



Sumter County Board of Education

Jason Flatt Suicide Prevention Policy and Training Guidelines

Objectives:

1. Foster training for school personnel who are responsible for counseling and supervising students.
2. Make referral, crisis intervention and other related information available to students, parents and school personnel

All teachers and support personnel will complete yearly training to ensure awareness and overall understanding of the nationwide prevalence and seriousness of suicide by school aged youth.

All teachers and support personnel will view the following video trainings by May of each year. Upon completion of training all personnel will complete a quick assessment to gauge learning.

- Alabama Suicide Training for School faculty and Staff
- The Jason Flatt Act Suicide Awareness Video
- #Iwontbesilent CLARKFLATT's story video

Links to all videos can be found on the Cognia webpage. After viewing the videos all personnel will complete the short assessments which are also found on the Cognia's webpage. School personnel shall present completed assessments to principals who will then issue certificates of completion which shall be kept on file in the Principal's office.

Objectives:

3. Foster individual, family, and group counseling services related to suicide prevention.
4. Make referral, crisis intervention, and other related information available for students, parents, and school personnel.

Parent Resources: Parents will receive information on suicide prevention from the school counselors annually. The topic of suicide prevention and parent resources will be the topic of at least 1 PTO Meeting. A link to parent resources shall be found on the district webpage.

Objectives:

5. Increase student awareness of the relationship between drug and alcohol use and suicide.
6. Educate students in recognizing signs of suicidal tendencies and other facts and warning signs of suicide.
7. Inform students of available community suicide prevention services.
8. Promote cooperative efforts between school personnel and community suicide prevention program personnel.

All school counselors will complete district mandated training. Counselors will also receive training from outside agencies to increase understanding of teen suicide. The school counselor and Principal or his or her designee shall be responsible for training all teachers to use the "Student Safety Plan Suicide Protocol which shall serve as the Sumter County School System's Referral/Intervention Process.

The district will develop a partnership with the local Mental Health Agency, Sumter County Department of Human Resources and the Sumter County Wellness Education Program.

The group shall be known as the **Sumter County School District Suicide Awareness and Prevention Council**. The purpose of this agency shall be as follows:

- ✓ To promote understanding in the schools and school community about the prevalence of suicide among school aged youth and to foster prevention through information.
- ✓ To promote cooperative efforts between school personnel and community suicide prevention program personnel.
- ✓ To foster school based and/or community based alternative programs outside of the classrooms
- ✓ To develop a strategy to assist survivors of attempted suicide, students and school personnel in coping with the issues relating to attempted suicide, suicide the death of a student and healing

REQUEST FOR ASSISTANCE

Student Safety Plan Suicide Protocol (Referral Process):

- Once a student has expressed harm to self and/or others ideation, the **counselor** will be notified immediately.
- If the counselor is not available, the **nurse (if available)** will be contacted to complete the Student Safety Plan Protocol.
- The counselor/nurse notifies the Principal/Principal's Designee **IMMEDIATELY**. If the Principal is not available, it is the Principal's Designee's responsibility to notify the Principal.
- All school campus administrators will be trained to complete the ***Student Safety Plan Protocol*** in the event that the counselor/nurse is unavailable.
- All emergencies that require 911 assistance should be called in immediately to the Central Office at **205-652-9605** or the Sumter County Material Center at **205-652-2271** *Any serious injuries should be reported to your school nurse (if available) or Principal as soon as possible*

PARENTAL NOTIFICATION

Note: *The counselor/nurse/principal/principal's designee will remain with the student until the parent/guardian arrives.*

1. The counselor/nurse/principal/principal's designee will contact and meet with the parent/guardian immediately. The purpose of the emergency conference is to discuss the student's immediate psychological and safety needs, including supervision. Topics to be discussed should include:
 - a. current status of student.
 - b. student's exact reference to harm self and/or others.
 - c. importance of parental role in providing supervision.
 - d. steps to be taken to supervise the student (to ensure safety): line-of-sight supervision, removing all means of harm (e.g. removal of weapons,

pills, knives, belts, shoe strings etc.) from the student's access, importance of continuous observation, etc.

- e. assist the student/family in seeking medical/mental health services as needed.
2. If the counselor/nurse/principal's designee cannot reach a parent/guardian by phone, they will call the emergency contacts that were provided by the parent/guardian. If the parent/guardian is unable to be located, the counselor/nurse/principal/principal's designee will call **[205-652-7984]** (non-emergency police or Sheriff Department) for assistance with locating parent/guardian.
3. If the student is taken to the hospital, the counselor/nurse/principal/principal's designee will accompany the child. Once the parent/guardian arrives, the counselor/nurse/principal/principal's designee may choose to remain but is no longer required.
4. Counselor/Nurse/Principal/Principal's Designee will provide the parent/guardian with a copy of the ***Student Safety Notice*** and the ***Notice of Emergency Conference Form***. The parent/guardian will be advised that it is in the best interest of the student to be evaluated/assessed by a medical doctor/mental health professional before returning to school to ensure that he/she is no longer at risk of harming self or others.
5. If a student does not live with his/her legal guardian, the primary caregiver and/or adult in the household must also be contacted, notified of the student's status and asked to assist the student in seeking medical/mental health assistance.
6. The parent/guardian will be asked to sign the ***Student Safety Notice*** and the ***Notice of Emergency Conference Form***. The parent/guardian will also be asked to indicate whether they will seek medical/mental health assistance for their child. This form acknowledges that the parent/guardian has been notified of his/her child's behaviors and the recommendations for treatment options. The form will be kept in a confidential file separate from the student's cumulative folder.
7. If the parent/guardian agrees to seek medical/mental health assistance, the counselor/nurse/principal/principal's designee will assist parent/guardian with making an appointment BEFORE the student and parent/guardian leave the school campus. In addition, student and parent/guardian will be notified that the student must participate in a mandatory readmit conference upon return to school.
8. If a student expresses thoughts of harm to self and/or others, and cannot be located in class or on campus, the counselor/nurse/principal/principal's designee will immediately be notified, and will make every effort to locate the student. The principal/available administrator and parent/guardian will, also, be notified immediately.
9. All phone calls/conferences/attempts to notify are to be documented on the ***Student Safety Plan Disposition Form***.
10. When the student returns to school, the counselor/nurse/principal/principal's designee will conduct a mandatory readmit conference with the student and parent/guardian. At that time, appropriate clearance documentation (i.e., discharge form, doctor's note, mental health clearance form, etc.) will be collected from the parent/guardian. A copy of this documentation should be attached to the school's copy of the *Student Safety Plan Protocol* and be sent to Central Office, marked Attention: **Superintendent**, in an envelope marked "**CONFIDENTIAL**".

ASSESSMENT

1. The student will be informed that their thoughts cannot be treated as confidential **AND** will be shared with student's parent/guardian and selected authorities.
2. Counselor/nurse/principal/principal's designee will complete the ***Student Safety Plan Assessment Interview Form***.
3. The ***Notice of Emergency Conference Form*** and the ***Student Safety Notice*** will be completed and reviewed with the student and the parent/guardian. Provide the parent/guardian with a copy of both of these forms.
4. A copy of the ***Student Safety Plan Assessment Interview Form*** can be sent directly to the mental health provider, if requested. **However, please do NOT give this assessment interview form to the parent/guardian.**

FOLLOW-UP

1. The counselor/nurse/principal/principal's designee will send a copy of the completed packet (including clearance documentation) to Central Office in an envelope marked " Superintendent/**CONFIDENTIAL**".
2. During the **mandatory** readmit conference with the parent/guardian, the counselor/nurse/principal/principal's designee needs to obtain a copy of the release/discharge paperwork/medical clearance document showing that the student has been assessed by a medical/mental health provider.
3. If a designee, rather than the counselor, meets with the student and parent/guardian in the mandatory readmit conference, the counselor will conduct a follow-up conference with the student as soon as the counselor returns to campus.

The counselor will continue to monitor the student once a week for four weeks and as needed through contact with student/teacher and/or observation.

SUICIDE PREVENTION

Suicide Warning Signs

- Gives away personal items
- Is very moody
- Family problems
- Physical/sexual abuse
- Loss of energy
- Peer rejection
- Drug abuse
- Neglect of appearance
- Sudden change (in anything)
- Asks legal questions about death
- Talks of life after death
- Ends a relationship
- Death of friend/family member

Major Warning Signs

- Previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die, preoccupation with death
- Recent suicide attempt by a friend/family member
- Impulsiveness and taking unnecessary risks

Ways to Respond: DO

- Listen (not lecture). Listening will decrease the probability of going through with suicide.
 - Assess suicide potential. Ask specific questions.
 - Do you have a plan?
 - Are the means available?
 - Have you attempted suicide in the past? How? What happened?
- How do you see yourself in the future? (shows hope)
- Be supportive. Let student know you care and help can be sought.
- Talk openly and honestly about any statements the student has made.

DON'T

- Ignore the problem (it won't just "go away")
- Keep the information secret. Verbal threats and plans are signals for help.
- Believe that if suicide is talked of, the threat won't be carried out. Suicide is very often talked about before it is committed.
- Be judgmental.
- Laugh it off.