

Engaging School Communities in Suicide Prevention Month 2019

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Contest

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Legislative Updates

Going Beyond AB2246

- AB 2639: Requires that school suicide prevention policies be updated, at a minimum, every five years
- AB 1808: Funding for online suicide prevention training for staff and students
- SB 972: Crisis resources on student ID cards

Legislative Updates

Assembly Bill 1808 (online training opportunities)

- The CDE shall identify one or more evidence-based online training programs for staff and students
- The program(s) must:
 - Be evidence-based
 - Be consistent with CDE “Model Youth Suicide Prevention Policy”
 - Address needs of high-risk groups: LGTBQ, Disabilities/Substance Abuse/Mental Illness, Loss Survivors, Homeless /Out-of home settings
 - Track aggregate statewide usage
 - Assess trainee knowledge (before and after)
- CDE will select a County Office of Education to make the training available to local LEAs at no cost
- LEAs are not required to use training program

Legislative Updates

Senate Bill 972: Student IDs

- July 1, 2019, a public school (including a charter school, or a private school) that serves pupils in any of grades 7 to 12, and that issues pupil identification cards shall have printed on either side of the pupil identification cards:
 - The telephone number for the National Suicide Prevention Lifeline, 1-800-273-8255.
 - The Crisis Text Line, which can be accessed by texting HOME to 741741.
 - A local suicide prevention hotline telephone number.

Legislative Updates

Senate Bill 972: Student IDs

- **Suggested language:**
 - If you, or someone you know, is struggling emotionally or having trouble coping, there is help.
 - Free and confidential support for students in distress;
 - Call 1-800 - 273-8255 (en español 1-888-628-9454)
 - Text ; “home to 741741
 - Call - local suicide hotline
 - Trusted Adult:



#SuicidePreventionWeek2019

Finding Purpose: Caring for Ourselves and Others



Funded by counties through the Mental Health Services Act (Prop 63).

suicideispreventable.org

Know the Signs >> Find the Words >> Reach Out

Suicide Prevention Week 2019

The Activation Kit Includes:

- Activities, Proclamation, Emails, Social Media and More!
- Messaging and Working with the Media
- Suicide Prevention and First Responders
- Self-Care
- Activities and Resources for Schools

The toolkit can also be found and **downloaded** at EachMindMatters.org by first going to Get Involved and then clicking on Spread the Word.

Direct Link: www.eachmindmatters.org/SPW2019

The screenshot displays the EachMindMatters.org website interface. At the top, a green navigation bar contains the following menu items: Mental Health, Stories, Get Involved (highlighted), Events, Resources, and Blog. Below the navigation bar, the 'Get Involved' section is visible, featuring a photograph of two women wearing green shirts and hats, one with 'COSTA RICA' on the hat. The text below the photo reads: 'Get Involved We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.'

The 'Spread the Word' section is also visible, with a green arrow icon above the heading. The text below the heading reads: 'Learn more about the movement and get tools to help inform others.' A green button labeled 'More' is positioned below the text.

On the right side of the screenshot, the 'Spread the Word' section is further detailed. It includes the heading 'Spread the Word' and the text: 'Each Mind Matters is gaining momentum every day as people like you join California's Mental Health Movement. Together we can create supportive communities where no one feels alone. Every person plays an important role in helping people feel comfortable by having open conversations and encouraging those who need it to seek support. Below are some things you can do to help.' Below this text, there are two small images: one showing a man speaking at a podium and another showing a group of people in a meeting. At the bottom of this section, there is a link to 'October Mental Health Awareness Week 2019' and a link to 'May is Mental Health Matters Month 2019'.

Messaging



MESSAGING MATTERS

Tips for Safe and Effective Messaging on Suicide Prevention

1. PROVIDE A SUICIDE PREVENTION RESOURCE

- Always include a resource such as:
 - National Suicide Prevention Lifeline: (800) 273-8255
 - Crisis Text Line: TEXT "Home" to 741-741
- Describe the resources you are offering, and what to expect

2. EDUCATE THE AUDIENCE ABOUT WARNING SIGNS AND RISK FACTORS

- Include information about warning signs and life circumstances that can increase risk (risk factors)
- Visit www.suicideispreventable.org for a list of warning signs

3. AVOID DISCUSSING DETAILS ABOUT THE METHOD OF SUICIDE

- Avoid details that describe the suicide including weapon/method used, the specific location, and the location of the wound

4. EXPLAIN COMPLEXITY OF SUICIDE, AVOID OVERSIMPLIFYING

- Reference the complexity involved in suicide
- Avoid oversimplifying "causes" of suicide or pointing to one event as "the cause" of a suicide attempt or death
- Don't speculate. It's natural to want to answer the "why" involved in a suicide but rarely do we fully understand the reasons behind a suicide

5. FOCUS ON PREVENTION: AVOID SENSATIONAL LANGUAGE AND IMAGES

- Don't use statistics that make suicide seem overly common
- Consider using positive statistics that highlight help-seeking such as number of calls to the local crisis line, or visits to a prevention focused website
- Use hopeful images that show people being supported, avoid images that show people suffering alone

6. HELPFUL RESOURCES

Know the Signs - for the public www.suicideispreventable.org

Reporting on Suicide - for the news media www.ReportingOnSuicide.org

Framework for Successful Messaging, National Action Alliance for Suicide Prevention

www.SuicidePreventionMessage.org

Each Mind Matters Resource Center- to find and download suicide prevention resources in multiple languages and formats www.EMMResourceCenter.org



— KNOWN BY OUR NAME THROUGH THE MINDS HEALTH SERVICES CENTER (PHIP 03)

Adapted from County of San Diego Health & Human Services Agency

Know the Signs >> Find the Words >> Reach Out

Messaging on Suicide Prevention: Key Principles

- Provide a suicide prevention resource
- Educate: Discuss warning signs and risk factors
- Create a positive narrative (Use positive images/statistics)
- Avoid over-simplifying
- Avoid information about suicide method
- Avoid “normalizing” statistics

Posters and Digital Banners

#SuicidePreventionWeek2019
Finding Purpose: Caring for Ourselves and Others

Suicide Prevention Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1
En Español: 1-800-628-9454
For Deaf & Hard of Hearing: 1-800-799-4889

Text EMM to 741741
Text with a trained counselor from the Crisis Text Line for free, 24/7

The Trevor Project
Phone, chat, and text support for LGBTQ+ youth.
1-866-488-7386
www.thetrevorproject.org/get-help-now/

Friendship Line
1-800-971-0016
Crisis and warm line for adults 60 years and older operated by Institute on Aging

Each Mind Matters Resource Center www.EMMResourceCenter.org
For suicide prevention resources in many different languages.

suicideispreventable.org

EachMind MATTERS
California's Mental Health Resource Center
Funded by counties through the Mental Health Services Act (Prop 63)

KNOW THE SIGNS

#SuicidePreventionWeek2019
Finding Purpose: Caring for Ourselves and Others

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KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

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KNOW THE SIGNS

Know the Signs >> Find the Words >> Reach Out

Self Care

Steps to Self-Care

Restoring balance in our personal and professional lives is not just another to-do item, it is a state of mind developed through self-awareness, self-regulation and self-efficacy.

- Exercise**
Exercising 3 days a week decreases stress, increases your energy levels and improves happiness
- Eat Healthy**
People who eat meals high in vegetables, fruits, whole grains, fish and nuts are 30% less likely to develop depression
- Sleep**
40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety
- Time Off**
64% of people feel refreshed and excited to get back to work after a vacation
- Get Outside**
On average, Americans spend 93% of their time indoors – get outside – nature and sunlight improves your mood, restores your spirit and improves focus and clarity
- Laugh**
Laughter increases the release of “feel-good” endorphins and can lower blood pressure
- Practice Mindfulness**
Mindfulness reduces worry and increases self-compassion and the experience of feeling connected, improving overall health
- Talk with a Friend**
Close social relationships improve your self-confidence and self-worth and help you cope with traumas

For mental health resources visit EachMindMatters.org
National Suicide Prevention Lifeline: 1.800.273.8255

EachMind MATTERS
National Suicide Prevention Lifeline
Funded by counties through the Mental Health Services Act (Prop 63)

KNOW THE SIGNS
National Suicide Prevention Lifeline
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Online Resources:

- Self Care Flyer and Postcard
- Self Care Self Assessment
- Drop-in Article
- Social Media
- Various online resources

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Suicide Prevention Activity Tip Sheet

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters. County Behavioral Health Agencies across California have invested in statewide efforts to prepare Californians to prevent suicide by knowing the warning signs for suicide, finding the words to talk with a person they are concerned about and reaching out to local resources. To find educational resources, activity ideas, tips sheets, suicide prevention and other resources visit the Each Mind Matters Resource Center at EMMResourceCenter.org

Download the 2018 Suicide Prevention Week Toolkit at: www.eachmindmatters.org/SPW2018

Know the Signs. Find the Words. Reach Out.

Learn how you can help someone who may be at risk for suicide by visiting www.suicideispreventable.org to get more information. Share a link on your own website and share the information with others in your network.

Start conversations: Everyone has a role to play when it comes to preventing suicides. Start talking to someone new and begin a conversation about suicide prevention. For example, ask local businesses to display a poster or your local fitness center to display buttons and brochures. Campaign materials are available in English and Spanish, as well as Chinese, Hmong, Khmer, Korean, Lao, Punjabi, Russian, Vietnamese, and other languages. All materials can be downloaded in the **Each Mind Matters Resource Center** at www.EMMResourceCenter.org.

Encourage young people to direct change:

Directing Change Program & Film Contest encourages young people to create 60-second films about suicide prevention or mental health. Encourage participation, host a local screening, or ask your local movie theater to screen films. For more information and to download films visit www.directingchangeCA.org

Show your support: Many communities host suicide prevention walks and events.

By showing up, you demonstrate to people who have lost friends and family to suicide that their loved ones are not forgotten and their pain is recognized. Contact your local county mental health department for a list of local events or visit the Each Mind Matters events page: www.eachmindmatters.org/events.

Host a training:

Peer-to-peer trainings provide people with the skills to assist individuals in an emotional crisis. Trainings range from one-hour events, such as **suicideTALK**, **safeTALK**, **ASIST**, **suicideSAFE**, and **suicideSAFE** to longer trainings such as **suicideTALK**, **safeTALK**, or **ASIST**.

#SuicidePreventionWeek2019
Finding Purpose: Caring for Ourselves and Others

suicideispreventable.org

KNOW THE SIGNS
National Suicide Prevention Lifeline

Is Suicide Preventable?

Suicide Prevention Week is September 8th-14th, 2019. During this week individuals and organizations around the country join their voices to broadcast the message that suicide can be prevented, and to reach as many people as possible with the tools and resources to support themselves and those around them. The theme of Suicide Prevention Week is *Finding Purpose: Caring for Ourselves and Others*. It truly takes whole communities joining together to make a difference – from individuals and families to workplaces, government agencies, and community organizations.

Is suicide preventable?
In the last couple of years several well-known figures in the food and entertainment industries, died by suicide, and the Centers for Disease Control and Prevention reported that suicide rates rose in nearly every state in the U.S. Many of us have been personally impacted by the death of someone we know or someone we love. The problem can sometimes seem insurmountable. You may have heard people asking, or asked yourself: "Is suicide preventable?"

The causes of suicide are complex, and so are the solutions. Asking "why" when we lose someone is natural, but suicide can't be attributed to a single cause. Preventing suicide requires sustained, broad-based efforts involving many sectors of the community and reaching into

Online Materials:

- Proclamation Template
- Activity Tip Sheet
- Drop In Articles
- Email Templates
- Social Media Posts
- Messaging Handout

Know the Signs >> Find the words to reach out

Daily Emails

Daily Emails

- ❖ Email Sept 9: Exploring Protective Factors
- ❖ Email Sept 10: World Suicide Prevention Day
- ❖ Email Sept 11: Finding the Right Tool for the Job
- ❖ Email Sept 12: Helping Others
- ❖ Email Sept 13: Self Care

World Suicide Prevention Day Sept 10, 2019



Suicide Prevention Week Email 3: Finding the Right Tool for the Job

During Suicide Prevention Week thousands of individuals and organizations *join together* to support suicide prevention by *engaging* in a range of activities, from sharing on social media to hosting community events. The theme for this year's Suicide Prevention Week *Activation Kit* is *Finding Purpose- Taking Care of Ourselves and Others*. This theme reflects both a focus on the power of protective factors, as well as the role we all play in preventing suicide.

In today's email we will examine some of the tools and resources that are available if you are concerned that someone is seriously thinking about suicide: When is a call to a crisis line the right tool? When is a call to 911 the right tool? How do I know if I should be worried about someone?

Finding the right tool for the job

Have you ever heard the saying "it's like using a sledgehammer to crack a nut?" While a sledgehammer will certainly open the nut, it will also smash it to bits when there are better tools for the job. This points to the issue of how we respond to someone who reveals that they are thinking about suicide.

If you have ever been in this position doing the wrong thing, or not even like calling 911. While this is true it is more helpful.

Filipino



ACTIVITY: Lotería or Bingo

<p>GRATIS</p>			<p>Con un tratamiento adecuado, el 70-90% de las personas que viven con un reto de salud mental se pueden recuperar</p>
	<p>Las personas que manejan sus retos de salud mental pueden llevar vidas felices</p>		
			<p>1.888.628.9454</p>
	<p>www. <u>Elsuicidio</u> <u>esprevenible</u>. org</p>	<p>El sufrimiento no siempre se nota</p>	

<p>Warning Sign: "I want to die."</p> <p>Talking About Wanting to Die or Suicide</p>	<p>Warning Sign: Changes in Sleep</p> 	<p>Warning Sign: Withdrawn</p> 	<p>FIND the WORDS</p>
<p>Warning Sign: Increased drug or alcohol use</p> 	<p>Warning Sign: Feeling hopeless, desperate or trapped</p> 	<p>Fact With proper treatment, 70-90% of people who live with a mental health challenge can recover</p>	<p>Warning Sign: Looking for a way to kill themselves.</p> 
<p>www.Preventable.org</p>	<p>EachMind MATTERS California's Mental Health Movement www.eachmindmatters.org</p>	<p>Warning Sign: Reckless Behavior</p> 	<p>1.800.273.8255 National Suicide Prevention Lifeline</p>
<p>Warning Sign: Mood changes</p> 	<p>Warning Sign: Uncontrolled Anger</p> 	<p>Pain Isn't Always Obvious</p>	<p>Warning Sign: Will and Testament Putting affairs in order</p> 

Know the Signs >> Find the Words >> Reach Out

Resources in Spanish



El sufrimiento no siempre se nota. Aunque esté rodeado de amigos y seres queridos, alguien que experimenta dolor emocional o tiene pensamientos suicidas puede sentirse aislado. Usted puede sentir que algo anda mal, pero tal vez no sepa cuán grave es la situación. Confíe en lo que ve y siente, y luego pregúntele a la persona si está pensando en suicidarse.

Reconozca las Señales. Escuche y Dialogue. Busque Ayuda. www.elsuicidio.esprevenible.org

¿Está pasando por una crisis? Llame a la Red Nacional de Prevención del Suicidio: 1.888.628.9454

El Sufrimiento No Siempre Se Nota

RECONOZCA LAS SEÑALES
El Suicidio Es Prevenible



Financiado por contratos a través de la Ley de Servicios de Salud Mental (Propuesta ESI, aprobada por votación).



Radio ad:

30 Second TV ad:



Know the Signs >> Find the Words >> Reach Out

RESOURCES FOR SCHOOLS, PARENTS AND YOUTH

1. Work with youth to host a **Suicide Prevention Activity**.
2. Host a **What I Wish My Parents Knew** Event to educate parents about suicide prevention and mental health.
3. Engage youth by **creating a film about suicide prevention** or by implementing a suicide prevention activity.
4. Create a **Suicide Prevention Hand-out** and distribute it to all staff.
5. Complete the **postvention checklist** for your school.

Online Resources:

- What I Wish My Parents Knew Event Guide
- School-based Suicide Prevention Activity Tip Sheet
- Suicide Prevention One-Pager for School Staff
- Postvention: Responding to Suicide in your School Community
- Social Media and Email Templates





Suicide Prevention Activity Tip Sheet


1. Work with youth to host a **Suicide Prevention Activity.**

Suicide Prevention Activities Tip Sheet

Want to host a great suicide prevention event, but don't know where to start? We highly encourage you to speak to your students about what they would like to do and see if they can take on some of the responsibility of planning and implementing the events. This tip sheet can also be a good starting point: we have several recommended activities, plus case studies of California schools who have hosted their own versions on their campuses. The activities are listed from the easiest to the most involved, and the complexity of your event will depend on your school's strengths, interests, and needs. Regardless of the type of event you plan, make sure to talk about suicide prevention as an action that anyone can take, and to leave time for debriefing afterwards. Have at least one counselor available for students and/or community members to connect with, in case any of the activities unearth strong emotions. Be sure to share this tip sheet with clubs on campus!


 **Create a Lime Green Ribbon Campaign** 

Distribute green ribbons to all participating classes and encourage students to wear the ribbon throughout the week and beyond. When students are asked about the ribbon, make sure they know that the lime green ribbon is a symbol of hope, shows that they are willing to be open about mental health/suicide prevention, and that they can talk about the difficult things others may be going through, especially in terms of those who are thinking about suicide.

 **Print out templates of green ribbons** that students can decorate, label with their name, and write out one thing they can do to support suicide prevention at your school. Post the green ribbons in a central location to show how many students have made the pledge.

Case Study: Claremont High School
County: Tri-City

Green ribbons were distributed to students as they walked into the gym. Free pizza and drinks were provided as students' suicide prevention films were played on the large screen. Two mental health providers acted as guest speakers and presented to students after the film screening. The event was advertised on Wolfcast (broadcast journalism) class and films were shown to the whole school each morning. A green ribbon wall was created using the ribbons passed out to students at the event and will remain on campus.



Suicide Prevention Activities Tip Sheet

Organize a Screening of Youth-Produced Directing Change Films or Suicide Prevention-Focused Feature Films at Your School or Organization.

The Directing Change website www.directingchange.org/films/ has hundreds of free, 60-second films about suicide prevention (you can pick your preferred location) on location films about suicide prevention, Animated Short, or Three Minute Film each year. Our website also has a list of youth-produced films are on this hand-out: <http://www.directingchange.org/films/>

Suicide Prevention Activities Tip Sheet

Directing Change Program and Film Contest

The Directing Change Program & Film Contest offers young people the exciting opportunity to participate in the mental health movement by creating 60-second films about suicide prevention and mental health that are used to support awareness, education, and advocacy efforts on these topics. Learning objectives surrounding mental health and suicide prevention are integrated into the submission categories of the film contest, giving young people the opportunity to critically explore these topics. Program participants are exposed to appropriate messaging about these topics, warning signs, how to appropriately respond to someone in distress, where to seek help, as well as how to stand up for others who are experiencing a mental health challenge. To learn more visit: www.directingchange.org

We encourage you to incorporate a suicide prevention lesson plan into at least one class. Check out the Directing Change Program's Suicide Prevention Lesson: www.DirectingChangeCA.org/schools/

Exemplary Event! Boys & Girls Club of the San Geronimo Pass County: Riverside

The Boys and Girls Club of the San Geronimo Pass hosted a concert to bring awareness to suicide prevention. They worked with some of the most popular hip-hop acts in the Inland Empire and, by the amount of books they received, estimated that about 120 people attended. At the concert they set up a merchandise table/booth and laid out sunglasses, bracelets, pens, and ribbons from Each Mind Matters. The resource table also doubled as a photo booth and everyone that visited and listened to their mission was able to get a ribbon and have their picture taken. All of these photos were posted on their Teen Center Instagram with the caption "I believe Each Mind Matters #EachMindMatters". Later in the evening they screened a select number of short films from the Directing Change competition including their winning film "Speak Out!"



What I Wish My Parents Knew

Step by Step Guide for Hosting a *What I Wish My Parents Knew* Event

1 Form a Planning Committee

The planning committee should ideally include:

- Leadership from the district as well as school administration staff.
- Parents and youth. Engaging both parents and youth is important in order to gather information about what will help adapt the event to meet the needs of the culture of your school.
- Local subject matter experts: Include experts from community-based organizations and behavioral health agencies when possible to better identify issues and resources in the community. For referrals please contact info@suicideispreventable.org

2 Send Out a Student Survey to Gain Input for Workshop Topics

Student input is the foundation of *What I Wish My Parents Knew* events. It is important to gather a diverse set of students to provide input to shape the event. For example, although including student groups such as ASB and Peer Counseling may be important since these groups work with a variety of students, many times these groups represent a fairly homogenous set of students.

- Consider use of online tools such as google surveys or survey monkey to conduct the survey.
- When gathering input from youth on topics related to their mental health, it is important to also provide resources. The survey should include a reminder of how to access support on campus, as well as in the community.

National Resources: Crisis Text Line: text "home" to 741-741
National Suicide Prevention Lifeline: 800.273.8255

3 Set a Date, Location, and Identify Speakers to Meet the Needs Expressed by Students

The events are intended to occur at least annually, preferably every semester. This allows for parents to attend multiple events and participate in each of the workshops over time.

- For the first event, consider utilizing a school that is central for the district. In subsequent events, consider rotating school sites to allow for more accessibility to parents around the district.
- Your district will want to identify individuals (preferably those already doing work in your district or at least in the school setting) to speak about the topics. Potential organizations to contact include your local county behavioral health agency, the National Alliance on Mental Illness, or the Trevor Project.

Sample Survey

(Insert High School/District Name) will be holding special events to further educate parents about challenges that students face in and out of school. Please honestly consider the following topics and select which three would be essential for parents to know more about. Thank you!

- Handling Stress
- Suicide Prevention/Mental Health
- Substance Use/Abuse
- Pressures of Social Media
- Peer Pressure
- Managing Expectations
- Grades
- Dealing w/ Bullying/Harassment
- Other (allow for open ended responses)

Step by Step Guide for Hosting a *What I Wish My Parents Knew* Event

4 Student Presenters

As the title suggests, these events are centered around hearing from the youth perspective. To accomplish this, not only is it important to allow students to guide the topics covered in the breakout sessions, but it is vital to have youth co-present with subject matter experts during these sessions. During the workshops, youth can offer insight into their experiences related to the topics.

There are a few considerations to keep in mind when identifying youth and young adults for the workshop presentations:

- For more trauma-related topics such as bullying and suicide prevention, it is vital to ensure the students who are tasked with presenting have strong support systems in place. Parent permission is key to this effort. You'll want to ensure all youth are recovering from the stressors and are in a "safe place" with their mental health.
- You can also consider recruiting youth and young adults who have recently graduated from the district.

5 Other considerations:

- Work with local organizations that reach youth and parents to assist with promotion of the events. This could include, but obviously is not limited to: YMCAs, Boys and Girls Clubs, and Faith Institutions.
- Seek donations or funding to provide food for attendees at the event. Often the events will occur on a weeknight and parents will be coming straight from work. Pizza, water and cookies will be much appreciated.
- Consider opportunities for daycare and/or activities for older youth in case parents have concerns about leaving children at home. Engage students with providing these activities at the events.

Dear Parents,

It's no surprise that youth are carrying an enormous amount of stress these days. Many of us as parents and school staff would agree our youth are under more stress than we were at their ages. The American Psychological Association's "Stress In America" survey showed that not only are youth carrying more stress than they feel is healthy; the stressors and the bad habits that come with them are entering their lives at younger and younger ages.

To address the issues that youth are facing, and to help provide our children with the most support possible, we invite you to join us for a special event to discuss the issues they are facing. We recently sent a survey out to our students asking one simple question, "What do you wish your parents knew?". Our goal was to get honest feedback to gain a better understanding about what issues our youth are facing. We invited them to submit feedback and input on topics and issues that they would like to see discussed.

We invite you join us on (insert date) for the event "What I Wish My Parents Knew" which will feature multiple workshops on a variety of topics including: (insert workshop topics). In addition to the workshop sessions, we will have numerous community-based organizations in attendance to provide information on their programs and resources available to you.

The event is open to all parents within the district, and parents of younger children are encouraged to attend. Although the event is focused on parents, we will be providing childcare and will also host activities for "older" youth if you are not able to make other arrangements.

By coming together to discuss these important topics, we hope that as a community we can continue to better hear and serve the needs of our children.

We hope you will consider joining us,

(INSERT NAME/TITLE)

What I Wish My Parents Knew

Outline / Agenda

- Resource fair for parents featuring local community resources (30 min, optional)
- Brief welcome/keynote remarks by principal or district administrator. Consider including a community leader or speaker (10 to 15 min)
- Concurrent break-out sessions featuring workshops on a variety of topics (2 repeating sessions, 45-60 min each)

What I Wish My Parents Knew

Involving Youth

- Student survey asking youth “What they wish their parents knew” and what topics they would like covered
- Topics typically suggested by youth include:
 - Suicide Prevention and mental illness
 - Academic pressure
 - Communicating with youth/parents
 - Handling stress
 - Substance abuse
 - Social media
 - Bullying
 - Peer Pressure
 - Managing expectations

Staff Hand-Outs

Suicide Prevention: Recognizing Risk and Responding to Students

Warning Signs:

Warning signs are indications that someone may be in danger of suicide, either immediately or in the near future. **Most people show one or more warning signs, so it is important to know the signs and take them seriously especially if a behavior is new or has increased and if it seems related to a painful event, loss, or change.**
(www.youthsuicidewarningsigns.org)

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. *Specifically, this includes significant:*
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

Questions to Ask:

- **Are you thinking about suicide?**
 - Asking someone "Are you thinking about suicide?" will not put thoughts of suicide in his or her mind. In fact, asking this direct question is important.
- **Do you have a plan? Have you thought about how you might do this?**
 - This will help identify further information to assist with the risk assessment later.

Referral and Support:

Don't leave the student alone at any time. As soon as possible, either walk the student up to the counseling office or contact the following individuals (see list). No matter what time of day it is, **you are required to immediately ensure the student is connected to further support following district protocol.**

Referral Contact List (continue moving down the list until you've made direct contact to provide further assessment for the student):

1. Contact Name, phone number
2. Contact name, phone number
3. Contact name, phone number
4. Contact name, phone number
5. Contact name, phone number
6. Contact name, phone number
7. Contact name, phone number
8. Contact name, phone number
9. Contact name, phone number
10. Contact name, phone number

For additional information about suicide prevention visit: suicideispreventable.org
For educational resources visit: www.directingchange.ca.org/schools/

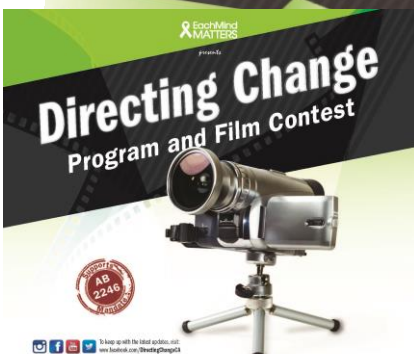


Create a Postvention Plan

Steps to Take in Immediate Aftermath	Staff Responsible	External Contacts (Phone Numbers)	Tools
Notify key individuals			
1. Verify death	Lead: _____ Backup: _____	Police: _____ Medical examiner: _____	
2. Ensure that staff know how to respond to inquiries and manage the campus for safety	Lead: _____ Backup: _____		Tool 3.A.1: Sample Script for Office Staff
3. Notify superintendent's office	Lead: _____ Backup: _____	Superintendent: _____ Backup/weekends: _____	
4. Notify district crisis team*	Lead: _____ Backup: _____	District crisis team: _____ Weekend/vacation/late night contacts: _____	
5. Notify schools attended by family members of the deceased	Lead: _____ Backup: _____	Other schools in district: _____	
6. Contact and coordinate with external mental health professionals	Lead: _____ Backup: _____	Community mental health providers: _____ External crisis response professionals: _____	Tool 3.A.2: Sources of Postvention Consultation
7. Reach out to and work with the family of the deceased	Lead: _____ Backup: _____		Tool 3.A.3: Guidelines for Working with the Family

*In tribal communities, Bureau of Indian Education schools notify the main office and tribal schools notify the principal.

Directing Change Daily Email Templates , Social Media Posts and "kits"



Youth Suicide Warning Signs

Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, is increased or seems related to a painful event, loss or change:

1. Talking about or making plans for suicide
 2. Expressing hopelessness about the future
 3. Displaying severe/overwhelming emotional pain or distress
 4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.
- Specifically, this includes significant:
- Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call the National Suicide Prevention Lifeline 800.273.8255 (TALK) or text HOPE to 741-741. You can also visit suicidepreventable.org for more information.

Please view and download the amazing films created by our young and talented film makers and check out this [tip sheet](#) for ideas to use the films. You can also [contact us](#) to receive a DVD with the films and please let us know how you are using the films!

[Films by County](#)
[Films for Diverse Communities](#)



Honorable Mention "Your Story"
Orange County
Filmmakers: Kenna Madrick & Paige Walker
Canyon High School
Advisor: Alex Graham
[View](#)
[Download](#)

Know the Signs >> Find the Words >> Reach Out

Suicide Prevention Week 2019

Activities from Directing Change Mini Grant Recipients

Directing Change Program & Film Contest

Youth and young adults submit short films about suicide prevention and mental health promotion & explore these topics through the lens of diverse cultures.



❖ **Submission Deadline: March 1 every year**

- ✓ Open to students in grades 6-12, and youth ages 14 to 25

✓ Red Carpet Award Ceremony

- ✓ Cash prizes
- ✓ Trophies

Directing Change Overview

Submit 60 or 30-second films in one of the following categories:

- Suicide Prevention (SP) – 60 seconds
- Mental Health Matters (MHM) – 60 seconds
- Through the Lens of Culture (SP or MHM) – 60 seconds
- SanaMente – 30 seconds
- Animated Short – 30 seconds
- Walk in Our Shoes (middle school only) – 60 seconds

The contest is open to students in grades 6-12, as well as youth and young adults ages 14 to 25 who are associated with an organization.

- All film teams need to identify an adult advisor to review the film.
- There is no limit on the number of submissions by participants, schools, or organizations.
- There is no limit on the number of people who can work on a film.

Submission Deadline: March 1

Educational Resources

The Directing Change Program is an evaluated education program that can easily be integrated into classroom, club, or extracurricular activities.

Example of educational resources:

- Lesson plans
- Short educational films and Prezi about mental health, suicide prevention and how to help a friend
- Fact sheets
- Prevention programs, staff and parent trainings
- What I Wish My Parents Knew parent events
- Support with AB 2246 policy implementation



LEUZINGER HIGH SCHOOL

Los Angeles County

- Large-scale event held on campus during lunch, in collaboration with on and off campus partners, including Los Angeles County Department of Mental Health, Kaiser Permanente, and local radio station
- One student-led booth screened their Directing Change films
- Also screened one of their films that received an honorable mention on their school news show, *LTV*



“In reflection, it was perfect timing to culminate our video project and be able to showcase them in a meaningful way that had greater meaning than just the gradebook. When the stakes are real and it’s no joking matter, students can rise to the occasion as visual storytellers and create meaningful content that contributes to a greater case beyond the classroom.”

LOS ANGELES HIGH SCHOOL

Los Angeles County

The Leadership Class organized various activities for the school's first Mental Health Month:

- Painted a mental health mural
- Lunchtime awareness table
- Morning announcements over the PA system about suicide prevention and mental health awareness
- Distributed green ribbons
- An assembly at the school theatre that featured one of their Directing Change films and a performance by a community dance group
- Invited mental health professionals from local community and mental health organizations to speak on campus



Los Angeles County

- Film Festival and Talent Show that included screening of Directing Change films, dance performances, and musical acts



Each Mind Matters Resource Center

<https://emmresourcecenter.org/>



[Initiatives](#)

[Collections](#)

[About Us](#)

[Contact Us](#)

[SEARCH RESOURCES](#)

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

[SEARCH](#)

[Advanced Search](#)

Featured

Mental Health Awareness Week Toolkit

A toolkit with resources for Mental Health Awareness Week.

[Explore >](#)

Explore Our Initiatives



Each Mind Matters
California's Mental Health Movement.
[EXPLORE >](#)



Know the Signs
Pain isn't always obvious. Suicide is preventable.
[EXPLORE >](#)



SanaMente
Movimiento de Salud Mental de California
[EXPLORE >](#)

[Know the Signs >>](#) [Find the Words >>](#) [Reach Out](#)

[Mental Health](#)[Stories](#)[Get Involved](#)[Events](#)[Partners](#)[Blog](#)

Shop

The Each Mind Matters Shop provides promotional and educational materials for supporting California's Mental Health Movement. If you would like to order materials with a Purchase Order, please [review the Purchase Order Process](#). If you have any questions about your order or the Shop, please contact Store@EachMindMatters.org.

Your purchase helps fight stigma in your community! All proceeds from the Each Mind Matters store go to support mental health outreach and education across California.



"A New State of Mind"
Documentary DVD Toolkit



"Be True and Be You" Booklet for
LGBTQ Teens



**"Stories of Hope, Resilience and
Recovery"** Vignette DVD

Each Mind Matters Links at a Glance

SanaMente.org

ElSuicidioEsPrevenible.org

PonteEnMisZapatos.org

BuscaApoyo.org



EachMindMatters.org

SpeakOurMinds.org

SuicideisPreventable.org

YourVoiceCounts.org

WalkinOurShoes.org

DirectingChange.org

Twitter: @eachmindmatters

Facebook.com/eachmindmatters

Instagram: eachmindmatters



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Mental Health

Stories

Get Involved

Events

Resources

Blog



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[Mental Health](#) | [Stories](#) | [Get Involved](#) | [Events](#) | [Resources](#) | [Blog](#)

Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)



Know the signs and the words

t

For questions email: info@suicideispreventable.org

To access the toolkit online:
www.eachmindmatters.org/SPW2019



Suicide Prevention Week 2019

Susan K. Coats, Ed. D. coatslep@gmail.com

CASP Chair on Mental Health and Crisis Consultation

CDE Student Mental Health Policy Workgroup

Baldwin Park Unified School District

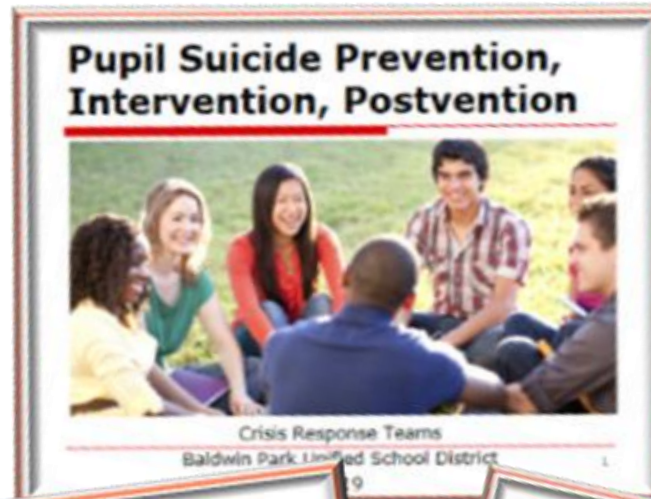
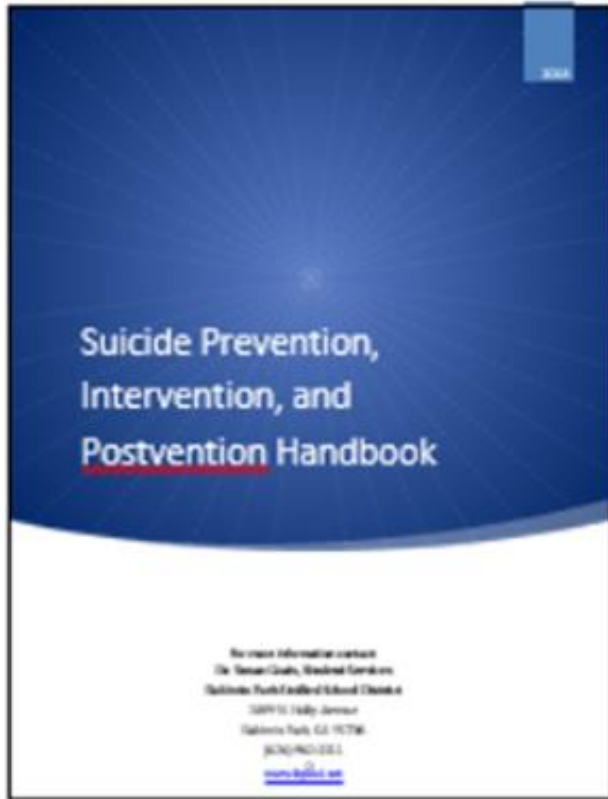
Baldwin Park

City of Baldwin Park Proclamation



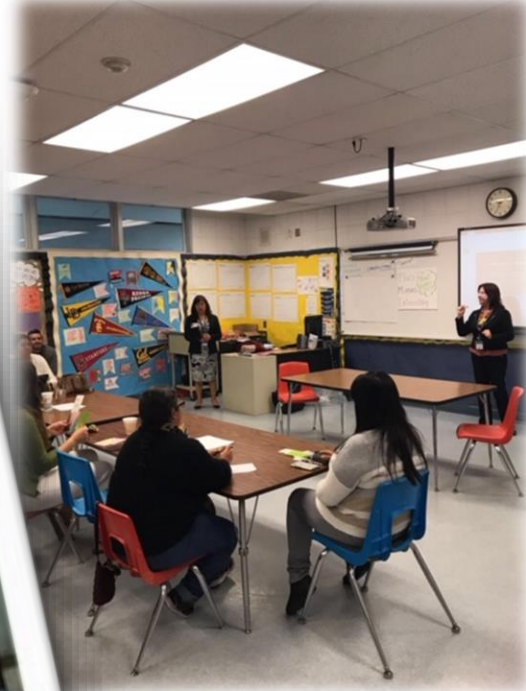
Baldwin Park USD Resolution

District



Annual Pre-Adult Ed Suicide Prevention, Intervention, Postvention Presentations (staff, crisis response teams, parents)

Community



Community and Partners



Center for Integrated
Family + Health
Services



Hillsides

CREATING LASTING CHANGE



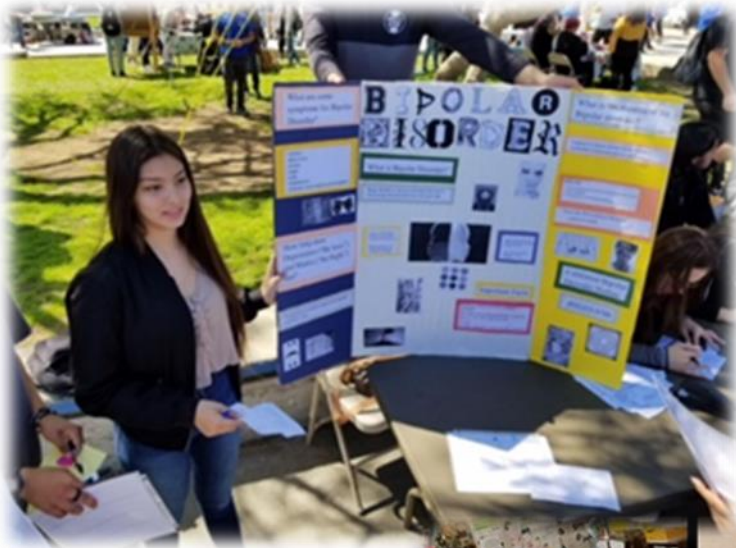
caresolace.com



School Activities



School Activities



WALK IN OUR SHOES

EachMind MATTERS
California's Mental Health Movement

MY3



WHY LIME GREEN?



LGBTQ+ SUICIDE PREVENTION RESOURCES

IF URGENT MEDICAL ATTENTION IS REQUIRED, CALL 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-(TALK) 8255
VETERANS: PRESS 1

CRISIS TEXT LINE 24/7 SUPPORT

TEXT "EMM" TO 741741

TRANS LIFELINE TRANSGENDER COMMUNITY SUPPORT

1-877-565-8860

FOR ADDITIONAL RESOURCES
EMMResourceCenter.org/collective

AVERAGE TEEN OR WARNING SIGN?

Symptoms of mental illness can often appear similar to average teen development.

AVERAGE ADOLESCENCE

Withdrawing from family to spend more time with friends

Wanting more privacy



Moving from childhood hobbies to teen pursuits

POTENTIAL WARNING SIGN

Withdrawing from friends, family and social activity

Becoming secretive; Seems to be hiding something

Losing interest in favorite activities and not replacing with other pursuits

Learn more about recognizing potential warning signs and how to seek help at www.mentalhealthfirstaid.org



School Activities



Staff: Awareness and Outreach

DO YOU NEED SUPPORT?
→ **ASK ME!** ←
I PROUDLY AFFIRM LGBTQ STUDENTS, STAFF AND FAMILIES.



Logos for: CASC, CSBA, PTA, EQUITY CALIFORNIA

NATIONAL
SUICIDE PREVENTION LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

PAIN ISN'T ALWAYS OBVIOUS



HERE'S WHAT TO LOOK FOR:

- Sudden mood changes
- Withdrawal
- Changes in eating and sleeping habits
- Changes in appearance
- Changes in behavior
- Changes in thinking
- Changes in social interactions
- Changes in communication
- Changes in self-harm
- Changes in suicidal thoughts
- Changes in suicidal actions

By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life. Learn more at:

suicideispreventable.org

For more information, visit suicideispreventable.org or call the National Suicide Prevention Lifeline: 1-800-273-8255

KNOW THE SIGNS
Suicide is Preventable



Staff: Trainings and Workshops



Students



Students



Directing Change
Program and Student Film Contest

Join Each Mind Matters: California's Mental Health Movement by creating 60-second films about suicide prevention, mental health and how to help a friend.

To learn more visit www.DirectingChange.org



13701 E. Olive Street
Baldwin Park, CA 91706
626-962-8416

**ID CARD MUST BE IN STUDENT'S POSSESSION AT ALL TIMES
NO RE-ENTRY TO ANY SCHOOL EVENT.
ID CARD REPLACEMENT FEE \$5.00**

National Suicide Prevention Lifeline 1-800-273-8255
Crisis Textline – text HELLO to 741741
BPUSD School Police 1-626-856-4000

Parents



Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

El Sufrimiento No Siempre Se Nota

**RECONOZCA
LAS SEÑALES**

El Suicidio Es Prevenible

Successes



- Board of Education & District support
- Best Practices Suicide Prevention Board Policy
- Public Relations communications
- Community agency collaborations
- Recognition by city, state, and national officials
- Student, parent, and staff agreement about MH wellness and suicide prevention
- SEL and CoVitality funding

Challenges



- Getting available MH education/resources to working families or those reluctant to access help due to MH stigma
- Shifting a district's MH culture (staff, parents, and students) towards prevention
- **↑** Prevention **↓** Crisis
- \$\$ activities...Grants!
- **↑** Elementary MH education/activities
- Sharing and celebrating individuals, events/activities with all stakeholders

Recommendations



- Don't do it alone! Find interested and motivated students, parents, staff, and community partners
- Use data to highlight areas of concern and provide evidenced-based prevention strategies!
- Listen to the students and parents MH concerns! Provide resources, educate, and let them lead.
- Develop local community connections and collaborations! Celebrate successes.
- Get EMM resources out to all! Posters, handouts, announcements, speakers, PSAs, activities, and swag. Be flexible and creative.