suicide (LEADS) for Youth Linking Education and Awareness for Depression and Suicide (LEADS) for Youth is a school-based suicide prevention curriculum designed for high schools and educators that links depression awareness and secondary suicide prevention. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide. See the SAVE Web page at https://www.save.org/what-we-do/education/leads-for-youth-program/</p>
<p>Parent Education & Support</p>	<p>SOSL San Diego Chapter Survivors of Suicide Loss (SOSL) reaches out to and supports people who have lost a loved one to suicide. Our goal is to give survivors a place where they can be comfortable expressing themselves, a place to find support, comfort, resources and hope in a judgment-free environment. https://www.soslsd.org/sosl-services/</p> <p>Youth Mental Health First Aid (YMHFA) 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. See the Mental Health First Aid Web page at https://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/</p>	<p>Parents as Partners: A Suicide Prevention Guide for Parents Parents as Partners: A Suicide Prevention Guide for Parents is a booklet that contains useful information for parents/guardians/caregivers who are concerned that their children may be at risk for suicide. It is available from Suicide Awareness Voices of Education (SAVE). See the SAVE Web page at https://www.save.org/product/parents-as-partners/</p> <p>Help & Hope for Survivors of Suicide Loss Help & Hope for Survivors of Suicide Loss is a guide to help those during the bereavement process and who were greatly affected by the death of a suicide. See the Suicide Prevention Resource Center Web page at http://www.sprc.org/resources-programs/help-hope-survivors-suicide-loss</p>

	<p>Locally Provided By:</p> <ul style="list-style-type: none"> ➤ <u>SDCOE</u> http://www.sdcoe.net/student-services/student-support/Pages/Suicide-Prevention.aspx ➤ <u>Mental Health America San Diego</u> http://mhasd.org/ ➤ <u>CDE Mental Health Web</u> http://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp <p>NAMI San Diego Children, Youth & Family Liaison</p> <p>NAMI San Diego serves as the Mental Health Service Act (MHSA) Resolution point-of contact for issues within the CYF Behavioral Health System of Care. For families who experience an issue or problem with within the Children, Youth and Family Behavioral Health System of Care, Email CYFLiaison@namisd.org or call Issue Resolution (858) 987-2980.</p>	
<p>Suicide Prevention Training & Education</p>	<p>Question, Persuade, and Refer (QPR)</p> <p>Question, Persuade, and Refer (QPR) is a gatekeeper training that can be taught online. Just as people trained in cardiopulmonary resuscitation (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. See the QPR Web site at http://www.qprinstitute.com/ Locally SPC is providing these trainings for free to request a training or attend one visit www.spcsandiego.org and go to the training tab.</p> <p>SafeTALK Training</p> <p>The SafeTALK training is a half-day alertness that prepares anyone over the age of fifteen, regardless of prior experience or training, to become a suicide-alert helper. See the LivingWorks Web page at https://www.livingworks.net/programs/safetalk/ Locally AFSP does SafeTALK trainings in SD County.</p>	<p>Kognito At-Risk Interactive Online Series</p> <p>Kognito At-Risk Interactive Online Series 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 templates to ensure that the program is easy to disseminate and measures success at the elementary, middle, and high school levels. See the Kognito Web page at https://www.kognito.com/products/pk12/</p> <p>Assessing and Managing Suicide Risk (AMSR)</p> <p>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. See the Suicide Prevention Resource Center Web page at http://www.sprc.org/training-events/amr</p>

	<p>Applied Suicide Intervention Skills Training (ASIST)</p> <p>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. See the LivingWorks Web page at https://www.livingworks.net/programs/asist/. Locally SPC is providing these trainings for free to request a training or attend one visit www.spcsandiego.org and go to the training tab.</p>	<p>The School Reentry for a Student Who Has Attempted Suicide or Made Serious Suicidal Threats Guide</p> <p>The School Reentry for a Student Who Has Attempted Suicide or Made Serious Suicidal Threats Guide will assist in school re-entry for students after an attempted suicide. See the Mental Health Recovery Services Resource Web page at http://www.mhrsonline.org/resources/suicide%5Cattempted_suicide_resources_for_schools-9</p>
Apps	<p>OscER SanDiego App-Local Mental Health App for Navigating Adult/Older Adult System of Care</p> <p>http://oscer.namisaniego.org http://app.oscer.org</p> <p>Helps navigate psychiatric crisis situations in San Diego County within the Adult/Older Adult System of Care. Available in English and Spanish. Get this free app in the Android, iTunes, Windows app stores. Also accessible through web-based version.</p> <p>OscER jr SanDiego App – Local Mental Health for Navigating Children’s System of Care</p> <p>http://oscerjr.namisaniego.org http://app.oscerjr.org</p> <p>Helps navigate behavioral situations in San Diego County within the Children, Youth and Families’ System of Care. Currently, available only in English. Get this free app in the Android or iTunes app store. Also accessible through web-based version.</p>	<p>MY3 App</p> <p>http://my3app.org/about/</p> <p>With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. Remember: there is hope and a life to look forward to, even in your darkest moments. MY3 can help you get through your most difficult times. Who are your 3? Download MY3 to make sure that your 3 are there to help you when you need them most. MY3 is available in the Apple App Store and Google Play, free of charge.</p> <p>Suicide Safe App</p> <p>https://store.samhsa.gov/apps/suicidesafe/</p> <p>Suicide Safe, SAMHSA's new suicide prevention app for mobile devices and optimized for tablets, helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Suicide Safe is a free app based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.</p>

	<p>alfreDU San Diego App – Educational Navigational App for IEP & 504</p> <p>http://alfredu.namisaniego.org https://app.alfredu.org</p> <p>Helps families' leverage their rights to a free and appropriate education by understanding the Special Education system (IEP & 504). Available in English, Spanish and Arabic. Get this free app in the Android or iTunes app store. Also accessible through web-based version.</p>	
Crisis Lines	<p>The Access + Crisis Line, Optum 888-724-7240</p> <p>Provides 24-hour, 7-day a week, Free, Confidential, Crisis Intervention, Suicide Prevention, Suicide Intervention, Suicide Postvention and Access to Mental Health and Alcohol & Drug Services. Staffed by compassionate, mental health professionals who are standing by to help. 'Live CHAT' services Mon- Fri 4pm-10pm via computer or smartphone. http://up2sd.org/resources/suicide-prevention-and-support/ The San Diego Access and Crisis (ACL), operated by Optum is an outstretched hand to individuals or people they know who are overwhelmed, depressed, or searching for answers. A phone call will connect you with compassionate counselor who is always standing by to provide hope and encouragement.</p>	<p>National Suicide Prevention Lifeline 1-800-273-8255</p> <p>The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p> <p>Crisis Text Line Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.</p> <p>Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.</p>
Support Helplines	<p>NAMI San Diego Family & Peer Support Helpline Toll Free: 800-523-5933 Local: 619-543-1434</p> <p>Free, safe, confidential information, referrals, and support for individuals with lived mental health experience and their loved ones. M-F, 9am-5pm</p>	

	<p>Survivors of Suicide Loss Support Line-Support Line: 619-482-0297</p> <p>SOSL has volunteers who are available to talk on the phone with you about your loss, confusion, frustration, anger, grief, or anything else you would like to talk about. SOSL also has a list of individual volunteers to call or email directly based on type of loss (e.g. spouse, parent, child, etc.) M-F 8am-8pm</p>	
<p>Lifelines for At-Risk LGBTQ Population</p>	<p>Trevor Project TrevorLifeLine:866-488-7386 (24/7/365)</p> <p>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. <i>Trevor Chat:</i>7days/week 3pm-10pmET/Noon-7pm PT <i>Trevor Text:</i> Text “Trevor” to 1-202-304-1200 Mon-Fri: 3pm-10pmET/Noon-7pm PT (standard text messaging rates apply) https://cities.thetrevorproject.org/san-diego/ https://www.thetrevorproject.org/</p>	<p>Trevor Project TrevorLifeLine: 866-488-7386 (24/7/365)</p> <p>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. <i>Trevor Chat:</i>7days/week 3pm-10pmET/Noon-7pm PT. <i>Trevor Text:</i> Text “Trevor” to 1-202-304-1200 Mon-Fri: 3pm-10pmET/Noon-7pm PT (standard text messaging rates apply) https://www.thetrevorproject.org/</p> <p>Trans Lifeline US: (877) 565-8860 CANADA: (877) 330-6366</p> <p>Trans Lifeline is hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm. 7 days a week, 18 hours a day, Pacific Time: 8am-2am</p>