

# A Tale of Two Portlands: Implementing Comprehensive School Suicide Protocols in Oregon and Maine

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# Agenda

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- Introductions
- Objectives
- Overview of efforts to build school protocols in Maine and Oregon
- Successes and Lessons Learned
- Bringing it home: Connecting to the Whole School, Whole Community, Whole Child Model

# Objectives

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By the end of this session you will be able to:

- Compare evidence-based school suicide protocols.
- Explain challenges to school suicide prevention efforts and strategies to overcome challenges.
- Identify action steps and key resources to develop comprehensive school suicide prevention protocols in your community.

# Maine



# Building Caring Connections: Maine

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- Garrett Lee Smith Youth Suicide Prevention grantee (funded in 2013).

## Goals:

- Increase identification, screening, and referral.
- Support Maine LD 609, requiring suicide prevention training for all school personnel.
- Ensure schools and youth-serving agencies can effectively and appropriately manage students at risk of suicide.

# Assessing Suicide Prevention Protocols and Policies

## Building Caring Connections in Maine

### School Protocol Rubric

Date of review: \_\_\_\_\_

Name of Reviewer: \_\_\_\_\_

SBHC affiliate: \_\_\_\_\_

Name of School/s: \_\_\_\_\_

	Yes	Partial	No	N/A	Note
<b><i>Protocols</i></b>					
1. Is there a written protocol for suicide <i>prevention</i> ?					
2. Is there a written protocol for suicide <i>intervention</i> ?					
3. Does it outline steps to take in the event of an attempt on school grounds?					
4. Does it outline steps to take in the event of an attempt OFF school grounds?					
5. Is there a written protocol for suicide <u><i>postvention</i></u> ?					
<b><i>Staff training</i></b>					
6. All staff to receive basic suicide prevention awareness					
7. Appropriate staff to receive Gatekeeper training					
8. All trainings to be renewed every 5 years or sooner					
9. New staff to receive training within 6 months of hire					

# Capacity Building

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- Directed to schools with school based health centers.
- Intensive training on use of the Columbia Suicide Severity Rating Scale (C-SSRS) for School Based Health Center staff.
- Increase the number of trained Gatekeepers within school settings.
- Specific training and technical assistance on protocol and policy development.

**Maranacook Community Schools RSU #38  
Elementary School Suicide Prevention Protocol 2015/2016**

**If a school employee is concerned that a student is suicidal, whether from student conversation or by observing risk factors or warning signs, the employee must:**

- **IMMEDIATELY** contact the school counselor, school nurse or school principal by phone or in person.
- **Do not leave the student alone. Be calm and reassuring.**



**The school counselor, school nurse or school principal will immediately assess the student's risk for suicide.**



**If it is determined that the student is suicidal, the school counselor, school nurse or school principal will call Crisis & Counseling to request a crisis assessment.**



**The parent, guardian, or other emergency contact will be notified by the school counselor, school nurse or school principal.**



**The school counselor, school nurse and school principal will collaborate on the situation whenever possible.**

**SCHOOL COUNSELORS**

**MES/RES: Becky Vining (207) 441-1087. WES/MtVES: Tara Wicks (207) 931-5093**

**SCHOOL NURSES**

**MES/RES: Jada Clark (207) 432-2842. MES/WES/MtVES: Angela Palmer (207) 441-5463**

**SCHOOL PRINCIPALS**

**MES/MtVES: Janet Delmar (207) 446-5564. RES/WES: Jeff Boston (207) 620-4604**



**Oregon**



# Building School Systems: Oregon

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- Funded by Oregon Public Health Division, through Garrett Lee Smith Grant (funded in 2016)

## Goals

- Provide direct technical assistance to communities to strengthen school suicide protocols.
- Develop a protocol development toolkit for use in Oregon schools.

# Process

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- Adapted Protocol Assessment developed in Maine.
- Provided a range of individualized TA options to county, district, school staff.
  - Protocol review and feedback.
  - Facilitated assessment, prioritization, work plan and material development.
- Developed and adapted resources, templates and sample language to support each component of the assessment.
- Gathered example protocols and stories of success from across the state.

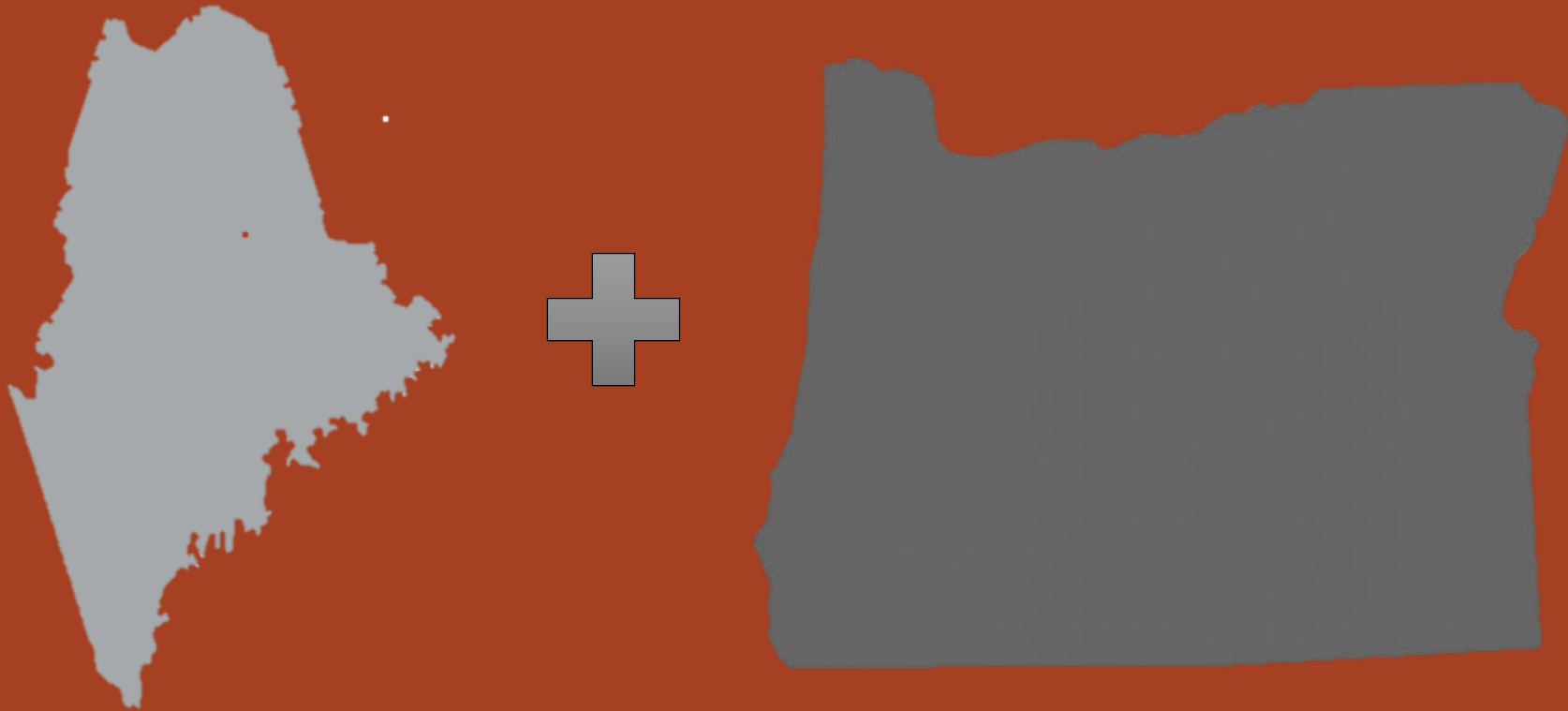
# What's in the Toolkit?

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# Portland Public Schools example flowchart

# Successes and Lessons Learned



# Successes

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- Increase use of evidence based tools to identify, screen and refer youth at risk of suicide.
- Develop clear protocols/flow charts with clear triage points and responsibilities.
- Facilitate a flexible process that met communities where they were. Modifiable samples, templates and checklists vs. full scale model policies/protocols.

# Lessons Learned (Maine)

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- In-person trainings often inaccessible for staff teams (self-paced learning and resources more helpful).
- Need to move schools beyond Crisis Response Plans, and focus on appropriate responses for students at low, moderate, and high suicide risk.
- Ensure that responsibility and accountability are built into policies.



# Lessons Learned (Oregon)

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- Lack of capacity at school district level to dedicate staff time to protocol development.
- Partnership is crucial. What can community partners (i.e. county mental health) do to support schools?
- Have to meet schools/district where they are.
- Leverage what schools already have to do (i.e. statute, requirements).

# Connecting Suicide Prevention to Larger Education Priorities



# WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC)

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

*A collaborative approach to learning and health*



# Resources

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- Maine's protocol toolkit:
  - [http://c.ymcdn.com/sites/www.namimaine.org/resource/resmgr/Heather\\_training/Protocol\\_TOOLKIT.pdf](http://c.ymcdn.com/sites/www.namimaine.org/resource/resmgr/Heather_training/Protocol_TOOLKIT.pdf)
- Oregon's protocol toolkit: *tbd*
- National Suicide Prevention Lifeline: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- Suicide Prevention Resource Center (SPRC) [www.sprc.org](http://www.sprc.org)
- Centers for Disease Control and Prevention: Injury and Violence Prevention
- SAMSHA Preventing Suicide: A Toolkit for Schools
- SPRC After a Suicide, A Toolkit for Schools
- Trevor Project: Model School Policy

**Questions?**

# Thank you!

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