Learning Objectives

1. Advocate importance of practice-driven interdisciplinary postvention programming to address student and staff needs after a student death by suicide.

2. Describe at least 3 best practices for supporting a school community during the anniversary of the death of a student by suicide.

3. Describe suicide prevention activities.
Agenda

- Palo Alto’s Story
- Conceptual Framework for this Presentation
- Postvention Efforts
- Intervention Efforts
- Prevention Efforts
- Summary
Sharing Our Story
Sharing Our Story

1. Challenges and Successes of Years Past

2. Honoring Intervention and Postvention Efforts

3. Applauding Prevention Initiatives to Date
A Conceptual Framework
A Conceptual Framework
A Conceptual Framework
POSTVENTION

- ALL Students
  - All-Staff Meetings (Day One)
    - Classroom Scripts
    - Letters to Parents

- SOME Students
  - Ind/Group check-ins (short-term)
  - On-Campus Grief Support - Students/staff

- FEW Students
  - Safety Plans
  - Risk Assessments
  - Risk Assessments
  - Safety Plans

Revised 2/1/18
## After a Death by Suicide - the first 24 hours

<table>
<thead>
<tr>
<th>Student Support Team</th>
<th>Staff Support Team</th>
<th>Communication Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Identify, monitor, and support students at risk</td>
<td>● Identify, monitor, and support staff at risk</td>
<td>● Call emergency staff meeting</td>
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<tr>
<td>● Monitor period attendance and call home for well-being check</td>
<td>● Read classroom scripts, as needed</td>
<td>● Author script to be read in classes</td>
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<tr>
<td>● Grief support on campus for all students (i.e., use memorialization best practices)</td>
<td>● Follow deceased student’s schedule</td>
<td>● Author email to stakeholder groups</td>
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<tr>
<td>● Disable auto dialer (attendance) for student</td>
<td>● Access to adult crisis counseling</td>
<td>● Hold periodic CRT check-ins</td>
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<td></td>
<td>● Substitute teacher coordination</td>
<td>● After school staff meeting</td>
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<td></td>
<td>● Food/Water for CRT</td>
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</tbody>
</table>
Anniversaries and Long-term Best Practices

- Maintain school’s goal of balancing learning and wellbeing
- Engage families as much as possible to best inform our response
- Provide psychoeducation to staff about grief responses and memorializations
- Remind staff to recognize signs of distress in class and how to activate school-based support
- Facilitate targeted support and outreach to vulnerable students, staff and close friends, peer groups or teammates as appropriate
Anniversaries and Long-term Best Practices

Dilemmas you may face:

● Empty Chair
● Yearbook
● Diploma
● Graduation
● Reason for Death

Guiding Principles

● Promote and practice healthy memorializations at school
● Life affirming or life giving (less focus on deaths)
● Encourage students and staff to engage in opportunities for wellness, resiliency or help-seeking
Prevention

- **ALL Students**
  - Programs (Sources: LBC2M); Changing the Narrative; Break Free from Depression; Youth Empowerment Seminar, Policies, Gatekeeper Trainings (Kognito, QPR), SEL Committee; Parent Outreach

- **SOME Students**
  - Camp Unity / Everytown Challenge Success; Student Wellness: LGBTQ Efforts

- **FEW Students**
  - Student Liaisons, CDC Epi-Aid Committee

- **ALL Students**
What is Sources of Strength?

- **Evidence-based** mental health and wellness program
- Utilizing the power of peer-to-peer **social networking**
- To **change unhealthy norms** and cultures
- To **prevent downstream outcomes** such as bullying, substance abuse, violence, and suicide
- By creating an **upstream** culture of **connectedness, resiliency, and strength**
Why is Sources a Peer-Led Program?

- If unhealthy behaviors can permeate a social network, then so can an epidemic of health - a contagion of strength.

- Adolescents reference peer group more than any other.

- Students have the most power to change cultural norms. We must bring their voices into the mix.
What is LETS BC2M?

● Student-led club where teens learn & explore mental health topics in safe and supportive environment.
● Provides education, training, peer support & community outreach
● Normalizes conversations about mental wellness & eliminate stigma before it becomes ingrained.
● It is for ALL teens interested in mental health/wellness.
Continuous Improvement

- District Leadership
  - CDC
- Site Leadership
  - Wellness Centers
  - Social Emotional Learning (SEL) Committee
- Practitioner Leadership
  - Intervention Workgroup
  - Postvention Workgroups
Upstream and Downstream—It’s All Important

Culture of Well-Being: Target: Everyone
Stress Management: Target: Many
Support Services: Target: Some
Crisis Intervention: Target: Few
Postvention: Target: Everyone
Contact Information

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Resources

Comprehensive Suicide Prevention Toolkit-https://Toolkit

PAUSD Policies-Related Policies (BP/AR 5141.52)

Project Safety Net-PSN

Center for Disease Control Report-EpiAidReport

UnMasked-youtubevideo